Bradford District Care
NHS Foundation Trust

JUNE 2026

Well Together Service

FREE Volunteer Led Walking Groups

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Please be aware that timings do change, therefore contact us to check dates and times.

BRADFORD AREAS			
All Rounders Walking Group Barbara Wainwright Annie McKay Yvonne Elvidge	A medium paced walk covers local landmarks in the East Bierley/ Holmewood area -bordering to Tyersal Beck and Black Carr Woods (Pudsey). At times the group walk along the canal at Apperley Bridge. Fields and green spaces woven in for interest.	Meet at St Christopher's church (car park) Holmewood Road **Holmewood, BD4 9EJ**	**Mondays** **9.45am - 12.00pm** **(Except for Bank Holidays)** **8 June** **CANCELLED**
Chellow Dene Walkers Nahida Sarwar	A steady paced women-only walk starting in Allerton and heading to the beautiful Chellow Dene reservoir. Sturdy shoes are needed as the paths can be muddy. Expect some uphill walking due to the location.	Meeting point for this is changing, please contact the office for updated information.	**Mondays** **10.00am - 11.30am**
Friends Of Bowling Park Barbara Pitts David Topham	A gentle-paced walk around this beautiful park with a drink in the café afterwards. **Suitable for Pram/wheelchair users.**	Bowling Park Meet at the Lodge Opposite Lister Avenue Bowling Hall Road **Bradford, BD4 7TL**	**Tuesdays** **10.00am - 11.00am** **TERM TIME ONLY**
Harold Park Walk Margaret and Bernard Tetley	A 30-45 minute gentle-paced walk around Harold Park. **Dogs on leads welcome.**	Harold Park Meet at the main gate Park Road **Bradford, BD12 0EW**	**Fridays** **11.00am - 11.45am** **(Except for Good Friday)**

Healthy Hearts Helen Goulding	This is a gentle paced walk of approximately 1 mile (shorter route options if needed) whilst exploring City parks across the Bradford District. The walk aims to support those who have a heart condition who are aiming to increase their physical activity.	**Exploring various parks across the Bradford District**	**Tuesdays** **9.30am - 10.30am** **2 June:** Peel Park Meet at the Cliffe Road entrance. **16 June:** Roberts Park Meet at Higher Coach Road entrance. **30 June:** Bowling Park Meet at Bowling Hall Road entrance.
Horton Bank Top Walk Harjit Panesar	The walk will either be locally (2 hours approx.), taking a route through the local estate onto surrounding fields and farmland, or may involve taking a bus to Queensbury and walking back up to Thornton (4 hours approx.) Bus fare: £6.00 day pass required, unless you have a free bus pass.	Meet at the bus stop outside the Esso Petrol Station on Great Horton Road (this is opposite Horton Bank Country Park) **Bradford, BD7 4LT**	**Mondays** Meet at 09.45am ready to leave for 10.00am. **(Except for Bank Holidays)**
Lakeside Walkers Shahina Patel	A gentle walking group for women. Walking to Harold Park, at your own pace.	Meet at Wibsey Library North Road **Wibsey, BD6 1TR**	**Mondays** **Every 2 weeks** **1.00pm** **NEW WALK starting 16 June 2026**
Manningham Library Women's Walking Group Shabana Aziz Asimah Hussain Huma Rabia Fayyaz Nazreen Akhter Safia Rozeen Zakia Amini	**This group is supported by the Bradford Active Travel social prescribing project.** This is a friendly, social walk from Manningham Library to Lister Park, enjoying the beautiful scenery of the park and green space, returning to the library to socialise over some light refreshments.	Manningham Library Meet outside the main entrance Carlisle Road **Bradford, BD8 8BB**	**Wednesdays** **Meet at 9.45am** **Set off at 10.00am** **Walk finishes approximately 11.00am**
Myra Shay Walkers Dinara Husainova	Meet us for a gentle stroll around this lovely green space and make time for some relaxation, gentle exercise and a friendly chat. **Prams/pushchairs welcome.**	Myra Shay Park Meet by the top entrance to the park (below Lapage Primary School) **Bradford, BD3**	**Thursdays** **10.00am - 10.45am** **ON HOLD**
Mindful Miles Natalie O'Hagan	Join us on Wednesday mornings for a relaxing mindful walk around Chellow Dene, Allerton. Our aim is to create new friendships, get out in nature and help improve our physical and mental wellbeing.	Allerton Road Meet at the end of Rhodesway, outside Morrisons Daily **Bradford, BD15 7AB**	**Wednesdays** **10.00am - 11.00am / 11.30am**

Peel Park Walk Maureen Gamble Mary Illingworth	A gentle walk around Peel Park, returning to the park gates. The walkers then sit back and catch-up over a cuppa at Peelers' Cafe. **Suitable for pram and wheelchair users.**	Peel Park Meet at Peel Park Cliffe Road entrance **Bradford, BD3 0LT**	**Thursdays** **10.00am - 11.00am**
The Ridge Walkers Tim Grunwell Michael Whyte	A gentle walk around Horton Park.	Horton Park Meet at the top gates of Horton Park, by the Ridge Medical Practice Cousen Road **Bradford, BD7 3JX**	**Thursdays** **11.00am - 12.00pm**
The Wellness Walkers Mohammed Riaz	Incorporating both indoor and outdoor walking at your own pace, with an opportunity to use the facilities in the sports hall afterwards (badminton, basketballs, cricket sets and the yoga mats.) The outdoor element will take place on the field directly outside the centre, weather permitting. Refreshments are provided.	Meet at Grange Interlink Summerville Road **Bradford, BD7 1PX**	**Tuesdays** **10.30am - 11.30am** **Timing can be subject to change, please phone to book on to receive updates.**
Walking Back to Happiness Rodney Kench	Varied, medium paced walk exploring the beautiful surrounding of Thornton Village. Everyone is welcome.	Meet at Thornton Primary School Thornton Road **Bradford, BD13 3NN**	**Tuesdays** **1.00pm - 2.00pm**
Wibsey Walkers Betty Stothers Tim Grunwell	A gentle walk around Wibsey park. **Suitable for pram and wheelchair users.**	Meet at Beacon Road entrance to Wibsey Park **Bradford, BD6 3EY**	**Mondays** **11.00am - 12.00pm** **(Except for Bank Holidays)**
Wyke Nooks And Crannies Walkers Tony Green Anne Griffin Lynda Sweeby Stan Clay	This is a medium paced walk, taking in the nooks and crannies around the Wyke area, passing by allotments, fields and green spaces.	Meet at The Veterans Hut by the bowling green Wyke Park **Bradford, BD12 9PN**	**Mondays** **9.30am - 10.45am** **8 June CANCELLED**
You'll Never Walk Alone Michael Whyte	You'll Never Walk Alone walking group joins up with Walk For Wellbeing Walking group on alternate weeks and take in the sights of Scholemoor, Great Horton, Horton Park and Clayton at medium pace. Some uphill walking due to location.	Meet at Park gates on Horton Park Avenue opposite Horton Park Medical Centre **Bradford, BD7 3WG**	**Mondays** **11.00am - 12.00pm**

SHIPLEY AND SURROUNDING AREAS			
Baildon Jubilee Walkers Howard and Christine Lloyd	Varied, medium-paced walks making use of the snickets, moorland and green spaces.	Meet at Cecil Avenue Off West Lane **Baildon, BD17 5LH**	**Wednesdays** **2.00pm - 3.00pm**
Bingley Walkers Sheila Furness Christine Bondarenko Ralph Harding	Bingley walkers walk different one-hour circuits starting outside Bingley Arts Centre. This is a steady paced walk, some routes are reasonably flat, but they may also walk uphill to the Twines, up Beckfoot Lane, past Canalside into the estate. Come along and try it!	Meet at Bingley Arts Centre Main Street **Bingley, BD16 2LZ**	**Tuesdays** **2.00pm - 3.00pm**
Bingley 2 Hour Walk Christine Bondarenko Ian Barker James Muff	Meeting point varies. This is a moderately strenuous 'medium-paced' walk. There will be some uphill gradients, suitable footwear is necessary. For months with 5 weeks, walkers are going slightly further afield for the 5th week only.	**4, 11, 18, 25 June** Bingley meet outside Bingley Little Theatre (Walk on 25 June is a short walk followed by a meal at The Boathouse Saltaire.) **2, 9, 16, 23, 30 July** Baildon Meet at Jenny Lane car park.	**Thursdays** **1.00pm - 3.00pm**
Cullingworth Walkers John Hudson Bryan Walkden Christina Watkinson Diana Joy Wright Geoffrey Jones Helen Melaugh Kathleen James Raja Nair Suzanne Trewartha	**A and B Walks** The 'A' walk is a moderately strenuous medium paced walk. There will be some uphill gradients, suitable footwear is necessary. The 'B' walk is generally an easier paced walk avoiding some of the more strenuous routes. Suitable footwear is necessary. The group meet back at the church after the walk for refreshments (optional £1.00 donation) **No dogs allowed.**	Meet at Methodist Church Dellside Fold **Cullingworth, BD13 5EX**	**Thursdays** **Meet at 9.15am, for a prompt start at 9.30am.** **Finishes at 11.00am / 11.30am**
Wilsden Walkers Joan Capstick (admin only) Bryan Walkden Christina Watkinson Wilma Nichol Christine Dufton Diana Wright Geoffrey Jones Gill Holmes Helen Melaugh John Hudson Kath James Rae Harvey Raja Nair Sheila Dickerson	**A and B Walks** The 'A' walk is a moderately strenuous medium paced walk. There will be some uphill gradients, suitable footwear is necessary. The 'B' walk is generally an easier paced walk avoiding some of the more strenuous routes, suitable footwear is necessary. The group meet back at the village hall after the walk for refreshments. Optional £1 donation for refreshments. **No dogs allowed.**	Meet at Wilsden Village Hall Townfield **Wilsden, BD15 0HT**	**Mondays** **(Except for Bank Holidays)** **A:9.15am - 10.45am** **B:9.15am - 10.15am**

KEIGHLEY AND SURROUNDING AREAS			
Addingham Riverside Walking Group Marina Davies Steph Morris	A flat, gentle stroll, usually through the historic village and along the paths by the River Wharfe, spotting a variety of wildlife including kingfishers. Please wear suitable footwear and clothing. Join us afterwards for a free coffee, tea and biscuits at the Addingham Hub **Dogs on leads welcome.**	Meet at Addingham War Memorial next to the car park by Addingham Memorial Hall and opposite the Fleece Main Street Addingham **Ilkley, LS29 0LZ**	**Tuesdays** **10.00am - 11.00am / 11.30am**
Aire & Worth Valley Wanderers Richard Pemberton Hannah Mulholland Suzanne Trewartha Stewart Towers	Meet new friends, explore the hidden gems of the Aire & Worth Valley and learn about the local & natural history of the walks. The walks are aimed at people who have reasonably good mobility. Some of the walks will include hill climbing (up & down) and will go over uneven surfaces.	For further information please contact Richard Pemberton on; rjpmolly@gmail.com 07770 792586	**Thursdays** **1.30pm - 3.00pm**
Clarke Foley Circular Walk Jill Finnerty Charlie Harris	Join us for our fairly gentle, friendly walk starting from the Clarke Foley Centre. The walk will be circular starting and finishing at Clarke Foley. There may be some gradients and uneven ground. Suitable footwear and clothing are required. Dog friendly – must be on lead at all times and well behaved.	Meet at The Clarke Foley Centre Cunliffe Road **Ilkley, LS29 9DZ**	**Fridays** **10.00am - 11.00am**
Haworth Walk Debra Butler Annie Williams Jennifer Clark	This is a steady walk through the beautiful countryside around the historic town of Haworth. It is suitable for anyone who can walk a couple of miles, there may be some uneven ground. Suitable footwear and clothing should be worn.	Meet at West Lane Baptist Church **Haworth, BD22 8EN**	**Mondays** **(Except for Bank Holidays)** **11.00am - 12.00pm**
Ilkley 2 Hour Walk Julia Clayton-Stead Helen Hack Sarah Haines Suzanne Holdsworth Warren Brown	Routes will vary. Terrain can be variable with uneven ground people need to be reasonably physically fit. There is another option to do a shorter walk for those who would struggle to walk for the full time/distance.**No dogs allowed.**	Starts from The Bandstand Opposite Bettys Tea Room The Grove **Ilkley, LS29 9EE**	**Fridays** **10.00am - 12.00pm**
Mood-Boosting Walks Cathy Bruce	Easy paced, all-inclusive walks covering all areas of Ilkley, approx. 3.5km. Using nature and mindfulness techniques to restore wellbeing. Must be able to walk up and down hills and steps and over uneven surfaces. Time will be given during each walk to be still and focus on our breathing and our surroundings to promote calmness. Dogs must be on a short lead at all times. Option to join us for a drink in a local community cafe after.	Meet at the bottom of Mill Ghyll by the fountain in central **Ilkley, LS29**	**Saturdays** **10.00am** **NEW WALK as of May 2026**

Roshni Ghar Ladies Walk Amber Norman	**CLOSED GROUP** The walk lasts up to 1 hour and is led by what the ladies feel they want to do on that day, but Cliffe Castle and its grounds play a big part in providing therapeutic wellbeing walks for South Asian ladies.	Keighley Library North Street **Keighley, BD21 3SX** *Time and place of the walk can vary so can be subject to change*	**Last Monday of each month** **1.00pm** (If the date falls on a Bank Holiday, the walk will take place the following week) **ON HOLD**