

Well Together Service Newsletter



AUTUMN 2024



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WELCOME

Hi and a very warm welcome to our Autumn Newsletter.

I hope you are all keeping well as we say goodbye to summer and reluctant 'hello' to Autumn, with the days getting noticeably shorter and a little colder.

We were deeply saddened to hear about the recent passing of Muppett, one of our star volunteer walk leaders. Muppett meant a great deal to everyone in the local community, and he will be sorely missed. Our team are planning a walk in the Yorkshire Dales in memory of Muppett, so watch this space!

In other news, the Well Together Service is flourishing and continues to grow! We have plenty of new activities in the pipeline, which includes an Asthma and lung support group to be held at Settle library from November, and we are also working closely with Bradford District Care Trust's older people's mental health team to deliver a mindfulness walk from St Ives in Bingley, which is a beautiful part of Yorkshire. This will be supported by two of our very own volunteer walk leaders.

We are also supporting, with the help of Bradford District Care Trusts Talking Therapies team, the delivery of some Menopause training to south Asian women attending our Khush Haal group at Womenzone, to enhance their knowledge of the subject and hopefully lead onto regular Menopause meetings at the venue.

Once again, we would like to express our thanks to each and every one of our amazing volunteers who help us to deliver these much needed activities in our Community 😊

Razia Islam – Service Manager



Muppett – Our Extraordinary Walk Leader

It was so incredibly sad to hear the news that our much valued and loved Volunteer Walk Leader Michael Pascal (who liked to be known as Muppett) had recently passed

on. Muppett was a friend to many, a well-known and hugely respected Community Development Worker that had worked across Bradford District for many years. Muppett had so many qualities including kindness, a gentle manner, a great sense of humour and a wonderful sense of adventure. Above all he loved people and was passionate about improving their health outcomes.

He absolutely loved walking and set up three walking groups with us at Well Together. He set up the Aire and Worth Valley Wanderers in October 2017. The aim of the walks - to explore the hidden gems of the Aire & Worth valley and learn about local & natural history. Muppett's aim was to start up the walk and then step back once other walk leaders became trained. He succeeded and now five walk leaders are involved with leading this weekly walk!

Muppett started the Fagley Amblers in October 2022. Following some community development work in the area, Muppett had come to realise that many of the locals were unaware of the many beautiful, countryside walks on their doorstep. The walks brought people closer to nature and introduced foraging.

His most recent group The Yorkshire Dales Strollers fulfilled Muppett's aim of making the Yorkshire Dales more accessible to people from inner-city areas. He tapped into an unmet need – providing short, guided walks in the Dales.

He also encouraged the use of environmentally friendly means – by advocating use of the Yorkshire Dales Bus to get to the walk, meticulously planning and sharing all possible public transport connections to and from the Dales bus points. Environmental issues and protecting nature were very close to his heart.

Muppett's zest for life and his positivity inspired everyone who came into contact with him. His loss is being felt by so many and our heart continues to go out to his family and everyone who knew him, he was such a unique and special person.

Muppett was also very well known across Yorkshire's music scene, he was a frequent performer, including at festivals in Whitby and organising music sessions in the Dales. He was an observer of life and would pen songs that illustrated people's lives, many of them with his comedic touch.

Our staff, volunteer walk leaders and walkers were so pleased to have the opportunity to say goodbye at his wake which was full of joy – music, laughter and where some of his songbooks and poetry books were auctioned off for charity – ever the fundraiser at heart.

Muppett brought people together in many ways, "we would never have had our walking group if it wasn't for him" says Suzanne Trewartha of Aire and Worth Valley Wanderers. The group have grown close, friendships have blossomed, health has improved, and further walking groups have spun off too.



A special Yorkshire Dales Strollers Walk has been organised on Sunday 20th October for those who walked with him on the Well Together walks mentioned, giving us a chance to remember him and be thankful for all that he did, as he enriched the lives of so many people.

Wyke Nooks and Crannies

It was wonderful to be able to attend the Wyke Nooks and Crannies walk on a sunny day in July. The walk was so interesting and varied, taking in parts of Wyke that are off the beaten track and surprisingly rural. The walk included the very impressive Wyke Community sports village that we were able to walk around. It felt like a mini-Olympic set-up, very fitting for the summer of sport that has been playing out on our TV screens! Wildlife abounded with butterflies landing in amongst the long grasses at the side of the track.

It was a joy to speak to people on the walk and find out their motivations for coming along. Some of the comments included “we’re so thankful for the group” “it’s a lovely walk, we feel safe on it,” “it’s helping me to recover.”

Several walkers have been referred through their local GP surgery (Sunnybank) and are in rehabilitation after various health conditions and injuries. The walk is a key factor in their return to health including enabling them to manage their health conditions. Many walkers are also widowed - the walk is helping them to readjust and adapt which is so incredibly valuable, as one lady said: “it gives me a reason to get out of my house” “it’s a lifeline!”

The walk is led by Tony, Stan and Lynda. Stan explains their motivation: “we the walk leaders get a lot of pleasure from the walks too, not only for our own physical well-being but also knowing that it's appreciated and helping people.”



Many thanks to Walk Leaders Tony, Stan and Lynda for all that you do

Create With A Cuppa

Drawing, using stencils, painting on stones, it's all happening at our Create with A Cuppa group! The group has been running for two months now, with the aim of enabling group members to explore their creativity. We have a good array of art materials for people to choose from. No experience is needed at all, just an enthusiasm and curiosity! We are lucky enough to use the dedicated group space in the heart of Shipley library. There's always a cuppa on standby and plenty of inspiration from the bookshelves.

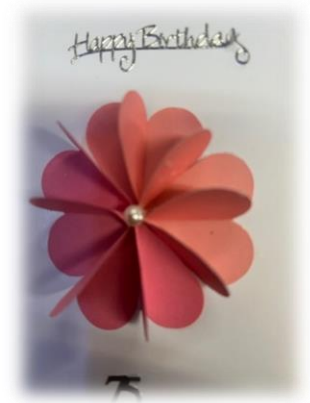


We meet 10-12 noon at Shipley Library. Come along and give it a go!

The Feel-Good Group

The Feel-Good Group has been incredibly active over the past few months, pouring their creativity into various art projects. From drawings to wonderful celebration cards, the group has been spreading positivity and joy through their work.

Here is a glimpse of some of their creations.....



The Feel-Good Group meet virtually via Microsoft Teams on Wednesdays at 10.30am and in person every Thursday at 1030am – 12.30pm, Bingley Methodist Church

A group dedicated to promoting positivity and emotional wellbeing through chat and support, as well as engaging in small craft activities.

Haworth Walk

“The weather in Haworth is always sunny on a Monday” this was the encouraging information I was given when I joined Chris Upton and Keith Brown for the very first ‘Champions Show the Way’ Haworth Walk. I suspect this was Keith putting a slightly exaggerated, positive spin on this new walk. I don’t, however, have any evidence to the contrary, to disprove what Keith said, every time I have joined the walk the weather has been pulchritudinous (lovely) and sunny.

Over the past couple of years Chris has moved on, to become Chaplain for the Aire Rivers Trust, and very sadly, Keith has passed on. I am sure that there are a lot of people, who attend the walk, who are grateful, to both of them, for starting what has become a popular weekly event in Haworth.

Fortunately, we were lucky enough to have two very competent and keen participants on the walk, Debra Butler and Annie Williams, who were willing to take over the leading and administration of the walk. They were joined shortly after by Jenny Clark and the three have done a great job in leading and organising the walk. Thanks to Richard Pemberton, also, who has stepped in to help support the walk when we were a walk leader short.

The walk starts at 11:00am on Mondays (excepting bank holidays) from West Lane Baptist Church and lasts for round about an hour. It normally goes up onto the lovely countryside (see photo) surrounding the town. There is a lunch provided, for members of the congregation, by the church, every other week, after the walk.

The Haworth Walk started well, with over thirty people attending the inaugural event and, although not maintaining quite that number, has continued to be popular. A very pleasant way to spend a Monday morning – it’s bound to be sunny!

Simon Green – Volunteer Facilitator



Walk Leader Training

The demand for Well Together Walk leader training has risen dramatically post Covid, and our service has been fortunate to work collaboratively with organisations such as Bradford Active Travel, Bradford District Care Trust's Older Peoples Mental Health Team and Carers Resource to name but a few. We have two walk leader training sessions booked for October & November to accommodate the requests for additional training, that will cover more walks across the Bradford District including the Woodside centre in BD6 and The West End centre, St Oswald's church in BD5. It will be great to have some Well Together walks active in these areas.

We have also trained over 50 people through the Bradford Active Travel programme, with the potential to train 30 more at the beginning of 2025. This will include Neighborhood officers which are linked to parks and green spaces across Bradford & Airedale. A large number of trainees have gone on to become, or plan to become volunteers with the Well Together Service, which is a fantastic addition to our ever-growing list of wellbeing walks and walk leaders. We hope to continue our partnership working with more organisations in the near future.



New Volunteer Groups

We are currently working alongside Bradford District Care NHS Foundation Trust's older people's mental health team to create a Walk at St Ives in Bingley, which will include places to view nature and create a walk that instils calm and mindfulness. We are very fortunate to have two of our experienced volunteers, Maureen England & Tony Urwin, step up to lead on the walk once it is up and running, which we hope will be early October.

We also have a new walk starting shortly in the Bradford Moor area as a result of the Bradford Active Travel programme. Our new volunteer, Dinara, will lead the Myra Shay walkers group on Thursday mornings. Start time and meeting point to be confirmed.

Our team have been connecting with organisations in the Settle area of the Craven District to support the continuation of some peer support groups who's funding have come to an end. These groups are a much needed lifeline to those who need them and because of that, Well Together will be adding better days - Rethinking pain sessions, which will run bi-monthly at The Place in Settle starting 2nd October, and the Asthma & Lung support group, at Settle library (date to be confirmed) to their list of activities. Further talks around setting up a new Menopause group supported by Townhead surgery in Skipton are also currently in the pipeline. For more information about these groups, please contact Well Together.

Bingley Bereavement Group

Our fabulous Bingley bereavement support group has just celebrated its 6th year of delivering much needed support and friendship to those who have suffered the loss of a loved one. The group provides a space to talk openly, share thoughts and have a chance to reminisce. They also pride themselves on the wonderful friendships that are formed and the lovely social activities that they plan on a regular basis. This can be trips to the theatre, shopping, a visit to the seaside or meals out and they are so grateful to their volunteer activity leader Margaret Thornber for initially starting this group after the loss of her husband.

At the celebration, a beautiful cake was made by our fantastic activity volunteer for the group, Linda Metcalf, who supports Margaret on the delivery of the sessions. Margaret is seen here receiving a magnificent bouquet of flowers from the group attendees as a way of saying 'thankyou'

Bingley bereavement & loss support group is held every Thursday 10.30am- 12.30 at Little House, Market Street, Bingley, BD16 2HP



Horton Bank Top Walk

Come along to improve fitness, enjoy some fresh air and meet new people.

Mondays at 10.00am (up to 2.5 hours walking and one hour taken for bus travel - you will be back by 1.30pm)

Meeting on the opposite side of the road to Horton Bank Top surgery, Great Horton Road, BD7 4PL



Lister Park Walkers

Join us for a gentle walk through Lister Park. Taking in the beautiful landscape and nature the park has to offer.

The walk lasts approximately one hour, and you will be welcome to join Anne, our volunteer walk leader, at the Lister Park café for refreshments afterwards.

Please contact the Well Together office before attending, to check the availability of the walk.

Lister Park
Meet at Prince of Wales Gate
North Park Road
Bradford BD9 4NS



Peel Park Ladies Walk

We have a new Peel Park ladies walk that has recently started and is being led by our volunteer walk leader Mohammed Imran, who is also a social prescriber for the GP practices that are attached to Hillside Bridge and Bradford Moor health centres. Imran wanted to offer a ladies only walk in both areas, with a slightly later start time of 11.45am -12.45pm every Wednesday to encourage ladies who may not be able to join the morning walks due to various health conditions or other commitments, and his aim was to make it accessible for everyone



Why not come along and take in the beauty of Peel Park or join in on the walk from Bradford Moor Park, Meeting at the main entrance, Killinghall Road Bradford BD3 7JD every Thursday 12pm – 1.00pm

Keighley Walking Festival

Keighley walking festival has now come to an end after a very successful month of delivering walks and workshops during the month of September. This was hosted through a combined partnership between Keighley town council, Keighley social enterprise and CNET Bradford & District and offered over 40 guided walks, 2 of which were our Well Together walks, Cullingworth and Howarth.

Richard Pemberton led a Railway children's walk and a Penistone Hill Walk on what happened to be a glorious day, which was well attended (pictured below) and Stew Towers delivered a walk that attracted 17 people, which was just amazing!

We are looking forward to being part of the festival again next year.



Volunteers Wanted

We are looking for anyone interested in leading or supporting a new knit and natter group at Bradford Industrial Museum, you don't need to be an expert, as long as you are enthusiastic! Or perhaps you love to play games? Bolling Hall Museum is crying out for a games group! Please contact us if you're interested or would like to find out more



Autumn Clouds

As the days get ever shorter, sunset begins to chill the autumn air.
The Owl finds hunting prey harder, as leaves scatter everywhere.
Where-as my warm summer gone, his large eyes search to see.
Though I need its evening warmth, its days don't bother me.

While farmers pray for autumn dry days, for their harvest to begin.
While filling up the hay barn, the mouse is happy to be moving in.
He has been out raiding the grain silo, like a thief in the night.
Leaving Owl to search for him; while he's safely out of sight.

Out of a starving desperation, the Owl has landed on the ground.
It will be slugs and snails for supper, for mouse is not around.
Hedgehog has now joined the fray. Owl; leave my slugs alone.
Your job is to catch a mouse, so leave me to forage on my own.

The farmhouse cat sat on the barn, watching with a smarmy grin.
Thought you were wise old Owl? Mouse is in the barn you live in.
Now I could easy catch him for you, but now that would be a sin.
You keep searching the Autumn leaves, I get my food from a tin.

By Roland G Powell
September 2024

**Do you have any photos,
stories, poems or news you
would like to share in the
Newsletter?**

**Please contact the Well
Together Team**

**welltogether@bdct.nhs.uk
or
01274 259190**