

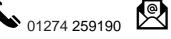


Well Together Service

FREE!! Activity Volunteer Led Groups

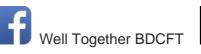


Follow this link to make a referral to this service Well Together service | BDCT



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

Virtual Groups Contact Well Together service to be referred into the virtual group.			
Creative Writing Tamar Yellin Emily Devane	Explore creative writing - The only thing you need is a desire to write – and pen and paper.	Meet Virtually via Microsoft Teams.	Wednesdays Every 2 weeks 12.30pm - 2.00pm
Creativity In The Aire Isobel Murdoch	A chance to tap into your creativity and get hands-on! The group work to a programme, looking at different art and craft techniques. Alternatively bring along your own craft project. No specialist skills required - everyone welcome.	Meet Virtually via Microsoft Teams. 4 December - ALL WRAF Sew a quick and simple gi this Christmas. You'll need like, plus needle, thread at 11 December - IN THE PO Make a stencilled, cutout O away this Christmas. You paper, scissors and glue. 18 December - AND THE Tomorrow is the annual ce Sports Personality Of The you think should win? Drat You will need paper and po 25 December / 1 January NO GROUP - CHRISTMA BREAK	ft bag or pouch to use whatever fabric you nd scissors. DST Christmas card to give will need card or thick WINNER IS eremony for the BBC Year award. Who do w or paint your choice! en/pencil/paint.
The Feel-Good Group Sue Holliday	A group focused around promoting positive wellbeing with friendly chat and natter.	Meet Virtually via Microsoft Teams.	Wednesdays 10.30am - 11.30am ON HOLD

better lives, together



Face to Face Groups			
Bradford, Shipley And Surrounding Areas			
Chill, Chat And Relax Mandy Greaves Jane Mead Michael Shutak Create With A Cuppa	Come along to our friendly group. Learn how to unwind and relax from daily stresses. We'll take you through guided relaxations whilst seated, sharing useful tips and good practice. Come and explore your	Veterans Hut Wyke Park Off Towngate Wyke, BD12 Shipley Library	Mondays 10.45am - 12.00pm Last session: 16 December Restarts: 6 January Thursdays
Sand Rennie	creativity with a chat and a cuppa.	2 Well Croft Shipley, BD18 3QH	10.00am - 12.00pm Last session: 19 December Restarts: 9 January
Denholme Scribes Writing Group Anne Sherriff Tina Watkin	Come and explore your inner creative self, in a relaxed and informal atmosphere.	Denholme Mechanics Institute Reading Room Main Road Denholme Bradford, BD13 4BL	Tuesdays 10.30am - 12.00pm Last session: 17 December Restarts: 7 January
Fibromyalgia Support Group Nazmin Din	A friendly support group for people with fibromyalgia, working in partnership with Rethinking Pain. Come along and meet people who understand you and what it is like to feel lost in a fog.	Well Together Hub F75 1 st Floor Horton Park Medical Centre 99 Horton Park Avenue Bradford BD7 3EG	1st Thursday of each month 11.00am - 12.30pm ON HOLD
Friday Friends Jenny Medley Anne Smith	We meet for tea, coffee and cake, games and chat! With occasional outings too. Open to anyone 50+	St James Church Hall (The Church Hall is across the road from the church) Beaufort Grove Bolton Road Bradford, BD2 4LJ	Fridays Every 2 weeks 2.00pm - 4.00pm Last session: 13 December Restarts: 3 January
Khush Haal Womens Group (Happiness And Wellbeing) Rubina Niazi	This is a women's only group and they will focus on varied wellbeing activities such as Healthy eating, exercise and peer support.	WomenZone 19-21 Hubert Street Bradford, BD3 9TE GROUP IS FULL Please contact the office to be placed on the waiting list	Thursdays 11.00am - 1.00pm Last session: 19 December Restarts: 9 January
SewingZone Sajida Malik	Come and join our friendly and welcoming ladies only get together, where you can chit and chat and learn and share dressmaking skills. No previous skills needed just a willingness to learn.	WomenZone 19-21 Hubert Street Bradford, BD3 9TE	Tuesdays 10.30am - 12.30pm TERM TIME ONLY Last session: 10 December Restarts: 7 January



Sing For Joy	Singing for Fun. No experience	St Peter's Church	Wednesdays
Sue Stewart	necessary, just come and enjoy	Moorhead Lane	Every 2 weeks
	yourself!	Shipley, BD18 4JH	2.00pm 4.00pm
	Everyone welcome.		
			Last session:
			11 December
			Restarts:
			8 January
Wellbeing Mixed	This is a friendly, informal group	Bradford Deaf Centre	Tuesdays
Support Group	for anyone who would like to	25 Hallfield Road	10.30am - 11.45am
Mark Watson	assist their recovery through	Bradford, BD1 3RP	
Andrew Palmer	peer support.		
_	Bingley, Keighley A		
Bereavement	This is an informal support	Little House	Thursdays
Support Group	group for anyone over the age	Market Street	10.30am - 12.30pm
Margaret Thornber	of 18 who has lost a loved one.	Bingley, BD16 2HP	
Mary Oxtoby	Come along to learn from each		Last session:
Linda Metcalfe	other about coping strategies,		19 December
Carole Short	support each other and make		Restarts:
Dorothy Pearce	new friends.		9 January
	(Please note this is not		
Busy Minds	counselling) Exploring Relaxation and	Keighley Healthy Living	1st and 3rd
Helen Jordan	Mindfulness.This group is aimed	13 Scott Street	Thursday of the
	at people who would like to	Keighley, BD21 2JH	month
	revitalize mind and body, help		9.45am - 11.45am
	improve focus, and reduce		
	stress.		5 December
			19 December
			2 January
			16 January -
			CANCELLED
			Rearranged for
			30 January
Calm At The Castle	Learn the art of stillness and	Cliffe Castle	Tuesdays
Helen Brackenbury	calm, deep relaxation and	Spring Gardens Lane	2.30pm - 3.30pm
	meditation.	Keighley, BD20 6LH	
	Sessions are free and open		Last session:
	to all, no experience		17 December
	needed.		Restarts:
			7 January
Creative Writing	Explore creative writing - The	Ilkley library	Wednesdays
Tamar Yellin	only thing you need is a desire	Station Road	Every 2 weeks
Emily Devane	to write – and pen and paper.	Ilkley, LS29 8HA	1.00pm - 3.00pm
			11 December
Family History	Are you interested in family	Cottingley Cornerstone	8 January Wednesdays
Liz Rodgers	history? One of our volunteers	Centre	10.00am - 12.00pm
Paul Rhodes	will help you get started at	Cottingley	
Susan Beedham	looking into your family history.	Bingley, BD16 1AL	
	Everyone is welcome.		

Reminiscence Writing	An informal, friendly group	Clarke Foley Centre	Wednesdays	
Group	that enables members to	Cunliffe Road	Every 2 weeks	
Sue Boerrigter	commit their memories to	likley, LS29 9DZ	2.00pm – 3.30pm	
Pamela Booth	paper, socialise with each		2.0000	
	other and share their		4 December	
	experiences. No writing		Last session:	
	expertise required, just bring		18 December:	
	a notepad and pen.		Restarts:	
			8 January	
STICKS	A social, friendly group suitable	Keighley Healthy Living	2nd and 4th	
(Simple Therapy In	for everyone from absolute	13 Scott Street	Thursday of each	
Crochet/Knitting	beginners to the very	Keighley, BD21 2JH	month	
Sessions) Helen Jordan	experienced.		9.45am - 11.45am	
			Last session:	
			12 December	
			Restarts:	
			9 January	
The Feel-Good Group	A group focused around	Meeting Room 2	Thursdays	
Sue Holliday	promoting positive emotional	Bingley Methodist	10.30am - 12.30pm	
Pat Barwick	wellbeing through chat and	Church		
Angi Williamson	support with small and varied	Herbert Street	GROUP IS NOW	
Christine Saunders	craft activities.	Bingley, BD16 4JU	FULL	
Adna Davidson			Please contact the	
			office to be placed on	
			the waiting list or why	
			not try the virtual	
			group	
	Craven District			
	Craven Dis	strict		
Bentham Post Cancer	Craven Dis This group is open to anyone	strict Bowland View	4th Thursday of	
Support Group	This group is open to anyone who has been affected by	Bowland View Meeting room	each month	
	This group is open to anyone who has been affected by cancer, whether it is yourself,	Bowland View Meeting room Scholars Rise		
Support Group	This group is open to anyone who has been affected by cancer, whether it is yourself, a family member or friend. We	Bowland View Meeting room	each month 1.00pm - 2.30pm	
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Support Group Caroline Wilson	This group is open to anyone who has been affected by cancer, whether it is yourself, a family member or friend. We hope that by coming together and sharing our own lived experiences we can help each other post cancer. Refreshments available	Bowland View Meeting room Scholars Rise Bentham, LA2 7FS	each month 1.00pm - 2.30pm ON HOLD	
Support Group Caroline Wilson Craven Crafters	This group is open to anyone who has been affected by cancer, whether it is yourself, a family member or friend. We hope that by coming together and sharing our own lived experiences we can help each other post cancer. Refreshments available Learn a new craft or work on	Bowland View Meeting room Scholars Rise Bentham, LA2 7FS	each month 1.00pm - 2.30pm ON HOLD Tuesdays	
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Movement To Music – Settle Gillian Walton Pam Hickin	A relaxing chair based exercise group focused on stretching and movement– Important at any age! Half an hour chair based exercises followed by refreshments and time to socialise with others.	The Place Unit 10D, Commercial Yard Duke Street Settle, BD24 9RH (Opposite the Ruchee Indian restaurant)	2nd and 4th Wednesday of each month 2.00pm – 3.00pm Last session: 11 December Restarts: 8 January
Settle Cancer Support Group Caroline Wilson Audrey Larkin	The group is open to anyone who has been affected by cancer, including patients, Carers, family & Friends. If you fancy some company, a drink, and a chat, please come along. Everyone is welcome.	The Place Opposite Ruchee Indian restaurant Unit 11 Commercial Yard Duke Street Settle, BD24 9RH	4th Monday of each month (except for Bank Holidays) 10.30am – 11.45am 23 December

