



Well Together Service

FREE!! Activity Volunteer Led Groups

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01274 259190

welltogether@bdct.nhs.uk

Well Together BDCFT

@BDCFT_WTS

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.

<p>Creative Writing Tamar Yellin Emily Devane</p>	<p>Explore creative writing - The only thing you need is a desire to write – and pen and paper.</p>	<p>Meet Virtually via Microsoft Teams.</p>	<p>Wednesdays Every 2 weeks 12.30pm - 2.00pm</p>
<p>Creativity In The Aire Isobel Murdoch</p>	<p>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.</p>	<p>Meet Virtually via Microsoft Teams.</p> <p>4 December - ALL WRAPPED UP Sew a quick and simple gift bag or pouch to use this Christmas. You'll need whatever fabric you like, plus needle, thread and scissors.</p> <p>11 December - IN THE POST Make a stencilled, cutout Christmas card to give away this Christmas. You will need card or thick paper, scissors and glue.</p> <p>18 December - AND THE WINNER IS... Tomorrow is the annual ceremony for the BBC Sports Personality Of The Year award. Who do you think should win? Draw or paint your choice! You will need paper and pen/pencil/paint.</p> <p>25 December / 1 January NO GROUP - CHRISTMAS AND NEW YEAR BREAK</p>	<p>Wednesdays 1.30pm - 3.00pm</p>
<p>The Feel-Good Group Sue Holliday</p>	<p>A group focused around promoting positive wellbeing with friendly chat and natter.</p>	<p>Meet Virtually via Microsoft Teams.</p>	<p>Wednesdays 10.30am - 11.30am</p> <p>ON HOLD</p>

Face to Face Groups

Bradford, Shipley And Surrounding Areas

Chill, Chat And Relax Mandy Greaves Jane Mead Michael Shutak	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.	Veterans Hut Wyke Park Off Towngate Wyke, BD12	Mondays 10.45am - 12.00pm Last session: 16 December Restarts: 6 January
Create With A Cuppa Sand Rennie	Come and explore your creativity with a chat and a cuppa.	Shipley Library 2 Well Croft Shipley, BD18 3QH	Thursdays 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 Sue Stewart	Singing for Fun. No experience necessary, just come and enjoy yourself! Everyone welcome.	St Peter's Church Moorhead Lane Shipley, BD18 4JH	Wednesdays Every 2 weeks 2.00pm 4.00pm Last session: 11 December Restarts: 8 January
Wellbeing Mixed Support Group Mark Watson Andrew Palmer	This is a friendly, informal group for anyone who would like to assist their recovery through peer support.	Bradford Deaf Centre 25 Hallfield Road Bradford, BD1 3RP	Tuesdays 10.30am - 11.45am
Bingley, Keighley And Wharfedale			
Bereavement Support Group Margaret Thornber Mary Oxtoby Linda Metcalfe Carole Short Dorothy Pearce	This is an informal support group for anyone over the age of 18 who has lost a loved one. Come along to learn from each other about coping strategies, support each other and make new friends. (Please note this is not counselling)	Little House Market Street Bingley, BD16 2HP	Thursdays 10.30am - 12.30pm Last session: 19 December Restarts: 9 January
Busy Minds Helen Jordan	Exploring Relaxation and Mindfulness. This group is aimed at people who would like to revitalize mind and body, help improve focus, and reduce stress.	Keighley Healthy Living 13 Scott Street Keighley, BD21 2JH	1st and 3rd Thursday of the month 9.45am - 11.45am 5 December 19 December 2 January 16 January - CANCELLED Rearranged for 30 January
Calm At The Castle Helen Brackenbury	Learn the art of stillness and calm, deep relaxation and meditation. Sessions are free and open to all, no experience needed.	Cliffe Castle Spring Gardens Lane Keighley, BD20 6LH	Tuesdays 2.30pm - 3.30pm Last session: 17 December Restarts: 7 January
Creative Writing Tamar Yellin Emily Devane	Explore creative writing - The only thing you need is a desire to write – and pen and paper.	Ilkley library Station Road Ilkley, LS29 8HA	Wednesdays Every 2 weeks 1.00pm - 3.00pm 11 December 8 January
Family History Liz Rodgers Paul Rhodes Susan Beedham	Are you interested in family history? One of our volunteers will help you get started at looking into your family history. Everyone is welcome.	Cottingley Cornerstone Centre Cottingley Bingley, BD16 1AL	Wednesdays 10.00am - 12.00pm

Reminiscence Writing Group Sue Boerrigter Pamela Booth	An informal, friendly group that enables members to commit their memories to paper, socialise with each other and share their experiences. No writing expertise required, just bring a notepad and pen.	Clarke Foley Centre Cunliffe Road Ilkley, LS29 9DZ	Wednesdays Every 2 weeks 2.00pm – 3.30pm 4 December Last session: 18 December: Restarts: 8 January
STICKS (Simple Therapy In Crochet/Knitting Sessions) Helen Jordan	A social, friendly group suitable for everyone from absolute beginners to the very experienced.	Keighley Healthy Living 13 Scott Street Keighley, BD21 2JH	2nd and 4th Thursday of each month 9.45am - 11.45am Last session: 12 December Restarts: 9 January
The Feel-Good Group Sue Holliday Pat Barwick Angi Williamson Christine Saunders Adna Davidson	A group focused around promoting positive emotional wellbeing through chat and support with small and varied craft activities.	Meeting Room 2 Bingley Methodist Church Herbert Street Bingley, BD16 4JU	Thursdays 10.30am - 12.30pm GROUP IS NOW FULL Please contact the office to be placed on the waiting list or why not try the virtual group
Craven District			
Bentham Post Cancer 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	4th Thursday of each month 1.00pm - 2.30pm ON HOLD
Craven Crafters Pamela Hainsworth Cerys Kerswell	Learn a new craft or work on your own project in a friendly, safe and supportive space. Suitable for everyone.	The Oddfellows Three Links Club 26 Rectory Lane Skipton, BD23 1ER	Tuesdays 10.00am - 12.00pm Last session: 17 December Restarts: 7 January
Settle Knit And Natter (Or Sew) Group Jo Rhodes	Bring your own items to make or use our materials and sewing machines. We will include sessions which focus on specific activities such as learning to make hats, bags or patchworks, so come and join our friendly group for all levels of experience. Refreshments are provided.	The Settle Community and Business Hub Unit 1 Commercial Courtyard Settle, BD24 9RH	Wednesdays 10.00am -12.00pm

<p>Movement To Music – Settle Gillian Walton Pam Hickin</p>	<p>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.</p>	<p>The Place Unit 10D, Commercial Yard Duke Street Settle, BD24 9RH (Opposite the Ruchee Indian restaurant)</p>	<p>2nd and 4th Wednesday of each month 2.00pm – 3.00pm</p> <p>Last session: 11 December</p> <p>Restarts: 8 January</p>
<p>Settle Cancer Support Group Caroline Wilson Audrey Larkin</p>	<p>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.</p>	<p>The Place Opposite Ruchee Indian restaurant Unit 11 Commercial Yard Duke Street Settle, BD24 9RH</p>	<p>4th Monday of each month (except for Bank Holidays) 10.30am – 11.45am</p> <p>23 December</p>