



Well Together Service

FREE!! Activity Volunteer Led Groups

Follow this link to make a referral to this service
[Well Together service | BDCT](#)



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>2 October - WORLD ANIMAL DAY Choose any animal to draw or paint to mark World Animal Day, or draw several in one picture, maybe around a globe</p> <p>9 October - AUTUMN SKETCHBOOK Create a decorative pattern of berries and birds for autumn, using pens, pencil, paint or inks.</p> <p>16 and 23 October - IN THE BAG Sew a bag, large or small, decorated with stitched or applique motifs. You will need sewing items and some fabric of your choice.</p> <p>30 October - DARK SKIES Now that the clocks have changed for autumn, draw or paint the night sky, stars and planets to enjoy the positives of this darker time of year.</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	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
Create With A Cuppa Lisa Sadler 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
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
Dressmaking Womens Only Group Sajida Malik	This is a friendly group where you can learn how to make a pattern to go onto produce your own made to measure garment. No previous skills needed just a willingness to learn.	VENUE TO BE CONFIRMED	DATE AND TIME TO BE CONFIRMED
Fibromyalgia Support Group Nazmin Din Helen Brackenbury	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 3 October - Workshop on Creative Therapy CANCELLED
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 4 October 18 October 1 November
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	Thursdays 11.00am - 1.00pm
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 2 October 16 October 30 October
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 Maureen Noble 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
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 3 October 17 October
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
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 2 October 16 October 30 October
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 9 October 23 October 6 November
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 10 October 24 October
The Feel-Good Group Sue Holliday Pat Barwick Angi Williamson Christine Saunders	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 Why not try the virtual group.

Craven District

<p>Bentham Post Cancer Support group Caroline Wilson</p>	<p>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</p>	<p>Bowland View Meeting room Scholars Rise Bentham, LA2 7FS</p>	<p>4th Thursday of each month 1.00pm - 2.30pm</p> <p>ON HOLD</p>
<p>Craven Crafters Pamela Hainsworth Cerys Kerswell</p>	<p>Learn a new craft or work on your own project in a friendly, safe and supportive space. Suitable for everyone.</p>	<p>The Oddfellows Three Links Club 26 Rectory Lane Skipton, BD23 1ER</p>	<p>Tuesdays 10.00am - 12.00pm</p>
<p>Knit and Natter (or Sew) group Jo Rhodes</p>	<p>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.</p>	<p>The Settle Community and Business Hub Unit 1 Commercial Courtyard Settle, BD24 9RH</p>	<p>Wednesdays 10.00am -12.00pm</p>
<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>9 October 23 October</p>
<p>Settle Cancer Support Group Caroline Wilson</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>28 October</p>