

Well Together Service

FREE!! Volunteer Led Walks



For More information on our service follow this link to [Well Together service | BDCT](#)



Tel:01274 259190

Email: Welltogether@bdct.nhs.uk

Well Together BDCFT



@BDCFT_WTS

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

BRADFORD AREAS			
All Rounders walking group Barbara Wainwright Annie McKay Eileen Widdop	This medium paced walk covers local landmarks in the East Bierley/ Holmewood area – bordering to Tyersal Beck and Black Carr Woods (Pudsey). And sometimes 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
Eccleshill Health Walkers Ian Stow Susan Knox	A medium paced walk around the area, followed by a drink at the Mechanics Institute.	Meet at Eccleshill Mechanics Institute Stone Hall Road Bradford BD2 2EW	Tuesdays Every 2 weeks 9.45am - 10.45am 4 June 18 June 2 July
Friends of Bowling Park Barbara Pitts David Topham Shirley Carlin	A slow-paced walk around this beautiful park with a drink in the café afterwards. Suitable for Pram/wheelchair users.	Meet at the Lodge (opposite Lister Avenue) Bowling Hall Road Bowling Park Bradford BD4 7TL	Tuesdays 10.00am - 11.00am TERM TIME ONLY
Harold Park Walk Margaret and Bernard Tetley	A 30-45 minute slow-paced walk around Harold Park. Dogs on leads welcome.	Meet at the main park gate. Harold Park Park Road Low Moor Bradford BD12 0EW	Fridays 11.00am - 11.45am
Horton Bank Top Walk Harjit Panesar	Length of walk varies depending on walking ability. Up to 2.5 hours walking and one hour taken for bus travel - you will be back by 1.30pm	Meet on the opposite side of the road to Horton Bank Top surgery Great Horton Road Bradford BD7 4PL	Mondays Meet at 10.00am

Lister Park Walkers Anne Griffin	Join us for a gentle walk through Lister Park taking in the beautiful landscape and nature. The walk lasts approximately 1 hour. After the walk, you are welcome to join Anne at the Lister Park café for refreshments. Suitable for pram and wheelchair users.	Meet at: Prince of Wales Gate Lister Park North Park Road Bradford BD9 4NS	Thursdays 10.30am - 11.30am
Manningham Library Women's Walking Group Jaspreet Kullar Safia Rozeen	This is a relaxed paced walk for women of all ages, and lasts for approximately 1 hour. Refreshments will be provided after the walk in the library so you can relax and socialise. This group is also supported by the Bradford Active Travel social prescribing project.	Manningham Library (outside the main entrance) Carlisle Road Bradford BD8 8BB	Wednesday 9.45am
Peel Park Walk Maureen Gamble Mary Illingworth	A gentle walk around Peel Park, returning back to Park Gates at Cliffe Road. Suitable for pram and wheelchair users.	Meet at Peel Park (Cliffe Road entrance) Bradford BD3 0LT	Thursdays 10.00am - 11.00am
Tickles Walking Group Anne Hainsworth Jjeneen Sherrington	Come and join us for a brisk walk and talk.	Meet outside Ginger Goose Pub 71 Market St, opposite the town hall Bradford BD1 1LH	Thursdays Every 2 weeks 11.30am - 12.30pm 27 June
Thornbury Walkers Nick Toehill	Join us for a medium paced walk around Thornbury. Refreshments are provided afterwards at the medical Center.	Meet at Thornbury Medical Centre 20 Rushton Ave Bradford BD3 7HZ	Fridays 10.00am – 11.00am
The Ridge Walkers Michael Whyte Tim Grunwell	A gentle walk around Horton Park. Suitable for pram and wheelchair users.	Meet at the top gates of Horton Park, by the Ridge Medical Practice. Cousen Road Bradford BD7 3JX	Thursdays 11.00am - 12.00pm
Walk For Wellbeing Jobeda Ali	Walk For Wellbeing walking group joins up with You'll never walk alone walking group on alternate weeks and take in the sights of Scholemoor, Great Horton, Horton Park and Clayton at a medium pace. Some uphill walking due to location. Carers welcome	Scholemoor Centre Dracup Avenue Bradford BD7 2RJ	Mondays 10.30am - 12.30pm
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 - 2.30pm
Wibsey Walkers Tim Grunwell Betty Stothers	A gentle walk around Wibsey park. Suitable for pram and wheelchair users.	Meet at the Beacon Road entrance to Wibsey Park Bradford BD6 3EY	Mondays 11.00am - 12.00pm

Wyke Nooks and Crannies Walkers Tony Green Stan Clay Lynda Sweeby Mandy Greaves	This is a steady paced walk around Wyke. You can park by the side of the green.	Meet at The veterans hut by the bowling green Wyke Park Bradford BD12 9PN	Mondays 9.30am - 10.45am
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 a medium pace. Some uphill walking due to location. Carers welcome	Meet at the park gates on Horton Park Avenue, opposite Horton Park Medical Centre Bradford BD7 3WG	Mondays 11.00am - 12.00pm
SHIPLEY & 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. Some walks are reasonably flat, but they also will walk uphill to the Twines, up Beckfoot Lane, past Canalside into the estate. Come along and try it!	Bingley Arts Centre Main Street Bingley BD16 2LZ	Tuesdays 2.00pm - 3.00pm
Bingley 2 Hour Walk Christine Bondarenko Ian Barker James Muff Dennis Palframan	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.	Meeting point varies: June 6,13,20,27 Gilstead, The Glen pub car park	Thursdays 1.00pm - 3.00pm
Cullingworth Walkers A Walk John Hudson Judith Bentley Pam Dobson Kathleen James Ron Thompson Suzanne Trewartha Rae Harvey Bryan Walkden Level walk B Walk	The group meet back at the church after the walk for refreshments, £1.00 donation for refreshments. No dogs allowed.	Meet at Methodist Church Dellside Fold Cullingworth BD13 5EX	Thursdays Meet at 9.15am, for a prompt start at 9.30am Finish at 11.00am/11.30am Meet at 9.15am, for a prompt start at 9.30am Finish at 11.00am
Wilsden Walkers (A) Sheila Dickerson Christine Dufton Bryan Walkden Christina Watkinson Wilma Nichol Diana Wright	£1 donation for refreshments. No dogs allowed.	Meet at: Wilsden Village Hall Townfield Wilsden BD15 0HT	Mondays (Except bank holidays) 9.15am - 10.45am

Wilsden Walkers (B) Kath James Christine Dufton Gill Holmes Christina Watkinson Rae Harvey	£1 donation for refreshments. No dogs allowed.	Meet at: Wilsden Village Hall Townfield Wilsden BD15 0HT	Mondays (Except bank holidays) 9.15am - 10.15am
KEIGHLEY & SURROUNDING AREAS			
Addingham Walk Brenda Jones Marina Davies Sarah Haines Steph Morris	Short walks lasting approximately 1/1.5 hour. There will be some gradients and uneven ground. Appropriate footwear and clothing are necessary. No dogs allowed.	Meet in car park by Addingham GP Surgery 151A Main Street Addingham Ilkley LS29 0LZ	Tuesdays 10.00am - 11.00/11.30am
Aire & Worth Valley Wanderers Richard Pemberton Suzanne Trewartha Stewart Towers Jan Orys Hannah Mulholland	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
Burley in Wharfedale Ann Nuttall Elaine Shankland	Short walks lasting approximately 1 hour, only in the village and then go for refreshments at the Methodist church after. The walks cover the nature reserve some field walks and the river walk and are primarily geared for people that are not used to walking.	Meet outside the front door of Burley Library Grange Road Burley in Wharfedale LS29 7HD	Tuesdays 10.00am - 11.00am
Haworth Walk Annie Williams Debra Butler Jennifer Clark	A 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 Bank Holidays) 11.00am - 12.00pm
Ilkley 2 hour Walk Julia Clayton-Stead Sue Tupling Helen Hack Anne Parker Sarah Haines Sheena Pickersgill	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
Roshni Ghar Wellness Walk Lili Moni Davinder Sehmbi Kaur Amber Norman	WOMENS GROUP CLOSED GROUP	Meet near the benches outside Cliff Castle Museum Spring Gardens Ln Keighley BD20 6LH	Last Wednesday of each month 1.00pm - 2.00pm 26 June

<p>The Yorkshire Dales Strollers Muppett</p> <p>Out Of Hours Number (between 9.00-10.00am) Sarah Bayles 07764 926225</p>	<p>We use the Dales Bus network to discover the hidden Gems of The Yorkshire Dales. Hop on to reach the starting point from various stops, from Bradford City Centre onwards.</p>	<p>For further details please see page 6 and 7 below. Alternatively, contact the office.</p>	<p>Last Sunday of Each Month</p> <p>30 June</p>
<p>Wheel And Walk Jaspreet Kullar Christine Bradley Louise Soothill</p>	<p>NEW WALK The walk is catered for all abilities, including wheelchair users.</p>	<p>Meet outside The Leisure Centre Hard Ings Road Victoria Park View Keighley BD21 3JN</p>	<p>First Tuesday of each month 1.30pm</p> <p>4 June</p>



Come & Join

The Yorkshire Dales Strollers

A new Walking Group using the Dales Bus network to discover the hidden Gems of The Yorkshire Dales



See next page for the Dales Bus information or contact us

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 more information phone Well Together Service on 01274 259190 or email: Welltogether@bdct.nhs.uk

Or visit our Website to find out more about our service

<https://www.bdct.nhs.uk/services/well-together-service/>



@bdct_wts



@WellTogetherBDCFT





Bradford District Care
NHS Foundation Trust

Sunday June 30th **Bainbridge to Hawes via Sedbusk** ***approx. 5 miles***

**Getting there – Catch the 864 Malham Bus from
Bus Stop B2 on Bridge St. (opp the Interchange) @ 9.25am
Bus Stop L On Cheapside (opp Midland Hotel @ 9.27am
Bottom of Oak Lane on Keighley Rd @ 9.30am
ShIPLEY Market Square @ 9.40am
Charlestown Baildon @ 9.45am
Burley In Wharfedale @ 9.58am
In Ilkley **Transfer onto the 10.20 am 875 Hawes Bus**
(the walk leader Muppett will be on it)
It's usually a Double Decker bus run by the Reliance Bus Company**

We will start from the Village Green in Bainbridge and follow the road down to the River Ure, after crossing the bridge; we will then head along the course of the disused Railway line, for a mile or so, before we then start to gradually climb up the valley side via farm tracks and footpaths. Eventually we will arrive at the picturesque village of Sedbusk. From here we'll then head down to the valley bottom again and pick up the Pennine Way and follow it southwards into the Market Town of Hawes and the end of the walk.

At the end of the walk, you'll have time to explore Hawes and its attractions such as the Dales Museum or the World Famous Creamery (Home of Wensleydale Cheese) or visit its many cafés and / or pubs before **returning back on the 4.30pm 875 bus.**
For those heading back to Baildon, Shipley and Bradford, **get off at Morrisons at Guiseley, cross the road and get the 7.07pm A3 Bradford Bus.**

For More details on the bus times see this link; [dalesbus.pdf](https://www.dalesbus.org.uk)

Out Of Hours Contact Number (between 9.00am-10.00am)
Sarah Bayles: 07764 926225

