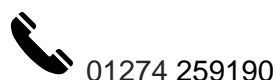




Well Together Service

FREE!! Volunteer Led Walks

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



01274 259190



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). At times 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
Bradford Moor Ladies Walk Mohammed Imran	A gentle walk around Bradford Moor Park, returning back to Park Gates at Killinghall Road. Ladies only walk.	Bradford Moor Park Meet at the main entrance Killinghall Road Bradford BD3 7JD	Thursdays 12.00pm - 1.00pm CANCELLED 10 October
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 1 October 15 October 29 October
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.	Bowling Park Meet at the Lodge Opposite Lister Avenue Bowling Hall Road 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.	Harold Park Meet at the main park gate Park Road 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 park has to offer. The walk lasts approximately one hour and you will be welcome to join Anne at the Lister Park café for refreshments afterwards. Suitable for pram and wheelchair users.	Lister Park Meet at Prince of Wales Gate 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. Followed by refreshments after the walk in the library so you can relax and socialize. This group is supported by the Bradford Active Travel social prescribing project.	Manningham Library Meet outside the main entrance Carlisle Road Bradford BD8 8BB	Wednesdays 9.45am – 10.45am
Peel Park Ladies Walk Mohammed Imran	A gentle walk around Peel Park, returning back to the park gates at Cliffe Road. Ladies only walk.	Peel Park Meet at Peel Park Cliffe Road entrance Bradford BD3 0LT	Wednesdays 11.45am - 12.45pm CANCELLED 2 OCTOBER
Peel Park Walk Maureen Gamble Mary Illingworth	A gentle walk around Peel Park, returning back to park gates. Suitable for Pram and wheelchair users.	Peel Park Meet at Peel Park Cliffe Road entrance Bradford BD3 0LT	Thursdays 10.00am - 11.00am
The Ridge Walkers Michael Whyte Tim Grunwell	A gentle walk around Horton Park. Suitable for pram and wheelchair users.	Horton Park Meet at the top gates of Horton Park, by the Ridge Medical Practice Cousen Road Bradford BD7 3JX	Thursdays 11.00am - 12.00pm
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 ON HOLD
Tickles Walking Group Anne Hainsworth & Jjeneen Sherrington	Come and join us for a brisk walk and talk. CLOSED GROUP	Meet outside Ginger Goose Pub 71 Market Street opposite Town Hall Bradford BD1 1LH	Thursdays Every 2 weeks 11.30am - 12.30pm 10 October 24 October
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 medium pace. Some uphill walking due to location. Carers welcome	Meet at 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 10.30am - 11.30am
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	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 Jobeda Ali	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 medium pace. Some uphill walking due to location. Carers welcome	Meet at 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!	Meet at 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: 3,10,17,24 October Cullingworth Opposite St John's Parish Church 31October Meet at St Johns Road, Utley	Thursdays 1.00pm - 3.00pm
Cullingworth Walkers John Hudson Judith Bentley Pam Dobson Kathleen James Ron Thompson Suzanne Trewartha Rae Harvey Bryan Walkden Raja Nair Geoffrey Jones	A and B Walks 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. Finishes at 11.00am / 11.30am
Wilsden Walkers Sheila Dickerson Kath James Bryan Walkden Christina Watkinson Wilma Nichol Diana Wright Raja Nair Geoffrey Jones Christine Dufton Gill Holmes Rae Harvey	A and B Walks £1 donation for refreshments. No dogs allowed.	Meet at Wilsden Village Hall Townfield Wilsden BD15 0HT	Mondays (Except Bank Holidays) A:9.15am - 10.45am B:9.15am - 10.15am

KEIGHLEY & SURROUNDING AREAS

<p>Addingham Walk Brenda Jones Marina Davies Steph Morris</p>	<p>Short walks lasting approximately 1/1.5 hour. There will be some gradients and uneven ground. Appropriate footwear and clothing are necessary. Followed by optional tea/coffee at the Addingham Hub. No dogs allowed.</p>	<p>Meet at Addingham War Memorial adjacent to the car park by Addingham Memorial Hall Main Street Addingham Ilkley LS29 0LZ</p>	<p>Tuesdays 10.00am - 11.00/11.30am</p>
<p>Aire & Worth Valley Wanderers Richard Pemberton Suzanne Trewartha Stewart Towers Jan Orys Hannah Mulholland</p>	<p>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.</p>	<p>For further information please contact Richard Pemberton on; rjpmolly@gmail.com 07770 792586</p>	<p>Thursdays 1.30pm - 3.00pm</p>
<p>Burley in Wharfedale Ann Nuttall Elaine Shankland</p>	<p>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.</p>	<p>Meet outside the front door of Burley Library Grange Road Burley in Wharfedale LS29 7HD</p>	<p>Tuesdays 10.00am - 11.00am</p>
<p>Haworth Walk Annie Williams Debra Butler Jennifer Clark</p>	<p>This is 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.</p>	<p>Meet at West Lane Baptist Church Haworth BD22 8EN</p>	<p>Mondays (Except Bank Holidays) 11.00am - 12.00pm</p>
<p>Ilkley 2 Hour Walk Julia Clayton-Stead Sue Tupling Helen Hack Anne Parker Sarah Haines Sheena Pickersgill</p>	<p>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.</p>	<p>Starts from The Bandstand Opposite Bettys Tea Room The Grove Ilkley LS29 9EE</p>	<p>Fridays 10.00am - 12.00pm</p>
<p>Wheel And Walk Jaspreet Kullar Christine Bradley Louise Soothill</p>	<p>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 1 October</p>