




Well Together Service Newsletter


SPRING 2024



 01274 259190

 welltogether@bdct.nhs.uk

 @BDCFT_WTS

 Well Together

WELCOME

A Warm Welcome to the Spring edition of our newsletter. It's great to see the days getting longer as the evenings are a bit lighter and the mornings much brighter. There's a buzz in the air as we have some new activities starting up! There's a thirst for walks at the moment, with our Yorkshire Dales Strollers Walk starting last month and our Wheelchair accessible walk coming soon! We also have an additional walk starting in Peel Park/Lister Park which will alternate on Saturdays and Sundays! We have a guided relaxation group hoping to start at the amazing Cliffe Castle Museum! It's all GO GO GO here-we wouldn't like it any other way 😊



Well Together Volunteer Training Sessions

We are pleased to announce that we are offering the Well Together Volunteer Training again. The face to face training sessions were put on hold due to Covid.

This training is an integral part of your volunteering and although many of you have been with Well Together for a number of years this is an opportunity to get together and have a refresh on the Trust's Vision and Values of 'Better Lives Together-We Listen, We Care, We deliver.'

Shortly you will be receiving our updated Volunteer Handbook and Training Booklet, please have a read of these and keep for reference. Over the coming months We will be putting on a series of dates in venues across the district and you can book onto the one most convenient for you. We look forward to seeing you soon!
Well Together Team.

- **Tuesday 16 April 2024 – 1pm-4pm**
Venue: Almond Room, Royds Enterprise Park, Future Fields, Buttershaw, BD6 3EW
- **Tuesday 21 May – 10am-1pm**
Venue: New Mill, Victoria Road, Saltaire, BD18 3LD
- **Wednesday 29 May 1.00pm-4.00pm**
Venue: The Place, Unit 10d, Commercial Yard, Duke Street, Settle, BD24 9RH
- **Tuesday 18 June 2024 – 10am-1pm**
Venue: Equality Together, Manningham Mills Comm. Centre, Lilycroft Road, BD9 5BD
- **Monday 24 June - 1pm-3.30pm**
Venue: Keighley Healthy Living, 13 Scott St, Keighley BD21 2JH, Keighley
- **Wednesday 10 July – 10am-12.30pm**
VIRTUAL session on Microsoft TEAMS.
- **Wednesday 11 September - 10.15 am-1pm**
Venue: Scarbrough suite (downstairs), Central Hall, Alice Street, Keighley, BD21 3JD
- **Thursday 12 September – 10am-1pm**
Venue: The Well Together Hub, Horton Park Surgery, 99 Horton Park Avenue, BD7 3EG



Springs Revival

A new feeling in the air, its changing, as the birds
begin to sing.

Suddenly, everywhere the great rush is on, to
welcome a new spring.

Turtle Doves are nest building, as their love fills the
morning air.

New life appearing from the earth, with crocus
everywhere.

Daffodils in groups delight our eyes, gently swaying
all in time.

Dismissing the winter blues, then saying everything
is fine.

Frog spawn by the lily pad tells you, new life will
soon be born.

But will the tadpoles make it? Or be destroyed
leaving us forlorn.

Look at all the beauty that's around you, and for
granted do not take.

As your own children are born, let them grow, in
love let them partake.

To carry on ignoring springtime's warning, could be
a great mistake.

Think hard, we only have each other, then let their
lives become great.

As the bees start their labor of love, will we
partake in their plan.

You can't pollinate the internet, so ignore it, and
act like a man.

Instead plant your children's future, with a
watering can.

Then watch them grow and blossom. For
remember who I am.

Before your eyes watch them prosper, from your
springtime loves delight.

Remember we are all springtime children, so don't
give up the fight,

Stop this leaving it all to others, for spring can
easily go away.

It's time to save springtime **now**, and not on
another day.

By Roland G Powell 27.02.2024

The Feel-Good Group

The Feel-Good Group have been busy in the past
few months making different creations with
flowers. Flower boxes were made for International
women's days, wreaths for Mother's Day and much
more.

Here is a glimpse of some of their creations....



The Feel-Good Group meet virtually via Microsoft
Teams on Wednesdays at 10.30 am and in person
every Thursday at 10.30am-12.30pm, Bingley
Methodist church.

A group focused around promoting positive
emotional wellbeing through chat and support with
small and varied craft activities.

After each craft session they always have a moment
of relaxation. Everyone is welcome.

Bingley Walker turns 90!

Congratulations to Jean Harvey who turns 90 next month!

Jean has walked with the Bingley Tuesday Group for 13 years!!! She goes along most weeks. She says "I enjoy the companionship and it keeps me fit. I try to keep young, it's a lot to do with having a good lifestyle."

Jean has introduced others to the group. She tells people "Don't be at a loose end come along and try it!"



Music to Movement group - Settle

Well Together are supporting the Music to Movement group based in Settle, alongside Age UK. This is a chair based exercise group focused on stretching and movement, which is important at any age. The session is facilitated by Well Together activity volunteer Gillian Walton who delivers a fun half hour chair based exercise session to some fabulous tunes, followed by refreshments and time to socialise

The group runs every 2nd & 4th Wednesday of the month, 2.00pm-3.00pm at The Place, Unit 10d Commercial Yard, Duke Street, Settle (opposite the Ruchee restaurant)



Aire Valley Wanderers

The snow didn't stop the Aire Valley Wanderers! All geared up for a circular walk from Oakworth across the golf course, they marched on in the cold brisk snow and had a good time doing it!

The group meet every Thursdays, 1.30pm - 3.00pm exploring the hidden gems of the Aire & Worth valley and learning 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 792



Paint Your Mind

How can art become a helpful mental health tool? This is the question I'm asking myself – and others – as I start my Arts Council England-funded development project, Paint Your Mind: Art As Tool (running January-June 2024). For almost two years now I've led Well Together's Creativity in the Aire group, which I so enjoy – but I'm also a freelance arts for wellbeing practitioner, having set up my online initiative Medley in 2020, when lockdown opened up time and space to strike out.

I want to take my Medley practice to its next stage by focusing on “art as tool” - art directly exploring and expressing mental health issues. My development plan has three strands. The first is research: I will research therapeutic art techniques and models used in mental health and wellbeing, and I will conduct my own research – surveying fellow practitioners as well as therapists and participants. Creativity in the Aire group members have already shared some helpful thoughts. The second strand is creating new artwork: I will create a new body of art ideas, sharing this with participants in two art challenges I will run within my Medley work. Their responses will contribute to shaping my final toolkit, which I hope will take the form of a model and a method to follow. The third and final strand is reaching new audiences through networks with a specific wellbeing focus.

Is there even one best way to use art for mental health, or are there many? Is it best to focus on art expressing thoughts and feelings, maybe visualizing a scene or using colour to sum up how you feel? Is it best to draw or paint something totally unconnected with these issues? How might art complement counselling models, like CBT? How do abstract and figurative art compare? So many questions – and every single one opens up another. It's great to have this opportunity to explore. You might like to complete my initial survey on art for mental health – go to <https://form.jotform.com/240184274130043> – thank you!

Isobel Murdoch



Supported using public funding by

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Yorkshire Dales Strollers

February saw our first Yorkshire Dales Strollers walk. We'd pre-ordered the weather with plenty of sunshine turning out for us! We were so pleased to have 10 people take part, and a good range of age groups at that!

This new walking group takes place on the last Sunday of the month. The aim is for people to utilise the DalesBus to access the truly wonderful countryside in our district. This subsidised bus transports people from inner city Bradford, then Shipley and Ilkley and right out into the hills! The walks are accessible at 4 miles benefitting a whole host of people including those that are no longer able to take part in longer walks in the Dales for various reasons.

Our walk encompassed Janet's Foss waterfall, where one brave soul took a dip (not one of the walkers!) After that we headed to the jaw-dropping landmark that is Gordale Scar. There was an option after the walk had finished for folk to head to Malham Cove, some did just that catching the slightly later bus back.

The DalesBus was a really positive experience; warm and comfortable, and with people swapping stories and banter, the welcoming vibe was also down to the friendly drivers. On the way back the bus took us to Skipton and a further one linked in to take us back Ilkley-way. The connections were smooth and seamless. The bus zipped nicely through the towns and villages, delivering us to magnificent Malham.

Sustainability is addressed here, with thought to the environment as getting the bus reduces the amount of cars and therefore pollution levels. Friendships and connections are formed, which I have to say is unlike any normal bus service!

This is the brainchild of Walk Leader and Community Development Worker Muppett – he leads the walk and is also a volunteer for DalesBus. Muppett says "I want to help people to discover the countryside, so that more people can access it. It would be great if people from inner city Bradford used the service."

Muppett also has another mission – to increase people's knowledge and experience of the Dales, away from the crowds at Bolton Abbey, Grassington etc!

Cathy who attended the walk said: "It was well organised and a really lovely group of people came. I don't drive. I find the Dales bus is wonderful as it means I can get out to lots of beautiful places." I'm looking forward to the next one."

For more details and/or to join the mailing list for the walk please contact our office on 01274 259190 or well.together@bdct.nhs.uk



Parvez Ahmed – Volunteer Walk Leader

We are sad to announce the passing of one of our much loved volunteer walk leaders, Parvez Ahmed. Parvez was a huge advocate for walking and led the men's walk at Frizinghall and at Lister Park on a weekly basis, ensuring all his walkers arrived each week by contacting them on the morning of the walks to remind them all. The walkers said that if it wasn't for Parvez's persistence in getting them up and about, they probably wouldn't have found the motivation to go and walk, for which they were very grateful of. He made sure that his walkers had fresh fruit and water to take with them on the walk and arranged many social gatherings for his group.

Parvez had great passion and enthusiasm for getting involved in any health event that would benefit his community and whenever we spoke with him, he was always getting prepared to attend one. He was a great walk leader who took his role as a volunteer very seriously and strongly believed in the health benefits of walking. He will be sorely missed by all at the Well Together Service.



Do you have any photos, stories, poems or news you would like to share in the Newsletter?

Please contact the Well Together Team

welltogether@bdct.nhs.uk

or

01274 259190

CPR Training

In many medical emergencies the first few minutes are critical and if effective treatment can be given in those first minutes, lives can be saved and disability reduced.

As part of their Beating Hearts campaign, New Vision Bradford are offering CPR training with drop-in sessions at Pelican House on Currer Street, Bradford from 11am to 12:30pm every Thursday.

There's no need to book - just drop in!



Well Together Hub

We are pleased to announce that the Carers Hub has been taken over by us and is now the Well Together Hub. We are working on delivering more Well Together volunteer led activities from there.

**Well Together Hub,
Horton Park Health Centre,
Level 2, 99 Horton Park Avenue,
Bradford, BD7 3EG.**

If you would like to use this cozy space it can be booked through the Well Together Service:
welltogether@bdct.nhs.uk / 01274 259190