



## 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](mailto: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.

<b>Creative Writing</b> Tamar Yellin Emily Devane	Explore creative writing - The only thing you need is a desire to write – and pen and paper.	<b>Meet Virtually via Microsoft Teams.</b>	<b>Wednesdays</b> <b>Every 2 weeks</b> <b>12.30pm - 2.00pm</b>
<b>Creativity In The Aire</b> Isobel Murdoch	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.	<b>Meet Virtually via Microsoft Teams.</b>  <b>6 November - RESTING</b> Draw or paint one of the animal species which hibernate at this time of year for the winter, such as bats or hedgehogs. You will need paper and your choice of pens or pencils or paints.  <b>13 November - CREATIVITY IS...</b> Make a scrapbooking page to decorate and complete the sentence "Creativity is..." to celebrate what creativity means to you. You will need paper and pen and any odds and ends you have to habd, maybe fabric scraps or buttons or magazine sheets or colour paper.  <b>20 November - SETTING OFF</b> Write about a walk – real or imagined – and illustrate what you write. You will need paper and pens/paint/pencils.  <b>27 November - V FOR VICTORY</b> This week marks the 150 <sup>th</sup> anniversary of the birth of Winston Churchill. Remember the wartime leader by drawing him – you will need paper and pen or pencil.	<b>Wednesdays</b> <b>1.30pm - 3.00pm</b>
<b>The Feel-Good Group</b> Sue Holliday	A group focused around promoting positive wellbeing with friendly chat and natter.	<b>Meet Virtually via Microsoft Teams.</b>	<b>Wednesdays</b> <b>10.30am - 11.30am</b>  <b>ON HOLD</b>

## Face to Face Groups

### Bradford, Shipley And Surrounding Areas

<b>Chill, Chat And Relax</b> 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 <b>Wyke, BD12</b>	<b>Mondays</b> <b>10.45am - 12.00pm</b>
<b>Create With A Cuppa</b> Sand Rennie	Come and explore your creativity with a chat and a cuppa.	Shipley Library 2 Well Croft <b>Shipley, BD18 3QH</b>	<b>Thursdays</b> <b>10.00am - 12.00pm</b>
<b>Denholme Scribes Writing Group</b> 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 <b>Bradford, BD13 4BL</b>	<b>Tuesdays</b> <b>10.30am - 12.00pm</b>
<b>SewingZone</b> 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 <b>Bradford, BD3 9TE</b>	<b>Tuesdays</b> <b>10.30am - 12.30pm</b>  <b>TERM TIME ONLY</b>
<b>Fibromyalgia Support Group</b> 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 <sup>st</sup> Floor Horton Park Medical Centre 99 Horton Park Avenue <b>Bradford BD7 3EG</b>	<b>1st Thursday of each month</b> <b>11.00am - 12.30pm</b>  <b>ON HOLD</b>
<b>Friday Friends</b> 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 <b>Bradford, BD2 4LJ</b>	<b>Fridays</b> <b>Every 2 weeks</b> <b>2.00pm - 4.00pm</b>  <b>1 November</b> <b>15 November</b> <b>29 November</b>
<b>Khush Haal Womens Group (Happiness And Wellbeing)</b> 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 <b>Bradford, BD3 9TE</b>	<b>Thursdays</b> <b>11.00am - 1.00pm</b> <b>GROUP IS FULL</b> <b>Please contact the office to be placed on the waiting list</b>
<b>Sing For Joy</b> Sue Stewart	Singing for Fun. No experience necessary, just come and enjoy yourself! Everyone welcome.	St Peter's Church Moorhead Lane <b>Shipley, BD18 4JH</b>	<b>Wednesdays</b> <b>Every 2 weeks</b> <b>2.00pm 4.00pm</b>  <b>13 November</b> <b>27 November</b>
<b>Wellbeing Mixed Support Group</b> 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 <b>Bradford, BD1 3RP</b>	<b>Tuesdays</b> <b>10.30am - 11.45am</b>

## Bingley, Keighley And Wharfedale

<b>Bereavement Support Group</b> 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. <b>(Please note this is not counselling)</b>	Little House Market Street <b>Bingley, BD16 2HP</b>	<b>Thursdays</b> <b>10.30am - 12.30pm</b>
<b>Busy Minds</b> 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 <b>Keighley, BD21 2JH</b>	<b>1st and 3rd Thursday of the month</b> <b>9.45am - 11.45am</b>  <b>7 November</b> <b>21 November</b>
<b>Calm At The Castle</b> Helen Brackenbury	Learn the art of stillness and calm, deep relaxation and meditation. <b>Sessions are free and open to all, no experience needed.</b>	Cliffe Castle Spring Gardens Lane <b>Keighley, BD20 6LH</b>	<b>Tuesdays</b> <b>2.30pm - 3.30pm</b>
<b>Creative Writing</b> 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 <b>Ilkley, LS29 8HA</b>	<b>Wednesdays</b> <b>Every 2 weeks</b> <b>1.00pm - 3.00pm</b>  <b>13 November</b> <b>27 November</b>
<b>Family History</b> 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 <b>Bingley, BD16 1AL</b>	<b>Wednesdays</b> <b>10.00am - 12.00pm</b>
<b>Reminiscence Writing Group</b> 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 <b>Ilkley, LS29 9DZ</b>	<b>Wednesdays</b> <b>Every 2 weeks</b> <b>2.00pm – 3.30pm</b>  <b>6 November</b> <b>20 November</b> <b>4 December</b>
<b>STICKS (Simple Therapy In Crochet/Knitting Sessions)</b> Helen Jordan	A social, friendly group suitable for everyone from absolute beginners to the very experienced.	Keighley Healthy Living 13 Scott Street <b>Keighley, BD21 2JH</b>	<b>2nd and 4th Thursday of each month</b> <b>9.45am - 11.45am</b>  <b>14 November</b> <b>28 November</b>
<b>The Feel-Good Group</b> 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 <b>Bingley, BD16 4JU</b>	<b>Thursdays</b> <b>10.30am - 12.30pm</b> <b>GROUP IS NOW FULL</b> <b>Please contact the office to be placed on the waiting list or why not try the virtual group</b>

## Craven District

<p><b>Bentham Post Cancer Support Group</b> 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 <b>Bentham, LA2 7FS</b></p>	<p><b>4th Thursday of each month</b> <b>1.00pm - 2.30pm</b></p> <p><b>ON HOLD</b></p>
<p><b>Craven Crafters</b> 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 <b>Skipton, BD23 1ER</b></p>	<p><b>Tuesdays</b> <b>10.00am - 12.00pm</b></p>
<p><b>Settle Knit And Natter (Or Sew) Group</b> 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 <b>Settle, BD24 9RH</b></p>	<p><b>Wednesdays</b> <b>10.00am -12.00pm</b></p>
<p><b>Movement To Music – Settle</b> 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 <b>Settle, BD24 9RH</b> (Opposite the Ruchee Indian restaurant)</p>	<p><b>2nd and 4th Wednesday of each month</b> <b>2.00pm – 3.00pm</b></p> <p><b>13 November</b> <b>27 November</b></p>
<p><b>Settle Cancer Support Group</b> Caroline Wilson Audrey Larkin</p>	<p>The group is open to anyone who has been affected by cancer, including patients, Carers, family &amp; 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 <b>Settle, BD24 9RH</b></p>	<p><b>4th Monday of each month (except for Bank Holidays)</b> <b>10.30am – 11.45am</b></p> <p><b>25 November</b></p>