



Well Together Service FREE!! Volunteer Led Walks



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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 OH HOLD
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 12 November 26 November
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

Sister Park Taking in the beautiful landscape and nature the park has to offer. The walk lasts approximately one hour and you will be welcome and the Lister Park cafe for refreshments afterwards. Suitable for pram and wheelchair users. 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. Meet us for a gentle stroil arount his lovely green space and make time for some relaxation, gentle exercise and a friendly chat. Prams/pushchairs welcome. Peel Park Ladies Walk Mohammed Imran A gentle walk around Peel Park, returning to the park gates. The Walkers the wheelchair users. The Ridge Walkers Michael Whyte Tim Grunwell Tim Grunwell Tim Grunwell Tim Grunwell Walk For Wellbeing Jobeda Ali Walking Back to Happiness Rodney Kench Walking Dear School Carries welcome Carried Hong Area Carried Hong	Lister Park Walkers	Join us for a gentle walk through	Lister Park	Thursdays
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Wibsey Walkers Tim Grunwell Betty Stothers Wyke Nooks And Crannies Walkers Tony Green Stan Clay Lynda Sweeby You'll Never Walk Alone Michael Whyte Jobeda Ali	A gentle walk around Wibsey park. Suitable for pram and wheelchair users. This is a medium paced walk, taking in the nooks and crannies around the Wyke area, passing by allotments, fields and green spaces. 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 the Beacon Road entrance to Wibsey Park Bradford BD6 3EY Meet at The Veterans Hut by the bowling green Wyke Park Bradford BD12 9PN Meet at Park gates on Horton Park Avenue opposite Horton Park Medical Centre Bradford BD7 3WG	Mondays 11.00am - 12.00pm Mondays 9.30am - 10.45am Mondays 11.00am - 12.00pm
	SHIPLEY & SURROUNI	DING 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: 7,14,21,28 November Baildon, meet at Jenny Lane car park	Thursdays 1.00pm - 3.00pm
Cullingworth Walkers John Hudson Judith Bentley Pam Dobson Kathleen James Suzanne Trewartha Rae Harvey Bryan Walkden Raja Nair Geoffrey Jones Diana Joy Wright	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 John Hudson	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 & SURROUN	IDING AREAS	
Addingham Walk Brenda Jones Marina Davies Steph Morris	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.	Meet at Addingham War Memorial adjacent to the car park by Addingham Memorial Hall Main Street Addingham Ilkley LS29 0LZ	Tuesdays 10.00am - 11.00am / 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	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.	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 Ladies Walk Amber Norman Shazia Kauser	The walk lasts up to 1 hour and is led by what the ladies feel they want to do on that day, but Cliffe Castle and its grounds play a big part in providing therapeutic wellbeing walks for South Asian ladies. CLOSED GROUP	Keighley Library North Street Keighley BD21 3SX	Last Monday of each month (If the date falls on a Bank Holiday, the walk will take place the following week) 1.00pm *Time and place of the walk can vary so can be subject to change*
Wheel And Walk Jaspreet Kullar Christine Bradley Louise Soothill	The walk is catered for all abilities, including wheelchair users.	Meet outside The Leisure Centre Hard Ings Road Victoria Park View Keighley BD21 3JN	First Tuesday of each month 1.30pm 5 November