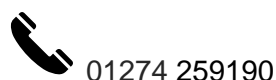




## Well Together Service

### 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



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

## BRADFORD AREAS

<b>All Rounders Walking Group</b> 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 <b>Holmewood BD4 9EJ</b>	<b>Mondays</b> <b>9.45am - 12.00pm</b>
<b>Bradford Moor Ladies Walk</b> Mohammed Imran	A gentle walk around Bradford Moor Park, returning back to Park Gates at Killinghall Road. <b>Ladies only walk.</b>	Bradford Moor Park Meet at the main entrance Killinghall Road <b>Bradford BD3 7JD</b>	<b>Thursdays</b> <b>12.00pm - 1.00pm</b>  <b>OH HOLD</b>
<b>Eccleshill Health Walkers</b> 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 <b>Bradford BD2 2EW</b>	<b>Tuesdays</b> <b>Every 2 weeks</b> <b>9.45am - 10.45am</b>  <b>12 November</b> <b>26 November</b>
<b>Friends Of Bowling Park</b> Barbara Pitts David Topham Shirley Carlin	A slow-paced walk around this beautiful park with a drink in the café afterwards. <b>Suitable for Pram/wheelchair users.</b>	Bowling Park Meet at the Lodge Opposite Lister Avenue Bowling Hall Road <b>Bradford BD4 7TL</b>	<b>Tuesdays</b> <b>10.00am - 11.00am</b>  <b>TERM TIME ONLY</b>
<b>Harold Park Walk</b> Margaret and Bernard Tetley	A 30-45 minute slow-paced walk around Harold Park.  <b>Dogs on leads welcome.</b>	Harold Park Meet at the main park gate Park Road <b>Bradford BD12 0EW</b>	<b>Fridays</b> <b>11.00am - 11.45am</b>
<b>Horton Bank Top Walk</b> 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 <b>Bradford BD7 4PL</b>	<b>Mondays</b> <b>Meet at 10.00am</b>

<b>Lister Park Walkers</b> 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. <b>Suitable for pram and wheelchair users.</b>	Lister Park Meet at Prince of Wales Gate North Park Road <b>Bradford BD9 4NS</b>	<b>Thursdays</b> <b>10.30am - 11.30am</b>  <b>ON HOLD</b>
<b>Manningham Library Women's Walking Group</b> 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. <b>This group is supported by the Bradford Active Travel social prescribing project.</b>	Manningham Library Meet outside the main entrance Carlisle Road <b>Bradford BD8 8BB</b>	<b>Wednesdays</b> <b>9.45am - 10.45am</b>
<b>Myra Shay Walkers</b> Dinara Hussainova	Meet us for a gentle stroll around this lovely green space and make time for some relaxation, gentle exercise and a friendly chat. <b>Prams/pushchairs welcome.</b>	Myra Shay Park Meet by the top entrance to the park (just below Lapage Primary School) <b>Bradford BD3</b>	<b>Thursdays</b> <b>10.00am - 10.45am</b>
<b>Peel Park Ladies Walk</b> Mohammed Imran	<b>Ladies only walk.</b> A gentle walk around Peel Park, returning to the park gates at Cliffe Road.	Peel Park Meet at Peel Park Cliffe Road entrance <b>Bradford BD3 0LT</b>	<b>Wednesdays</b> <b>11.45am - 12.45pm</b>  <b>ON HOLD</b>
<b>Peel Park Walk</b> Maureen Gamble Mary Illingworth	A gentle walk around Peel Park, returning to the park gates. The walkers then sit back and catch-up over a cuppa in the Peelers' Café. <b>Suitable for Pram and wheelchair users.</b>	Peel Park Meet at Peel Park Cliffe Road entrance <b>Bradford BD3 0LT</b>	<b>Thursdays</b> <b>10.00am - 11.00am</b>
<b>The Ridge Walkers</b> Michael Whyte Tim Grunwell	A gentle walk around Horton Park. <b>Suitable for pram and wheelchair users.</b>	Horton Park Meet at the top gates of Horton Park, by the Ridge Medical Practice Cousen Road <b>Bradford BD7 3JX</b>	<b>Thursdays</b> <b>11.00am - 12.00pm</b>
<b>Tickles Walking Group</b> Anne Hainsworth & Jjeneen Sherrington	Come and join us for a brisk walk and talk.  <b>CLOSED GROUP</b>	Meet outside Ginger Goose Pub 71 Market Street opposite Town Hall <b>Bradford BD1 1LH</b>	<b>Thursdays</b> <b>Every 2 weeks</b> <b>11.30am - 12.30pm</b>
<b>Walk For Wellbeing</b> 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 <b>Bradford BD7 2RJ</b>	<b>Mondays</b> <b>10.30am - 12.30pm</b>
<b>Walking Back to Happiness</b> Rodney Kench	Varied, medium paced walk exploring the beautiful surrounding of Thornton Village. Everyone is welcome.	Meet at Thornton Primary School Thornton Road <b>Bradford BD13 3NN</b>	<b>Tuesdays</b> <b>10.30am - 11.30am</b>

<b>Wibsey Walkers</b> Tim Grunwell Betty Stothers	A gentle walk around Wibsey park. <b>Suitable for pram and wheelchair users.</b>	Meet at the Beacon Road entrance to Wibsey Park <b>Bradford BD6 3EY</b>	<b>Mondays</b> <b>11.00am - 12.00pm</b>
<b>Wyke Nooks And Crannies Walkers</b> Tony Green Stan Clay Lynda Sweeby	This is a medium paced walk, taking in the nooks and crannies around the Wyke area, passing by allotments, fields and green spaces.	Meet at The Veterans Hut by the bowling green Wyke Park <b>Bradford BD12 9PN</b>	<b>Mondays</b> <b>9.30am - 10.45am</b>
<b>You'll Never Walk Alone</b> 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 <b>Bradford BD7 3WG</b>	<b>Mondays</b> <b>11.00am - 12.00pm</b>

## SHIPLEY & SURROUNDING AREAS

<b>Baildon Jubilee Walkers</b> Howard and Christine Lloyd	Varied, medium-paced walks making use of the snickets, moorland and green spaces.	Meet at Cecil Avenue Off West Lane <b>Baildon BD17 5LH</b>	<b>Wednesdays</b> <b>2.00pm - 3.00pm</b>
<b>Bingley Walkers</b> 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 <b>Bingley BD16 2LZ</b>	<b>Tuesdays</b> <b>2.00pm - 3.00pm</b>
<b>Bingley 2 Hour Walk</b> 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: <b>7,14,21,28 November</b> Baildon, meet at Jenny Lane car park	<b>Thursdays</b> <b>1.00pm - 3.00pm</b>
<b>Cullingworth Walkers</b> John Hudson Judith Bentley Pam Dobson Kathleen James Suzanne Trewartha Rae Harvey Bryan Walkden Raja Nair Geoffrey Jones Diana Joy Wright	<b>A and B Walks</b> The group meet back at the church after the walk for refreshments, £1.00 donation for refreshments.  <b>No dogs allowed.</b>	Meet at Methodist Church Dellside Fold <b>Cullingworth BD13 5EX</b>	<b>Thursdays</b> <b>Meet at 9.15am, for a prompt start at 9.30am.</b> <b>Finishes at 11.00am / 11.30am</b>

<b>Wilsden Walkers</b> Sheila Dickerson Kath James Bryan Walkden Christina Watkinson Wilma Nichol Diana Wright Raja Nair Geoffrey Jones Christine Dufton Gill Holmes Rae Harvey John Hudson	<b>A and B Walks</b> £1 donation for refreshments.  <b>No dogs allowed.</b>	Meet at Wilsden Village Hall Townfield <b>Wilsden BD15 0HT</b>	<b>Mondays</b> <b>(Except Bank Holidays)</b>  <b>A:9.15am - 10.45am</b> <b>B:9.15am - 10.15am</b>
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## KEIGHLEY & SURROUNDING AREAS

<b>Addingham Walk</b> 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. <b>No dogs allowed.</b>	Meet at Addingham War Memorial adjacent to the car park by Addingham Memorial Hall Main Street Addingham <b>Ilkley LS29 0LZ</b>	<b>Tuesdays</b> <b>10.00am - 11.00am / 11.30am</b>
<b>Aire &amp; Worth Valley Wanderers</b> 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	<b>Thursdays</b> <b>1.30pm - 3.00pm</b>
<b>Burley in Wharfedale</b> 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 <b>Burley in Wharfedale LS29 7HD</b>	<b>Tuesdays</b> <b>10.00am - 11.00am</b>
<b>Haworth Walk</b> 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 <b>Haworth BD22 8EN</b>	<b>Mondays</b> <b>(Except Bank Holidays)</b> <b>11.00am - 12.00pm</b>
<b>Ilkley 2 Hour Walk</b> 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. <b>No dogs allowed.</b>	Starts from The Bandstand Opposite Bettys Tea Room The Grove <b>Ilkley LS29 9EE</b>	<b>Fridays</b> <b>10.00am - 12.00pm</b>

<p><b>Roshni Ghar Ladies Walk</b> Amber Norman Shazia Kauser</p>	<p>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.</p> <p><b>CLOSED GROUP</b></p>	<p>Keighley Library North Street <b>Keighley BD21 3SX</b></p>	<p><b>Last Monday of each month</b> (If the date falls on a Bank Holiday, the walk will take place the following week) <b>1.00pm</b></p> <p><i>*Time and place of the walk can vary so can be subject to change*</i></p>
<p><b>Wheel And Walk</b> 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 <b>Keighley BD21 3JN</b></p>	<p><b>First Tuesday of each month</b> <b>1.30pm</b></p> <p><b>5 November</b></p>