



Well Together Service

FREE!! Activity Volunteer Led Groups

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01274 259190

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.

<p>Creative Writing Tamar Yellin Emily Devane</p>	<p>Explore creative writing - The only thing you need is a desire to write – and pen and paper.</p>	<p>Meet Virtually via Microsoft Teams.</p>	<p>Wednesdays Every 2 weeks 12.30pm - 2.00pm</p>
<p>Creativity In The Aire Isobel Murdoch</p>	<p>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.</p>	<p>Meet Virtually via Microsoft Teams.</p> <p>5 February - TIME TO TALK DAY Today is Time To Talk Day, so try using art to express thoughts and feelings through images as symbols. You will need paper, pens or paint.</p> <p>12 February - TRUMMING AWAY For Guitar Day, draw or paint a guitar – acoustic or electric, whichever ypu prefer. You could add your favourite guitarist too. You will need paper, paint or pens and pencils.</p> <p>19 February - PAPERCRAFT Experiment with making a decorative 3D flower out of folded papers. You will need glue, scissors and paper – white or any colour, or add colour to white paper first with paint or pen.</p> <p>26 February - FOR A LAUGH Draw soome quick cartoons of people or animals, highlighting or exaggerating particular features to make them look comical! You will need paper and a black pen, or coloyr pens if you prefer.</p>	<p>Wednesdays 1.30pm - 3.00pm</p>
<p>The Feel-Good Group Sue Holliday</p>	<p>A group focused around promoting positive wellbeing with friendly chat and natter.</p>	<p>Meet Virtually via Microsoft Teams.</p>	<p>Wednesdays 10.30am - 11.30am</p> <p>ON HOLD</p>

Face to Face Groups

Bradford, Shipley And Surrounding Areas

Chill, Chat And Relax Mandy Greaves Jane Mead Michael Shutak	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 Wyke, BD12	Mondays 10.45am - 12.00pm
Create With A Cuppa Sand Rennie	Come and explore your creativity with a chat and a cuppa.	Shipley Library 2 Well Croft Shipley, BD18 3QH	Thursdays 10.00am - 12.00pm
Denholme Scribes Writing Group Anne Sherriff Tina Watkin	Come and explore your inner creative self, in a relaxed and informal atmosphere.	Denholme Mechanics Institute Main Road Denholme Bradford, BD13 4BL	Tuesdays 10.30am - 12.00pm
Friday Friends 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 Bradford, BD2 4LJ	Fridays Every 2 weeks 2.00pm - 4.00pm 14 February 28 February
Khush Haal Womens Group (Happiness And Wellbeing) 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 Bradford, BD3 9TE	Thursdays 11.00am - 1.00pm GROUP IS FULL Please contact the office to be placed on the waiting list
SewingZone 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 Bradford, BD3 9TE	Tuesdays 10.30am - 12.30pm TERM TIME ONLY
Sing For Joy Sue Stewart	Singing for Fun. No experience necessary, just come and enjoy yourself! Everyone welcome.	St Peter's Church Moorhead Lane Shipley, BD18 4JH	Wednesdays Every 2 weeks 2.00pm 4.00pm 5 February 19 February 5 March
Wellbeing Mixed Support Group Mark Watson	This is a friendly, informal group for anyone who would like to assist their recovery through peer support.	Bradford Deaf Centre 25 Hallfield Road Bradford, BD1 3RP	Tuesdays 10.30am - 11.45am ON HOLD

Bingley, Keighley And Wharfedale

<p>Bereavement Support Group Margaret Thornber Mary Oxtoby Linda Metcalfe Carole Short Dorothy Pearce</p>	<p>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. Please note this is not counselling.</p>	<p>Little House Market Street Bingley, BD16 2HP</p>	<p>Thursdays 10.30am - 12.30pm</p>
<p>Busy Minds Helen Jordan</p>	<p>Exploring Relaxation and Mindfulness. This group is aimed at people who would like to revitalize mind and body, help improve focus, and reduce stress.</p>	<p>Keighley Healthy Living 13 Scott Street Keighley, BD21 2JH</p>	<p>First and Third Thursday of each month 9.45am - 11.45am</p> <p>6 February 20 February</p>
<p>Calm At The Castle Helen Brackenbury</p>	<p>Learn the art of stillness and calm, deep relaxation and meditation. Sessions are free and open to all, no experience needed.</p>	<p>Cliffe Castle Spring Gardens Lane Keighley, BD20 6LH</p>	<p>Tuesdays 2.30pm - 3.30pm</p> <p>ON HOLD Restarts - 25 February</p>
<p>Creative Writing Tamar Yellin Emily Devane</p>	<p>Explore creative writing - The only thing you need is a desire to write – and pen and paper.</p>	<p>Ilkley library Station Road Ilkley, LS29 8HA</p>	<p>Wednesdays Every 2 weeks 1.00pm - 3.00pm</p> <p>5 February 19 February 5 March</p>
<p>Family History Liz Rodgers Paul Rhodes Susan Beedham</p>	<p>Are you interested in family history? One of our volunteers will help you get started at looking into your family history. Everyone is welcome.</p>	<p>Cottingley Cornerstone Centre Cottingley Bingley, BD16 1AL</p>	<p>Wednesdays 10.00am - 12.00pm</p>
<p>Reminiscence Writing Group Sue Boerrigter Pamela Booth</p>	<p>An informal, friendly group that enables members to commit their memories to paper, socialise and share their experiences. No writing expertise required, just bring a notepad and pen.</p>	<p>Clarke Foley Centre Cunliffe Road Ilkley, LS29 9DZ</p>	<p>Wednesdays Every 2 weeks 2.00pm – 3.30pm</p> <p>5 February 19 February 5 March</p>
<p>STICKS (Simple Therapy In Crochet/Knitting Sessions) Helen Jordan</p>	<p>A social, friendly group suitable for everyone from absolute beginners to the very experienced.</p>	<p>Keighley Healthy Living 13 Scott Street Keighley, BD21 2JH</p>	<p>Second and Fourth Thursday of each month 9.45am - 11.45am</p> <p>13 February 27 February</p>
<p>The Feel-Good Group Sue Holliday Pat Barwick Angi Williamson Christine Saunders Adna Davidson</p>	<p>A group focused around promoting positive emotional wellbeing through chat and support with small and varied craft activities.</p>	<p>Meeting Room 2 Bingley Methodist Church Herbert Street Bingley, BD16 4JU</p>	<p>Thursdays 10.30am - 12.30pm</p> <p>GROUP IS NOW FULL Please contact the office to be placed on the waiting list or why not try the virtual group</p>

Craven District

Better Days Pat Porter	Better Days supports people in the community who struggle with persistent physical, psychological or social pain. This group is run in conjunction with Rethinking Pain.	The Place (Opposite Ruchee Indian restaurant) 11 Commercial Courtyard Duke Street Settle BD24 9RH	First Wednesday of each month 1.00pm - 3.00pm 5 February
Craven Crafters Pamela Hainsworth Cerys Kerswell	Learn a new craft or work on your own project in a friendly, safe and supportive space. Suitable for everyone.	Craven Arts House 55 Otley Street Skipton BD23 1ET	Tuesdays 10.00am - 12.00pm
Settle Knit And Natter (Or Sew) Group Jo Rhodes Samantha Glossop David Singer	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.	The Settle Community and Business Hub Unit 1 Commercial Yard Duke Street Settle, BD24 9RH	Wednesday 10.00am - 12.00pm
Movement To Music - Settle Gillian Walton Pam Hickin	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.	The Place (Opposite the Ruchee Indian restaurant) Unit 10D Commercial Yard Duke Street Settle, BD24 9RH	Second and Fourth Wednesday of each month 2.00pm - 3.00pm 12 February 26 February
Settle Cancer Support Group Caroline Wilson Audrey Larkin	The group is open to anyone who has been affected by cancer, including patients, Carers, family & Friends. If you fancy some company, a drink, and a chat, please come along. Everyone is welcome.	The Place (Opposite Ruchee Indian restaurant) Unit 11 Commercial Yard Duke Street Settle, BD24 9RH	Fourth Monday of each month (except for Bank Holidays) 10.30am – 11.45am 24 February