



## Well Together Service

### FREE!! Volunteer Led Walks

For More information on our service follow this link to Well Together service | BDCT



Tel:01274 259190 Email: Welltogether@bdct.nhs.uk



Well Together BDCFT



@BDCFT\_WTS

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

**Please note some of our walks have restricted numbers, so therefore please do not turn up to our walking groups without prior arrangement.**

**All walks are 'socially distance' and hand sanitizer is available to use.**

BRADFORD AREAS			
<b>Eccleshill Health Walkers</b> With Ian Stow and Susan Knox	Meet at Eccleshill Mechanics Institute, Stone Hall Road, Bradford BD2 2EW for a gentle 45 min Walk around the area.	Restricted to 10 walkers per Walk leader– contact Well Together office for more information	<b>Every 2 weeks Tuesdays</b> 9.45 am – 10.30 am 3 May, 17 May
<b>Friends of Bowling Park</b> with Barbara Pitts, David Topham and Shirley Carlin	Meet at the Lodge (opposite Lister Avenue), Bowling Hall Road, Bowling Park, Bradford, BD4 7TL	Restricted to 10 walkers per Walk leader– contact Well Together office for more information	<b>Tuesdays</b> 10.00am – 11.00 am <b>Term time only</b>
<b>Holmewood Walk</b> with Barbara Wainwright, Annie McKay Eileen Widdop	Meet at St Christopher's church (car park) Holmewood Road, Holmewood, BD4 9EJ	Restricted to 10 walkers per Walk leader– contact Well Together office for more information	<b>Mondays</b> 9.45 am - 12.00 noon
<b>Horton Bank top Walk</b> With Peter Dyson Harjit Panesar	Meet at the bottom of Brayshaw Drive, (opposite Horton Bank Top Surgery) BD7 The group usually catch a bus to their walk and need to be there for 10.10 ready for the bus which comes shortly after.	Restricted to 10 walkers per Walk leader– contact Well Together office for more information	<b>Mondays</b> Meet at 10.10 am length of walk varies depending on walking ability
<b>Lister Park Walkers</b> Anne Griffin	Meet at the Prince of Wales Gate at Lister Park for a gentle walk around the Park. – <b>please contact the office to be put on a waiting list for when this walk restarts</b>	Restricted to 10 walkers per Walk leader– contact Well Together office for more information	<b>Tuesdays</b> 10.00 am – 11.00 am <b>ON HOLD</b>
<b>Peel Park Walk</b> With Sarah Maybury	Meet at Peel Park (Cliffe road entrance) BD3 0LT for a gentle walk around Peel Park, returning back to Park Gates at Cliffe Road. Ending with refreshments at Peelers Café.	Restricted to 10 walkers per Walk leader– contact Well Together office for more information	<b>Thursday</b> 10.00 am – 11.00 am <b>ON HOLD</b>

<b>The Ridge Walkers</b> with Michael Whyte Tim Grunwell	Meet at the top gates of Horton Park, by the Ridge Medical Practice, Cousen Road, BD7 3JX	<b>Restricted to 10 walkers per Walk leader– contact Well Together office for more information</b>	<b>Thursdays</b> 11.00 am – 12.00 pm
<b>Walking Back to Happiness</b> With Rodney Kench	Meet at: Thornton Primary School Thornton Road, BD13 3NN Flat walk with some inclines. Everyone welcome.	<b>Restricted to 10 walkers per Walk leader– contact Well Together office for more information</b>	<b>Tuesdays</b> 1.00 pm – 2.30 pm Will continue to walk in easter break.
<b>Wibsey Walkers</b> With, Tim Grunwell, Betty Stothers, Carol Holdsworth	Meet at the Beacon Road entrance to Wibsey Park, BD6 3QD	<b>Restricted to 10 walkers per Walk leader– contact Well Together office for more information</b>	<b>Mondays</b> 11.00 am – 12.00 md No walk BH 2 May
<b>Wyke Nooks and Crannies Walkers</b> Tony Green, Stan Clay, Lynda Sweeby, Mandy Greaves.	Meet at The veterans hut, by the bowling green, in Wyke Park. BD12 9PN You can park by the side of the green. This is a steady paced walk around Wyke	<b>Restricted to 10 walkers per Walk leader– contact Well Together office for more information</b>	<b>Mondays</b> 9.30 am – 10.45 am
<b>SHIPLEY &amp; SURROUNDING AREAS</b>			
<b>Baildon Walkers</b> with Peter and Yvonne Kierman Howard and Christine Lloyd, and Andrew Marshall	Meeting at 2 different locations: Potted Meat Stick, (adjacent to the car park in the village centre) and the bench at the junction of West View/Newton Way (100 metres from the surgery)	<b>Restricted to 10 walkers per Walk leader– contact Well Together office for more information</b>	<b>Wednesdays</b> 10.45 am and 11am set off times (for a 45 minute walk) .
<b>Bingley Walkers</b> with Sheila Furness, Christine Bondarenko	Bingley Arts Centre Main Street Bingley BD16 2LZ		<b>Tuesdays</b> 2.00 pm - 3.00 pm
<b>Bingley 2 Hour Walk</b> with Christine Bondarenko, Ian Barker, James Muff Dennis Palframan	Meeting point varies: May – Park on road on Harden side of the Malt pub before bridge Jun – Park at Glen pub Gilstead lane.	For months with 5 weeks, walkers are going slightly further afield for the 5th week only	<b>Thursdays</b> 1.00 pm – 3.00 pm
<b>Cullingworth Walkers A Walk</b> with, John Hudson, Judith Bentley, Kathleen James, Ron Thompson, Pam Dobson, Andrew Bond, Suzanne Trewartha	Meet at Methodist Church Dellside Fold Cullingworth BD13 5EX The group meet back at the church after the walk for refreshments £1.00 donation for refreshments	<b>No dogs allowed</b>	<b>Thursdays</b> Meet at 9.15 am, for a prompt start at 9.30 am - finishes at 11.00am – 11.30 am
<b>Cullingworth Walkers – Level walk B Walk</b>	Meet at Methodist Church Dellside Fold Cullingworth BD13 5EX The group meet back at the church after the walk for refreshments £1.00 donation for refreshments	<b>No dogs allowed</b>	<b>Thursdays</b> Meet at 9.15 am, for a prompt start at 9.30 am – Finishes at 11.00 am

<b>River Aire Apperley Bridge Walkers</b> with Nick Milsom	Meet at the George and Dragon pub carpark at Apperley Bridge. This is a walk over variable, uneven and muddy terrain, including inclines and stiles, therefore is not suitable for people those with mobility problems. Suitable footwear and clothing must be worn. The group will meet at the Bridge Cafe for a hot drink afterwards if walkers wish	<b>Restricted to 10 walkers per Walk leader– contact Well Together office for more information</b>	<b>Tuesdays</b> 2.00 pm – 3.00pm
<b>River Aire Walkers</b> with Nick Milsom	Meet at the Bandstand at Roberts Park, Saltaire.	<b>Restricted to 10 walkers per Walk leader– contact Well Together office for more information</b>	<b>Tuesdays</b> 10.00 am –11.00 am
<b>Wilsden Walkers (A)</b> With Sheila Dickerson, Christine Dufton, Lynn Ramsbotham, Bryan Walkden, Sheila Nurse, Christina Watkinson. Andrew Bond, Wilma Nichol	Meet at: Wilsden Village Hall Townfield BD15 0HT £1 donation for refreshments  <b>No dogs allowed</b>		<b>Mondays (Except bank holidays)</b> 9.15 am - 10.45 am
<b>Wilsden Walkers Level (B)</b> with Kath James, Christine Dufton, Gill Smith, Sheila Nurse, Christina Watkinson	Wilsden Village Hall Townfield BD15 0HT £1 donation for refreshments  <b>No dogs allowed</b>		<b>Mondays (Except bank holidays)</b> 9.15 am - 10.15 am
<b>KEIGHLEY &amp; SURROUNDING AREAS</b>			
<b>Aire &amp; Worth Valley Wanderers</b> With Richard Pemberton, Suzanne Trewartha Stewart Towers	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 07770792586		<b>Thursdays</b> 1.30 pm - 3.00 pm
<b>Burley in Wharfedale</b> with Ann Nuttall Elaine Shankland	Meet outside the front door of Burley Library Grange Road Burley in Wharfedale, LS29 7HD		<b>Tuesdays</b> 10.00 am - 11.00 am
<b>Haworth Walk</b> Chris Upton Annie Williams Debra Butler	Meet at West Lane Baptist Church Haworth		<b>Monday</b> 11.00 am – 12.00 md
<b>Ilkley 2 hour Walk</b> with, Howard and Maureen England, Julia Clayton-Stead, Sue Tupling, Helen Hack	Starts from The Bandstand, Opposite Bettys Tea Room. The Grove, Ilkley, LS29 9EE Routes will vary. Terrain can be variable with uneven ground people need to be reasonably physically fit		<b>Fridays</b> 10.00 am - 12.00 md