



## Well Together Service

### **FREE!! Activity Volunteer Led Groups**

Follow this link to make a referral to this service  
 Well Together service | BDCT

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



Well Together BDCFT



@BDCFT\_WTS

**Please do not turn up to these groups without prior arrangement.**

We are working with '**Worth Connecting**' to get people online - So If you don't have access to a digital device then Worth Connecting could help! Delivered by Carers' Resource and Age UK Bradford the programme is for people aged 55+ and their aim is to get people online. Sign up to a free 6-week session - you will be loaned a tablet and meanwhile you can try out our virtual groups and see if they work for you! For more information or to book your place contact Worth Connecting on 01274 449660.

### **Virtual Groups**

<b>Creative Writing</b> Tamar Yellin Emily Devane Pam Barnes	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 Every 2 weeks</b> <b>12.30pm - 2.00 pm</b> <b>4 May/18May</b>
<b>Creativity in the Aire</b> Isobel Murdoch	A chance to tap into your creativity and get hands-on, transforming everyday items you have at home into useful objects that look good! Or bring along your own craft project. No specialist skills required Everyone welcome.	<b>Meet Virtually via Microsoft teams.</b>	<b>Wednesdays</b> <b>1.30 pm - 3.00 pm</b>
<b>CFS/ME (Chronic Fatigue Syndrome) Support Group</b> Paul Beasant Adele Barker	<b>Face to face and Virtual group</b> Come along to a friendly peer support group and connect with people who understand	Windhill Community centre Church Street <b>Shipley</b> <b>BD18 2NR</b> <b>&amp; Via MS Teams</b>	<b>Mondays</b> <b>6.00pm – 7.30 pm</b> <b>4 Weekly</b> Monday -no meeting Mon 2 May Windhill Community Centre Face2Face – 30 May
<b>The Feelgood 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>10.30 am – 11.30 am</b>

<b>Face to Face groups –</b>			
<b>Bereavement Peer Support Group</b> Margaret Thornber Maureen Noble	This is an informal peer 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>	Meet at the Little House Market Street <b>Bingley BD16 2HP</b>	<b>Thursday – 10.30 am – 12.30pm</b> <b>Restricted to 12 people per session</b> Capacity for the group is full at present due to Covid restrictions, please contact Well Together to be put on a waiting list
<b>Bereavement Peer Support Group</b> Linda Metcalfe Shaheen Hussain	This is an informal peer 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>	Meet at the Community Room Cartwright Hall <b>Lister Park Bradford BD9 4NS</b>	<b>Tuesdays 11.00 am – 12.30pm</b> <b>Restricted to 10 people for a covid safe environment.</b> <b>ON HOLD – please contact us to be put on a waiting list.</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>1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month</b> <b>10.00 am -11.15 am</b> <b>Restricted to 8 people for a covid safe environment</b>
<b>Craven Crafters</b> Pamela Hainsworth Serena Gunpath	Learn a new craft or work on your own project in a friendly, safe and supportive space. Suitable for everyone.	The Oddfellows Three Links Club 26 Rectory Lane <b>Skipton North Yorkshire BD23 1ER</b>	<b>Tuesdays</b> 10.00am – 12.00 md <b>No group on these dates</b> <b>17/5, 24/5 and 31/5.</b>
<b>CFS/ME (Chronic Fatigue Syndrome) Support Group</b> Paul Beasant Adele Barker	Come along to a friendly peer support group and connect with people who understand	Windhill Community centre Church Street <b>Shipley BD18 2NR</b>	<b>Mondays 6.00pm – 7.30 pm</b> <b>4 Weekly</b> Monday -no meeting <b>Mon 2 May Windhill Community Centre 30 May</b>
<b>Denholme Scribes writing group</b> Anne Sherriff	Come and explore your inner creative self, in a relaxed and informal atmosphere.	Denholme Mechanics Institute Reading Room Main Road, <b>Denholme Bradford BD13 4BL</b>	<b>Tuesdays 10.45 am – 12.00 md</b> <b>Restricted to 6 people for a covid safe environment</b>
<b>Family History</b> Liz Rodgers Paul Rhodes	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 <b>Cottingley Bingley BD16 1AL</b>	<b>Wednesdays</b> 10.00 am – 12.00 md <b>Restricted to 9 people for a covid safe environment.</b>
<b>Fibromyalgia Peer Support group</b> Lucy Kitwood Sue Cross	This is a friendly peer support group for people with fibromyalgia. Come along and meet people who understand you and what it is like to feel lost in a fog.	The Community Room Cartwright Hall Lister Park <b>Bradford BD9 4NS</b>	<b>Thursdays 11.00 pm - 12.30pm</b> <b>Restricted to 10 people for a covid safe environment</b>

<b>Friday Friends</b> Jenny Medley Anne Smith	Share ideas and hobbies, have fun, chat and have afternoon tea and cake. This group is for people aged 50+	St James Church Hall (The Church Hall is across the road from the church) Beaufort Grove <b>Bolton</b> <b>Bradford BD2 4LJ</b>	<b>Fridays fortnightly</b> 2.00 pm – 4.00 pm <b>Dates:</b> 6 May & 20 May 3 June - Jubilee 17 June
<b>Khush Haal Women's group</b> (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. Contact the office to be put on a waiting list <b>No group during Ramadan, restart 5/12 May</b>	Women's Zone 19-21 Hubert Street <b>Bradford</b> <b>BD3 9TE</b>	<b>Thursdays</b> <b>11.30 pm – 1.00 pm</b> <b>Restricted to 10 ladies in the group</b>
<b>Men's Wellbeing Group</b> Mark Watson Andrew Palmer	This is a friendly group for anyone who would like to explore their recovery. A recovery approach provides everyone with an opportunity to take back control over their life.	Bradford Deaf Centre 25 Hallfield Road Manningham <b>Bradford</b> <b>BD1 3RP</b>	<b>Wednesdays</b> <b>12.00pm – 1.15pm</b>  <b>Restricted to 8 people for a covid safe environment</b>
<b>Reminiscence Writing Group</b> Sue Boerrigter	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</b> <b>LS29 9DZ</b>	<b>Wednesdays fortnightly</b> <b>2.30pm – 4.00pm</b> 6 April & 20 April 4 May & 18 May  <b>Restricted to 10 people for a covid safe environment</b>
<b>Sing For Joy</b> Sue Stewart Carol Godby Shiela Jeffery	Singing for Fun – no experience necessary, just the desire to enjoy wining. Everyone welcome	<b>St Peter's Church</b> Moorhead Lane Shipley BD18 4JH	<b>Wednesdays</b> <b>Every 2 weeks</b> 2.00pm - 4.00 pm from 18 May
<b>STICKS</b> <i>(Simple Therapy in Crochet/Knitting Sessions)</i> Helen Jordan,	A social, friendly group suitable for everyone from absolute beginners to the very experienced.	Keighley Healthy Living 13 Scott Street <b>Keighley</b> <b>BD21 2JH</b>	<b>2nd and 4th Thursday of the Month</b> <b>10.00 am – 11.15 am</b>  <b>Restricted to 8 people for a covid safe environment</b>
<b>The Feelgood Group</b> Sue Holliday Pat Barwick Angi Williamson	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</b> <b>BD16 4JU</b>	<b>Thursdays</b> <b>11.00 am-12.15pm</b>  <b>Restricted to 10 people for a covid safe environment</b>
<b>Wellbeing Group supported by</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 Manningham <b>Bradford</b> <b>BD1 3RP</b>	<b>Tuesdays</b> <b>10.30 am – 11.45 am</b>  <b>Restricted to 8 people for a covid safe environment</b>