

1 May 2019

Champions Show The Way

FREE!! Community Health Champion Led Activities

Ring 01274 321911 or email champions@bdct.nhs.uk for more information.

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

BRADFORD AREAS			
Bereavement Peer Support Group – Bradford area Linda Metcalfe	This is an informal peer support group for anyone over the age of 18 who has recently 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)	Bradford Deaf Centre 25 Hallfield Road Manningham Bradford BD1 3RP	Tuesdays 10.30 am - 12.30 pm ON HOLD Please contact the office to be put on a waiting list
Chat 'N' Relax group Indira Durlabhbai	Come and join our friendly peer support group aimed at anyone who would like to assist their recovery of mind and body through chat and simple relaxation techniques	Community Lounge The Ridge Medical Practice Cousen Road BD7 3JX	Tuesdays Registration at 10.15am Start time at 10.30 am - 12.00 md
Cinema Group Bernadette Jarvis	Film watching with optional sing along to keep those brains active.	St Mathews Church Carr Bottom Road Bankfoot, Bradford BD5 9AA	Wednesday - Monthly 1.15 pm - 2.45 pm Contact the office for the date
Denholme Scribes Creative Writing Group Cas Trustlove-Smith	Come and explore your inner, creative self in a relaxed and informal atmosphere.	Denholme Shared Church Keighley Road Denholme Bradford BD13 4JT	Tuesdays 10.30am – 12.00 pm
Extend Exercise Class Bernadette Jarvis	Gentle seated and some standing exercise. This is a very sociable group who want to make exercise fun.	St Mathews Church Carr Bottom Road Bankfoot Bradford BD5 9AA	Fridays 2.00 pm - 3.30 pm <i>Apart from Easter and Christmas</i>
Fibromyalgia Peer Support group Lucy Kitwood	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.	Bradford Deaf Centre 25 Hallfield Road Bradford BD1 3RP	Fridays 10.30am – 12.30pm
Ladies Dressmaking group Sajda Malik	Come along to this friendly dress making group. The ladies will be working on both Eastern and Western fashion. Everyone is welcome, Open to beginners and experienced sewers.	Frizinghall Community Centre Midland Road Bradford BD9 4HX	Tuesdays 10.00am – 12.00pm No group on the 14 May
Manningham Women's Group Angela Cannon Ilona Fabian Simon Reynolds	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 Bradford BD1 3RP	Wednesdays 10.00am – 12.00pm

Quiz Group Bernadette Jarvis	A quiz to keep brains active and socialize with others over Afternoon tea and Bingo.	St Mathews Church Carr Bottom Road Bankfoot, Bradford, BD5 9AA	Wednesdays Fortnightly 2.00 pm - 3.30 pm Dates: 1 May 15 May 29 May
Sing Out Barbara Pitts	Singing for fun – no experience necessary. Everyone welcome.	Culture Fusion 125 Thornton Road Bradford BD1 2EP	Thursdays 10.30 am - 12.30 pm
Skillshare Group Doreen Kerfoot, Maureen Jones	Come along to this creative group and share your artistic skills in Card making, Crafts, and Drawing and much more.	St Matthews Church Carr Bottom Road, Bradford BD5 9AA	Fridays 10.00 am - 12.00 md
Wellbeing Group supported by Mark Watson Andrew Palmer	This is a friendly, informal group for anyone who would like to assist their recovery through peer support.	Kala Sangam Arts Centre St Peters House 1 Forster Square Bradford, BD1 4TY	Tuesdays 10.30 am - 12.30 pm
Happy Women's Group Rubina Niazi	Come along and socialise, gain peer support and promote self-help and wellbeing. Also includes gentle exercises.	Women Zone 19-21 Hubert Street Bradford BD3 9TE	Thursdays 11.00 am –1.00 pm
SHIPLEY & SURROUNDING AREAS			
Baildon Craft Group Jean Patrickson	This is your time to work on any craft projects that you have on the go. The ladies practice a range of crafts including knitting, quilting, embroidery and painting. Any craft and any level of skill welcome. Come along and be inspired!	Baildon Club Hallcliffe 1-3 Northgate Baildon BD17 6LX	Thursdays 9.45 am - 11.45 am
Family History Liz Rodgers Jane Hornshaw Paul Rhodes	A drop in session to discover your family history.	Cottingley Cornerstone Centre Cottingley Bingley BD16 1AL	Wednesday 10.00 am - 12.00 md
Friday Friends 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 Beaufort Grove Bolton BD2 4LJ	Fridays fortnightly 2.00 pm - 4.00 pm Dates: 3 May 17 May 31 May
Informal Art Social Circle Christine Atkinson	An art session for anyone who has an interest in art, no experience needed, just bring a pencil and paper.	Baildon Link 35 Cliffe Avenue Baildon Shipley BD17 6NX	Mondays 1.00 pm - 3.00 pm
Seated Exercise Pat Todd	Gentle seated exercise. This is a sociable group who want to make exercise fun. Come along and improve on your fitness.	Cottingley Cornerstone Centre Cottingley Bingley BD16 1AL	Monday 11.00am – 12.00 md No group 6 May and 13 May

Singing Group – Sing for Joy Shiela Jeffery Sue Stewart Carol Godby	Singing for fun - no experience necessary, just the desire to enjoy singing. Everyone welcome.	Kirkgate Centre 39A Kirkgate Shipley BD18 3EH	Wednesdays 2.00 pm - 4.00 pm
The Feelgood Group Catherine Bartle Pat Barwick	A group focused around promoting positive emotional wellbeing by exploring Relaxation and Art techniques.	Meeting Room 2 Bingley Methodist church Herbert street Bingley BD16 4JU	Thursdays 10.30am – 12.30 pm
AIREDALE AND WHARFEDALE			
Bereavement Peer Support Group Margaret Thornber	This is an informal peer support group for anyone over the age of 18 who has recently 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)	Little House Market Street Bingley BD16 2HP	Thursdays 10.30am – 12.30 pm
Busy Minds 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 Keighley BD21 2JH	1st and 3rd Monday of the month 10.00 am -12.00 md 6 May BH – no group 20 May
Chill and Chat Hazel Crowther	Chill and chat with a friendly bunch of people. Occasional speakers, but mostly good chat and a cup of tea.	Central Hall Alice Street Keighley BD21 3JD	Mondays 10.15 am - 12.15 pm
Creating Friends Art Group Linda Barron Pauline Gill	A friendly informal group, enthusiasm is all you need.	Central Hall Alice St Keighley BD21 3JD	Fridays 10.00 am - 12.00 md
Creative Writing Pam Barnes Tamar Yellin	The only thing you need is a desire to write – and pen and paper.	Ilkley Library Station Road Ilkley, LS29 8HA	Wednesdays 1.00 pm - 3.00 pm
Heartbeat Val Mills Val Gustard	For people diagnosed with an irregular heartbeat, their family/carers or friends.	Canalside Health Care Centre 2 Kingsway Bingley BD16 4RP	Tuesdays Fortnightly 10.00 am - 12.00 md 14 May 28 May
Keighley Women’s Group Marcella Drennon	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.	All Saints Church Hall, Highfield Lane Keighley BD21 2DH	Thursdays 9.15am - 11.15am
Pilates Group Claire Ormesher	A pilates class for beginners. Rolling programme for 6 weeks . Limited to 8 places. Contact the office to be put on the waiting list.	Central Hall Alice Street Keighley BD21 3JD	Wednesdays 3.00 pm – 4.00 pm Next class start date: TBC

Reminiscence Writing – Experienced group Sue Boerrigter Kathleen Waddington	A chance to reminisce and capture your memories on paper, in a friendly group.	Clarke Foley Centre Cunliffe Road Ilkley LS29 9DZ	Wednesdays fortnightly 2.30 pm – 4.00pm 1 May 15 May
Reminiscence Writing –Starters group Sue Boerrigter Kathleen Waddington	A chance to reminisce and capture your memories on paper, in a friendly group.	Clarke Foley Centre Cunliffe Road Ilkley LS29 9DZ	Wednesdays fortnightly 10.30am– 12.00 md 1 May 15 May
Singing Together Hazel Crowther	For people who want to have fun singing! No talent necessary, just the desire to enjoy singing.	Central Hall Alice Street Keighley BD21 3JD	Wednesdays 10.30 am - 12.30 pm
Space to Stop (A Mindfulness Group) Helen Jordan Pam Barnes	Mindfulness can help us enjoy life more and understand ourselves better. A friendly drop-in session.	Central Hall Alice Street Keighley BD21 3JD	Last Tuesday of every Month 2.00 pm - 4.00 pm Dates: 28 May 2019
STICKS (<i>Simple Therapy in Crochet/Knitting Sessions</i>) Helen Jordan, Pamela Hainsworth	A social, friendly group suitable for everyone from absolute beginners to the very experienced.	Keighley Healthy Living 13 Scott Street Keighley BD21 2JH	2nd and 4th Monday of the Month 10.00 am - 12.00 md 13 May 2019 27 May– BH no group
Wellbeing & Recovery Support Group Sheila Driver Mark Watson	This is a very caring peer support group, helping people to understand they are not alone.	Central Hall Alice Street Keighley BD21 3JD	Thursdays 11.00 am - 1.00 pm
CRAVEN AREA			
Craven Crafters 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 Skipton North Yorkshire BD23 1ER	Tuesdays 10.00am – 12.00 md