

01 May 2019

Champions Show The Way

FREE!! Community Health Champion Led Walks

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		
BD5 Walk (womens only walk) With Sally Teasdale, for more information on the walks ring 07494 558337	A Flat gentle walk. Meet at Canterbury Nursery School Basil Street Bradford BD5 9HL	Thursdays 9.00 am – 10.30 am Term time only
A Walk on the Bradford Moor side With Sameera Khan	A flat gentle walk around Bradford Moor Park and Myra Shay. Meet at Dixons Marchbank Primary School, Bradford, BD3 8QQ	Mondays 9.00 am – 10.00 am
Friends of Bowling Park with Barbara Pitts	Bowling Park - Meet at the hut near the tennis courts off Burras Road, Bradford, BD4 7TE	Tuesdays 9.30 am - 10.30 am
Frizinghall Walk (Men Only) with Parveez Ahmed	Meet at Frizinghall Community Centre Midland Road Frizinghall Bradford, BD9 4HX No walk in May, will restart Monday 10 June after Eid	Mondays 10.00 am - 10.30 am - short walk for beginners 10.30 am - 11.30 am - Longer walk
Haworth Road with David and Sharon Bass	St Martins Church, Haworth Road, BD9 6LL Meet at the community room entrance at the back of the church	Thursdays Meet at 9.45 prompt start at 10.00 am - 11.00 am No walk on the 2 May
Holmewood Walk with Barbara Wainwright	Holmewood Library Broadstone Way Bradford BD4 9DX	Mondays 9.45 am - 12.00 noon
Horton Bank top Walk With Peter Dyson	Meet outside Horton Bank Top Surgery 1220 Great Horton Road Bradford, BD7 4PL	Mondays Meet at 10.50 am Walk starts at 11.00 am prompt, finishes at 12.00 noon
Horton Park Walkers with Michael Whyte Patricia Haigh	Meet at the park gates on Horton Park Avenue, opposite Horton Park Medical Centre, Horton Park Avenue, BD7 3WG	Mondays 10.30 am – 11.30am
Lister Park Walk with Anne Griffin Lisa Western	Meet at Carlisle Business Centre, 60 Carlisle Road, BD8 8BD A gentle walk around Lister Park, returning back to Carlisle Business Centre, Café area, Tea/coffee/hot chocolate at £1.50	Thursdays – Meet either at 10.00 am - Carlisle Business Centre Or 10.15am - Prince of Wales Gate, (Lister Park) North Park Road. -

Low Moor Strollers with David Broadbent Tim Grunwell	Meet at the Park Road entrance park gates to Harold Park, Low Moor	Fridays 11.00am – 11.30 am
Parkside Women's Walking Group with Sally Teasdale	Meet at Parkside Centre Bradford BD5 8EH	Wednesday 1.00 pm – 2.30 pm
Peel Park Starters Walk With Sarah Maybury Betty Thompson	Meet at Peel Park (Cliffe road entrance) for a gentle walk around Peel Park, returning back to St Augustine's Church after the walk for refreshments.	Tuesdays 10.00 am – 11.00 am
The Ridge Walkers with Michael Whyte Tim Grunwell	Meet in the Community Lounge next to Jan's café for 10.15 am Ridge Medical Practice, Cousen Road, BD7 3JX	Thursdays 10.30 am – 11.30 am
VIP Walks (for people with visual impairments) with Peter and Yvonne Kierman, Howard England, Rae Harvey and other Champions	Walks vary each month – Re starting in April 2019	1st Monday of the Month 10.00 am - 12.00 Please Contact Razia Islam before referring to this walk
Walking Back to Happiness With Rodney Kench	Meet at Thornton Primary School Thornton Road, BD13 3NN Flat walk with some inclines. Everyone welcome.	Tuesdays 1.00 pm – 2.30 pm
West End Walkers With Fran Holgate	Meet at: St Oswald's West End Centre St Oswald's Church Christopher St Little Horton BD5 9DH Varied routes and may go further afield when the weather improves.	Wednesdays 2.30 pm– 3.30 pm Starting 20 March
Wibsey Walkers With, Tim Grunwell, Betty Stothers, Carol Holdsworth Gwyneth Chatburn	Meet at the Beacon Road entrance to Wibsey Park, BD6 3QD On the 3 rd Monday of the month there is the option to go on an alternative walk, further afield.	Mondays 11.00 am – 12.00 md
Woodland Wanderers With Patricia Haigh Please contact Patricia on 07504991648 for more information.	Meet at the Bradford Interchange at 11.00am. Explore different routes and sceneries. The group will travel by bus/train from Bradford Interchange for 30 minutes depending on the route - 2 May – Ilkley Cow and Calf walk meet at Forster Sq station at 10.45 9 May – Beckfoot to Saltaire meet at 11.00 at Greggs in Bradford interchange 16 May – Chellow Dene, meet at Greggs in Bradford Interchange at 10.45 23 May – Cliffe Castle – meet at Greggs in Bradford interchange at 11.00 30 May – Ogden Water meet at Greggs in Bradford interchange at 11.00	Thursdays Meet at - check times below Walk starts – 11.30 – 12.30 Café stop for lunch after the walk, return back to Bradford Interchange for 2.00 pm Please remember to bring money for the bus/train fare and for your lunch.

Wyke Lane Circular Walk Mandy Greaves, Stan Clay, Tony Green, Lynda Sweeby	Meet at Sunnybank Medical Practice Towngate Bradford BD12 9NG This is a steady paced walk around Wyke	Mondays 9.30 am – 10.45 am
SHIPLEY & SURROUNDING AREAS		
Baildon Walkers with Peter and Yvonne Kierman Howard Lloyd	Meet at the corner of Westgate and Springfield Road Baildon BD17 5NA	Wednesdays 10.45 am - 11.45 am
Bingley Walkers with Sheila Furness, Ralph Harding, Christine Bondarenko	Bingley Arts Centre Main Street Bingley BD16 2LZ	Tuesdays 2.00 pm- 3.00 pm
Bingley 2 Hour Walk with Ronda Christensen, Ralph Harding, Christine Bondarenko	Meeting point varies. Contact Ronda on 07929 898503 for details	Thursdays 12.30 pm - 2.30 pm
Bolton Wanderers, Eccleshill with Anne Smith	Meet at the Bus stop opposite Kent's Fitness, Bradford, BD2 3BN below Eccleshill library, Up to 2 hours, slow paced walk, the group often get the bus to explore new areas.	2nd & 4th Tuesday of the Month 9.30 am – 11.30 am
Cullingworth Walkers with Peter Rye, Judith Bentley, Andrew Bond, Kathleen James, John Hudson and Ron Thompson.	Methodist Church Dellside Fold Cullingworth BD13 5EX	Thursdays 9.15 am -10.15 am 50p donation for refreshments
Cullingworth Walkers – Level walk	Methodist Church Dellside Fold Cullingworth BD13 5EX	Thursdays 9.15 am - 10.15 am 50p donation for refreshments
Cullingworth Walkers - Shorter, slower walk with Rae Harvey	Methodist Church Dellside Fold Cullingworth BD13 5EX	Thursdays 9.15 am - 10.15 am 50p donation for refreshments
Health Walk for All with Bryan Walkden	St Ives Estate, Harden, Bingley, BD16 1BA Meet at the bottom carpark by the main gates	Saturdays 10.30 am - 12.00 noon
River Aire Walkers with Nick Milsom	Meet at the Footbridge, Roberts Park, Victoria Road, Saltaire No walk on 26 March 2019	Tuesdays 10.30 am - 11.30 am
ShIPLEY Footsteps with Janet Kalay Christine Marston Mark Thompson	ShIPLEY Town Hall, BD18 3EJ Meet at the side of the building, by the bench.	Fridays 11.00 am -12.00 noon
Slow Mobility Walk at St Ives Estate, Bingley with Bryan Walkden	This is a short, flat walk around Coppice Pond and is intended for people with some mobility problems. Meet at the gate adjacent to Coppice pond.	Wednesdays 10.50 am – 12.00 noon
Westcliffe Walkers – With Tony Urwin	Meet at the Westcliffe Medical practice	1st Monday of the Month 11.00 am – 12.00 noon
Wilsden Walkers (A) With Andrew Bond, Sheila Dickerson, Christine Dufton, Lynn Ramsbotham, Bryan Walkden, Sheila Nurse, Tina Watkinson.	Meet at: Wilsden Village Hall Townfield BD15 0HT £1 donation for refreshments	Mondays (Except bank holidays) 9.15 am - 10.45 am

Wilsden Walkers Level (B) with Kath James, Christine Dufton, Gill Smith, Sheila Nurse, Tina Watkinson	Wilsden Village Hall Townfield BD15 0HT £1 donation for refreshments	Mondays (Except bank holidays) 9.15 am - 10.15 am
Wilsden Walkers - Shorter, slower walk (C) with Rae Harvey	Wilsden Village Hall Townfield BD15 0HT £1 donation for refreshments	Mondays (Except bank holidays) 9.15 am - 10.15 am
KEIGHLEY & SURROUNDING AREAS		
Aire & Worth Valley Wanderers With Richard Pemberton and Suzanne Trewartha For further information please contact Richard Pemberton on; g13rjp@gmail.com / 07770792586	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. May 16th Haworth Moor & Penistone Hill to Bronte Waterfalls and back – circular walk (4 miles) Tough walk May 23rd Silsden Bridge and back to Silsden- Circular walk (2½ miles) Easy Walk May 30th Goose Cote Lane to Haworth, a linear walk Moderate Walk	Thursdays 1.30 pm - 3.00 pm May 2nd – Oakworth to Haworth – Linear walk (3 ½ miles) Tough Walk May 9th Silsden Bridge to Kildwick and back to Silsden-Circular walk (3½ miles) Moderate Walk towpath.
Amble@Ilkley	Meet outside the Clarke Foley Centre Cunliffe Road Ilkley LS29 9DZ	Wednesday 10.30 am – 11.30 am ON HOLD
Burley in Wharfedale with Ann Nuttall Elaine Shankland	Meet outside the front door of Burley Library Grange Road Burley in Wharfedale, LS29 7HD	Tuesdays 10.00 am - 11.00 am
East Riddlesden Walkers With Bryan Walkden Carole Dowlatzadeh	Meet outside Airedale Barn, The first building on the left in East Riddlesden Hall Bradford Road Riddlesden, BD20 5EL	Tuesdays 1.50 pm - 3.00 pm
Haworth Walk Chris Upton Keith Brown	Meet at West Lane Baptist Church Haworth	Monday 11.00 am – 12.00 md No walk on 15 and 22 April 2019
Ilkley 2 hour Walk with, Howard and Maureen England, Ronda Christensen	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	Fridays 10.00am - 12.00 noon
Roshni Ghar Tuesday Women’s Walk	Meeting at Roshni Ghar, off Scott Street, Keighley	Tuesday 10.00 am -11.00 am
Roshni Ghar Wednesday Women’s Walk With Razia Begum	Meeting at Roshni Ghar, off Scott Street, Keighley	Wednesdays 10.00 am – 11.00 am School term time only