

1 March 2018

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			
Cinema Group Bernadette Jarvis	Film watching with optional sing along to keep those brains active. 4 April - TBC	St Mathews Church Carr Bottom Road Bankfoot, Bradford BD5 9AA	Wednesday - Monthly 1.15 pm - 2.45 pm 7 March – TBC
Reading Aloud group Gail Berridge	A chance to get together and improve the skills of reading in a friendly supportive way.	Community Works Undercliffe Lane Bradford, BD3 0DW	Wednesdays 12.30 pm – 2.30 pm ON HOLD
Connect Through Creativity (womens only group) Angela Ansell and Halima Nawaz	A wool crafting group, bring you knitting, crochet projects, share and learn new techniques. Beginners welcome. Come and socialise, gain peer support and promote self-help and wellbeing.	Parkside Centre Bradford BD5 8EH	Wednesdays 1.00 pm - 3.00 pm
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 10.30 am – 12.30 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>
Feelgood Group Bev Monkman	A group focused around promoting positive emotional wellbeing by exploring relaxation and art and craft techniques.	Carers Hub at Horton Park Health Centre, Level 2 99 Horton Park Avenue BD7 3EG	Tuesdays 10.30 am – 12.00pm
Health Club (Women only group) Humera Khan 6 Week Course	A welcoming, friendly peer support group that covers topics like; nutrition, salt & sugar, good fat/bad fat. Also includes gentle exercises.	Community Works Undercliffe Lane Bradford BD3 ODW	Mondays 10.30 – 12.30 pm ON HOLD
Manningham Women's Group Supported by various champions	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 Hallfield Road Manningham Bradford BD1 3RP	Wednesdays 9.15 am – 11.15 am

Musical Memories Singing Group Gail Berridge	Come along to this friendly sociable singing group. People can play percussion instruments if they prefer not to sing. No talent necessary, just the desire to enjoy singing.	Hanover Housing Woodside Court 82 Eaglesfield Drive Bradford BD6 2QW	Fridays 1.30 pm - 2.30 pm
Pregnant Mums Tea & Talk Sanah Iqbal	The group is for pregnant mums, come along to socialise, gain peer support, gentle exercise (short walk) and promote self-help and wellbeing.		Mondays (AM) ON HOLD
Quiz Group Bernadette Jarvis	A quiz to keep brains active and socialize with others over Afternoon tea and Bingo. 28 March – Picture Quiz	St Mathews Church Carr Bottom Road Bankfoot, Bradford, BD5 9AA	Wednesdays Fortnightly 2.00 pm - 3.30 pm Dates: 14 March – 'Who is that'
Mindfulness Sessions Joy Reeves	Experience guided Mindfulness sessions.	Community Lounge The Ridge Medical Practice Cousen Road BD7 3JX	Tuesdays 10.00 am - 12.00 md
Sing Out Barbara Pitts	Singing for fun - no experience necessary. No talent necessary, just the desire to enjoy singing.	Culture Fusion 125 Thornton Road Bradford BD1 2EP	Thursdays 10.30 am - 12.30 pm No group 29 March
Skillshare Group supported by several champions	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 James Stockton, Mark Watson, Mary lockey, 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
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	Wednesdays 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 Rae Jackin Jane Hornshaw	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 and Anne Smith	Share ideas and hobbies, have fun, chat and have afternoon tea and cake.	St James Church Hall Beaufort Grove Bolton BD2 4LJ	Fridays fortnightly 2.00 pm - 4.00 pm Dates: 2 March 16 March
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
Singing Group – Sing for Joy Maureen Myers and Shiela Jeffery	Singing for fun - no experience necessary. No talent necessary, just the desire to enjoy singing.	Kirkgate Centre 39A Kirkgate Shipley BD18 3EH	Wednesdays 2.00 pm - 4.00 pm
The Feelgood Group Catherine Bartle and Pat Barwick	A group focused around promoting positive emotional wellbeing by exploring Relaxation and Art techniques.	Canalside Health Care Centre 2 Kingsway Bingley BD16 4RP	Thursdays 10.30 am – 12.30 pm
AIREDALE AND WHARFEDALE			
Bracken Bank Women’s Group Supported by various champions	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.	Sue Belcher Centre Bracken Bank Avenue Keighley BD22 7AE	Wednesdays 9.30am - 11.30am
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 5 March 19 March
Chill and Chat Edna O’Hara and 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 and 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 and 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 and 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 13 March 27 March

Keighley Women's Group Supported by various champions	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, Please contact Champions. Dates: 7 March, 14 March, 21 March, 28 March (No group 4 April), 11 April, 18 April	Central Hall Alice Street Keighley BD21 3JD	Wednesdays Next start date 7 March 2018 3.00 pm – 4.00pm
Reminiscence Writing Sue Boerrigter, Edythe Geoghegan and 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 - 4.00 pm Dates: 7 March 21 March
Singing Together Hazel Crowther and Edna O'Hara	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
Song and Dance	A song and dance group for adults who would like to improve their fitness at the same time as having fun.	Central Hall Alice Street Keighley BD21 3JD	Fridays 10.30 am – 12.00 md
Space to Stop (A Mindfulness Group) Helen Jordan and 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: 27 March
STICKS <i>(Simple Therapy in Crochet/Knitting Sessions)</i> Helen Jordan and 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
Stroke Peer Support Group	A supportive and friendly social group for stroke survivors. Meet in the café area.	Sight Airedale 1 Albert St Keighley BD21 2AT	Wednesdays 10.30 am – 12.30 pm ON HOLD
Wellbeing & Recovery Support Group Sheila Driver	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 and Angi Williamson	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 10.00 am – 12.00 md