

3 April 2018

## Champions Show The Way

**FREE!! Community Health Champion Led Activities**

Ring 01274 321911 or email [champions@bdct.nhs.uk](mailto:champions@bdct.nhs.uk) for more information.

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

BRADFORD AREAS			
<b>Cinema Group</b> Bernadette Jarvis	Film watching with optional sing along to keep those brains active.	St Mathews Church Carr Bottom Road Bankfoot, Bradford BD5 9AA	<b>Wednesday - Monthly</b> 1.15 pm - 2.45 pm 4 April 2 May
<b>Reading Aloud group</b> 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	<b>Wednesdays</b> 12.30 pm – 2.30 pm <b>ON HOLD</b>
<b>Connect Through Creativity (womens only group)</b> 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	<b>Wednesdays</b> 1.00 pm - 3.00 pm
<b>Denholme Scribes Creative Writing Group</b> 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	<b>Tuesdays</b> 10.30 am – 12.00 pm
<b>Extend Exercise Class</b> 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	<b>Fridays</b> 2.00 pm - 3.30 pm <b>Apart from Easter and Christmas</b>
<b>Feelgood Group</b> 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	<b>Tuesdays</b> 10.30 am – 12.00pm
<b>Health Club (Women only group)</b> Humera Khan <b>6 Week Course</b>	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 0DW	<b>Mondays</b> 10.30 – 12.30 pm <b>ON HOLD</b>
<b>Manningham Women's Group</b> 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 Hallfield Road Manningham Bradford BD1 3RP	<b>Wednesdays</b> 9.15 am – 11.15 am

<b>Musical Memories Singing Group</b> Gail Berridge	Come along to this friendly sociable singing group. People can play percussion instruments if they prefer not to sing. No experience necessary, just the desire to enjoy singing.	Hanover Housing Woodside Court 82 Eaglesfield Drive Bradford BD6 2QW	<b>Fridays</b> 1.30 pm - 2.30 pm
<b>Pregnant Mums Tea &amp; Talk</b> 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.		<b>Mondays (AM)</b> <b>ON HOLD</b>
<b>Quiz Group</b> Bernadette Jarvis	A quiz to keep brains active and socialize with others over Afternoon tea and Bingo.  25 April – What’s That 9 May – Picture Quiz	St Mathews Church Carr Bottom Road Bankfoot, Bradford, BD5 9AA	<b>Wednesdays</b> <b>Fortnightly</b> 2.00 pm - 3.30 pm <b>Dates:</b> 11 April – General Knowledge
<b>Mindfulness Sessions</b> Joy Reeves	Experience guided Mindfulness sessions.	Community Lounge The Ridge Medical Practice Cousen Road BD7 3JX	<b>Tuesdays</b> 10.00 am - 12.00 md
<b>Sing Out</b> Barbara Pitts	Singing for fun – no experience necessary. Everyone welcome.	Culture Fusion 125 Thornton Road Bradford BD1 2EP	<b>Thursdays</b> 10.30 am - 12.30 pm
<b>Skillshare Group</b> 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	<b>Fridays</b> 10.00 am - 12.00 md
<b>Wellbeing Group</b> 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	<b>Tuesdays</b> 10.30 am - 12.30 pm
<b>Women’s Group</b> 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	<b>Wednesdays</b> 11.00 am –1.00 pm
<b>SHIPLEY &amp; SURROUNDING AREAS</b>			
<b>Baildon Craft Group</b> 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	<b>Thursdays</b> 9.45 am - 11.45 am

<b>Family History</b> Liz Rodgers Rae Jackin Jane Hornshaw	A drop in session to discover your family history.	Cottingley Cornerstone Centre Cottingley Bingley BD16 1AL	<b>Wednesday</b> 10.00 am - 12.00 md
<b>Friday Friends</b> Jenny Medley and Anne Smith	Share ideas and hobbies, have fun, chat and have afternoon tea and cake. May 4 and 18, June 1,15,29, July 13 and 27. No meeting in August	St James Church Hall Beaufort Grove Bolton BD2 4LJ	<b>Fridays fortnightly</b> 2.00 pm - 4.00 pm <b>Dates:</b> 6 April and 20 April
<b>Informal Art Social Circle</b> 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	<b>Mondays</b> 1.00 pm - 3.00 pm
<b>Singing Group – Sing for Joy</b> Maureen Myers and Shiela Jeffery	Singing for fun - no experience necessary, just the desire to enjoy singing. Everyone welcome.	Kirkgate Centre 39A Kirkgate Shipley BD18 3EH	<b>Wednesdays</b> 2.00 pm - 4.00 pm
<b>The Feelgood Group</b> 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	<b>Thursdays</b> 10.30 am – 12.30 pm
<b>AIREDALE AND WHARFEDALE</b>			
<b>Bracken Bank Women’s Group</b> Marcella Drennon Paul Skinner	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	<b>Wednesdays</b> 9.30am - 11.30am
<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 Keighley BD21 2JH	<b>1<sup>st</sup> and 3<sup>rd</sup> Monday of the month</b> 10.00 am -12.00 md <b>No group Easter Monday 2 April - 16 April, 30 April</b>
<b>Chill and Chat</b> 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	<b>Mondays</b> 10.15 am - 12.15 pm <b>No group Easter Monday</b>
<b>Creating Friends Art Group</b> Linda Barron and Pauline Gill	A friendly informal group, enthusiasm is all you need.	Central Hall Alice St Keighley BD21 3JD	<b>Fridays</b> 10.00 am - 12.00 md <b>No group Good Friday</b>
<b>Creative Writing</b> 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	<b>Wednesdays</b> 1.00 pm - 3.00 pm
<b>Heartbeat</b> 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	<b>Tuesdays Fortnightly</b> 10.00 am - 12.00 md <b>10 April 24 April</b>

<b>Keighley Women's Group</b> Marcella Drennon Simon Reynold	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	<b>Thursdays</b> 9.15am - 11.15am
<b>Pilates Group</b> Claire Ormesher	A pilates class for beginners. Rolling programme <b>for 6 weeks</b> . Limited to 8 places. Contact the office to be put on the waiting list.	Central Hall Alice Street Keighley BD21 3JD	<b>Wednesdays</b> Next class start date - 12 September 2018
<b>Reminiscence Writing</b> 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	<b>Wednesdays fortnightly</b> 2.30 pm - 4.00 pm <b>Dates:</b> <b>4 April</b> <b>18 April</b>
<b>Singing Together</b> 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	<b>Wednesdays</b> 10.30 am - 12.30 pm
<b>Space to Stop</b> (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	<b>Last Tuesday of every Month</b> 2.00 pm - 4.00 pm <b>Dates:</b> <b>24 April</b>
<b>STICKS</b> <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	<b>2nd and 4th Monday of the Month</b> 10.00 am - 12.00 md
<b>Stroke Peer Support Group</b>	A supportive and friendly social group for stroke survivors. Meet in the café area.	Sight Airedale 1 Albert St Keighley BD21 2AT	<b>Wednesdays</b> 10.30 am – 12.30 pm <b>ON HOLD</b>
<b>Wellbeing &amp; Recovery Support Group</b> 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	<b>Thursdays</b> 11.00 am - 1.00 pm
<b>CRAVEN AREA</b>			
<b>Craven Crafters</b> 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	<b>Tuesdays</b> 10.00 am – 12.00 md