



Well Together Service

FREE!! Activity Volunteer Led Groups

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



Well Together BDCFT



@BDCFT_WTS

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

Virtual Groups

Contact Well Together service to be referred into the virtual group.

<p>Creative Writing Tamar Yellin Emily Devane</p>	<p>Explore creative writing - The only thing you need is a desire to write – and pen and paper.</p>	<p>Meet Virtually via Microsoft Teams.</p>	<p>Wednesdays Every 2 weeks 12.30pm - 2.00pm</p>
<p>Creativity in the Aire Isobel Murdoch</p>	<p>A chance to tap into your creativity and get hands-on! The group work to a programme, looking at different art and craft techniques. Alternatively bring along your own craft project. No specialist skills required - everyone welcome.</p>	<p>Meet Virtually via Microsoft Teams.</p> <p>MAY 1 - Head Over Heels Try drawing a famous picture upside down, and see how it makes you look at a picture differently and perhaps more carefully! You'll need pencils or pen and paper.</p> <p>MAY 8 - Summer's Coming With summer bird visitors starting to be seen, draw or paint your favourite – maybe a swallow, a cuckoo or a turtle dove. You'll need painting or drawing materials.</p> <p>MAY 15 - All Change Paint or draw an abstract picture, then cut up the different elements and rearrange them to make a completely different picture! You'll need painting or drawing materials.</p> <p>MAY 22 - Creativity & Wellbeing week Experiment with art and craft on a butterflies theme for Creativity & Wellbeing Week, starting with drawing or painting, then trying papercraft. You'll need pencils/pens/paint, paper, scissors and glue.</p> <p>MAY 29 - Talking Tiffany Do you like famous Tiffany lamps and glass designs? Choose whether to draw or sew one of the designs today. You'll need either drawing or sewing materials.</p>	<p>Wednesdays 1.30pm - 3.00pm</p>

Long Covid Support Group Sarah Bayles	Come along to share your experiences and get support from others in a respectful, confidential space.	Meet Virtually via Microsoft Teams.	Wednesdays 10.30am - 11.30am ON HOLD
The Feel-Good Group Sue Holliday	A group focused around promoting positive wellbeing with friendly chat and natter.	Meet Virtually via Microsoft Teams.	Wednesdays 10.30am - 11.30am
Face to Face Groups			
Bradford/ShIPLEY and surrounding areas of Bradford			
Bereavement and Loss Support Group 'Ladies only' Urfana Ayub Kulsoom Ali	LADIES ONLY GROUP The death and loss of a loved one can be a very difficult time. If you are struggling to cope, this volunteer led group can provide support. The aim is to give people a space to talk about their difficulties, and loss, with others in similar situations. (please note this is not counselling)	Girlington Community Centre Girlington Road Bradford BD8 9NN (The meeting room is on the ground floor and accessible via the main entrance of the Girlington Centre through the reception area)	Thursdays 1.00pm - 2.30pm ON HOLD
Denholme Scribes writing group Anne Sherriff Tina Watkin	Come and explore your inner creative self, in a relaxed and informal atmosphere.	Denholme Mechanics Institute Reading Room Main Road Denholme Bradford, BD13 4BL	Tuesdays 10.30am - 12.00pm This group is now full
Dressmaking Woman only group Sajida Malik.	This is a friendly group where you can learn how to make a pattern to go onto produce your own made to measure garment. No previous skills needed just a willingness to learn.	Meridian Centre Velvet Mills Lilycroft Road Bradford, BD9 5BD	Tuesdays 10.00am – 11.30am TERM TIME ONLY
Fibromyalgia Support group Lucy Kitwood Nazmin Din Helen Brackenbury	This is a friendly 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.	Well Together Hub F75 1 st Floor Horton Park Medical Centre 99 Horton Park Avenue Bradford, BD7 3EG	1st Thursday of each month 11.00am - 12.30pm 2 May 6 June
Friday Friends Jenny Medley Anne Smith	We meet for tea, coffee and cake, games and chat! With occasional outings too. Open to anyone 50+	St James Church Hall (The Church Hall is across the road from the church) Beaufort Grove Bolton Road Bradford, BD2 4LJ	Fridays Every 2 weeks 2.00pm - 4.00pm 3 May 17 May 31 May
Khush Haal Women's group (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.	Women's Zone 19-21 Hubert Street Bradford, BD3 9TE	Thursdays 11.00am - 1.00pm

Men's Wellbeing Group 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 Bradford, BD1 3RP	Wednesdays 12.00pm - 1.15pm ON HOLD
Sing For Joy Sue Stewart	Singing for Fun. No experience necessary, just come and enjoy yourself! Everyone welcome.	St Peter's Church Moorhead Lane Shipley, BD18 4JH	Wednesdays Every 2 weeks 2.00pm 4.00pm 1 May 15 May 29 May
Time for Carers Group Liza Danielle	A craft group specifically for carers.	Well Together Hub F75 1 st Floor Horton Park Medical Centre 99 Horton Park Avenue Bradford, BD7 3EG	Tuesdays 10.00am – 12.00pm
Wellbeing Group 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 Bradford, BD1 3RP	Tuesdays 10.30am - 11.45am
Bingley/Keighley & Wharfedale			
Bereavement Support Group Margaret Thornber Maureen Noble Mary Oxtoby Linda Metcalfe Carole Short Dorothy Pearce	This is an informal 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. (please note this is not counselling)	Little House Market Street Bingley, BD16 2HP	Thursdays 10.30am - 12.30pm
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 Thursday of the month 9.45am - 11.45am 2 May 16 May
Creative Writing Tamar Yellin Emily Devane	Explore creative writing - The only thing you need is a desire to write – and pen and paper.	Ilkley library Station Road Ilkley, LS29 8HA	Wednesdays Every 2 weeks 1.00pm - 3.00pm 8 May 22 May
Family History Liz Rodgers Paul Rhodes Susan Beedham	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 Cottingley Bingley, BD16 1AL	Wednesdays 10.00am - 12.00pm

Reminiscence Writing Group Sue Boerrigter Pamela Booth	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 Ilkley, LS29 9DZ	Wednesdays Every 2 weeks 2.00pm – 3.30pm 1 May 15 May 29 May
STICKS (Simple Therapy in Crochet/Knitting Sessions) Helen Jordan	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 Thursday of the Month 9.45am - 11.45am 9 May 23 May
The Feel-Good Group Sue Holliday Pat Barwick Angi Williamson Christine Saunders Adna Davidson	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 Bingley, BD16 4JU	Thursdays 10.30am - 12.30pm GROUP IS NOW FULL Why not try the virtual group who meet on Microsoft Teams every Wednesday
Craven District area			
Bentham Post Cancer Support group Caroline Wilson	This group is open to anyone who has been affected by cancer, whether it is yourself, a family member or friend. We hope that by coming together and sharing our own lived experiences we can help each other post cancer. Refreshments available	Bowland View Meeting room Scholars Rise Bentham, LA2 7FS	4th Thursday of each month 1.00pm - 2.30pm ON HOLD
Craven Crafters Pamela Hainsworth Cerys Kerswell	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, BD23 1ER	Tuesdays 10.00am - 12.00pm
Knit and Natter (or Sew) group Jo Rhodes Julie Phillips Pat Porter	Bring your own items to make or use our materials and sewing machines. We will include sessions which focus on specific activities such as learning to make hats, bags or patchworks, so come and join our friendly group for all levels of experience. Refreshments are provided.	The Settle Community and Business Hub Unit 1 Commercial Courtyard Settle, BD24 9RH	Wednesdays 10.00am -12.00pm
Movement To Music – Settle Gillian Walton Pam Hickin	A relaxing chair based exercise group focused on stretching and movement– Important at any age! Half an hour chair based exercises followed by refreshments and time to socialise with others.	The Place Unit 10D, Commercial Yard Duke Street Settle, BD24 9RH (Opposite the Ruchee Indian restaurant)	2nd and 4th Wednesday of each month 2.00pm – 3.00pm 8 May 22 May

Settle Cancer Support Group Caroline Wilson	The group is open to anyone who has been affected by cancer, including patients, Carers, family & Friends. If you fancy some company, a drink, and a chat, please come along. Everyone is welcome.	The Place Unit 11 Commercial Yard Duke Street Settle, BD24 9RH opposite Ruchee Indian restaurant	4th Monday of each month (except for bank holidays) 10.30am – 11.45am 27 May
WRAP Courses In these 12/8-week volunteer led course you will develop your own wellbeing and recovery action plan by exploring your wellness tools, recognising your stressors, early warning signs, daily maintenance plan, as well as writing your own crisis plan to help you take back control of your life.			
All our volunteers that lead the WRAP 1 course are trained WRAP 2 Facilitators			
Wellbeing and Recovery Action Plan 12 Week Course Mariyam Hans Mark Watson	'Wellness Recovery Action Plan (WRAP) is a wellness tool anyone can use to get well, stay well, and make their life more the way they want it to be'	Well Together Hub F75 1 st Floor Horton Park Medical Centre 99 Horton Park Avenue Bradford, BD7 3EG	SEPTEMBER 2024 Date and Time to be confirmed Limited to 12 people in the group Contact the Well Together team to be placed on the waiting list.
Wellbeing and Recovery Action Plan 12 Week Course Helen Jordan Pamela Hainsworth	'Wellness Recovery Action Plan (WRAP) is a wellness tool anyone can use to get well, stay well, and make their life more the way they want it to be'.	TO BE CONFIRMED	SEPTEMBER 2024 Date and Time to be confirmed Limited to 8 people in the group. Contact the Well Together team to be placed on the waiting list.
Wellbeing and Recovery Action Plan 8 Week Course For Young People aged 18-25 Mariyam Hans	'Wellness Recovery Action Plan (WRAP) is a wellness tool anyone can use to get well, stay well, and make their life more the way they want it to be'	TO BE CONFIRMED	2024 Date and Time to be confirmed Limited to 8 people in the group. Contact the Well Together team to be placed on the waiting list.