

## 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/times

BRADFORD AREAS			
<b>Art Group</b> Sidra Iqbal	For people with learning disabilities.No Art Experience necessary.	Khidmat centre 36 Spencer Road Bradford BD7 2EU	Fridays 1.00pm - 3.00 pm
<b>Bollywood Exercise Group</b> with Elina Hussain	Exercise using Bollywood dance principles. Have fun, tone up, lose weight and most importantly have fun!	Grange Interlink Community Centre Summerville Road Bradford, BD7 1PX	Thursdays 6.00pm - 7.00pm
<b>Cinema Group</b> With Bernadette Jarvis	Film watching with optional sing along to keep those brains active. £1.00 Donation to refreshments.	St Mathews Church, Carr Bottom Road, Bankfoot, Bradford, BD5 9AA	Wednesdays Monthly - 1.15 pm - 2.45 pm 10 Feb 2016 - The Lakehouse 9 Mar 2016 - The Blues Brothers 6 April 2016 - My Fair Lady
<b>CreativiTEA &amp; Biscuits</b> with Linda & Viv	Explore a range of craft activities and visual arts (including painting and drawing) in a fun and informal environment.	Delius Arts Centre, 29 Great Horton Road, Bradford, BD7 1AA	Tuesdays 1.00 pm - 3.30 pm
<b>Extend Exercise Class</b> With 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 2.00pm - 3.30pm <b>Apart from Easter and Christmas</b>
<b>Games Group</b> With Pauline Taylor and Norma Peacock	A chance to play boardgames in a friendly environment.	Sedbergh Community Centre Huddersfield Road Odsal Bradford BD6 1DJ	Mondays 1.30 pm - 3.30 pm
<b>Gentle Exercise Group</b> Natasha Clayton	This group is for gentle seated and some standing exercise.	Light of the World Community Centre, Gaythorne Road, Bradford, BD5 7ES	Fridays (PM) <b>ON HOLD</b>
<b>Knit Together</b> with Michelle Moyle	A friendly knitting group where you can swap ideas and pick up tips, whether you're a beginner or an expert.	St Pauls Church, Manningham, BD8 7LS	Mondays 9.00am - 10.30am <b>*School term time only</b>

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<b>Musical Memories Singing Group</b> With Pauline Taylor	Dementia friendly singing for people with memory impairment and other long term health conditions. We will have some percussion instruments too, so people can play percussion if they prefer not to sing.	Sedbergh Youth & Community Centre Huddersfield Road, Odsal, Bradford, BD6 1DJ	Mondays 1.30 pm - 3.30 pm
<b>OTAGO Strength and Balance Sessions</b> with Sarita Whitley	For people at risk of falls. The OTAGO strength and balance programme was developed in Otago, New Zealand. It has been proven to reduce falls in older people.	Ashcroft Surgery Newlands Way Bradford BD10 0JE	Mondays 10.30 am - 11.30 am
<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.	Carlisle business centre, Bradford, BD8 8BD.	Mondays (AM) <b>ON HOLD</b>
<b>Quiz Group</b> With Bernadette Jarvis	A quiz to keep brains active and socialize with others over Afternoon tea and Bingo. £2.50 donation for the afternoon tea.	St Mathews Church, Carr Bottom Road, Bankfoot, Bradford, BD5 9AA	Wednesdays Fortnightly 2.00pm - 3.30pm <b>Dates: 13/1/16,27/1</b>
<b>Relaxation Sessions</b> with Cathy Ritchie	Experience guided relaxation sessions with gentle background music.	Bankfoot: St Matthews Church, Carbottom Road, Bradford, BD5 9AA	Wednesdays 10.30 till 12.30 pm <b>ON HOLD</b>
<b>Relaxation Sessions</b>	Experience guided relaxation sessions with gentle background music. Some seated gentle exercise is also involved.	The Ridge Medical Practice, Cousen Road BD7	Tuesdays 10.30am - 12.00

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<b>Remember When???</b> With Gail Berridge	Come along to share your childhood memories of local people, places and events to connect the past with the present, to re-discover memories, share stories and simply sit back and enjoy the delights!	St Oswald's West End Centre St Oswald's Church Christopher St Little Horton BD5 9DH	Thursdays 1.30pm - 3.30 pm <b>restarts 4 Jan 2016</b>
<b>Skillshare Group</b> supported by several champions	£1 donation towards sustaining the group.	Bankfoot: St Matthews Church, Carbottom Road, Bradford	Fridays 10.00am - 12.00
<b>Sing Out</b> with Barbara Pitts	Singing for fun - no experience necessary.	Culture Fusion, 125 Thornton Road, Bradford	Thursdays 10.30am - 12.30pm
<b>Social Dancing &amp; Line Dancing</b> with John Barker	Every week, £2, Tea break at 2.15pm	St Christopher's Church, 74 Holme Wood Road, BD4 7EJ	Thursdays Social dancing 1.30 pm-2.15pm Line dancing 2.30pm-3.30pm
<b>Therapy in Crochet and Talk (TIC)</b>	Have a go at learning basic crochet skills, will also be knitting, making things with felt and other creative activities for those who might find crochet a bit difficult. People can also enjoy a cup of tea and just socialise.	Grange Interlink Community Centre Summerville Road Bradford, BD7 1PX	Weekly, Mondays 10.00 am - 12.00 noon
<b>Weight Management Group</b> With Rehana Kauser	A 12 week course for women with a BMI between 30-45 covering topics such as: portion sizes, reading and understanding food labels, exercise and relaxation.	Hilton Road Masjid, Hilton Education & Community Centre, Hilton Road, Bradford, BD7 2ED	Wednesdays 10.30am - 12.30 pm
<b>Weight Management Group</b>	A 12 week course for women with a BMI between 30-45 covering topics such as: portion sizes, reading and understanding food labels, exercise and relaxation.	Horton Park Primary School, Dawnay Road, Bradford, BD5 9LD	Tuesdays 9.00am - 11.00am

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<b>Weight Management Group</b>	A 12 week course for women with a BMI between 30-45 covering topics such as: portion sizes, reading and understanding food labels, exercise and relaxation.	Quaker Meeting House Russell Street Bradford BD5 9JB	Fridays 10.00am - 12.00 Starting 22 January 2016
<b>Wellbeing Group</b>	This is a friendly, informal group for anyone who would like to explore their recovery.	Kala Sangam Arts Centre St Peters House 1 Forster Square Bradford BD1 4TY	Starting in April 2016 Day and time TBC Contact to office for more information
<b>SHIPLEY &amp; SURROUNDING AREAS</b>			
<b>Afternoon Dance &amp; Social</b> with Ann Mainman	Free tea, coffee, biscuits. Optional raffle. Everyone can join in, you don't need to be able to dance to enjoy it. £2.50 charge (we can cover first 6 sessions)	St Peters Church, Moorhead Lane, Shipley, BD18 4JN	2nd Monday of the Month 1.30pm - 3.30pm
<b>Baildon Craft Group</b> with Jean Patrickson	Bring items to make, chat & share skills.	Baildon Club, Hallcliffe, 1-3 Northgate, Baildon, BD17 6LX	Thursdays 9.45am - 11.45am
<b>Crafternoon</b> With Liz Kendal Wood	Explore different crafts, alter images and upcycle everyday items. Make gifts for friends and family. All levels of ability welcome.	St Cuthbert's Church, Wrose Road, Wrose	Wednesdays 12.30pm - 3.00 pm
<b>Family History</b> with Clive Harrison & Jane Hornshaw	A drop in session to discover your family history.	Cottingley Cornerstones, Cottingley, Bingley, BD16 1AL	Wednesdays or Fridays 10.00 am - 12.00
<b>Friday Friends</b> with Jenny Medley & Anne Smith	Share ideas & hobbies, have fun, chat and have tea & cake.	St James Church Hall, Beaufort Grove, Bolton, BD2 4LJ	Fridays fortnightly 2.00 pm - 4.00pm <b>Dates: 5 Feb, 19 Feb</b>

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<b>Painting and Drawing</b> with Christine Atkinson	An art session for anyone who has an interest, no experience needed, bring a pencil and paper.	Baildon Link, 35 Cliffe Avenue, Baildon, Shipley BD17 6NX	Mondays 1.00 pm - 3.00pm
<b>Singing Group - Sing for Joy</b> with Maureen Myers	Singing for fun - no experience necessary.	Kirkgate Centre, 39A Kirkgate, Shipley BD18 3EH	Wednesdays 2.00pm - 4.00pm
<b>Weight Management Group</b>	A 12 week course for women with a BMI between 30-45 covering topics such as: portion sizes, reading and understanding food labels, exercise and relaxation.	Bingley Area Venue to be confirmed	<b>Starting in April 2016</b> <b>Day and time TBC</b> <b>Contact to office for more information</b>

**KEIGHLEY & SURROUNDING AREAS**

<b>Arts Group</b> with Nick Smith	No art experience necessary.	Central Hall, Alice St, Keighley BD21 3JD	Fridays 11.00am - 1.00pm From 5 February the time will change to 10.00am - 12.00 noon
<b>The AF (Atrial Fibrillation) Group</b> with Val Mills	Aimed at people diagnosed with AF, their family/carers/friends/ any other members of the community with an interest in the condition.	Central Hall, Alice Street, Keighley BD21 3JD	Tuesdays Fortnightly 10.00am - 12.00 <b>Dates: 9/2/16, 23/2/16</b>
<b>Creative Writing</b> John King	No previous experience needed, just turn up with pen & paper.	Ilkley Library, Station Road, Ilkley, LS29 8HA	Wednesdays 1.00pm - 3.00pm
<b>Healthy Living &amp; Weight Management</b> with John Hanson	A 12 week course covering topics such as, nutrition, salt & sugar, good fat v bad fat & gentle exercise.	Central Hall, Alice Street, Keighley BD21 3JD	Fridays 10.30am - 11.30am
<b>Keighley Wellness Group</b> Barbara Berwick	Supportive and friendly group, craft work & gentle exercise. £2 donation.	Sight Airedale, Albert Street, Keighley. BD21 2AT	Wednesdays 10.30am - 1.30pm
<b>Reading Aloud Group</b> with Pam Barnes	Relax to the sound of poems & stories being read aloud. With a chance to discuss your thoughts.	Keighley Library, North Street, Keighley BD21 3SX	Tuesdays <b>(ON HOLD)</b> 1.00pm - 3.00pm

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<b>Reminiscence-Writing</b> with Sue Boerrigter	A chance to reminisce and capture your memories on paper.	Clarke Foley Centre, Cunliffe Rd, Ilkley, LS29 9DZ	Wednesdays fortnightly 2.30pm - 4.00pm <b>Dates;10 Feb, 24 Feb 2016</b>
<b>Reminiscence Group</b> with Bryan Walkden	A chance to reminisce with others.	Manorlands - Sue Ryder Hospice, Keighley Road Oxenhope BD22 9HJ	Thursdays 1.30pm - 3.30pm
<b>Scott Street Ruggers</b> Amy Baldwin & Michael Trotter	Ever wanted to make your own Rug?	Keighley Healthy Living, 13 Scott Street, Keighley BD21 2JH	1 <sup>st</sup> & 3 <sup>rd</sup> Monday of the month 10.00am - 12.00
<b>Singing Together</b> with Hazel Crowther	No experience needed.	Central Hall, Alice St, Keighley BD21 3JD	Wednesdays 10.30am - 12.30pm
<b>STICKS</b> (Simple Therapy in Crochet/Knitting Sessions)	Suitable for Everyone, No experience needed	Keighley Healthy Living, 13 Scott Street, Keighley BD21 2JH	2nd and 4th Monday of the Month 10.00 am - 12.00md
<b>Tea &amp; Talk Cafe</b> supported by several Champions	A supportive social group, to come along for tea and chatting.	Central Hall, Alice Street, Keighley BD21 3JD	Mondays 10.30am - 12.30pm
<b>Wellbeing &amp; Recovery Support Group</b> with Nick Smith	This is a friendly, informal group for anyone who would like to explore their recovery.	Central Hall, Alice Street, Keighley BD21 3JD	Thursdays 11.00 - 1.00pm