

Local groups and activities directory **BRADFORD & DISTRICT**

Groups and activities for anyone to join especially those who are feeling isolated.

Any entries with a grey background are for a person living with dementia to attend with a carer/partner, or for just the carer. Please check with the provider for the suitability of any group for a person with dementia as all needs are individual.

We do not endorse any of the services and it is up to the user to check suitability, availability, and cost where applicable.

Thank you to all who have contributed their information. If you would like a group or activity included on the list, or if some information needs amending or deleting, please let us know or complete the amendment form



<https://affinitycare.nhs.uk/wp-content/uploads/2023/05/Groups-Activities-update-form-v1.pdf>




This directory (under Community Groups tab) and the Dementia Support Information directory (under the Dementia tab) are available from <https://affinitycare.nhs.uk/services/wellbeing/>


Anita Pearson, Dementia Friendly Community Partnerships - Tel: 07950 553621 Email: community.cogs@gmail.com


Clare Mason, Pathways group - Tel: 07917 751478 Email: pathwaysdementia@gmail.com





Groups in BD1, 3, 4, 5		
Where?	What? When?	Run by/contact details:
Napoleons (Casino) Restaurant 37 Bolton Road Bradford BD1 4DR	Bradford Memories Social café - Talks Entertainment Singing Raffles Refreshments. Open to those feeling lonely or isolated. Each Wednesday 11am-1pm. FREE.	Call 07766 501278 initially for details. bradfordmemoriescafe@gmail.com bradfordmemories.co.uk/  Bradfordmemoriescafe
Womenzone 19-21 Hubert St Bradford BD3 9TE	There are two Wellbeing Groups: Tuesday, 10:30am-2pm, Thursday, 10:30am-2pm The Wellbeing Group provides support to elderly women aged 55+ to reduce isolation and improve wellbeing. Sessions include Dance-on with Yorkshire Dance on Tuesdays, knitting, socialising, and more.	01274 665270 info@womenzonecc.co.uk
St John's Bowling Hub, Neville Rd, East Bowling BD4 8TU	GEMS project – Opportunities groups and activities for the over 55s - Contact Amie on 07803 418396 Mondays, Tuesdays 11-12pm Coffee & chat, and Thursdays: Indoor bowls 10-12pm Lunch 12-1pm Various activities 10.30-11.30am	Melanie Astin BD4 Community Trust, 07442 178299 mel@bd4communitytrust.org.uk www.bd4communitytrust.org.uk Email: admin@bd4communitytrust.org.uk  Stjohnsbowlinghub
St Christopher's Church Holmewood Rd Holmewood BD4 9EJ 01274 689898	Community Café open to all – Tues & Thurs 11-1pm Home from Home – over 55s – Tues, Weds, Friday 9.30-3pm Activities, meal and refreshments, minibuss pick up/drop off. £10 charge.	St Christopher's Good Neighbours diane@goodneighbour.co.uk
The Parkside Sports Centre Parkside Road West Bowling BD5 8EH Tel 01274 768066.	Active adults - Tues 10.30-11.30am Senior citizens lunch club - Tues 12-2pm Warm space - Weds 12.30-2pm. Wellbeing café for older residents - afternoon tea, entertainment, and friendship - 2nd Thursday of every month 1.15pm-3.00pm.	Bradford Trident - ring 01274 768060 for more information. admin@bradfordtrident.co.uk Ring Joanne 07960 670732 for wellbeing cafe details
Polish Community Centre Edmund Street Bradford BD5 0BH	European Wellbeing Café - 3rd Monday each month 11am-1.30pm For people 65+ who might be feeling isolated, anxious, or forgetful - activities include music, singing, games, gentle exercise. Friendly welcoming atmosphere. Refreshments provided.	Magdalena O'Connell (Community Engagement Worker) 07814 425 801 Magdalena.oconnell@bdct.nhs.uk


Groups in BD6, 7, 8		
Where?	What? When?	Run by/contact details:
Beacon Community Church Beacon Road, Wibsey BD6 3ET 01274 670336	Food For Thought Community Cafe - Monday 9am-11am. A community cafe serving refreshments and the opportunity for a chat. A designated Warm Space. Wellbeing cafe - 2nd Friday each month 1.30pm- 3.30pm. £3 charge	Beacon Community Church 07548 667820 pastorpaulbrown@ymail.com  beaconcommunitychurchbradford Queensbury Community Programme 01274 816748 qcpinfo@gmail.com
Sandale Trust 42-46 Reeve Rd West Buttershaw BD6 3LX 01274 270170	Sandale Older People's Services Tues & Sunday 11-2pm 3 course meal and activities Thursday 10-1pm Breakfast and activities Pick up and drop off service available. Telephone befriending service.	Sandale Trust 01274 270170 info@sandaletrust.org  SandaleTrust
Woodside Village Centre 86 Fenwick Drive, Woodside BD6 2RZ 01274 977847	Wellbeing cafe - an informal afternoon for both older people and carers. Every Wednesday from around 12 until 3pm. 1st & 3rd Weds for those needing transport. 2 course meal; meetings involve talks and other activities for all attendees, also a window of respite, food, and support for carers while we help look after those in their care.	Royds Community Assoc Hayley@royds.org.uk 07956 888537 If you think you or a family member will benefit from attending, please get in touch.
Alhambra Theatre Pit Bar Morley St Bradford BD7 1AJ	Open House for Seniors every Mon & Tues 10-2pm (excl bank hols) guest speakers, light refreshments for small charge. Also, 2nd Tues of each month from 10.30am to 12pm for veterans/ex-armed forces and those who are isolated.	Joanne Dodds 01274 391190 joanne.dodds@ageukbd.org.uk
Cornerstone Methodist URC, Great Horton Rd, Great Horton BD7 3ER	Goldies Sing & Smile UK – a good old singalong! 1st Thursday of the month 2-3pm	Contact www.golden-oldies.org.uk Tel: 01761 470006
Grange Interlink Summerville Road BD7 1PX	Wellbeing café 1st Wednesday each month 11am-1pm. £2 charge. Speakers/Exercise/Refreshments/Bingo.	Grange Interlink Sajad Hussain 01274 726612 sajad@grangeinterlink.com  Grangeinterlink
BEAP Community Partnership 31 Cornwall Road, Bradford BD8 7JN	Older Peoples Day Care & Drop-In Service A service for older men and women (aged 50+) includes a social day care packed with activities and a lunch. Men's service is a social drop in with light refreshments.	Tel 01274 731020 for details Email: beapuk@hotmail.co.uk


Groups in BD2 & BD10		
Where?	What? When?	Run by/contact details:
St Cuthbert's Church Hall 71 Wrose Rd, Wrose BD2 1LN	Wrose Dementia Friendly Community Group 1st & 3rd Monday each month 1.30pm-3.30pm Support sessions for people living with dementia and their carers.	Tony Bather 01274 584999 Contact before attending  Wrose dementia friendly communities group
St Cuthbert's Church Hall 71 Wrose Rd, Wrose BD2 1LN	Wrose Buddies 4th Monday each month 1.30pm-3.30pm Raffle, refreshments, and entertainment Drop in – no need to book. £3.50 charge.	HALE, Shirley Weaver 07535 660958 01274 271088 www.haleproject.org.uk Drop in – no need to book.
St James' Community Hall, Beaufort Grove off Bolton Road, BD2 4LJ	Senior's Group over 55s - Wednesdays 1.00pm-3.00pm. £3 charge to cover refreshments.	Gillian Thorne 01274 587457 Gillian.thorne@hotmail.co.uk
Eccleshill Mechanics Institute Stone Hall Rd, Eccleshill BD2 2EW	Men@eccy – Eccleshill Older Men's Group. Men only - over 50's. Aimed at those socially isolated with mild to moderate mental health needs. Tuesday morning (Main Hall upstairs) 10am-12pm. £3 charge additional costs for trips/meals out.	Pauline Bland pauline@newlandsca.org.uk
Idle Baptist Church BD10 9PE	See Memory Tree Groups details on page 12	
Idle Baptist Church Bradford Rd BD10 9PE	Well Connected - aimed at over 50's isolated and wanting to meet new friends as well as those with mild to moderate mental health needs - 2nd Monday of each month 2.00pm-4.00pm £4 charge. Transport can be arranged at an additional cost but is limited and needs to be booked. Referral only.	Pauline Bland Engaging Communities CIC Ltd pauline@newlandsca.org.uk Referral only
Idle Baptist Church Bradford Rd BD10 9PE	Coffee drop-in and lunch 1st and 3rd (and 5th) Tuesday of the month 10.30-1pm. Come and join us for a cuppa and biscuits and a friendly chat. For those who want to stay, there's a cooked lunch and dessert at 12 noon. Join us for lots of banter amongst friendly faces and a good friendly atmosphere, providing friendship for all.	Idle Baptist Church Denise Kinsey M: 07854 764335 E: zimkins@yahoo.co.uk
St John's Church Hall Harrogate Rd, Greengates, BD10 0LX	Reconnect Community Cafe - Tuesday 2-4pm. FREE. Refreshments including hot drinks and snacks, a friendly welcome with people to chat to if you would like or space to sit quietly and relax on your own. All ages welcome including children after school.	St John's Community Church 01274 616715 hello@stjohnscommunity.church
St John's Church Hall Harrogate Rd, Greengates, BD10 0LX	Greengates Over 50's Social Friendship Group Thursdays 1.45pm – 3.45pm. £3 charge plus additional bingo and raffle.	Bobbie Wood 07443 042925 Robertawood321@gmail.com

Groups in BD2 & BD10		
Where?	What? When?	Run by/contact details:
Gateway Centre, 45 Thackeray Rd, Ravenscliffe BD10 0JR	'Senior Friends' over 55's - Weds 10.00am -12.00pm. £2 charge. Can stay for 'pay as you feel' lunch. Coffee Morning for all ages - Thursdays 10.30am -12.00pm. £1 charge Seniors group over 55's - Fridays 11.00am – 2.00pm. £5 charge Exercise, raffle, meal. Use of Access Bus and Minibus with additional cost.	Gateway Centre Ravenscliffe  01274 636602 https://www.thegateway.co.uk tyler@ravenscliffe.org.uk franceska@ravenscliffe.org.uk
Ravenscliffe Youth & Community Centre, Roundwood Ave, Ravenscliffe BD10 0LL	Ravenscliffe Ravers Day Centre Mondays and Thursdays – transport available. £10 charge includes light breakfast, refreshments throughout the day, homecooked meal, and sandwich to take home. Support groups for people with dementia, stroke, and people who are isolated. Lots of activities and day trips.	Annice Brearley 07393 295711 annicebrearley@gmail.com Housing & Care 21 Day Centre
Rockwell Community Centre 6 Summerfield Rd off Rockwell Lane Thorpe Edge BD10 8DP	Full weekly programme of activities for all ages and abilities Monday to Saturday including, Singing Group Friday 10am-12pm Fun Karaoke open to all and older people and people with special needs. £3 charge. Community Lunch first Friday of the month 12pm-2pm FREE lunch and refreshments and to chat about more opportunities for the community.	A community centre and arts hub run by Bloomin' Buds Theatre Company Tel 01274 615300 BUDsTheatre@outlook.com Rockwellcentre.co.uk
St John's Church Hall, Northwood Cres Thorpe Edge BD10 9HX	Kettle's On Community Cafe Tuesdays 1.30pm – 2.45pm open to all. Food available £1-1.40. Registered Warm Space. St John's Day Centre, Wednesdays, and Fridays 9.30-2.30pm £8 charge. For people over 60 living in and around the BD10 and BD2 areas. Home-cooked meals and transport available. Range of activities and lots of fun including speakers, entertainers, armchair exercises, prize bingo, crafts. (Friday suitable for people with dementia).	St John's Church 01274 614898 or Steve Nuttall on 07759 085903 – please ring in the first instance to arrange Day Centre provision.

Groups in BD12 & BD14		
Where?	What? When?	Run by/contact details:
Wyke		
Memory Tree Low Moor	See Memory Tree Groups details on page 12	
St Mary's Church Hall Green Lane, Wyke BD12 8QH	Tasty 'Chewsdays' group – every Tuesday 10.30-1.30pm – day care for older residents including transport to and from, entertainment, raffle, home cooked 2 course lunch. £10 charge. Dementia Friendly Café – last Friday of the month 11-1pm for people living with dementia and family/carer – opportunity to socialise, including entertainment, raffle, home-cooked food.	Bradford & District Senior Power 01274 921211 infoBDSP4040@gmail.com Please contact for more details.
Wyke Christian Community Church, Town Gate, Wyke BD12 9JP	Season's Café every Friday 10-2pm	Wyke Christian Community Church wykecccc@gmail.com  Tel: 01274 691889
Veterans Pavilion by the bowling green Wyke Park	Coffee Morning every Tues 10am-11.30am (also see Well Together Monday walking group information)	Stan Clay 07806 484727
Clayton		
Clayton Village Hall Reva Syke Rd Clayton BD14 6QN	Clayton Dementia Friendly Community Group for people living with dementia and their carers. 1st and 3rd Tuesday each month 1.30pm-3.30pm but ring for dates. Games, quizzes, music, refreshments. Carers have time apart to share views and information with facilitator. FREE – donations encouraged.	Ring Joyce or John for dates. Joyce 07941 210453 joyce.thackwray@gmail.com or John 01274 571832 jwstone@btinternet.com
Clayton Village Hall Reva Syke Rd Clayton BD14 6QN	Community Cinema 3rd Sunday of the month 5pm for 5.30 start £3/£1. Café every Monday Weds Friday 9.30-12.30pm	Andy Waterman 07305 069785 Info@claytoncinema.org.uk www.claytoncinema.org.uk and 
St John's Community rooms, The Avenue Clayton BD14 6RL Tel 01274 883000 admin@stjohnsclayton.org.uk	Wednesday Lunch Club, Weds 11.45am - 2.00pm. £5 charge. Three Course Lunch, quiz, free raffle, friendship. Warm Welcome Space - Thursday 1-4 pm Hot drinks, home baking, fruit. Friendship, quiz, games available. All welcome. Free of Charge. May be extended beyond end of March.	Contact Yvonne Bates 07880961002 for Lunch Club waiting list details yvonnebates53@gmail.com

Groups in BD13		
Where?	What? When?	Run by/contact details:
Thornton		
Thornton Community Centre Market Street, BD13 3HW	Seated exercise class with afternoon tea 1st Friday each month 1.30pm-3.30pm £5 charge.	Queensbury Community Programme 01274 816748 qcpinfo@gmail.com
Thornton Community Centre Market Street, BD13 3HW	Seated exercise class with refreshments 2nd Friday each month 1.30pm-3.30pm £4 charge.	Queensbury Community Programme 01274 816748 qcpinfo@gmail.com
Thornton Community Centre Market Street, BD13 3HW	Café 3rd Friday each month 1.30pm-3.30pm £3 charge.	Queensbury Community Programme 01274 816748 qcpinfo@gmail.com
Cullingworth		
Scarbrough Court Birkdale Close Cullingworth BD13 5AG	Scarbrough Court Social day - meet and make new friends. Every Thursday 10-2pm £12 charge. 2 course lunch, refreshments, entertainment, speakers, bingo, raffles	Housing 21 Call Jean 07880 823542
Denholme		
Denholme Mechanics Institute (DMI Community Centre) 40-42 Main Rd Denholme BD13 4BL	Warm Space - Mon to Fri 10.30 - 2pm Denholme Elders - Mon 10 - 12pm Lunch club - Tues 10.30 - 1pm ring 07808 089622 to book	info@denholmecommunitycentre.org.uk 07366 493449 Ring for details of other activities at the centre
Queensbury		
Queensbury Support Centre Albert Rd Community Hub (ARCH), 199 Albert Rd, Queensbury BD13 1QB	Day Centre providing opportunities to meet people, participate in activities, entertainment, day trips, and enjoy fresh homecooked food - breakfast, lunch, and afternoon tea & cake. Tues, Weds, Thurs 10-3.30pm £17 plus cost if transport required.	Tel 01274 817143 07513 881712 enquiries@qsc.org.uk www.qsc.org.uk
St Theresa's Church Hall Russell Road Queensbury BD13 2AN	Wellbeing Cafe 4th Friday each month 1.30pm-3.30pm £3 charge.	Queensbury Community Programme 01274 816748 qcpinfo@gmail.com
Victoria Hall 18 Sand Beds Queensbury BD13 1AB	Gentle Exercise Monday 11am-12 pm and Tuesday 1.30pm-2.30pm £4 charge.	Queensbury Community Programme 01274 816748 qcpinfo@gmail.com

Groups in BD16,17,18		
Where?	What? When?	Run by/contact details:
Bingley		
Abbeyfield Fern House Community Hub, Fern Bank Drive, Bingley BD16 4FA	Mon, Tues & Thurs 9.30-3pm Social lunch and carers support group. The community hub's aim is to reduce social isolation, promote good mental health and provide a break for carers through a varied program of activities including creative writing, book clubs, arts and crafts, quizzes, games, and social interaction.	01274 065099 communityhubfh@abbeyfieldthedaes.co.uk
Cottingley Community Centre Littlelands BD16 1AL	Seated exercise Mon 10.30-11.30 FREE . Tea Dance Mon 1.30-3.30 £4 Community Café Weds & Thurs 11-1pm . Film Club Thurs 11.30-12.30 Sunday Lunch gatherings 12.30pm for all the family Adults £11 Booking essential on 01274/518284 by the previous Weds.	01274 512800 community@cottingleycommunitycentre.net  cottingley community centre
Baildon		
Wesley's Café, Methodist Church, Newton Way, Baildon BD17 5NH	Baildon Buddies Thursday 1.15pm- 3.15pm Tea, chat, crafting. Drop-in - no need to book. £3.50 charge .	HALE, Shirley Weaver 07535 660958 01274 271088 www.haleproject.org.uk
The Den, Wesley's Café, Methodist Church, Newton Way, Baildon BD17 5NH	Memory Support Baildon Drop-in 2nd & 4th Tuesday each month 1.30pm-3pm Concerned about your memory? Have an informal chat with us, learn about support services or just collect some information.	Dementia Friendly Baildon Information line: Dilys 07726 767760 Mon to Fri 10am-12noon
Methodist Church Wesley's Café, Newton Way Baildon BD17 5NH	Singalong-a-Baildon 2nd & 4th Friday each month 1pm-3pm Sing along to a choice of songs. Drop-in – no need to book. £2 charge .	HALE, Shirley Weaver 07535 660958 01274 271088 www.haleproject.org.uk
Moravian Church West Fold (off Westgate) Baildon BD17 5EL	Dementia wellbeing café 1st Thursday each month 1.30pm-3pm Raffle, refreshments, and entertainment Phone to book. £3.50 charge .	HALE, Carol Sadowy 07946 154161 01274 271088 www.haleproject.org.uk
Shipley		
Memory Tree Shipley	See Memory Tree Groups details on page 12	
New Church, Ashfield Rd, Frizinghall, Shipley BD18 3AL	Shipley Memories Group social café. Monday 11am-1pm . Talks Entertainment Raffles Refreshments. FREE	Ben.verdeyen@westyorkshire.police.uk Please ring 07743461324 in the first instance to check availability


Groups in Keighley & LS20, LS29		
Where?	What? When?	Run by/contact details:
Memory Tree Keighley	See Memory Tree Groups details on page 12	
Keighley Healthy Living 13 Scott Street Keighley BD21 2JH	Conversation Café drop-in, no need to book. Tuesday 10am-12pm FREE. Plus, many more groups and activities throughout the week including seated exercise, craft groups, art groups, games groups – some booking required, some drop-in.	Keighley Healthy Living 01535 677177 admin@khl.org.uk khl.org.uk  keighleyhealthyliving
Roshni Ghar 13 Scott Street, Keighley, BD21 2JH	Roshni Ghar is a Mental Health charity that provides culturally appropriate, responsive services for South Asian women experiencing mental ill health.	01535 609927 info@roshnighar.org.uk
Keighley Creative, 3-7 Cooke Lane, Airedale Shopping Centre, Keighley BD21 3PF (formerly Argos)	Arts for Brain Health Monday Creative from 1.30 to 3.30pm This is our regular arts & craft group for people living with dementia and their carers. No art experience needed.	Ailsa Lewar 07423 154855 or ailsa@keighleycreative.org keighleycreative.org
The Parish Centre, 43 Station Rd Burley-in-Wharfedale LS29 7NE	The Memory Tree @ Burley 1st & 3rd Thursdays of every month 2-4pm Burley Dementia Action Group – call for future meeting times	Susan Collins 01943 864424 dementiafriendlyburley@gmail.com https://burleydementiafriends.weebly.com/ Please call initially to check availability
Clarke Foley Centre, Cunliffe Rd, Ilkley LS29 9DZ	Dementia Friendly Wellbeing Café – 1st and 3rd Tuesday every month 1.30-3.30pm a place for people living with dementia, their families, and carers to socialise with others in a fun and supportive way.	Ilkley & District Good Neighbours www.goodneighboursilkley.org.uk 01943 603348
Ilkley Library Station Road Ilkley LS29 8HA	Memory Corner at Ilkley Library – library opening times. Information and advice resources from Dementia Friendly Ilkley Action. Drop-in to have a look but call Sally to book an attended appointment.	Sally 07936 446097 dementiafriendlyilkley@gmail.com https://dementiafriendlyilkley.weebly.com/ dfia.org.uk
Guiseley Football & Cricket Club, Otley Road, Guiseley LS20 8BT	Every Friday 1pm - 3pm Guiseley Memories Social café – Talks, Entertainment, Singing, Raffles Refreshments	07766 501278 BradfordMemoriesCafe@gmail.com Please call initially to check availability

Carers' Resource - *"you care for them; we care for you"* - providing groups and activities specifically for Carers to take a break from their caring role. Their friendly groups include Coffee groups, Craft groups, park strolls, allotment groups, men's groups, online virtual groups, and one-off events have included cinema visits, learning to sail, and first aid training. The groups and activities are usually detailed on their website on a quarterly basis and are also listed in the "Choices" magazine that is posted or emailed out to all Carers on a quarterly basis.

For more information about carer groups go to <https://www.carersresource.org/whats-on/> or for general carer advice and support ring **free on 0808 501 5939 or 01274 449660** or email: info@carersresource.org website: www.carersresource.org

Pathways – a group supporting people affected by young onset dementia (also known as working age dementia) in the Bradford district. The group is led by a team of dedicated, experienced volunteers and membership is free. They provide information, contact and support for people affected by young onset dementia through an **online group and a monthly face to face informal group** to meet others in a similar situation, share experiences and learn how to live as well as possible with dementia. They run various activities including supported holidays, socials, cookery sessions, and spa breaks for carers. They work closely with universities in research, education, and training believing that people affected by dementia are their own **'experts by experience'**.

For more information or to discuss your suitability for Pathways, please contact Clare Mason on **07917 751478**

email: pathwaysdementia@gmail.com  Pathways – supporting those affected by young onset dementia.

Friends Together - day trips, short breaks and holidays plus local social events organised to help enhance the lives of people living with dementia, their carers, and former carers, and to build new friendships with others in similar circumstances.

Contact Elaine Rathmell on **0113 285 2431** email: elaine.rathmell@hotmail.co.uk for a brochure of trips and events for 2023.

All trips are subsidised by money raised by raffles, donations, and fundraising events.

The Light Cinema, 23-33 Broadway, Bradford BD1 1TW – At dementia-friendly screenings there are no adverts or trailers, and the lighting will be slightly raised throughout the film. Although these screenings are particularly designed to be accessible for people with dementia, they are open to the general public too. Please note that pastoral care is not provided at these events so a friend, family member or carer must also attend. **Last Tues of the month 12pm £5 per ticket and carers FREE.**

help@thelight.co.uk <https://bradford.thelight.co.uk/> 01274 024889  LightCinemaBradford

Thank you to Iceland Foods who have kindly provided pre-screening refreshments for all guests attending dementia-friendly screenings at all Light cinemas.

Bradford and District Live at Home Community Groups - offering local Bradford based community groups run by the national charity MHA helping improve the lives of people across the UK. They have community hubs across Bradford in Wibsey, Great Horton & City, Little Horton, Clayton, Allerton & Fairweather Green, and Bolton & Undercliffe. They can provide support with arranging transport to the hubs. A Community Programme Coordinator would provide tailored support to meet an individual's needs. Their services and activities include coffee mornings, tea dances, supported holidays, day trips and outings, Tai Chi and walking groups, and volunteer led special interest groups, and dementia groups for the person with dementia and their carer.

To refer someone to the scheme contact **01274/397302** or email: bradford.liveathome@mha.org.uk website: www.mha.org.uk

Memory Lane Day Care Centre, Ingots Building, Cemetery Rd, Yeadon LS19 7UP - is a specialist service providing day care in the community for older people who have a form of dementia. **Open Mon to Fri 9am to 4pm and on Saturday 10.30am to 2.30pm.** They work to enhance and promote positive experiences for people with dementia and respite for their loved ones. Open five days a week and offering a variety of holistic activities from gardening, discussion groups, meaningful singing and movement, craft, games, and much more. They aim to develop people's skills and offer new and different engagements to promote well-being. Memory Lane also provide a **Home Sitting service 24 hours per day 7 days per week.**

Or if you want to meet new friends or simply go somewhere to have a bit of fun, then you will be made very welcome at one of their **Community Cafés** - trained carers also provide support for families who are living with dementia.

Saturday Café (weekly) - 11am to 2pm - Quiz, Bingo, Play Your Cards Right, Lunch

Memory Café (monthly) - 1pm to 3.30pm (last Friday of each month) Live Entertainment, Bingo, Lunch - Everyone welcome!

Entrance fee to all Cafés - £5 per person includes Lunch, Tea/Coffee/Biscuits/Cakes & Bingo!

To speak to someone about an assessment of your needs or to organise a free trial visit to the centre **Tel: 0113 345 3378**
email: hello@memorylanecare.co.uk or look at their website: <https://memorylanecare.co.uk/>

Memory Tree Groups - Meetings are designed for the person with dementia to attend with the carer. This is usually the main carer, although it does not have to be; it could be a friend, relative, neighbour, or paid companion, but we need someone to be present as a supporter throughout meetings. For unpaid carers / supporters and there is an opportunity to go through to a separate room to talk to other carers during the second half of the meeting whilst we continue dementia-friendly activities in the main room. However, not everyone benefits from this, so carers / supporters can remain with the person with dementia in the main room if they prefer. Paid companions are expected to remain with their client to support them during the activities in Part 2. Carers looking for peer support can attend alone if their loved one is in day care or residential care. No formal cost, but there is a donation basket on exit where people can leave contributions to running costs if they wish.

For further information see The Memory Tree website at www.thememorytree.org.uk

Or contact Elizabeth Anderson 01274 583364 or email elizabeth@thememorytree.org.uk

Please contact Elizabeth to book first meeting

Idle Baptist Church Bradford Road, Idle Bradford, BD10 9PE	Memory Tree 01274 583364 Approx donation £2.50 per person	Meet 2 nd and 4 th Tuesday each month 11 am to 12.45 pm Contact Elizabeth to book first meeting
St Peter's Church The Lounge Moorhead Lane Shipley BD18 4JH	Memory Tree 01274 583364 Approx donation £2.50 per person	Meet 2 nd and 4 th Wednesday each month 11 am to 12.45 pm Contact Elizabeth to book first meeting
Aldersgate Methodist Church Common Road, Low Moor Bradford, BD12 0TW	01274 583364 Approx donation £2.50 per person	Meet 1 st and 3 rd Wednesday each month 10.30 am to 12pm Contact Elizabeth to book first meeting
Keighley Shared Church Hall Market Street Keighley BD21 5AD	01274 583364 Approx donation £2.50 per person	Meet 2 nd and 4 th Friday each month 1.30 pm to 3.15 pm Contact Elizabeth to book first meeting

Dementia Friendly Keighley (DFK) - DFK is there to support those living with dementia and their carers in a safe environment and help them meet people in a similar situation. To find out more information or book any of the sessions ring **01535 602529**

or email: info@dementiafriendlykeighley.org.uk  dementiafriendlykeighley

Monday	Coffee Club 10am to 12.30pm	AND	1.30pm to 3.30pm
Tuesday	Games Morning 10am to 12.30pm	Coffee Club	1.30pm to 3.30pm
Wednesday	Memory Box 10am to 12.30pm	Coffee Club	1.30pm to 3.30pm
Thursday	Coffee Club 10am to 12.30pm	Crafty Friends	1.30pm to 3.30pm
Friday	Coffee Club 10am to 12.30pm		

**All the sessions are held at DFK,
Airedale Shopping Centre,
College Walk, Keighley, BD21 3PH**

Tuesday 1.30pm to 2.15pm Tai Chi at Central Hall, Alice Street, Keighley, BD21 3JD

Thursday 6.30pm onwards Brown Cow Social Group, The Brown Cow, Cross Leeds St, Keighley, BD21 2LQ

First Friday of each month 2pm to 3.30pm Singing Teapot, DFK, Airedale Shopping Centre, College Walk, Keighley, BD21 3PH.

Well Together - Improving health through volunteer-led activities in the community

Well Together provides a range of interesting, sociable, health-led activities delivered by dedicated activity volunteers. Our activities are free and run across Bradford, Airedale, Wharfedale and Craven, in wheelchair-accessible venues. There are many groups available, including crafting, peer support and walking, and there is no limit to how many of these you can join. Well Together is for adults aged 18 years or over and we welcome service users with long term health conditions. We do ask that people must be independent enough to leave their home un-aided and be well enough to access an activity in the local community run by a volunteer. Check the monthly updates of face to face & virtual groups and walking groups.

You can self-refer to this service by either calling **01274 259190** or by completing the self-referral form on the site. GPs and other health professionals wanting to make a referral on behalf of a patient can do this using the professionals' referral form.

<https://www.bdct.nhs.uk/services/well-together-service> email: Welltogether@bdct.nhs.uk  Well Together BDCFT

list for 11 July 2023



Well Together Service

FREE!! Volunteer Led Walks

For more information on our service follow this link to [Well Together service | BDCT](#)

Tel: 01274 259190

Email: Welltogether@bdct.nhs.uk



Well Together BDCFT



@BDCFT_WTS



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

BRADFORD AREAS

Eccleshill Health Walkers Ian Stow Susan Knox	A medium paced walk around the area, followed by a drink at the Mechanics Institute.	Meet at Eccleshill Mechanics Institute Stone Hall Road Bradford BD2 2EW	Tuesdays Every 2 weeks 9.45am - 10.30am 9 May 2023 23 May 2023
Fagley Amblers Muppett	Please bring waterproofs (even if not raining at the start of the walk) And footwear suitable for off road walking. A medium-paced walk. Well behaved dogs on a lead are welcome to join us.	Meet at the bus terminal, bottom of Fagley Road Fagley	Fridays 10.00am - 11.00am
Friends of Bowling Park Barbara Pitts David Topham Shirley Carlin	A slow-paced walk around this beautiful park with a drink in the café afterwards. Suitable for Pram/wheelchair users.	Meet at the Lodge (opposite Lister Avenue) Bowling Hall Road Bowling Park Bradford BD4 7TL	Tuesdays 10.00am - 11.00am TERM TIME ONLY
Harold Park Walk Margaret and Bernard Tetley	A 30-45 minute slow-paced walk around Harold Park. Dogs on leads welcome.	Meet at the main park gate. Harold Park Park Road Low Moor Bradford BD12 0EW	Fridays 11.00am - 11.45am
Holmewood Walk Barbara Wainwright Annie McKay Eileen Widdop	This medium paced walk covers local landmarks in the East Bierley/ Holmewood area – bordering to Tyersal Beck and Black Carr Woods (Pudsey). Fields and green spaces woven in for interest.	Meet at St Christopher's church (car park) Holmewood Road Holmewood BD4 9EJ	Mondays 9.45am - 12.00pm

Horton Bank top Walk Harjit Panesar	Length of walk varies depending on walking ability. Up to 2.5 hours walking and one hour taken for bus travel - you will be back by 1.30pm	Meet on the opposite side of the road to Horton Bank Top surgery Great Horton Road Bradford BD7 4PL	Mondays Meet at 10.00am
Horton Park Carers Walk Michael Whyte		Meet at the park gates on Horton Park Avenue, opposite Horton Park Medical Centre Bradford BD7 3WG	Mondays 11.00am - 12.00pm
Lister Park Walkers Anne Griffin	A gentle walk around the park. Suitable for Pram/wheelchair users	Meet at the Prince of Wales Gate at Lister Park North Park Road Bradford BD9 4NS	Thursdays 10.00am - 11.00am ON HOLD
Peel Park Walk Maureen Gamble Mary Illingworth	A gentle walk around Peel Park, returning back to Park Gates at Cliffe Road. Suitable for Pram/wheelchair users	Meet at Peel Park (Cliffe Road entrance) Bradford BD3 0LT	Thursdays 10.00am - 11.00am
Scholemoor Walking Group Jobeda Ali	The group walk around Scholemoor, Great Horton and Clayton at a medium pace. Some uphill walking due to location.	Scholemoor Centre Dracup Avenue Bradford BD7 2RJ	Mondays 10.30am - 12.30pm
The Ridge Walkers Michael Whyte Tim Grunwell	Suitable for Pram/wheelchair users	Meet at the top gates of Horton Park, by the Ridge Medical Practice. Cousen Road Bradford BD7 3JX	Thursdays 11.00am - 12.00pm
Three Lakes Walk Sharon Easy	This is a slow-paced walk with some inclines, shoes with a good grip are recommended for safety. The walk takes 60-70 minutes from the Centre and back.	Meet at Bierley Community Centre 102-104 Bierley House Avenue Bierley BD4 6BU	Tuesdays 10.00am - 11.30am TERM TIME ONLY ON HOLD
Walking Back to Happiness Rodney Kench	Flat walk with some inclines. Everyone is welcome.	Meet at: Thornton Primary School Thornton Road Bradford BD13 3NN	Tuesdays 1.00pm - 2.30pm
Wibsey Walkers Tim Grunwell Betty Stothers	A gentle walk around Wibsey park. Suitable for Pram/wheelchair users.	Meet at the Beacon Road entrance to Wibsey Park Bradford BD6 3EY	Mondays 11.00am - 12.00pm

Woodside Village Walk Barry and Nicola Smith	For a gentle walk to Harold Park and back.	Meet at Woodside Village Centre 86 Fenwick Drive Bradford BD6 2RZ	Tuesdays 6.00pm - 7.00pm ON HOLD
Wyke Nooks and Crannies Walkers Tony Green Stan Clay Lynda Sweeby Mandy Greaves	This is a steady paced walk around Wyke. You can park by the side of the green.	Meet at The veterans hut by the bowling green Wyke Park Bradford BD12 9PN	Mondays 9.30am - 10.45am
SHIPLEY & SURROUNDING AREAS			
Baildon Jubilee Walkers Howard and Christine Lloyd	Varied, medium-paced walks making use of the snickets, moorland and green spaces.	Meet at: Cecil Avenue off West Lane Baildon BD17 5LH	Wednesdays 2.00pm - 3.00pm
Bingley Walkers Sheila Furness Christine Bondarenko Ralph Harding		Bingley Arts Centre Main Street Bingley BD16 2LZ	Tuesdays 2.00pm - 3.00pm
Bingley 2 Hour Walk Christine Bondarenko Ian Barker James Muff Dennis Palframan	For months with 5 weeks, walkers are going slightly further afield for the 5th week only.	Meeting point varies: May 4,11,18,25 Harden, Wilsden Rd Bingley side of the bridge at The Malt	Thursdays 1.00pm - 3.00pm
Cullingworth Walkers A Walk John Hudson Judith Bentley Pam Dobson Kathleen James Ron Thompson Suzanne Trewartha	The group meet back at the church after the walk for refreshments, £1.00 donation for refreshments. No dogs allowed.	Meet at Methodist Church Dellside Fold Cullingworth BD13 5EX	Thursdays Meet at 9.15am, for a prompt start at 9.30am. Finishes at 11.00am / 11.30am
Cullingworth Walkers – Level walk B Walk	The group meet back at the church after the walk for refreshments, £1.00 donation for refreshments No dogs allowed.	Meet at Methodist Church Dellside Fold Cullingworth BD13 5EX	Thursdays Meet at 9.15am, for a prompt start at 9.30am. Finishes at 11.00am

Wilsden Walkers (A) Sheila Dickerson Christine Dufton Bryan Walkden Christina Watkinson Wilma Nichol Diana Wright	£1 donation for refreshments. No dogs allowed.	Meet at: Wilsden Village Hall Townfield Wilsden BD15 0HT	Mondays (Except bank holidays) 9.15am - 10.45am
Wilsden Walkers (B) Kath James Christine Dufton Gill Holmes Christina Watkinson	£1 donation for refreshments. No dogs allowed.	Meet at: Wilsden Village Hall Townfield BD15 0HT	Mondays (Except bank holidays) 9.15am - 10.15am
KEIGHLEY & SURROUNDING AREAS			
Aire & Worth Valley Wanderers Richard Pemberton Suzanne Trewartha Stewart Towers Jan Orys Hannah Mulholland	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.	For further information please contact Richard Pemberton on; rijpmolly@gmail.com 07770 792586	Thursdays 1.30pm - 3.00pm
Burley in Wharfedale Ann Nuttall Elaine Shankland Brenda Jones		Meet outside the front door of Burley Library Grange Road Burley in Wharfedale LS29 7HD	Tuesdays 10.0 am - 11.00am
Haworth Walk Annie Williams Debra Butler		Meet at West Lane Baptist Church Haworth BD22 8EN	Mondays (Except Bank Holidays) 11.00am - 12.00pm
Ilkley 2 hour Walk Maureen England Julia Clayton-Stead Sue Tupling Helen Hack Anne Parker Sarah Haines Sheena Pickersgill	Routes will vary. Terrain can be variable with uneven ground people need to be reasonably physically fit. There is another option to do a shorter walk for those who would struggle to walk for the full time/distance. No dogs allowed.	Starts from The Bandstand Opposite Bettys Tea Room The Grove Ilkley LS29 9EE	Fridays 10.00am - 12.00pm