

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

Groups and activities for anyone to join especially those who are feeling isolated or for those affected by long term health conditions, mild cognitive impairment, and dementia in the Bradford district.

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.

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

Anita Pearson, Dementia & Brain Health Project, Affinity Care Community Partnership

Tel: 07950 553621 Email: community.cogs@gmail.com

Clare Mason, Pathways group

Tel: 07917 751478 Email: pathwaysdementia@gmail.com

Thank you to all who have contributed their information.

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

If you would like a group or activity included on the list, or if information needs amending or deleting, please contact either Anita or Clare.



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
For Alhambra theatre bar activities see BD7 info and Age UK list page 16		
The Light Cinema, Broadway, and Pictureville Cinema, Science & Media Museum	See p20 for more details of Dementia Friendly screenings and Silver Screen programme for people 60+ at The Light cinema, and Pictureville Cinema - offers at both cinemas.	The Light Cinema - 23-33 Broadway, Bradford BD1 1TW – 01274 024889 National Science & Media Museum – BD1 1NQ - Tel. 033 0058 0058
Womenzone 19-21 Hubert St Bradford BD3 9TE	There are two Wellbeing Groups: Tuesday 10:30am-2pm, and Thursday 10:30am-2pm providing support to women aged 55+ to reduce isolation & improve wellbeing.	01274 665270 info@womenzonecc.co.uk
Karmand Centre Barkerend Road, Bradford BD3 9EP	Supporting diverse communities through quality services, support and inequalities to improve quality of life. Older people's daycare A warm, supportive daytime service helping older people stay active, social and independent. Dementia Care Compassionate support for individuals living with dementia and Alzheimer's disease.	01274 669593 info@karmand.org.uk
BD4		
BD4 Community Trust	Opportunities groups and activities for the over 55s Gems Daycentre Thurs from 9.30am-1pm at St John's Bowling Hub BD4 8TU, with indoor bowls, gentle exercise, wellbeing and craft tables, luncheon group. Mondays - 11am-12pm Coffee & Chat at Java Joe Corban St BD4 8RH Tuesdays - 10am-12pm Walk to Wellness Group meets at the Lodge café in Bowling Park BD4 7TL. All sessions run through Term-Time only.	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	Tues & Thurs 11-1pm - Community Café open to all Tues 10am-2pm - Quiet/dementia café Weds & Friday 9.30-3pm Home from Home – over 50s – £12 charge includes activities, meal and refreshments, minibus pick up/drop off. Fri 10.30-11.30am Free. Indoor games. Fri 1-2pm £2 incl refreshments. Dance-on.	St Christopher's Good Neighbours diane@goodneighbour.co.uk 01274 689898
BD5		
Parkside Sports Centre café, Parkside Road West Bowling BD5 8EH Tel 01274 768066	Tues 11.30-1.45pm - Senior citizens over 65s lunch club - 3 course meal (halal and veg diets catered for) - £4 – raffle, bingo, trips, parties. Weds 2-4pm (2-weekly - 4 th /18th June) - MIND tea & talk.	Bradford Trident Ring Joanne 07960 670732 before visiting the wellbeing cafe and seniors lunch club

Park Lane Centre, Park Lane corner of Pakington St BD5 0LN	2nd Thursday of every month 1.15pm-3.00pm Wellbeing café for older residents - afternoon tea, entertainment, friendship - £2 (no charge for carer). -Tues 3-4.30pm - Friendly Space drop-in – FREE all welcome.	joanne@bradfordtrident.co.uk -call Mignonne for details 07398 012243
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
West End Centre Rear of St Oswald's church Christopher St Little Horton BD5 9DH	Memory Friends social sessions: Advice and Information; Mentally stimulating activities; Memory and dementia awareness. Last Monday of the month 12.30-2.30pm	Bradford Dementia Hub Tel 01274 065 060 or call 07592 003595 See page 15.

Groups in BD7, 8 & 9		
Where?	What? When?	Run by/contact details:
Alhambra Theatre Pit Bar, Morley St Bradford BD7 1AJ	Open House friendship group for Seniors – Mon & Tues 10am to 2pm. Refreshments tea, coffee, scones and sandwiches at a small cost. 2nd Tues of the month 10am to 12noon - Veterans/ex-armed forces group and those who are isolated.	See page 16 for Age UK activities details or call 01274 391190 info@ageukbd.org.uk -contact joanne.dodds@bradford.gov.uk or call 07775 411932.
Great Horton Community Hub, Beldon Rd BD7 3PE	Monday 11am-1pm - COPe – Carer's Outreach Project – Building Resilience, Creating Respite. In person sessions across the district.	More info Tel Rachel: 07950 173437 Cope@equalitytogether.org.uk See page 15.
Grange Interlink Summerville Road BD7 1PX	Wellbeing café 1st Wednesday each month 11am-1pm. £2 charge. Speakers/Exercise/Refreshments/Bingo.	Sajad Hussain 01274 726612 sajad@grangeinterlink.com  Grangeinterlink
Khidmat Centre 36 Spencer Road, Bradford BD7 2EU	Khidmat Centres collaborate with Bradford Dementia Hub as well as communities to deliver user led culturally appropriate services to address disadvantage and inequalities. Please contact us directly for any information on services and support we offer.	01274 521792 info@khidmat.org.uk
Scholemoor Beacon Community Centre Dracup Ave BD7 2RJ	Memory Friends social sessions: Advice and Information; Mentally stimulating activities; Memory and dementia awareness. First Weds of the month 12noon-1.30pm includes lunch. Light exercise session 11am-12pm.	Bradford Dementia Hub Tel 01274 065 060 Or 01274 522231. See page 15.

BD8 & BD9		
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
Bradford City FC Community Foundation The City Hub, 36 Valley Parade, Bradford, BD8 7DZ	Moments Cafe: Every Thursday, 11am - 1pm A FREE, friendly, warm and inclusive space where individuals living with Dementia and/or Parkinson's and their carers can connect, share, and thrive. Free food and hot and cold drinks are provided for the duration of the sessions, and each one is themed around new, interactive activities! There's music, banter and much more every week - no sign up needed, walk-ins and new faces always welcome!	If you'd like to know more Tel: 01274 706850 or get in touch with the Bradford City FC Community Foundation Email: bradleigh.pioli@bcfccommunity.co.uk
Girlington BD8 – Friday Equality Together @ Manningham Mills BD9 - Weds	COPE – Carer's Outreach Project – Building Resilience, Creating Respite – socialise, activities/games, information, learning. <i>Become part of a community that understands and celebrates the unique journey of a carer and those being cared for.</i> In person groups around the district - Mon Woodside; Gt Horton; Tues Shipley; Cullingworth Weds Equality Together @ Manningham Mills; Steeton & Eastburn Community Hub: Community works Thurs New venue in Baildon; Friday Girlington; Bingley.	More info Tel Rachel: 07950 173437 Cope@equalitytogether.org.uk See page 15.

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, BD2 1LN	Wrose Buddies - Forever Young. For over 50s, isolated or lonely. 4th Monday each month 1.30pm-3.15pm – Drop-in - no need to book. Raffle, refreshments, and entertainment. £3.50 charge. We are dementia friendly.	Shirley Weaver 07535 660958 shirley.weaver@btinternet.com  Wrose Buddies – Forever Young
St Cuthbert's Church Hall 71 Wrose Rd, BD2 1LN	'Unwind' community café – Weds 12.30-3pm. Free. Chat, puzzles, quizzes, crafts, refreshments. We are dementia friendly.	01274 616715 hello@stcuthbertswrose.church
St James' Community Hall, Beaufort Grove, 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

St James' Community Hall, Beaufort Grove BD2 4LJ	Carers Peer support group – 2nd and 4th Thursday of the month. For the <u>carer</u> of someone with dementia (not for the person with dementia). £5 per session covers room hire and refreshments.	Call Dilys on 07726 767760 before attending. brucedilys45@gmail.com
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	Pauline Bland pauline@newlandsca.org.uk info@newlandsca.org.uk
The Bolton Woods Centre, Livingstone Road, BD2 1BD	Together in Time – Dementia Social Connection Group Wednesday from 1:30pm – 3:30pm A creative, uplifting space for people with dementia and their carers. Join us for a relaxed afternoon of fun, creativity, and connection. From music, arts & crafts, and baking, to gentle walks and memory games – there's something for everyone, and it's different every week! No cost, just drop in!	Julie Whiting 01274 010173 julie@boltonwoodscentre.co.uk
Hepworth & Idle Cricket Club Westfield Lane Idle BD10 8RU	Idle & Thackley Memories Group Thursdays 12-2pm FREE. For those feeling isolated, lonely, carers or people with memory problems. Karaoke, Sing-along, entertainers, games, raffles and refreshments.	Contact Martine on 07834 964547 or Julie on 07912 533131 before attending to check availability
Idle Baptist Church Bradford Rd Idle village, BD10 9PE	Memory Tree - Meet 2nd and 4th Tuesday each month 11am to 12.45pm. Meetings are designed for the person with dementia to attend with the carer who could be a friend, relative, neighbour, or paid companion.	Contact Elizabeth on 01274 583364 or 07766 220725 to book first meeting. See full Memory Tree groups details on page 18.
Idle Baptist Church Bradford Rd BD10 9PE	Coffee drop-in 1st and 3rd (and 5th) Tuesday of the month 10am-12pm. Join us for a cuppa and a friendly chat.	Idle Baptist Church, Denise Kinsey M: 07854 764335 E: zimkins@yahoo.co.uk
Idle Baptist Church Bradford Rd BD10 9PE	Well Connected - 2nd Monday of each month 2.00pm-4.00pm £4 charge. Aimed at over 50's isolated and wanting to meet new friends as well as those with mild to moderate mental health needs. Transport can be arranged at an additional cost but is limited and needs to be booked.	Referral only Pauline Bland pauline@newlandsca.org.uk info@newlandsca.org.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. St John's Day Centre, Weds 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.
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. Access Bus and Minibus with addtnl cost.	Gateway Centre Ravenscliffe 01274 636602 https://www.thegateway.co.uk tyler@ravenscliffe.org.uk franceska@ravenscliffe.org.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
Groups in BD6 & BD12		
Where?	What? When?	Run by/contact details:
Wibsey, Odsal, Woodside, Low Moor & Wyke		
Beacon Community Church, 91-93 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. Mon from 2pm Friendship groups and chairrobics. Wibsey Wellbeing cafe - 2nd Fri each month 1.30pm- 3.30pm. £4.	Beacon Community Church 07464 519218 beaconcommunityc@gmail.com  beaconcommunitychurchbradford -Queensbury Community Programme 01274 816748 gcpinfo@gmail.com
The Ancient Foresters 230 High St Wibsey BD6 2QP	Memory Friends social sessions: Advice and Information; mentally stimulating activities; memory and dementia awareness. Free refreshments. Every other Thursday 2.00-3.30pm from 5th March.	Bradford Dementia Hub Tel 01274 065 060 See page 15.
Sedbergh Youth & Community Centre Huddersfield Rd BD6 1DJ	Wellbeing for carers support group - Have a cuppa, a chat, relax in a safe environment. 1st & 3rd Monday of the month 10am – 12pm. Restore Recovery College works to lessen health disparities in the South Bradford and BD4 communities. We provide a variety of community-based programs, such as mental health education, social prescribing and smoking cessation.	Restore Recovery College Tel 07483 180814
Sandale Community Hub 42-46 Reevy Rd West Buttershaw BD6 3LX 01274 270170	Sandale's Older People's Services Home Help service – Mon & Weds – cooking, cleaning, or just a chat! Sandale's Older People's Friendship Group Mon 11-1pm – light lunch and activities Tues & Sunday 12-2pm - 3 course meal and activities Thursday 11-1pm - Breakfast and activities Pick up and drop off service available. Memory Friends café every Monday 11-1pm – food and fun! mentally stimulating activities; memory and dementia awareness; advice and info for carers.	Sandale Trust 01274 270170 info@sandaletrust.org  SandaleTrust Call Sandale or Bradford Dementia Hub 01274 065 060 See page 15.

Woodside Village Centre 86 Fenwick Drive, BD6 2RZ	Wellbeing cafe - Last Wednesday of each month from 12 until 3pm. An informal afternoon for both older people and carers. Access bus arrangements available for people who don't have transport. If you think you or a family member will benefit from attending, please get in touch.	Royds Community Association 01274 977847 info@royds.org.uk
Woodside BD6 - Monday	<u>COPE – Carer's Outreach Project – Building Resilience, Creating Respite</u> – socialise, activities/games, information, learning. Become part of a community that understands and celebrates the unique journey of a carer and those being cared for. In person groups around the district - Mon Woodside; Gt Horton; Tues Shipley; Cullingworth Weds Equality Together @ Manningham Mills; Steeton & Eastburn Community Hub: Community works Thurs New venue in Baildon; Friday Gillingham; Bingley.	More info Tel Rachel: 07950 173437 Cope@equalitytogether.org.uk See page 15.
Aldersgate Methodist Church Common Road, Low Moor, Bradford BD12 0TW.	Memory Tree - Meet 1st and 3rd Weds each month 10.30am-12.15pm. Meetings are designed for the person with dementia to attend with the carer who could be a friend, relative, neighbour, or paid companion.	Contact Elizabeth on 01274 583364 or 07766 220725 to book first meeting. See all Memory Tree groups page 18.
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. £5 each. See p.2 for Monday Motivation session, and main BDSP details on p.13.	Bradford & District Senior Power c/o Sutton Centre, 51 Kiffin Place, BD4 8NB. Tel 07591 646671 To enquire about any BDSP services email infoBDSP@gmail.com https://www.bdsp.org.uk/
Wyke Christian Community Church, Town Gate, BD12 9JP	Warm Welcome Café every Friday 10-1pm (term time only) FREE	01274 691889 wykeccc@gmail.com
Veterans Pavilion by the bowling green Wyke Park	Coffee Morning every Tues 10am-11.30am (also see the Well Together walking groups information p21)	Stan Clay 07806 484727
50 Towngate (next to Post Office) Wyke BD12 9JA The Hub, 68 Blackstone Ave, Wyke, BD12 8SJ	<u>The Meeting Place Cafe/ Advice Hub</u> - open Mon to Fri 10.30am to 3pm. Every Thurs - Equality Together offer help with benefit checks, PIP applications. Every Friday - DWP outreach team offer help with debt, financial support, employment. Last Weds of every month Independent Financial Advisor help with pensions info. -Wyke Foodbank - Open Tues, Weds & Thursday 10.00am to 1.30pm Referral needed to obtain a food parcel. Contact 'Helping Through Hardship' to assess your situation.	Ring Claire 07939476855 for appointments to meet advisors. Freephone 0808 208 2138 Mon to Fri 9am to 5pm info@wyke.foodbank.org.uk

Groups in BD13		
Where?	What? When?	Run by/contact details:
Thornton		
Thornton Community Centre Market Street, BD13 3HW	-Tuesday 10.30am Thornton Happy Healthy Community Group have a cuppa, a natter, bingo, speakers and information from volunteers aiming to increase community spirit and promote friendship. -Weds 10am Thornton & Denholme Practice Champions Art Classes for beginners to the more accomplished. Pop in for a free coffee and a chat. Contact Thornton Medical Centre on 01274 832110 for more information. -Weds 1.30pm Thornton Antiquarian Society. -3rd Friday each month 1.30pm-3.30pm Thornton Wellbeing café £5 charge. For more info Contact Queensbury Community Programme 01274 816748 qcpinfo@gmail.com	
Denholme		
Denholme Youth Café Parkinson Rd BD13 4BP	Denholme Dementia Hub – 3rd Saturday of the month 12.30-2.30pm Friendly, safe space for those who feel socially isolated, have memory difficulties, or care for a person with dementia. Planned activities, refreshments, support and information.	Contact Kelly on 07873 720304 denholmeyouthcafe@yahoo.com
Denholme Shared Churches Keighley Rd BD13 4JT	Meet & Eat Warm Space for all – Sunday 4pm to 7pm Hot drinks, hot meal, and a chat – FREE	01274 833603 Judith Drake denholmechurch@gmail.com
Denholme Community Centre (Mechanics Institute) 40-42 Main Rd Denholme BD13 4BL	Monday Community Café 9.30 - 12noon Keep Fit for over 50's 1.00 - 1.45pm. Hatha yoga 6.00 - 7.00pm Tuesday Luncheon Club 10.30 - 1.00pm Weds Warm Space 10.00-12pm with free hot drinks, crumpets, toast Dance On 10.30 - 11.30am Thursday Rural Crafters 1.30 - 3.30pm Last Saturday of the month Quilters 10.00 -4.00pm	info@denholmecommunitycentre.org.uk 01274 924160 Christine Young. Ring for details of any of the activities at the centre and venue hire. -Ring 07950 173437 for details
Cullingworth		
Cullingworth - Tues	COPE – Carer’s Outreach Project – Building Resilience, Creating Respite – socialise, activities/games, information, learning. <i>Become part of a community that understands and celebrates the unique journey of a carer and those being cared for.</i> In person groups around the district.	More info Tel Rachel: 07950 173437 Cope@equalitytogether.org.uk See page 15.
Queensbury		
We Are Queensbury Community Hub	Community Hub & Foodbank - open Tues, Weds, Thursday 10.30am to 12.30pm plus some additional times throughout the month.	info@queensburyfoodbank.co.uk 07827 814820

25 High St Queensbury BD13 2PE	Warm Space, light refreshments, help & advice drop-in sessions, volunteering opportunities. Tues 1-3pm Friendship group	
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 07513 881712 Paul Barker queensburysc@hotmail.co.uk
St Theresa's Church Hall Russell Road Queensbury BD13 2AN	Wellbeing café 4th Friday each month 1.30pm-3.30pm £4 charge.	Queensbury Community Programme 01274 816748 gcpinfo@gmail.com
Clayton BD14		
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.	Contact Yvonne Bates 07880961002 for Lunch Club waiting list details yvonnebates53@gmail.com
The Avenue Nursing Home The Avenue, Clayton, BD14 6FH	Memory Café for people living with dementia and their carer/supporter. Last Tuesday of the month starting Tues 28th April @ 2-4pm FREE Connect with others – share stories – dementia friendly activities – refreshments	Contact 01274 586419 (option 3) Book your space enquiries@theavenuenursinghome.co.uk
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
Clayton Estate Community Action Group, The Thornaby Hub, Tanton Walk BD14 6RH	Tuesdays 3-5pm (term time only) Thrive – community family 2 course meal, social, activities, friendship. FREE. Fridays 12.15-1.15pm Foodbank for anyone in need - £3 donation if able.	Amanda Harris 07711 955950 thethornabyhub@yahoo.com

Groups in BD15 & BD16		
Where?	What? When?	Run by/contact details:
Sandy Lane		
Bethel Baptist Church 472 Haworth Rd/Sandy Lane (junction) BD15 9LL <i>Please use Cottingley Rd entrance for access to the downstairs hall.</i>	- Tuesday Club 2pm - 3.30pm - over 60s social time with games, quizzes, music, speakers. £2 incl refreshments. - 1st Thursday of the month 10am - 12pm - dementia friendly group for carers and people living with dementia and memory issues - time together activities and time apart support for carers. Entertainment; refreshments.	- call Sylvia 07505 300725 for more details - call Jenny 07940 858986 for more details community@bethelbaptistchurch.co.uk
Wilsden		
St Matthew's Church Hall Main St Wilsden BD15 0DZ	Wellbeing Café last Tuesday of the month 2-3.30pm. FREE. Coffee, cake, activities and a chat for anyone who would like to meet others for shared company. Peer support and information for carers of people with memory loss.	wilsdenpatientgroup@gmail.com Anna Lumb 07797 155970 anna.lumb@leeds.anglican.org
Wilsden Village Hall, Townfield Wilsden BD15 0HT	Albion Tearoom every Friday 10am -12pm	Tel 01535 272786 info@wilsdenvillagehall.co.uk
Cottingley & Bingley BD16		
Cottingley Community Centre Littlelands BD16 1AL	Mon 10.30-11.30am - Seated exercise FREE. 3rd Weds every other month Memory Lane afternoon tea and activities. 1st Friday of the month - Lunch club, 2 courses, £7 - all welcome. Every Thursday 10am-11am at St Michael's church (behind the centre) - caring and sharing group - tea, toast, activities, and good company. And every 1st Thursday of the month replaced by Songs of Praise.	01274 512800 community@cottingleycommunitycentre.net  cottingley community centre
Abbeyfield Fern House Community Hub, Fern Bank Drive, Bingley BD16 4FA	Mon, Tues, Weds & Thurs 9.30-3pm - £32.50 per day includes lunch, a program of activities, and refreshments. Carers support group 3rd Thurs of the month 10-12pm at no extra cost, incl refreshments. The hub's aim is to reduce social isolation, promote good mental health and provide a break for carers.	01274 065099 Sarah Parkinson, Development worker older people's services. communityhubfh@abbeyfieldthedaes.co.uk
Bingley Medical Practice Canalside Health Care Centre 2 Kingsway, Bingley BD16 4RP	Community Café Mon – Fri 11am til 1pm A volunteer run café open most days. If you can spare some regular time and are interested in volunteering, please contact Jill. Age UK Bingley Buddy Group meets in the café every Weds at 11am	jillwadsworth@hotmail.com See more Age UK events details page 16.
The Hub, Bingley Baptist Church Park Rd BD16 4LJ	'Board games and Banter' afternoons (but not the usual board games!) - Weds 2-4pm Free. Fun, chat, and a cuppa. Fridays 12.15pm - lunch club.	Ann Scott 07976 165531 for more details. Call Rob for lunch club info 07496 333320 rob@bingleybaptistchurch.co.uk

Bingley - Friday

COPE – Carer's Outreach Project – Building Resilience, Creating Respite – socialise, activities/games, information, learning.

Become part of a community that understands and celebrates the unique journey of a carer and those being cared for. In person groups around the district.

More info Tel Rachel: 07950 173437 Cope@equalitytogether.org.uk See page 15.

Baildon BD17

Church Room, Wesley's Community Hub Baildon Methodist Church, Newton Way, BD17 5NH	Baildon Memory Group - 3rd Tuesday of every Month 1.15-3pm We warmly welcome people living with dementia and their carers/supporters to come together to enjoy a sociable afternoon. We offer activities that are friendly to people living with mild to moderate dementia. Time and space apart allow carers to discuss their shared experiences. FREE. Supported by funding from Dementia Friendly Baildon – donations appreciated.	Information line: Dilys 07726 767760 Mon to Fri 10am-12noon or leave a message. Email brucedilys45@gmail.com  baildonmemorygroup
Moravian Church West Fold (off Westgate) Baildon BD17 5EL	Dementia wellbeing café 1st Thursday each month 1.30pm-3pm Raffle, refreshments, and entertainment £3.50 charge. Phone to book.	Carol Sadowy 07946 154161 carol.sadowyj@hotmail.co.uk
Baildon Community Link 35 Cliffe Ave, Baildon BD17 6NX	Café open every Thurs 10-1.30pm, meals served from 12.15pm. Over 50s groups Tues to Friday. Weds Cinema group 1pm with refreshments £3.50.	Contact baildon.link@btinternet.com or by calling 01274 588681.
Woodbottom WMC, Baildon Bridge, Shipley BD17 7EP	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
The St Hugh's Centre, Coach Road, Baildon, BD17 5HS Tel: 07421 328187 General enquiries	Carers Support 1pm to 3pm Last Monday of the Month - A group for carers to seek advice, meet with other local carers and just have some time off. Just turn up - sessions are free. Young at Heart 2pm to 4pm First Monday of the Month - Friendly group for the over 60s. Speakers, hobbies, themed meetings, chat and refreshments. Just turn up. £2 per session. Craft Group Weds 10.30am to 2pm - A friendly group of crafters who meet to share tips, complete their projects and chat. Just turn up. £3.50 per session. Weds 9am to 1pm - Warm Space (Apr-Sept) and Welcoming Space (Oct to March) Open for breakfast, lunch, warm drinks and snacks every Wednesday on a pay-as-you feel or free basis. You will be very welcome.	

COPE – Carer's Outreach Project – Building Resilience, Creating Respite – socialise, activities/games, information, learning. *Become part of a community that understands and celebrates the unique journey of a carer and those being cared for.*

In person groups around the district - **Tues Shipley; Cullingworth Weds Steeton & Eastburn Community Hub**

Thurs New venue in Baildon; Friday Bingley. Ring Rachel for more info: 07950 173437 Cope@equalitytogether.org.uk See page 15.

Shipley BD18		
St Peter's Church, The Lounge Moorhead Lane, Saltaire BD18 4JH	Memory Tree - Meet 2nd and 4th Wednesday each month 11am to 12.45pm. Meetings are designed for the person with dementia to attend with the carer who could be a friend, relative, neighbour, or paid companion, but someone must be present as a supporter throughout meetings.	Contact Elizabeth on 01274 583364 to book first meeting. See full Memory Tree groups details on page 18.
FIT (Facing It Together) Group	Meet in Shipley the 3rd Tuesday afternoon of the month. Part of the DEEP Dementia Voices network, an involvement group for people with dementia, or on the waiting list for diagnosis who work to help the local community, businesses and other organisations understand what it is like to have dementia and how they can best support people.	In the first instance contact Ross on 07773 123900 or email ross.collard@bradford.gov.uk or Judith at fitbradford@gmail.com
Shipley Library 2 Well Croft, Shipley BD18 3QH	'Shipley Bookworms' - Meet fortnightly on a Tuesday at 2pm to 3pm. Anyone (18+) can come along. Access to different formats of books if anyone needs adjustments, and dementia friendly.	Check with Shipley Library 01274 437150 for meeting dates.
Kirkgate Centre Kirkgate Shipley BD18 3EH 9.15am to 4pm Mon to Fri.	Community cafe is open Monday to Friday 10.00 - 2.00 pm. Kirkgate Community Centre has reopened after extensive renovation works with a safe and warm accessible space providing a variety of services to the local community. Call in at the centre for a copy of the current programme of what's on at the centre. Updates and info on events on the Facebook page.	https://kirkgatecentre.org.uk/whats-on/ Please call 07960 424067 or email admin@kirkgatecentre.org.uk for further information.  @thekirkgatecentreshipley
Windhill Community Centre NEWCA Church St, Windhill Shipley BD18 2NR	Seniors exercise class Thursdays 10.30-11.30am Seniors Film afternoon Fridays 12-2pm – £4 sandwich lunch, cuppa & film	Tel 01274 588831 windhillcc  newca2025@outlook.com

Keighley Aire & Wharfe		
Where?	What? When?	Run by/contact details:
<i>Dementia Friendly Keighley and Keighley Dementia Advice – see page 14</i>		
<i>Keighley Cinema Club – see page 20</i>		
Keighley Parish Church Hall Market Street, Keighley BD21 5AD.	Memory Tree - Meet 2nd and 4th Friday each month 1.30pm to 3.15pm. Meetings are designed for the person with dementia to attend with the carer. FREE Tai Chi style exercise 3rd Friday of the month.	Contact Elizabeth on 01274 583364 or 07766 220725 to book first meeting. See all Memory Tree groups page 18.
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
Keighley Healthy Living 13 Scott Street Keighley BD21 2JH.	Conversation Café drop-in, no need to book. Tuesday 10am-12pm FREE. 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
Whins Wood, Halifax Rd, nr Crossroads, Keighley BD21 5HW.	Lion's Den Shed – activities, wellbeing and peer support for men and women. Lonely or isolated? Mental and physical health concerns? Pass-on your skills or learn a new one. Also, Weds 1-3.30pm Woodwork group for people with dementia.	Contact Allan on 07903 044060 lionsdenshed@gmail.com Arrange a visit to the shed or call-in to see them.
Silsden Town Hall Kirkgate BD20 0AJ	Seated (or standing) exercise for age 75+ with Right at Home (Ilkley) 10.30-12noon every 4th Monday FREE.	Reengage (see page 17) register in advance call 0800 716 543
Steeeton with Eastburn Community Hub BD20 - Weds COPE – Carer's Outreach Project – Building Resilience, Creating Respite – socialise, activities/games, information, learning. <i>Become part of a community that understands and celebrates the unique journey of a carer and those being cared for.</i> In person groups around the district. More info Tel Rachel: 07950 173437 Cope@equalitytogether.org.uk See page 15.		
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 Please call initially to check availability dementiafriendlyburley@gmail.com https://burleydementiafriends.weebly.com/
Clarke Foley Centre, Cunliffe Rd, Ilkley LS29 9DZ - Ilkley & District Good Neighbours 01943 609906 www.goodneighboursilkley.org.uk Helen Bowman 07592 307263 friendship@ilkleygoodneighbours.org.uk -Friday Friendship Group – 11.30-1pm - talks and presentations, outings, meet new friends and old. £4 charge. -Ilkley 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. -Dementia Hub drop-in – Tues 11.30-1pm -Charlotte Allen, Dementia Advisor, 07852 206764 support@ilkleygoodneighbours.org.uk		
Ilkley Library Station Road Ilkley LS29 8HA	Memory Corner hosted by Ilkley Library, a lending library of information and reading materials about dementia. Also, a number of activity resources for people to borrow to use at home.	Opening times - Mon to Sat from 9am Phone : 01943 436225 Email : ilkley.library@bradford.gov.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 call to check availability BradfordMemoriesCafe@gmail.com

Dementia Friendly Keighley (DFK) - dementiafriendlykeighley.org.uk [dementiafriendlykeighley](https://www.facebook.com/dementiafriendlykeighley)

DFK supports those living with dementia and their carers in a safe environment and help them meet people in a similar situation.

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**

- 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.

Dementia Awareness Sessions – become a dementia friend at one of our public dementia awareness sessions held monthly.

To find out more information or book any of the sessions check the website, ring 01535 602529 or email: info@dementiafriendlykeighley.org.uk

Carers' Resource - “you care for them; we care for you” – providing groups and activities specifically for unpaid Carers to take a break from their caring role. Their friendly groups include Coffee groups, Craft groups, park strolls, online virtual groups, and one-off events. The groups and activities are detailed on their website and are also listed in the “Choices” magazine that is emailed out to all registered 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 01274 449660 or 01756 700888 or email: info@carersresource.org website: www.carersresource.org

Keighley Dementia Advice Community Group

Helps and supports people living with or affected by dementia.

We are a volunteer led group offering advice and information and run a

weekly drop-in session every Wednesday from 11am to 2pm at Keighley Library North St Keighley BD21 3SX

Phone 07961 537888 WhatsApp number +44 7961 537888 Email keighleydementiaadvice@gmail.com

Messenger [Keighley Dementia Advice Community Group](https://www.facebook.com/KeighleyDementiaAdviceCommunityGroup)

Community Cuppa Club every 2nd Thursday 11-1pm Airedale Shopping Centre - coffee, biscuits, social activities.





COPE – Carer's Outreach Project – Building Resilience, Creating Respite – socialise, activities/games, information, learning

Become part of a community that understands and celebrates the unique journey of a carer and those being cared for.

In person groups around the district - Monday Woodside; Great Horton; **Tues** Shipley; Cullingworth
Weds Equality Together @ Manningham Mills; Steeton & Eastburn Community Hub: Community works
Thurs New venue in Baildon; **Friday** Gírlington; Bingley.

More info Tel Rachel: 07950 173437 Cope@equalitytogether.org.uk

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Bradford South Memory Friends

A network of social sessions, memory and dementia aware, across Bradford south

- Advice and Information
- Mentally stimulating activities
- Socialisation with staff and volunteers



✚ **Sandale Community Hub**, 42-46 Reevy Rd West, Buttershaw BD6 3LX. Call Sandale Trust 01274 270170.

Memory Friends café every Monday 11-1pm – food and fun activities! Lunch included. Transport available.

✚ **The Ancient Foresters**, 230 High St, Wibsey BD6 2QP Just turn up!

Memory Friends social sessions: Every other Thursday 2.00-3.30pm from 5th March. Free refreshments.

✚ **West End Centre** Rear of St Oswald's church, Christopher St, Little Horton BD5 9DH. Call 07592 003595.

Memory Friends social sessions: Last Monday of the month 12.30-2.30pm. Free refreshments.

✚ **Scholemoor Beacon Community Centre** Dracup Ave, Lidget Green BD7 2RJ Call 01274 522231

Memory Friends social sessions: First Weds of the month 12noon-1.30pm includes lunch.

Light exercise session 11am-12pm. Short distance transport available.

In association with the Bradford Dementia Hub Call 01274 065 060 for more details or ring the local group.



Age UK activities and events taking place at Age UK Bradford District and in our local communities

For further details of any of our activities Tel: 01274 391190 E: info@ageukbd.org.uk

Or visit <https://www.ageuk.org.uk/bradforddistrict/activities-and-events/veterans-activities-and-events/>

Warm and Friendly Spaces and Information Plus times (ring for details) at all Age UK hubs in Wrose, Idle, Shipley, Allerton, Queensbury, and Keighley – get out of the house for a natter, a cuppa, a read, crafting, or meet a friend in a safe space. #ageukbradford #warmspaces

Buddy Groups

- **Bradford City – Friendship Café** at the City Hub, 36 Valley Parade opposite the Club shop. Thursday 11am to 3pm. Working in collaboration with partners there will be film screenings, games, puzzles, and other activities. *Dementia friendly*.
- **Queensbury group meets Tuesdays 1-3pm** at Queensbury Community Hub & Foodbank, 25 High St, Queensbury BD13 2PE.
- **Bingley group meets Wednesdays 11am** at Canalside Health Centre Café (on level 2), 2 Kingsway, Bingley BD16 4RP.
- **Thornbury Morrisons group meets Wednesdays 1:30pm** at Morrisons cafe, Rushton Ave, Bradford BD3 7HZ.
- **5 Lane Ends Morrisons group meets Thursdays 11am-12 noon** in the Café at Enterprise 5 Morrisons, 275 Bradford Rd, BD10 8EG.

Day Services – Tuesdays – Mary Seacole Court Day Service, Housing 21, Mary Seacole Court, Bradford, BD5 0SW.

Socialising in a safe and comfortable environment while carers have a break.

Activities and Events – groups, drop-ins, breakfast clubs - **Open House for Seniors Alhambra Theatre Pit Bar** every Mon & Tues (not bank hols) 10am-2pm call 07904 953864. For **serving and veterans/ex-armed forces** meeting at various venues: Wibsey Dog & Gun; Mess Bar, Keighley; Tong Con Club; Wetherspoons Turls Green, Bradford; and Listers Arms, Ilkley. And for those **isolated and ex-armed forces 2nd Tues of the month 10am to 12noon** at **Alhambra Theatre Pit Bar** - contact joanne.dodds@bradford.gov.uk or call 07775 411932.

Walking Groups – Wrose Walking Group contact Chris.Maher@ageukbd.org.uk 07447 364821. See Well Together info on p. 21 for district wide walking groups.

Book Club - last Tues of the month, The Bothy 53-55 Otley Rd, Shipley BD18 3PY, 2-3pm. Contact Chris.Maher@ageukbd.org.uk 07447 364821

Bradford In Focus reminisce groups – share memories, reflect on the past and explore local history in a relaxed and supportive environment. Contribute as much or as little as you like – no pressure. **Twice weekly 10-2pm drop-in at Age UK Keighley**, Airedale Centre, 8 Cooke St, BD21 3PF.

Cook & Eat Tuesday Friends 11-1pm, St John's Church, Gt Horton BD7 4AB - contact hadji.singh@ageukbd.org.uk 07447 364814 before attending.

Creative Bradford – craft and socialising groups will run once per week at the Keighley, Shipley and Queensbury hubs. Ring for details or fill in the interest form at <https://www.ageuk.org.uk/bradforddistrict/activities-and-events/creative-bradford/>

BDSP is here to help take the pressure off older adults who are experiencing loneliness.

Our vision is to see isolated and vulnerable older people, from across the Bradford District, cared for and connected.

We support those aged 60+ at risk of losing their independence, and regularly engage those with poor health, dementia, and complex needs. We also run a variety of social and learning groups open to seniors throughout the week at various venues.

Bradford & District Senior Power, c/o Sutton Centre, 51 Kiffin Place, BD4 8NB, Tel 07591 646671.

To enquire about any of our services email infoBDSP4040@gmail.com <https://www.bdsp.org.uk/>





Re-engage is a charity dedicated to ending loneliness and isolation among those aged 75 and over and provides vital, life-enhancing social connections for older people at a time in their lives when their social circles are diminishing.

Attending a Re-engage tea party or activity group or receiving a regular phone call from a call companion, can help break that cycle of loneliness and bring joy and laughter back into an older person's life. We also have Rainbow Call Companions for people aged 75+ from the LGBT+ community to receive a call from someone who is also LGBT+. The charity believes no-one is too old to make friends or enjoy social interaction. Their research shows that 80% of older people taking part in the activity sessions say it has improved their wellbeing.

If you would like to join a group, please contact Re-engage at: Social activity groups for older people (reengage.org.uk) or call free 0800 716 543.



A group supporting people affected by young onset dementia (also known as working age dementia).

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**'. **Experts by Experience members are vital to the work of students within the school of health studies at the university such as physiotherapists and occupational therapists as real-life experiences and not just in the area of dementia.**

To take part as an Expert by Experience member or for more information, or to discuss your suitability for Pathways group 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 carer partners, 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 2025.

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



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 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.

Please contact Elizabeth Anderson on 01274 583364 or 07766 220725 to book first meeting

For further information see The Memory Tree website at www.thememorytree.org.uk or call/ email elizabeth@thememorytree.org.uk

No formal cost, but there is a donation basket on exit where people can leave contributions to running costs if they wish.

Idle Baptist Church - Meet 2nd and 4th Tues each month 11am to 12.45pm

Bradford Road, Idle, Bradford BD10 9PE.

St Peter's Church, The Lounge - Meet 2nd and 4th Weds each month 11am to 12.45pm

Moorhead Lane, Shipley BD18 4JH.

Aldersgate Methodist Church - Meet 1st and 3rd Weds each month 10.30am to 12.15pm

Common Road, Low Moor, Bradford BD12 0TW.

Keighley Parish Church Hall - Meet 2nd and 4th Friday each month 1.30pm to 3.15pm

Market Street, Keighley BD21 5AD.

Gentle Exercise Tai-Chi style

**For Anyone Requiring a Low-Impact,
High-Efficacy Exercise Class * Improve Health & Wellbeing *
Boost Mood & Confidence**

3rd Wednesday of the month 2pm-3.15pm

at Idle Baptist Church Hall Bradford Rd Idle BD10 9PE

AND

3rd Friday of the month 1.30-2.45pm

at St Andrew's Church Hall Market St BD21 5AD

(in the churchyard between Morrisons & the markets
next to Church Green car park)

Car parking at both sites • Disabled access & toilets

Tai-Chi style Gentle Exercise

*** Pain Management * Gentle Exercise for Limited Mobility**

Classes are DEMENTIA-FRIENDLY and SUITABLE FOR ANYONE needing a gentle form of exercise to help with general health & wellbeing, or long-term conditions.

Seated or standing.

People with dementia need to attend with their carer/supporter or another companion who can stay for the full class.

**For bookings & enquiries please contact Elizabeth Anderson
01274 583364 : 07766 220725 elizabeth@thememorytree.org.uk
See website for more information www.thememorytree.org.uk**

The Rainbow Care Group

Offering specialist Dementia Day Care and Carer Respite

at



Bolton Woods Community Centre, Livingstone Rd BD2 1BD

Crossflatts Cricket Club, Ryshworth Park BD16 2ER

St Barnabas Village Hall, Ashwell Rd, Heaton BD9 4AX

St John's Church Hall, Pavement Lane, Bradshaw, Halifax, HX2 9JJ

Monday 10 - 4pm

Thursday 10 - 4pm

Friday 10 - 4pm

Thursday 10 - 4pm

All of our team are trained in depth by our own qualified dementia and mental health Practitioners and occupational therapist, using evidenced based practices that are centred around the proven methods of cognitive therapy and stimulation that have been shown to slow the progression of the disease.

Using interest-based therapy, from each individuals' unique histories to choose activities that promote meaning and purpose, cognition and positive feelings of wellbeing and independence, whilst enhancing social and physical engagement.

This is all done in a fun social club environment so that our members do not feel that they have been placed in care for the day, they are simply meeting up with friends and having fun!

As we are health care professionals, we also offer medication administration and personal care if required.

At the Rainbow Care Group, we believe in quality over profit and understand that to provide individualised bespoke care and split activities we need to invest for the best outcomes of our clients - our ratio is 1 staff member to 3 or 4 clients with a maximum of 12 clients per club.

Carer Respite - Importantly, the carers do not stay, so they can get some often much needed respite.

The impact and benefit of their time spent with us can be evident up to a week after attendance including: *Improved mood *More regulated sleep *Reduced anxiety *Increased motivation *Task based abilities improved *Communication and engagement enhanced *Reduced carer stress and fatigue, avoiding carer crisis.

Groups also in Skipton, Ilkley, Otley.

Please call or email for further information Tel: 01274 973 232 Email: wharfevalley@therainbowcaregroup.com
<https://therainbowcaregroup.com/dementia-day-care-wharfe-valley-north-bradford/>



Memory Lane Day Care Centre, Ingots Building, Cemetery Rd, Yeadon LS19 7UP –

a specialist service providing day care in the community for older people who have a form of dementia. **Open Mon to Fri 10am to 4pm**
Working 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 Lunch club (weekly) - 11am to 2pm - Quiz, Bingo, Play Your Cards Right, Lunch

Memory Café (monthly) - 1pm to 3.30pm (last Friday of each month) at Yeadon town hall - 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/>

The Light Cinema - 23-33 Broadway, Bradford BD1 1TW - 01274 024889

Last Tues of the month 12pm £5 per ticket and carers FREE. 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.*

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

Also...every Thursday before 3pm **Silver Screen for 60+ £5 per ticket plus free cuppa.**

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



Pictureville Presents - Silver Screen Film Club programme at Pictureville cinema.

Our Silver Screen Club runs Monday-Friday. All are welcome, but if you're over 60 you can get a Silver Screen Membership and enjoy the following benefits: **Tickets £5.50** on any non-IMAX screening before 5pm **Free tea and coffee on arrival.**

Sign up for your membership by asking at the box office, or [find out more about Silver Screen Club.](#)

The National Science & Media Museum BD1 1NQ Full listings <https://www.scienceandmediamuseum.org.uk/cinema> Tel. 033 0058 0058



Keighley Cinema Club meets on the **last Monday of every month** at The Picture House, Keighley. There are two screenings:

Musical – 1:30pm in Screen 1 (accessible)

Current Release – 2:30pm in Screen 2 (stairs access only)

Tickets are **£6.50** for over 65s. Arrive early to enjoy a friendly chat in the welcoming seated area - you'll be greeted by Age UK volunteer, Hannah. This group is perfect for film lovers who enjoy great movies and great company! Bringing people together for sociable film screenings - classic musicals and new releases with a warm welcome and chat area.



Well Together Service

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. Activities are free and run across Bradford, Airedale, Wharfedale and Craven, in wheelchair-accessible venues, for adults aged 18 years or over and welcomes service users with long term health conditions. 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. There are many groups available, including crafting, peer support and walking, and no limit to how many you can join.

[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>



FREE!! Volunteer Led Walks all around the district

Click the *Well Together service link for more information on services and for latest walk and activities details.

Bingley Walkers Welcome

<https://www.bingleywalkersarewelcome.org.uk/>

*Sunday Walks * Self-guided walks * Walking Festival * Bird Walks * Winter Walks*

Facebook "[Walkers are Welcome in Bingley](#)"

Twitter "[@BingleyWaW](#)"

Instagram "[Bingley_Walkers_are_Welcome](#)"



Check the Queens St BD16 2JS noticeboard nr Bingley Arts Centre for walk information.



Bingley Heritage Trail

Bingleyheritagetrail.co.uk

For young and old The Heritage Trail invites you to learn about Bingley's intriguing past.

*** [Well Together service | BDCT](#)**

T: 01274 259190 E:
Welltogether@bdct.nhs.uk

f Well Together BDCFT

X @ BDCFT_WTS