

**FREE!! Community Health Champion Led Activities**  
**Please ring 01274 321911 to find out exact timings and to self refer.**

<b>BRADFORD AREAS</b>			
<b>Art Group</b> Sidra Iqbal	For people with learning disabilities.No Art Experience necessary.	Khidmat centre 36 Spencer Road Bradford BD7 2EU	Fridays (PM)
<b>Cinema Group</b> With Bernadette Jarvis	Film watching with optional sing along to keep those brains active. £1.00 Donation to refreshments.	St Mathews Church, Carr Bottom Road, Bankfoot, Bradford, BD5 9AA	Wednesdays Fortnightly (PM)
<b>CreativiTEA &amp; Biscuits</b> with Linda & Viv	Explore a range of craft activities and visual arts (including painting and drawing) in a fun and informal environment.	Delius Arts Centre, 29 Great Horton Road, Bradford, BD7 1AA	Tuesdays (PM)
<b>Extend Exercise Class</b> With Bernadette Jarvis	Gentle seated and some standing exercise. This is a very sociable group who want to make exercise fun.	St Mathews Church, Carr Bottom Road, Bankfoot, Bradford, BD5 9AA	Fridays (PM) <b>Apart from Easter and Christmas</b>
<b>Games Group</b> With Pauline Taylor and Norma Peacock	A chance to play boardgames in a friendly environment.	Sedbergh Community Centre Huddersfield Road Odsal Bradford BD6 1DJ	Mondays Fortnightly (PM) <b>Dates: 2/11, 16/11</b>
<b>Gentle Exercise Group</b> Natasha Clayton	This group is for gentle seated and some standing exercise.	Light of the World Community Centre, Gaythorne Road, Bradford, BD5 7ES	Fridays (PM)
<b>Knit Together</b> with Michelle Moyle	A friendly knitting group where you can swap ideas and pick up tips, whether you're a beginner or an expert.	St Pauls Church, Manningham, BD8 7LS	Mondays (AM) <b>*School term time only</b>
<b>Musical Memories Singing Group</b> With Pauline Taylor	Dementia friendly singing for people with memory impairment and other long term health conditions. We will have some percussion instruments too, so people can play percussion if they prefer not to sing.	Sedbergh Youth & Community Centre Huddersfield Road, Odsal, Bradford, BD6 1DJ	Mondays Fortnightly (PM) <b>Dates: 9/11, 23/11</b>

<p><b>Pregnant Mums Tea &amp; Talk</b> Sanah Iqbal</p>	<p>The group is for pregnant mums, come along to socialise, gain peer support, gentle exercise (short walk) and promote self help and wellbeing.</p>	<p>Carlisle business centre, Bradford, BD8 8BD.</p>	<p>Mondays (AM)</p>
<p><b>Quiz Group</b> With Bernadette Jarvis</p>	<p>A quiz to keep brains active and socialize with others over Afternoon tea and Bingo. £2.50 donation for the afternoon tea.</p>	<p>St Mathews Church, Carr Bottom Road, Bankfoot, Bradford, BD5 9AA</p>	<p>Wednesdays Fortnightly (PM) <b>Dates: 4/11, 18/11</b></p>
<p><b>Relaxation Sessions</b> with Cathy Ritchie</p>	<p>Experience guided relaxation sessions with gentle background music.</p>	<p>Bankfoot: St Matthews Church, Carbottom Road, Bradford, BD5 9AA</p>	<p>Wednesdays (AM) <b>ON HOLD</b></p>
<p><b>Relaxation Sessions</b></p>	<p>Experience guided relaxation sessions with gentle background music. Some seated gentle exercise is also involved.</p>	<p>The Ridge Medical Practice, Cousen Road BD7</p>	<p>Tuesdays (AM)</p>
<p><b>Remember When???</b> With Gail Berridge</p>	<p>Come along to share your childhood memories of local people, places and events to connect the past with the present, to re-discover memories, share stories and simply sit back and enjoy the delights!</p>	<p>St Oswald's West End Centre St Oswald's Church Christopher St Little Horton BD5 9DH</p>	<p>Thursdays (PM)</p>
<p><b>Skillshare Group</b> supported by several champions</p>	<p>£1 donation towards sustaining the group.</p>	<p>Bankfoot: St Matthews Church, Carbottom Road, Bradford</p>	<p>Fridays (AM)</p>
<p><b>Sing Out</b> with Barbara Pitts</p>	<p>Singing for fun - no experience necessary.</p>	<p>Culture Fusion, 125 Thornton Road, Bradford</p>	<p>Thursdays (AM)</p>
<p><b>Social Dancing &amp; Line Dancing</b> with John Barker</p>	<p>Every week, £2, Tea break at 2.15pm</p>	<p>St Christopher's Church, 74 Holme Wood Road, BD4 7EJ</p>	<p>Thursdays (PM)</p>
<p><b>Weight Management Group</b> With Rehana Kauser</p>	<p>A 12 week course for women with a BMI between 30-45 covering topics such as: portion sizes, reading and understanding food labels, exercise and relaxation.</p>	<p>Hilton Road Masjid, Hilton Education &amp; Community Centre, Hilton Road, Bradford, BD7 2ED</p>	<p>Wednesdays (AM) <b>PLEASE CALL TO BOOK</b></p>

<b>Weight Management Group</b>	A 12 week course covering topics such as: portion sizes, reading and understanding food labels, exercise and relaxation.	Cottingley Cornerstones, Cottingley, Bingley, BD16 1AL	Starts Wednesday 4th November 2015(PM) <b>PLEASE CALL TO BOOK</b>
<b>SHIPLEY &amp; SURROUNDING AREAS</b>			
<b>Afternoon Dance &amp; Social</b> with Ann Mainman	Free tea, coffee, biscuits. Optional raffle. Everyone can join in, you don't need to be able to dance to enjoy it. £2.50 charge (we can cover first 6 sessions)	St Peters Church, Moorhead Lane, Shipley, BD18 4JN	2nd Monday of the month (PM)
<b>Baildon Craft Group</b> with Jean Patrickson	Bring items to make, chat & share skills.	Baildon Club, Hallcliffe, 1-3 Northgate, Baildon, BD17 6LX	Thursdays (AM)
<b>Crafternoon</b> With Liz Kendal Wood	Explore different crafts, alter images and upcycle everyday items. Make gifts for friends and family. All levels of ability welcome.	St Cuthbert's Church, Wrose Road, Wrose	Wednesdays (PM)
<b>Family History</b> with Clive Harrison & Jane Hornshaw	A drop in session to discover your family history.	Cottingley Cornerstones, Cottingley, Bingley, BD16 1AL	Wednesdays or Fridays (AM)
<b>Friday Friends</b> with Jenny Medley & Anne Smith	Share ideas & hobbies, have fun, chat and have tea & cake.	St James Church Hall, Beaufort Grove, Bolton, BD2 4LJ	Fridays fortnightly (PM) <b>Dates: 13/11, 27/11</b>
<b>Painting and Drawing</b> with Christine Atkinson	An art session for anyone who has an interest, no experience needed, bring a pencil and paper.	Baildon Link, 35 Cliffe Avenue, Baildon, Shipley BD17 6NX	Mondays (PM)
<b>Singing Group - Sing for Joy</b> with Maureen Myers	Singing for fun - no experience necessary.	Kirkgate Centre, 39A Kirkgate, Shipley BD18 3EH	Wednesdays (PM).
<b>KEIGHLEY &amp; SURROUNDING AREAS</b>			
<b>Arts Group</b> with Nick Smith	No art experience necessary.	Central Hall, Alice St, Keighley BD21 3JD	Fridays (AM)

<b>The AF (Atrial Fibrillation) Group</b> with Val Mills	Aimed at people diagnosed with AF, their family/carers/friends/ any other members of the community with an interest in the condition.	Central Hall, Alice Street, Keighley BD21 3JD	Tuesdays Fortnightly (AM) <b>Dates: 10/11, 24/11</b>
<b>Creative Writing</b> John King	No previous experience needed, just turn up with pen & paper.	Ilkley Library, Station Road, Ilkley, LS29 8HA	Wednesdays (PM)
<b>Healthy Living &amp; Weight Management</b> with John Hanson	A 12 week course covering topics such as, nutrition, salt & sugar, good fat v bad fat & gentle exercise.	Central Hall, Alice Street, Keighley BD21 3JD	Fridays (AM)
<b>Keighley Wellness Group</b> Barbara Berwick	Supportive and friendly group, craft work & gentle exercise. £2 donation.	Sight Airedale, Albert Street, Keighley. BD21 2AT	Wednesdays (AM)
<b>Reading Aloud Group</b> with Pam Barnes	Relax to the sound of poems & stories being read aloud. With a chance to discuss your thoughts.	Keighley Library, North Street, Keighley BD21 3SX	Tuesdays Weekly (PM)
<b>Reminiscence-Writing</b> with Sue Boerrigter	A chance to reminisce and capture your memories on paper.	Clarke Foley Centre, Cunliffe Rd, Ilkley, LS29 9DZ	Wednesdays Fortnightly (PM)
<b>Reminiscence Group</b> with Bryan Walkden	A chance to reminisce with others.	Manorlands - Sue Ryder Hospice, Keighley Road Oxenhope BD22 9HJ	Alternate Mondays & Thursdays (PM) <b>PLEASE CALL TO BOOK</b>
<b>Scott Street Ruggers</b> Amy Baldwin & Michael Trotter	Ever wanted to make your own Rug?	Keighley Healthy Living, 13 Scott Street, Keighley BD21 2JH	1st & 3rd Monday of the month (AM)
<b>Singing Together</b> with Hazel Crowther	No experience needed.	Central Hall, Alice St, Keighley BD21 3JD	Wednesdays (AM)
<b>Tea &amp; Talk Cafe</b> supported by several Champions	A supportive social group, to come along for tea and chatting.	Central Hall, Alice Street, Keighley BD21 3JD	Mondays (AM)
<b>Wellbeing &amp; Recovery Support Group</b> with Nick Smith	This is a friendly, informal group for anyone who would like to explore their recovery.	Central Hall, Alice Street, Keighley BD21 3JD	Thursdays (AM)