

Well Together Service Newsletter

WINTER 2026



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Welcome

Hello Everyone,

Welcome to our Winter edition of the Well Together Service newsletter, and Happy New Year!

I hope that you have had a relaxing break during the festive period, and are keeping warm and well during this cold spell. The majority of our Volunteers continued to deliver their walks and groups in between Christmas & New Year to provide continuity and ensure that there wasn't too long a break in between meeting up with each other. This is truly amazing and huge thanks go out to you all for doing this.

2025 brought a few challenges for both the service and our staff, but with determination and spirited enthusiasm, we are looking ahead to a productive and exciting year. We said goodbye for now to Razia, our service manager who is now on Maternity leave, and we welcome a new staff member, Amelia Cafferkey (Milli), to our team, who will join us as a Volunteer Coordinator. Milli has a lot of knowledge and experience to bring to our service and we are looking forward to introducing her to you all in due course.

May I take this opportunity to thank each and every one of you for all the hard work and effort that you put in to ensure your groups go ahead each week, and most importantly, for selflessly giving your time to provide much needed activities in your Community. We couldn't do it without you.

Take care and stay safe
Sarah Wimpenny

Staff Update



Welcome to the team Milli!

In November 2025, Well Together welcomed a new staff member to our team, Amelia Carfferkey, or Milli as she likes to be known.

Milli will step into the Volunteer Coordinator role for our service as we sadly said goodbye to Shanaz Begum. Milli has previously worked within the Volunteer Service and was the Healthy Minds Volunteer Coordinator prior to her maternity leave. She will split her working week between Well Together and the Volunteer service to recruit and provide support between both services for Volunteers and service users.

Milli has a wealth of knowledge and experience and will be a great asset to the team. We look forward to introducing Milli to the Volunteers and groups that she will provide support to in due course.

Craven Crafters



From Craven Arts House Director: "On the 6th and 7th December Craven Art held its Winter Maker Market, at Craven Arts House in Skipton. This year we were delighted to be joined by Craven Crafters who were able to showcase their amazing skills and talent alongside professional artists. It is important to Craven Arts to show how important "Making" is for our health and wellbeing and how proud we are to be able to host Craven Crafters at the Art House. The weekend was a great success with hundreds of people visiting Craven Arts House and seeing the great work of the wonderful Craven Crafters."



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The Group leader, Pamela, set up the display and chatted to many of the people who attended, some of whom expressed an interest in joining the group, in the new year. Some of the group members joined Pamela during the course of the day and one even supplied mince pies! The recycling/upcycling of materials that the group practice was of particular interest to a lot of the people who came to look at Craven Crafters work, hopefully a few people took the ideas away and put them into practice. Well done to Pamela and the rest of the group, I'm sure 2026 will bring in plenty of new members with exhibitions like this



Anxiety Workshop



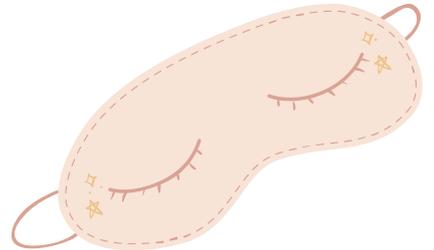
The Well together Service supports a group of South Asian ladies at the Women Zone Centre. The group is known as the Khush Haal Group, translated as the Happy Women's Group.

After a visit by Cathy Schofield, Chief Allied Health Progressional with the Trust, the ladies spoke about how they started attending this group and how it helps them to deal with health-related issues around Depression and Anxiety in their daily lives.

Cathy, having an Occupational Therapy background, promised to deliver a workshop to the ladies around understanding Anxiety and how to deal with the symptoms. The challenge was how the Workshop would be presented in a way that would be understood by everyone as there were around 5 different languages/dialects that were spoken and not everyone understood English. The ladies let us know that they did not want to have lots of information read out to them, for example, by Power point presentations, as in the past this has been difficult to understand, and they didn't get much out of it.

After consulting with the Volunteers of the Group, Rubina Niazi and Tahera Kochalia and some of the staff members of the Women Zone Centre, it was decided that we would deliver the Workshop over 3 separate sessions providing small bite sized bits of information.

We set up small groups with a translator who was confident with each specific language, discussed and provided feedback for any questions raised to both presenters Cathy and Rachel Jones, Manager of the Trust's Volunteer Service. Cathy also shared links to different websites around Depression and Anxiety so that the ladies could investigate more information with the support from their families and friends in their own time.



The 3 Workshops were very well attended with around 25 ladies present at each session. The translation was supported by our Volunteers, Rubina and Tahera and Nusayba from the Well Together Service. Any questions arising during the sessions were then relayed back to the presenters Cathy and Rachel which were then promptly answered.

The feedback from the sessions was very positive. The ladies felt they had a better understanding of the symptoms around Anxiety and how to help themselves when faced with these situations in their own lives.



Volunteering opportunities with Well Together!

January is here, bringing opportunities to do meaningful things with your time, expand your experience and meet new people!

Walk Leaders to support our regular walking groups around Addingham, Bingley, Bradford, Ilkley



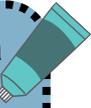
volunteer to join with a team to support our popular Sing for Joy singing group in Shipley. Wednesdays, fortnightly 2-4pm



volunteer to support our Friday Friends group Friday, fortnightly, 2-4pm



volunteer to join our Create with a Cuppa group – supporting our volunteer Sand, Thursdays 10-12noon at Shipley Library



scan the QR code to visit Sand's YouTube channel, where she creates original images and brings them to life through storytelling. A unique blend of art and imagination - watch, listen, and be inspired.



If you're interested and would like to find out more then please contact us!

Bradford 2025: Looking back on a Year of Drawing!

Bradford City of Culture 2025 gave local people a chance to develop their drawing skills. Each month in 2025 a different artist invited people to create a drawing inspired by a theme. Our Creativity in the Aire art group took up the challenge! Here are some of their results:



Sewing Zone

Our Sewing Zone participants have been hard at work creating some wonderful pieces, guided by our talented volunteer Sajida Malik. This 12-week, term time group offers a welcoming space to learn new sewing skills and get creative.



**Interested in joining?
Contact Well Together
to be added to our
waiting list.**

Feel Good Group

The feel Good Group has been keeping busy with some festive and creative activities, from making wreaths and Christmas decorations to exploring a variety of other fun, hands-on projects.



**The Feelgood Group every Thursday
at 10.30am -12.30pm, Bingley
Methodist Church.**

**If you are interested in attending,
please call or email Well Together
and we will place you on the waiting
list.**

Better days

This image is from a recent log slice session for adults living with ongoing physical, psychological, or social pain. The session offered focused space to reflect on one aspect of lived experience, share insights, and connect with others in a supportive environment.

First Wednesday of each month

1.00 - 3.00pm

The Place (Opposite Ruchee Indian restaurant)

11 Commercial Courtyard Duke Street

Settle, BD24 9RH



Wintertime

The universe has its reasons; and nature has its seasons.
Spiralling planets in every way, weather changes every day.
Its reason we all wonder. But God alone only knows.
We claim to know the truth, of how all life grows.

The Springtime brings new birth. Summer; blue sunrising sky.
Autumn's departure: things to die, winter explain? I will try.
For frost can crumble mountains and shiver your spine.
The season for earth cleansing, of what's left behind.

Chilling north winds, bring the first flakes of winters snow.
Children delight snowmen grow, learning wonders to show.
Some new life defies snowdrops not awaiting springtime rise.
Children will await Reindeers and presents, Santas, surprise.

Winters snow covered hillsides and valleys, to me only say.
All will be taught of winters if we just respect and pray.
We all believe' in all the wonders we share each day.
Is. Winter the end or beginning? answers on Santas Sleigh.

By Roland G Powell
2026