

Well Together Service Newsletter



SUMMER 2025

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Welcome

The first week in June saw our annual celebration of volunteering within the Trust as part of volunteer's week. Volunteers make a significant impact on our organisation, the people we care for and our staff, and this is our opportunity to celebrate and thank you, our volunteers, for everything you do. One hundred invited guests, volunteers and staff, joined us at the Great Victoria Hotel Bradford for a showcase of volunteering, awards, and afternoon tea. Six people were recognised for their outstanding contribution over the last year and were awarded Volunteer of the Year. From Well Together these were Michael Whyte (Walk Leader, the Ridge and You'll Never Walk Alone), Timothy Grunwell (Walk Leader The Ridge Walkers and Wibsey Park) and Susan Stewart (Sing for Joy). From the Volunteer Service Nicola Hood (gardening volunteer Lynfield Mount), Jacqueline Campbell (Singing Volunteer, Airedale Centre for Mental Health, and Ella Perrin, (Baby Clinic Volunteer, Wrose). We would like to say a huge thank you to every single person who has volunteered their time over the last year, the gift of time is one of the most precious gift you can give. We are immensely grateful and can't wait to celebrate with you all again next year!



Baildon Jubilee Walkers



Here Howard looks back and gives us a little insight into his experience:

Reflections on a short walk that lasted 20 years

Looking back on 20 years of volunteering as a walks leader is not as difficult as you may think. Why did I get involved in the first place? Well it all started when still working I came across an article in the media written by the Reading based GP, Dr William Bird MBE who set up a Walking for Health scheme in 1995 to

Congratulations and Thank you so much to Howard Lloyd who has reached an incredible milestone. He has been leading a walk in Baildon for 20 years!

encourage patients to exercise by prescribing short walks to improve their physical and mental health. A few years later, after retirement I responded to an advertisement for volunteers and joined the Walking for Health team for training, which I thought would complement my longer walks with the Countryside Service. Walking had always been a pleasure, since attending an Outward Bounds course at Ullswater in the Lake District in the 1970s.

Originally sponsored by Bradford Council, the NHS, the Lottery, the Heart Foundation and commercial sponsors, the concept of Walking for Health was taking off in many parts of the country. I was given with others the option to choose a location to centre a walk and chose Baildon because of its proximity to attractive moorland with an extensive population who I thought would be keen to undertake short walks. After research, risk assessments and advertising locally in the area at libraries, doctors' surgeries, churches and retailers the first walk was scheduled in the spring of 2005. What a disappointment when the first few weeks only two people turned up. Despite this the concept of a short walk eventually grew legs and the numbers increased. Others became involved to provide cover for holidays and we then needed back-ups to comply with health and safety requirements. My wife, Christine subsequently trained as a Leader and provided excellent support as an alternate leader particularly when numbers were low or on bad weather days. The walk has endured many hurdles, amid a number of name changes and subsequently Covid after which it was eventually reformed with NHS principles under the Well Together banner as Baildon Jubilee Walkers on a regular Wednesday afternoon walk in 2022.



Apart from the exercise for all involved, I still get immense pleasure from seeing the walkers enjoying the company of others and sharing the challenges of everyday life. Long may the ideals of Walking for Health continue and the support for a short walk flourish.

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Testimonies from some of the long-term walkers:

"I started off as I wanted to do some regular exercise. Being in the walking group is much more pleasurable than walking alone. It's nice to find out what people are up to in their week, so the social side is important too. Howard and Christine are very kind-hearted and they put more than 100% in!" Peter

"One of the main things is that the walking group is so consistent and reliable. It's a nice, friendly atmosphere and the walks are always well planned, and you feel safe too. Howard's knowledge of the area and of walking is really good." Dilys



**The group meet on
Wednesdays 2-3pm
at Cecil Avenue, Off
West Lane, Baildon
BD17 5LH**

**Do you have any photos, stories,
poems or news you would like to share
in the Newsletter?**

**Please contact the Well Together Team
welltogether@bdct.nhs.uk
or
01274 259190**



Zine making at Create With a Cuppa!

Sand, one of the leaders for the group says: "I started making a zine at the Create with a Cuppa group at Shipley Library." A zine is a self-published booklet made from 1 or 2 pieces of paper. "I finished it at home. It was so much fun to make that I decided to make a video to share it." Why not have a go yourself following Sand's instructional video – we'd love to see your creation!

<https://youtu.be/WPTrVsITm5w>

**Thursdays
10.00am - 12.00pm
Shipley Library,
2 Well Croft, Shipley
BD18 3QH**

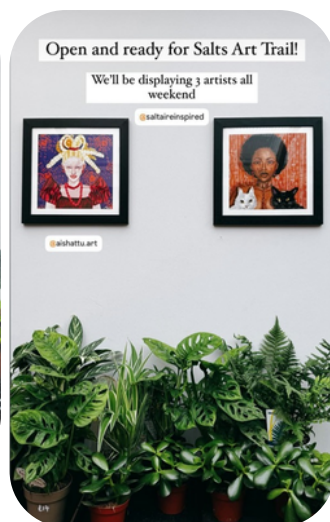
Aishat's art in the Saltaire Arts Trail

"Hi everyone,

I'm thrilled to share that I recently exhibited my artwork at the Saltaire Arts Trail a vibrant community festival in our beautiful Saltaire UNESCO World Heritage Site!

What my art is about:

I create colourful portraits celebrating women, Nigerian culture (especially Yoruba patterns), and stories of identity and pride. My goal is to highlight beauty and resilience through art that feels both modern and rooted in tradition.



How it felt to exhibit:

It was magical! I loved:

- Chatting with visitors who connected deeply with the themes.
- Hearing from people who'd lived in or visited Nigeria, they recognised the bright colours and patterns from Lagos markets!
- Showing my work in @thevillagegeneralstore's gorgeous plant-filled space it made the art feel alive!
- Even meeting our local MP, Anna Dixon, who stopped by!

This experience reminded me how art brings people together. Thank you to Saltaire Inspired for creating such a welcoming space! As a Bradford-based artist, I'm proud to contribute to our city's creative energy as we approach Bradford 2025 (UK City of Culture!)."

You're A Star Finalists!

We have great news to report! Our volunteers Helen Brackenbury and Sue Stewart are finalists, having made the 3-person shortlist of the volunteer category for Bradford District Care Trust's You're A Star Awards!! These awards recognise the outstanding and unique contribution that volunteers make to the people of Bradford District, Airedale Wharfedale and Craven.

As always, it was a tough call with many great nominations put forward, including the volunteer team who run the Bingley Bereavement Group, and Pamela Hainsworth, leader of Craven Crafters. We await further details but hope there will be a ceremony to announce the overall winner!

Both Helen and Sue are driven to helping people and making a difference – Helen as leader of the Calm at the Castle group, with her 20 years of meditations experience and through her leadership of the Fibromyalgia group with first-hand experience of the condition. Sue on the other hand has led the Sing for Joy group, inheriting it - she has doubled the numbers and enabled it to thrive through uncertain times. Both are passionate about the therapeutic, wellbeing benefits of meditation/singing and tackling social isolation and loneliness.

A huge well done to Helen and Sue and good luck for the final result!

Shipley Walkers

Following his love of the outdoors, John started the Shipley Walking group three months ago. He has devised interesting and beautiful routes around the Shipley area weaving in canal, river, parks and woodland. John has been exploring these routes his whole life and is passionate about the area. The walks are medium-paced of one hour duration and well-behaved dogs on a lead are permitted.



They take place on Wednesdays 11am-12 noon, starting and finishing at the bench by the side of the town hall (on the corner of Kirkgate and Manor Lane) Shipley. It would be great to see more people benefit from this lovely group.

Leading Relaxations Training

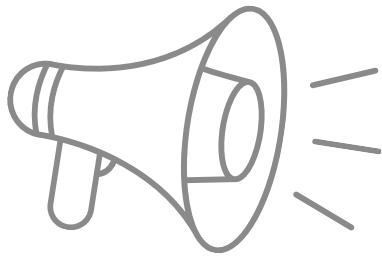
“Going on a journey without leaving your seat” is one way of describing group relaxation sessions.

Relaxation sessions, also known as meditation sessions, can vastly benefit mental wellbeing with some people also finding there is pain relief from physical symptoms associated with their long-term health conditions.

We'd love to train some more volunteers to lead Relaxation sessions across the district! We are offering a half day training course for anyone who is interested. We will help you to start up a new group once trained and we are committed to offering ongoing support. No experience needed. Please get in touch with our office to find out more.



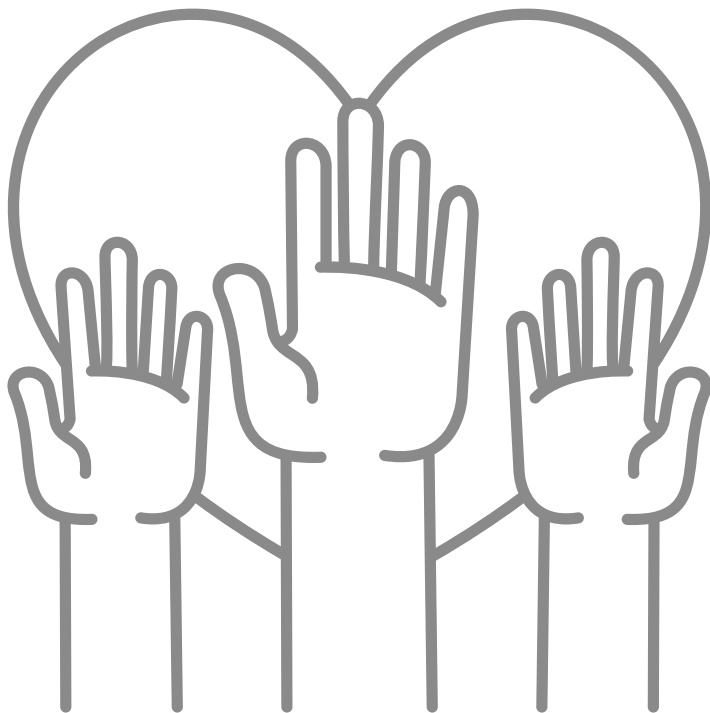
Volunteers Wanted!



We would love to welcome some new volunteers to our service! Maybe you are brand new or perhaps

you already attend one of our groups? We are particularly looking for a volunteer to support our Friday Friends group. We'd love to find new Walk Leaders especially for our Bowling Park walking group and our All Rounders Walking group. We are also looking to train volunteers to lead relaxation sessions. These are just a few of the many options available.

Volunteering can be very rewarding and can benefit you and the community in many ways! It can be tailored to you and on a day/time convenient to yourself. For more information, please contact our office.



Help to Apply for a Blue Light Card

Do you know that as a volunteer you can apply for a Blue Light Card? This is a discount service for the emergency services and NHS, once you have one you can access thousands of discounts online and on the high street. It is not free as it costs £4.99 and lasts for 2 years but you can soon recoup this cost back. You can apply online here: www.bluelightcard.co.uk; however, if you need help filling the online form then we are happy to sit with you and do it. Please let the office know and we can then make an arrangement to meet you and get it sorted!

30%
OFF

Craven Crafters

**Bradford District Care**
NHS Foundation Trust

Craven Crafters
EVERY TUESDAY
10:00 TILL 12:00



Craven Arts House, Otley Road, Skipton

Day and times may be subject to change.
For more information or to join, contact Well Together Service:
01274 259190 welltogether@bdct.nhs.uk
Or visit our Website to find out more about our service:
www.bdct.nhs.uk/services/well-together-service
[@bdct_wts](https://www.facebook.com/bdct_wts) [@WellTogetherBDCFT](https://www.facebook.com/WellTogetherBDCFT)



better lives, together

W: www.bdct.nhs.uk X: @BDCFT

Celebrating a decade of Volunteering for our service

**We want to give a
Big Shout out to one
of our Wonderful
Volunteers Rubina
Niazi**

Rubina has been a Volunteer with the Well Together Service formerly known as Champions Show the Way for over a decade of Volunteer Work which represents a significant commitment of time and effort, often bringing personal fulfilment, skill development and has made a positive community impact.



Rubina has been a role model to the participants of her Khush Haal Group (known as Happy Women's Group) at the Women Zone Community Centre. Rubina always meets and greets everyone with a lovely smile despite having gone through her own personal challenges. Rubina shared how she started struggling with her own mental health issues being a young mother, as her only son had learning difficulties and was eventually diagnosed as being Autistic. Rubina said she felt she was struggling due to not being supported by services and not fully understanding how to help her son which resulted in Rubina feeling totally isolated and her confidence hit rock bottom. Rubina decided to look for help around her local community and came across Women Zone Community Centre, she found out about what activities and groups they ran and started going along to them and slowly she started to feel comfortable with the staff members and participants and found out about what support was available to her. She also realised she was not alone.

Rubina started to feel much better within herself and experienced personal growth and strength which enhanced her self-esteem and confidence. She felt she had developed new skills and gained valuable experience, and she wanted to contribute by supporting other vulnerable ladies that were visiting the centre and didn't want them to suffer in silence like she had. Rubina heard about our service and thought it was a great opportunity to give back and help others. She signed up as a Volunteer 10 years ago and has never looked back.

Rubina has gone from strength to strength with over a decade of becoming a Volunteer, playing a crucial role in addressing various social needs in the community. Rubina has even been approached by the BBC and made her very own BBC documentary, The Bradford Aunties, also featuring 2 other ladies from her group called Tahira and Ghazala who share their stories. Make sure to watch this extraordinary film!



Feel Good Group



Over the past 3 months The Feelgood group, decorating their personal journals, creating beautiful gift envelopes and being creative with watercolors.



**The Feel-Good Group every
Thursday at
10.30am-12.30pm, Bingley
Methodist church.**

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

Summertime

How nice to know summer's returning, bringing
us back its rain.

I hate springtime, drying me plants, dead lawn
grasses, it's a pain.

How I envy those rain seekers, who flew to
enjoy rainy Spain.
Or lucky French back packers, muddy boots and
tents to drain.

Now enjoy our thunderstorm, floods, what a
great summers day.

And gasp at the flashing lightning, how it
brightens up your way.
No more suffering under those large sunshade
umbrellas.
Walk and enjoy our summer, be drowned by
car spray.

Our fine plain British umbrellas, so small, and
they fall apart.
But they keep the rain from falling on your
shoulders.
The torrents then only drips on your midriff
parts.
Enjoying summer's hay fever, as it makes my
eyes smart.

I'm so looking forward to autumn, when the
wild winds will start.
Get me fresh lot of jabs; Shingles, Covid, and
me Flu.
Every day of summer rain a blessing, so
please enjoy it do.
Waste not your money in foreign lands the UK
has it all for you.

**By Roland G Powell
2025**