

Well Together Service Newsletter

SPRING 2026



01274 259190 welltogether@bdct.nhs.uk [Well Together Service](#)

Welcome

Hello, and a very warm welcome to the Spring edition of our newsletter.

Well, Spring has finally sprung after what has felt like a very long Winter, and I'm sure you will all be glad to see the days getting longer, the evenings getting a bit lighter and the mornings much brighter. There's a buzz in the air at Well Together as we have new Volunteers joining us with some wonderful walks & activities, which include the Chellow Dene walkers, Mindful Miles walkers, Wellness walkers, our Early birds walking group for those who like to catch the morning sun coming up, and a new mood boosting walk which starts on the 16th May.. It is all very exciting 😊

Don't forget we have our Volunteer celebration events taking place in June. We are lucky to have two venues this year to host the events, so we do hope that you are able to join us in celebrating the great work you do and the difference you make by volunteering in your Community and of course, enjoy a lovely afternoon tea!

Take care
Sarah Wimpenny
Service Lead



New Walks!

Nature is awakening, the trees are back in leaf, what an ideal time to join a new walking group! Pick from one of our new walks:

Chellow Dene Walkers

Taking in the beautiful and tranquil Chellow Dene reservoir, Nahida's walk welcomes women. It's steady-paced, requiring sturdy shoes, as the paths can be muddy. They meet Mondays 10am-11.30am starting at Café West, Wanstead Crescent, Allerton but with further pick-ups on the corner of Lady Hill Park and Morrisons Daily (both along Allerton Road). A lovely way to get your week going!



Early Birds

Starting at the aviary at stunning Cliffe Castle, Keighley, Angela is leading a 2-mile, gentle walk to set off your day in a positive way! It's at the early start of 7.30am. Seeing the park at this time is very special, it's still and quiet, apart from nature's joyful sounds. Angela is a Lowlands leader with many years of leading and offering walks.



Mind-Boosting Walks



Cathy has lived in Ilkley all her life and knows the different paths and walking routes intimately; she is offering something different by using nature and mindfulness techniques on the walks. They start Saturdays from May 16th, will be approximately 3.5km in length and at an easy pace. Walkers must be able to walk up and down hills and steps and over uneven surfaces. The meeting point is Mill Ghyll by the fountain, Central Ilkley. Optional drink afterwards at a local community cafe.

Coming Soon!

Relaxation Sessions

Come and join our friendly group, no experience needed! A chance to learn relaxation techniques and take that time out for yourself, to re-energise and help you deal with day-to-day stresses. Led by Joanne, free with light refreshments provided, starts **Wednesday 3rd June 9.30am-10.30am at the park lane Centre, Pakington Street, Bradford, BD5 0LN**



Busy Minds group get planting!

Staff members Sarah Bayles and Milli Cafferkey were very pleased to come home with sunflower seedlings that they'd planted at the group on this visit! Helen Jordan leads this valuable group which explores relaxation and mindfulness. Helen is currently recovering from recently breaking her arm! We wish you a speedy and thorough recovery Helen. If you know of anyone interested in attending Busy Minds or STICKS (also led by Helen) then please contact the office to check it's back on.



Thank you Ian!

A big thank you to Walk Leader Ian Stow who started the Eccleshill Health Walks from Eccleshill village, (BD2) and who has led them for an incredible 7 years!! Ian has not only provided a diverse set of routes enabling his walkers to gain and retain fitness in their local community; he's also provided them with additional valuable social opportunities after the walks, at the welcoming Mechanics Institute in-house café. Ian will be sadly missed.



Anxiety and Depression Final Workshop - Wellness Box

Three Anxiety and Depression Workshops were delivered to South Asian ladies at the end of last year to the Khush Haal Group (Happy Women's Group) at Women zone through the Trust, which looked at ways of understanding how Anxiety effects our general Health and Wellbeing.

At the final session, Well Together supported the ladies to create a Wellness Box that would promote self-care and good mental well-being, which would be a keepsake that the ladies could pick up as and when they felt they needed to.

The ladies created the boxes using different craft materials from colourful papers to sparkling sequins and stickers.

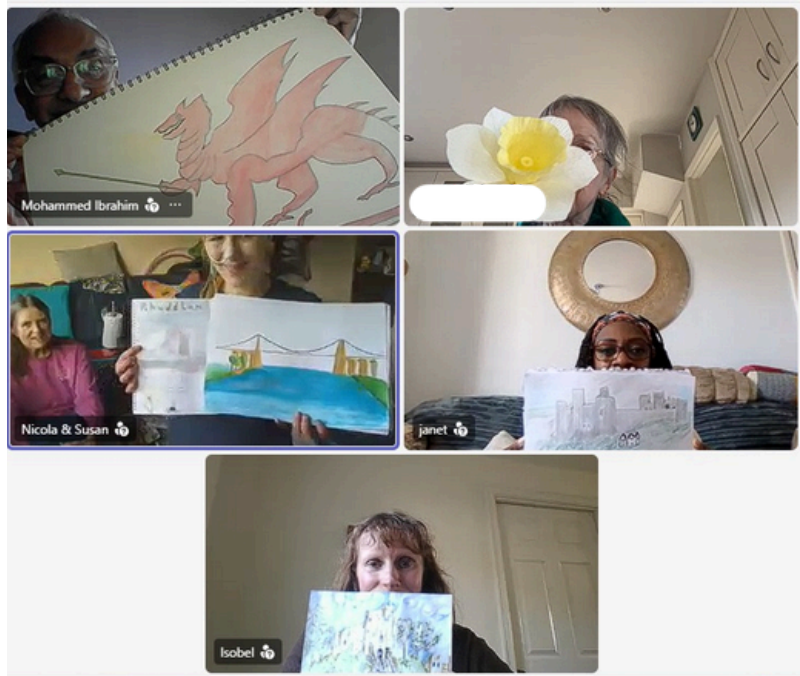
One participant said that just by seeing something colourful reminded her of happy times with her family and friends in India where the sun is shining, and South Asian events are often celebrated by guests dressing up in fancy colourful clothing. This box gives her an opportunity to revisit those happy memories and times which she really enjoyed with her parents and siblings. She wanted to design a Wellness Box that would give her 'happy vibes' just by looking at it, and she can add even more colourful items to it like candles, perfumes bottles and her favourite photos.

The feedback from group was very positive and all the ladies really enjoyed creating their very own personalised Wellness Boxes, to look at and add all the things that will help them with making them feel more relaxed, happy, reduce symptoms of anxiety or low mood. The ladies were encouraged to add items that would lift their mood and make them feel more grounded.



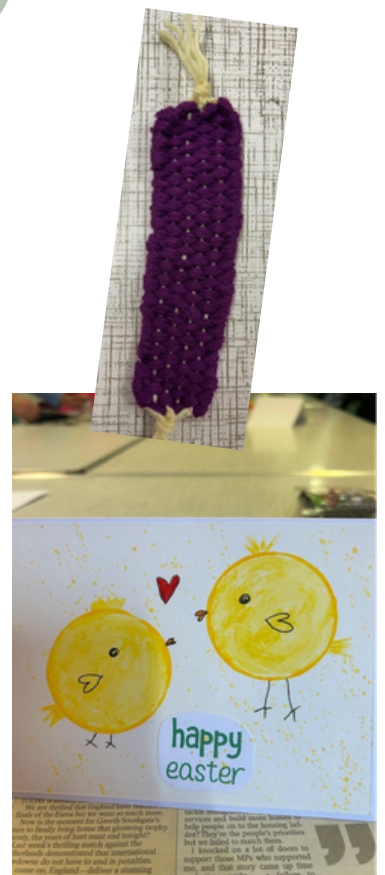
Creativity In The Aire and St David's Day

Group members chose an aspect of Welsh culture on this particular session. Group leader Isobel leads an innovative programme and the group explore a new theme each week. No art experience needed, just come and express yourself and have fun! Wednesdays 1.30pm-3pm. Please contact the office for the online link to join the group.



The Feelgood Group

Our face-to-face Feelgood group have been busy being creative
This is just a snippet of what they have been making in the last 3 months



The Feelgood Group meet 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.

Spring

Gardeners' backs are bending to their borders tending.
Flower seeds spreading, border plants they are bedding.
Weeds that need removing, compost for soil improving.
Roses need pruning, snowdrops and crocus are blooming.

Springs clear starry night, a lover's moon is a beautiful sight.
All that lives will begin to dream, at the joy of a new spring,
Catkins hanging from a leafless tree, spreads pollen over me.
Soon its buds will burst into life, casting off all winter's strife.

Mowers sharpened ready to cut, sandy soil filling a lawn rut
Wormcasts causing lawn tufts, seeds on bald patches are a must.
Words cannot describe this beginning, just listen to birds singing.
They're telling you it's all new, with lots of work for me and you.

Fresh air to your lungs intoxicating, mad March hares start boxing.
Hedgehogs' sleepy eyes awake. I overslept I must find me mate.
The Robin is at last full of cheer, Winters gone spring is here.
So, it begins a time of wonder, casting its spell we all fall under.

By R G Powell

