

FEBRUARY 2026



Well Together Service

FREE Volunteer Led Activity Groups



01274 259190



welltogether@bdct.nhs.uk



Well Together BDCFT

Please be aware that timings do change, therefore contact us to check dates and times.

Virtual Groups

Contact Well Together Service to be referred into the virtual group.

Creativity In The Aire Isobel Murdoch	A chance to tap into your creativity and get hands-on! The group work to a programme, looking at different art and craft techniques. Alternatively bring along your own craft project. No specialist skills required - everyone welcome.	Meet Virtually via Microsoft Teams	Wednesdays 1.30pm - 3.00pm
		<p>4 February - TIME TO TALK DAY Time To Talk Day is an annual event encouraging people to think and talk more about mental health and wellbeing. Experiment with mindful art ideas today as well as a couple of reflective meditations too.</p> <p>11 February - SUPER BOWL This week is the 60th NFL Super Bowl, the highlight of the American football year. Draw a star quarterback, or the distinctive ball they play with, or a team's kit, or the cheerleaders waving their pom-poms.</p> <p>18 February - ON THE GROUND As gardens start to wake up after winter, let your imagination take over and draw a ground plan of your dream garden.</p> <p>25 February - ST DAVID'S DAY Ahead of St David's Day on Sunday – Wales' national day – draw or paint a Welsh view, maybe one you've visited, or draw daffodils, symbols of Wales, or a Welsh celebrity.</p>	

Face To Face Groups

Bradford, Shipley And Surrounding Areas

Chill, Chat And Relax Mandy Greaves Jane Mead Michael Shutak	Come along to our friendly group. Learn how to unwind and relax from daily stresses. We'll take you through guided relaxations whilst seated, sharing useful tips and good practice.	Wyke Park Mayfield Terrace Bowling Hut Opposite the bowling green in the corner of the park Off Towngate Wyke, BD12 9QA The poste code will take you to the street opposite Wyke park and is visible to anyone new to the area	Mondays 10.45am - 12.00pm (Except for Bank Holidays)
Create With A Cuppa Sand Rennie	Come and explore your creativity with a chat and a cuppa.	Shipley Library 2 Well Croft Shipley, BD18 3QH	Thursdays 10.00am - 12.00pm
Denholme Scribes Writing Group Anne Sherriff	Come and explore your inner creative self, in a relaxed and informal atmosphere.	Denholme Mechanics Institute Main Road Denholme Bradford, BD13 4BL	Tuesdays 10.30am - 12.00pm
Friday Friends Jenny Medley	We meet for tea, coffee and cake, games and chat! With occasional outings too. Open to anyone 50+	St James Church Hall (The Church Hall is across the road from the church) Beaufort Grove Bolton Road Bradford, BD2 4LJ	Fridays Every 2 weeks 2.00pm - 4.00pm 6 & 20 February
Khush Haal Womens Group (Happiness And Wellbeing) Rubina Niazi Tahera Kacholia	GROUP IS FULL Please contact the office to be placed on the waiting list. This is a women's only group and they will focus on varied wellbeing activities such as Healthy eating, exercise and peer support.	WomenZone 19-21 Hubert Street Bradford, BD3 9TE	Thursdays 11.00am - 1.00pm
SewingZone Sajida Malik	11 WEEK PROGRAM Come and join our friendly and welcoming ladies only get together, where you can chit and chat and learn and share dressmaking skills. No previous skills needed just a willingness to learn. This group offers a 12-week course to help you create, produce and finish a chosen project.	WomenZone 19-21 Hubert Street Bradford, BD3 9TE	Mondays 10.30am - 12.30pm TERM TIME ONLY New 11-week program starts 12 January Please contact the office to be placed on the list
Sing For Joy Sue Stewart	Singing for Fun. No experience necessary, just come and enjoy yourself! Everyone welcome.	St Peter's Church Moorhead Lane Shipley, BD18 4JH	Wednesdays Every 2 weeks 2.00pm 4.00pm 4 & 18 February

Bingley, Keighley And Wharfedale

Bereavement Support Group Linda Metcalfe Mary Oxtoby Carole Short Dorothy Pearce	<p>Please note this is not counselling.</p> <p>This is an informal support group for anyone over the age of 18 who has lost a loved one. Come along to learn from each other about coping strategies, support each other and make new friends.</p>	Little House Market Street Bingley, BD16 2HP	Thursdays 10.30am - 12.30pm 12 February CANCELLED
Busy Minds Helen Jordan	<p>Exploring Relaxation and Mindfulness.</p> <p>This group is aimed at people who would like to revitalize mind and body, help improve focus and reduce stress.</p>	Keighley Healthy Living 13 Scott Street Keighley, BD21 2JH	First and Third Thursday of each month 9.45am - 11.45am 5 & 19 February
Calm At The Castle Helen Jordan	<p>Learn the art of stillness and calm, deep relaxation and meditation.</p> <p>Sessions are free and open to all, no experience needed.</p>	Cliffe Castle Spring Gardens Lane Keighley, BD20 6LH	Tuesdays 2.30pm - 3.30pm TERM TIME ONLY
Family History Liz Rodgers Paul Rhodes Susan Beedham	<p>Are you interested in family history? One of our volunteers will help you get started at looking into your family history. Everyone is welcome.</p>	Cottingley Cornerstone Centre Cottingley Bingley, BD16 1AL	Wednesdays 10.00am - 12.00pm
STICKS (Simple Therapy In Crochet/Knitting Sessions) Helen Jordan	<p>A social, friendly group suitable for everyone from absolute beginners to the very experienced.</p>	Keighley Healthy Living 13 Scott Street Keighley, BD21 2JH	Second and Fourth Thursday of each month 9.45am - 11.45am 12 & 26 February
The Feel-Good Group Adna Davidson Sue Holliday Pat Barwick Christine Saunders	<p>A group focused around promoting positive emotional wellbeing through chat and support with small and varied craft activities.</p>	Meeting Room 2 Bingley Methodist Church Herbert Street Bingley, BD16 4JU	Thursdays 10.30am - 12.30pm GROUP IS FULL Please contact the office to be placed on the waiting list.

Craven District

Better Days Suzanne Wakeman	<p>This group is run in conjunction with Rethinking Pain</p> <p>Better Days supports people in the community who struggle with persistent physical, psychological or social pain.</p> <p>A bookable 20 minute volunteer led 1-1 complimentary therapy session will be available to anyone attending the group free of charge.</p> <p>Please ask for more information</p>	The Place (Opposite Ruchee Indian restaurant) Unit 11 Commercial Yard Duke Street Settle, BD24 9RH	First Wednesday of each month 1.00pm - 3.00pm 4 February
Craven Crafters Pamela Hainsworth Cerys Kerswell	Learn a new craft or work on your own project in a friendly, safe and supportive space. Suitable for everyone.	Craven Arts House 55 Otley Street Skipton BD23 1ET	Tuesdays 10.00am - 12.00pm
Movement To Music - Settle Gillian Walton Pam Hickin	A relaxing chair based exercise group focused on stretching and movement- Important at any age! Half an hour chair based exercises followed by refreshments and time to socialise with others.	The Place (Opposite Ruchee Indian restaurant) Unit 11 Commercial Yard Duke Street Settle, BD24 9RH	Second and Fourth Wednesday of each month 2.00pm - 3.00pm 11 & 25 February
Settle Cancer Support Group Caroline Wilson Audrey Larkin	<p>The group is open to anyone who has been affected by cancer, including patients, Carers, family & Friends. If you fancy some company, a drink, and a chat, please come along. Everyone is welcome.</p> <p>A bookable 20 minute volunteer led 1-1 complimentary therapy session will be available to anyone attending the group free of charge.</p> <p>Please ask for more information</p>	The Place (Opposite Ruchee Indian restaurant) Unit 11 Commercial Yard Duke Street Settle, BD24 9RH	Fourth Monday of each month (Except for Bank Holidays) 10.30am – 11.45am 23 February
Settle Knit And Natter (Or Sew) Group Jo Rhodes Samantha Glossop David Singer	Bring your own items to make or use our materials and sewing machines. We will include sessions which focus on specific activities such as learning to make hats, bags or patchworks, so come and join our friendly group for all levels of experience. Refreshments are provided.	The Settle Community and Business Hub Unit 1 Commercial Yard Duke Street Settle, BD24 9RH	Wednesdays 10.00am - 12.00pm
Settle Public Living Rooms Jo Rhodes Rachel Campbell Simon Wells	The group offers a space for people to participate in activities such as card games and crafts, but there is no pressure to take part if you want to just chat and have some company. Hot meals and drinks are also on offer, with the chance for service users to help with the cooking. We welcome well-behaved dogs.	Public Living rooms Settle Quakers 21 Kirkgate Settle, BD24 9DX	Mondays & Thursdays 10.30am - 1.30pm

Settle Vision- Aid group Anne Webster	<p>Are you Registered Severely Sight Impaired (Blind); or do you suffer from vision loss; Macular Degeneration; Cataracts; Glaucoma or any other sight issues?</p> <p>Settle vision- Aid group is a volunteer led peer support group which meets on the fourth Monday of each month to chat, share problems and useful tips over some refreshments in a relaxing environment. Guest speakers will also join meetings at various points of the year to share information regarding sight loss.</p>	<p>The Place (Opposite Ruchee Indian restaurant) Unit 11 Commercial Yard Duke Street Settle, BD24 9RH</p>	<p>Fourth Monday of each month 1.00pm - 3.00pm</p> <p>23 February plus guest speaker</p>
Talking Drums Simon Wells	<p>This volunteer led drumming group offers therapeutic benefits for people, due to the rhythm, beat and socialization, and is particularly good for people with long term mental health issues due to its mediative effect.</p>	<p>The Place (Opposite Ruchee Indian restaurant) Unit 11 Commercial Yard Duke Street Settle, BD24 9RH</p>	<p>First and Third Monday of each month 6.00pm - 7.30pm</p> <p>ON HOLD</p>