

# Well Together Service

## Newsletter

### SPRING 2025



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

## Welcome

A Warm Welcome to our first newsletter of 2025! As we blossom into Spring, there's a lot of new activities blooming! We have been in talks with the Green therapy team, Older peoples' mental health team and Community mental health team about a potential allotment group over in Keighley - a great new addition to our list of activities.

It's the season to refresh and re-ergise and the perfect time to join a walk! And we have 3 new up and coming walks, A walk in Shipley, the Woodside Centre Walk and an inclusive walk in Girlington called Walking with a Difference If you are interested in any of these, please contact Well Together for more information.

**Razia Islam – Service Manager**



## New Shipley Walk

Shipley Walkers will meet 11am-12 noon on Wednesdays starting from 12th March. The starting and finishing point will be at the bench on the corner of Kirkgate and Manor Lane. They are medium paced walks encompassing local highlights and green spaces such as the Leeds and Liverpool Canal, Roberts Park, Northcliffe Park and Baildon Green.

**Come along and join us!**



## Clarke Foley Circular Walk

We are delighted to welcome Jill Finnerty, who recently trained as a Well Together Walk Leader, to our team. Jill has started a new walk in Ilkley, at 10:00am on Friday mornings, starting from the Clarke Foley Centre, Cunliffe Rd, Ilkley LS29 9DZ.

The walk was scheduled to have its first outing on January 10th, however the weather intervened with a few inches of snow. The first time we have had a walk cancelled on its first day! The following Friday, January 17th, we had better weather, and the walk had its first outing without the weather intervening. The second outing on January 24th, was almost cancelled, owing to high winds, however it went ahead, and Jill planned a route that kept well away from trees. Hopefully the weather will relent and stop interfering!



On January 31st. Charlie Harris joined the walk, he trained as a walk leader at the same time as Jill. Charlie already has many years' experience, leading walks in a number of countries, and is a very welcome addition to our service. He has agreed to support the Clarke Foley Circular Walk and will liaise with Jill to lead the walk, when she is not able to, if he is available.

A flyer for the Clarke Foley Circular Walk. The background is a photograph of a river flowing through a wooded area. The flyer contains the following text:

**NHS**  
Bradford District Care  
NHS Foundation Trust

Clarke Foley  
Circular Walk

Every Friday  
at 10.00am

Starting from the  
Clarke Foley Centre

Come and join us for  
a gentle walk for an hour

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:  
<https://www.bdct.nhs.uk/services/well-together-service/>

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

# Volunteer Opportunities

Well Together have been collaboratively working alongside internal and external organisations and services, and this has led to some new exciting volunteer opportunities.

## Primary care Dieticians

We are currently working with the Primary care Dieticians who have recently secured a bid to work with Bradford Council to launch a Healthy Lifestyle Programme aimed at the South Asian population & Men. This is a 2 year funded project, which will help to introduce people to new types of activities with the aim of encouraging longer-term engagement. The Dieticians will be holding 12 weekly education sessions with the groups, and are looking to incorporate something active in each session. As part of this, Well Together have been invited to deliver some 'taster sessions' to the groups, in particular walking sessions, to give them a flavour of what we currently provide, with the aim to signpost people onto other walks that we have on offer.

**Below are the list of venues and times that the groups will be delivered.**

### **Brotherhood (Men's groups)**

**Monday 1pm Planet Fitness BD6  
2DN**

**Wednesday 9:30am Planet Fitness  
BD6 2DN**

**Saturday 9:30am Bradford College  
BD7 1AY**

### **Apna (South Asian community)**

**Saturday 10am Morrisons at  
Victoria Shopping Centre**

**Girlington BD8 9BN**

**Saturday 3pm Gurdwara BD4 7DP**

**Saturday 5pm Gurdwara BD1 5BD**

**If you feel that this is something you would like to be involved with as a volunteer walk leader, and can spare 30-45 mins to deliver a health walk in one or more of the areas listed above once every 12 weeks, then please get in touch at [welltogether@bdct.nhs.uk](mailto:welltogether@bdct.nhs.uk) for more information.**

### **Allotment graduation group**

Bradford District care Trust's Community Adult Mental Health team currently deliver an allotment project to service users through their green therapy team. This involves growing various plants and vegetables, but also takes on a nature theme, which includes nature photography sessions, wooden spoon making, painting, bingo to list but a few. The CAMHS team are eager to mirror a similar group for those service users who are due to be discharged from care, as the current group is proving to be very popular. Get out more, who are a social enterprise and run outdoor programmes to help people engage with nature, are based at Cliffe Castle in Keighley and have kindly offered Well Together the use of some raised beds and a polytunnel to get the group up and running. There is also some indoor space to use if the weather is not great (good old British weather!) for any creative projects that may develop. This will be initially a small group and will run weekly on Wednesdays 11am – 1pm.

**If you think this is something that you would like to be involved with and could spare an hour or two to help lead the group either on a weekly basis, or even every other week, please get in touch at [welltogether@bdct.nhs.uk](mailto:welltogether@bdct.nhs.uk) for more information.**



# Walk Leader Meetup restarted!

We're really pleased to announce that we have restarted our Walk Leader Meet Ups! We met in Keighley on this occasion, and it was fantastic to see volunteers from across the district attend – thank you! The Meet Ups are a chance for Walk Leaders to come together, ask questions, problem-solve and get information from Well Together staff.

Walk Leader Charlie Harris, kindly agreed to be our speaker, he talked about his lifelong passion for walking (he went up his first mountain aged 5!) Charlie, who has an OBE for his work with younger people, spoke of his mountain leader experience and the rescue missions he's been involved with (since his teenage years). He introduced us to some of the equipment that he brings on his walks and showed us his grandfather's prismatic compass! This compass was used in the trenches of the first world war!! It still works very well, and we were privileged to be able to handle it.



Charlie spoke about the 'Step It Up' programme of walks that he led for 7 years on the Isle of Skye. Charlie also passed along 'Charlie's walks' a beautiful book that fellow walk leaders published when Charlie left the Isle, outlining the many different walking routes. Charlie also plucked a couple of game volunteers from around the table to demonstrate how to use a bivy sack! This is a cross between a sleeping bag and a tent that you can put around yourself to protect you and provide shelter if the weather turns inclement. Thank you to Mohammed and Natalie for demonstrating it so well, see photos below!



# Try It, Like It, Do It Event!



# Why We Make Art

It was a privilege to represent Well Together at the 'Try It, Like It, Do It' event at Central Hall, Keighley. This was a partnership event between Mencap and the Our Active Community work, Bradford District Care Foundation Trust & the Health support team at Waddiloves; the self-advocacy groups Keighley and Craven People First and the Skipton group Exclusively Inclusive.

The aim was to showcase the opportunities for people with learning disabilities to take part in physical activity across the district.

We were there to promote the wonderful walks that our volunteers deliver in the community. The event was interactive and included a 'wake up and shake up' activity session, to get us moving, led by Adrian of Keighley People's First. There was also a dance session on offer and an exploring mindfulness session. Exclusively Inclusive had brought their kinball – cue lots of exhilaration and fun as we passed this enormous ball (like a giant, oversized beachball) across the room!

This inclusive event was full of joy and we're pleased to report that there was a lot of interest in our walking groups. Thank you to those who came along or promoted it.



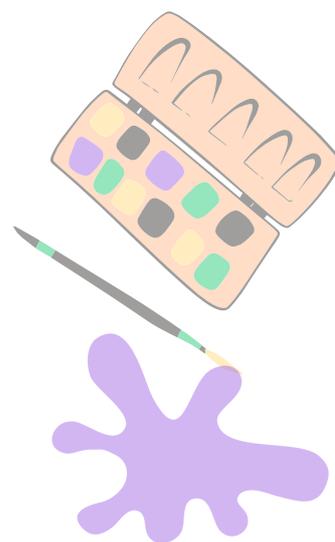
Staff member Sarah Bayles and Walk Leader Stacie Lever at the Well Together stall.

Here is Sand's latest video. Sand, who volunteers at the Create with A Cuppa group explores why we make art and how it helps our everyday life; she looks through some of her old artwork; and also refers to some of the artwork made recently at the group. Being creative can help you in so many ways

Give it a click! [Art and Wellbeing](#)



One of Sand's latest artworks - the vibrant pink crocodile was inspired by a special memory from her student days.



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

Due to  
Ramadan the  
Walk is on hold  
but will restart  
again 9th April  
2025

## Manningham Ladies Walking Group



Manningham library ladies walk has been set up as part of a piece of collaborative working between Bradford Councils Active Travel Project, Well Together Service and Manningham Library. This relaxing walk is aimed at encouraging ladies to improve their health and wellbeing, whilst having the time to socialise, and is for women of all ages.

The group is led by our fantastic walk leaders Shabana, Safia and Nazreen and they meet at the Manningham Library entrance, Carlisle Road, Bradford BD8 8BB every Wednesday at 9.45 am and take a gentle route that walks around Lister Park for up to 60 minutes, whilst enjoying the beautiful natural surroundings and exploring different routes within the park. The group then returns back to the library, where they can relax, chat and have refreshments. There is also an opportunity to stay on and join their craft room group to learn knitting, art & crocheting skills with lots of laughter included.

**We are in the process of updating contact details of all the group participants, this helps with keeping in touch with you should anything change, your Volunteer will ask you for this information soon.**

**This is a ladies only group. If you are interested in joining this friendly walking group, please contact the Well Together Team for more information.**

## Feel Good Group



The Feelgood group has had a fantastic creative last quarter! From crafting hedgehog's and love heart bags, the group have been busy bringing their artistic visions to life.

Our sessions are all about fun, friendship and creativity. After each craft session they always have a moment of relaxation. Everyone is welcome



The Feel-Good Group meet virtually via Microsoft Teams on Wednesdays at 10.30 am and in person every Thursday at 10.30am-12.30pm, Bingley Methodist church.

# To Early Spring

My recent trip to the garden centre, a magnificent sight.

Plants in full perfusion, filled my eyes with sheer delight.

A trolley grasped my hand, and plants were climbing in.

Soon back to my garden the floral display to begin.

My wallet now emptied of cash, a day of sheer delight.

I laboured through the day, planting this glorious sight.

Late afternoon well pleased, my landscape to behold.

For a readymade garden I had just been sold.

The words father taught me, had completely left my head.

Don't cast a cloud till May is out, now all my plants are dead.

Jack frost planted his thought of what early spring should be.

Leave my garden alone I freeze like stone before planting me.

So, I hope I have saved you your money, so you won't like me.

Trash your cash on bolder dash end up, with skint you see.

Instead, don't be impatient, and draw up a garden plan.

Then enjoy delights of spring delight as I now can.

**By Roland G Powell**

**March 2025**

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

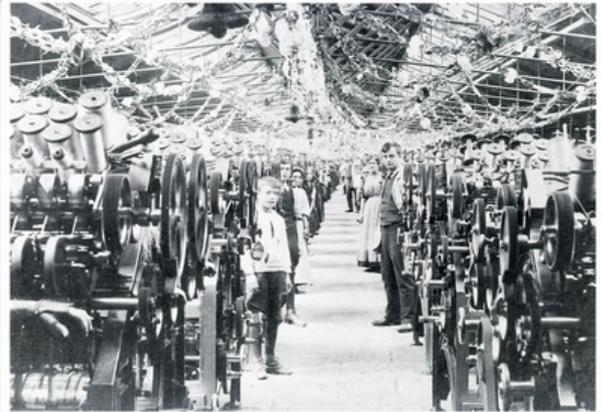
Please contact the Well Together Team  
[welltogether@bdct.nhs.uk](mailto:welltogether@bdct.nhs.uk)

or

01274 259190

# Creative Writing

## The Boy in the photo by Kathryn Wharton



Row upon row stare back in black and white. Christmas decorations hang in paper contrast to the whirl of machines. Thomas is relieved to be able to stop for a moment. 'I can see you,' he says with a young boy's grin. 'All me family works here, you can call me Tom,' Tom says, turning his face to the photographer, who asks him to smile. 'It's a poor smile,' says Tom from a distant place. I ask him, were you happy working there you look so young?

He tells me it was the beginning of his working life, his short life:

'Other things beckoned. War beckoned, we all went together - didn't need conscription - we pals volunteered, and we knew there was brass in fighting for king and country. You'll not see my face elsewhere,' he says, 'I died in the battle of the Somme. Nothing left of me - just my name attached to the sound of a bugle call and inscribed in stone, in a land I'd rather forget.'

**This incredible piece was created by one of the group members of our Creative Writing group.**

The Creative Writing Group meet virtually via Microsoft Teams every 2 weeks on Wednesdays at 12.30pm and in person on Wednesdays at 1.00pm at Ilkley Library, Station Road