

Local groups and activities directory *BRADFORD & DISTRICT*

Groups and activities for anyone to join especially those who are feeling isolated.

Any entries with a grey background are for a person living with dementia to attend with a carer/partner, or for just the carer. Please check with the provider for the suitability of any group for a person with dementia as all needs are individual.

This directory (under Community Groups tab) and the Support Information directory (under the Dementia tab) are available from <https://affinitycare.nhs.uk/services/wellbeing/>

Anita Pearson, Dementia & Brain Health Project, Affinity Care Community Partnership

Tel: 07950 553621 Email: community.cogs@gmail.com

Clare Mason, Pathways group



Tel: 07917 751478 Email: pathwaysdementia@gmail.com

Thank you to all who have contributed their information. If you would like a group or activity included on the list, or if some information needs amending or deleting, please let us know or complete the amendment form:



<https://affinitycare.nhs.uk/wp-content/uploads/2023/05/Groups-Activities-update-form-v1.pdf>

We do not endorse any of the services and it is up to the user to check suitability, availability, and cost where applicable.





Groups in BD1, 3, 4, 5		
Where?	What? When?	Run by/contact details:
Napoleons (Casino) Restaurant 37 Bolton Road Bradford BD1 4DR	Bradford Memories Social café - Talks Entertainment Singing Raffles Refreshments. Open to those feeling lonely or isolated. Each Wednesday 11am-1pm. FREE.	Call 07766 501278 initially for details. bradfordmemoriescafe@gmail.com bradfordmemories.co.uk/  Bradfordmemoriescafe
BDSP @ Bradford Mechanics Institute Library, 76 Kirkgate, Bradford BD1 1SZ	Monday Motivation session Each Monday between 10am & 2pm we host a group led activity followed by lunch, then a relax & 'wind down' activity. £5 pp per session. During the week BDSP organises other activities and events at various venues around the Bradford District. See page 6 St Mary's Wyke, and main BDSP details on page 13.	Bradford & District Senior Power c/o Sutton Centre, 51 Kiffin Place, BD4 8NB. Tel 07591 646671 To enquire about any of our services email infoBDSP4040@gmail.com https://www.bdsp.org.uk/
The Light Cinema, Broadway, and Pictureville Cinema, Science & Media Museum	See p16 for more details of Dementia Friendly screenings and Silver Screen programme for people 60+ at The Light cinema, and Pictureville Cinema - offers at both cinemas.	The Light Cinema - 23-33 Broadway, Bradford BD1 1TW - 01274 024889 National Science & Media Museum - BD1 1NQ - Tel. 033 0058 0058
Womenzone 19-21 Hubert St Bradford BD3 9TE	There are two Wellbeing Groups: Tuesday, 10:30am-2pm, Thursday, 10:30am-2pm The Wellbeing Group provides support to elderly women aged 55+ to reduce isolation and improve wellbeing. Sessions include Dance-on with Yorkshire Dance on Tuesdays, knitting, socialising, and more.	01274 665270 info@womenzonecc.co.uk
St John's Bowling Hub, Neville Rd, East Bowling BD4 8TU	GEMS project – Opportunities groups and activities for the over 55s - Contact Amie on 07803 418396 Mondays, Tuesdays 11-12pm Coffee & chat, and Thursdays: Indoor bowls 10-12pm Lunch 12-1pm Various activities 10.30-11.30am	Melanie Astin BD4 Community Trust, 07442 178299 mel@bd4communitytrust.org.uk www.bd4communitytrust.org.uk Email: admin@bd4communitytrust.org.uk  Stjohnsbowlinghub
St Christopher's Church Holmewood Rd Holmewood BD4 9EJ 01274 689898	Community Café open to all – Tues & Thurs 11-1pm Home from Home – over 50s – Tues, Weds, Friday 9.30-3pm Activities, meal and refreshments, minibus pick up/drop off. £10 charge. Indoor games – Fri 10.30-11.30am Free. Dance-on – Fri 1-2pm £2 incl refreshments.	St Christopher's Good Neighbours diane@goodneighbour.co.uk
The Parkside Sports Centre	Active adults - Tues 10.30-11.30am Senior citizens lunch club - Tues 12-2pm	Bradford Trident - ring 01274 768060 for more information.


Parkside Road West Bowling BD5 8EH Tel 01274 768066	Warm space - Weds 12.30-2pm. Wellbeing café for older residents - afternoon tea, entertainment, and friendship - 2nd Thursday of every month 1.15pm-3.00pm.	admin@bradfordtrident.co.uk Ring Joanne 07960 670732 for wellbeing cafe details
Polish Community Centre Edmund Street Bradford BD5 0BH	European Wellbeing Café - 3rd Monday each month 11am-1.30pm For people 65+ who might be feeling isolated, anxious, or forgetful - activities include music, singing, games, gentle exercise. Friendly welcoming atmosphere. Refreshments provided.	Magdalena O'Connell (Community Engagement Worker) 07814 425 801 Magdalena.oconnell@bdct.nhs.uk

Groups in BD6, 7, 8		
Where?	What? When?	Run by/contact details:
Beacon Community Church, Beacon Road, Wibsey BD6 3ET 01274 670336	Food For Thought Community Cafe - Monday 9am-11am. A community cafe serving refreshments and the opportunity for a chat. A designated Warm Space. Wellbeing cafe - 2nd Friday each month 1.30pm- 3.30pm. £3 charge	Beacon Community Church 07548 667820 pastorpaulbrown@gmail.com  beaconcommunitychurchbradford Queensbury Community Programme 01274 816748 gcpinfo@gmail.com
Sandale Trust 42-46 Reevy Rd West Buttershaw BD6 3LX 01274 270170	Sandale Older People's Services Tues & Sunday 11-2pm 3 course meal and activities Thursday 10-1pm Breakfast and activities Pick up and drop off service available. Telephone befriending service.	Sandale Trust 01274 270170 info@sandaletrust.org  SandaleTrust
Woodside Village Centre 86 Fenwick Drive, BD6 2RZ	Wellbeing cafe - The last Wednesday of each month from 12 until 3pm. An informal afternoon for both older people and carers. Access bus arrangements available for people who don't have transport. If you think you or a family member will benefit from attending, please get in touch.	Royds Community Association 01274 977847 info@royds.org.uk
Alhambra Theatre Pit Bar, Morley St Bradford BD7 1AJ	Open House friendship group for Seniors – Mon & Tues 10am to 2pm. There are refreshments tea, coffee, scones and sandwiches at a small cost. 2nd Tues of the month 10.30am to 12noon - Veterans/ex-armed forces group and those who are isolated.	See page 12 for Age UK activities details or call 01274 391190
Grange Interlink Summerville Road BD7 1PX	Wellbeing café 1st Wednesday each month 11am-1pm. £2 charge. Speakers/Exercise/Refreshments/Bingo.	Sajad Hussain 01274 726612 sajad@grangeinterlink.com  Grangeinterlink
36 Spencer Road, Bradford BD7 2EU	Khidmat Centres collaborate with communities to deliver user led culturally appropriate services to address disadvantage and inequalities. Please contact us directly for any information on services and support we offer.	01274 521792 info@www.khidmat.org.uk


BEAP Community Partnership 31 Cornwall Road, Bradford BD8 7JN	Older Peoples Day Care & Drop-In Service A service for older men and women (aged 50+) includes a social day care packed with activities and a lunch. Men's service is a social drop in with light refreshments.	Tel 01274 731020 for details Email: beapuk@hotmail.co.uk
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Groups in BD2 & BD10		
Where?	What? When?	Run by/contact details:
St Cuthbert's Church Hall 71 Wrose Rd, Wrose BD2 1LN	Wrose Dementia Friendly Community Group 1st & 3rd Monday each month 1.30pm-3.30pm Support sessions for people living with dementia and their carers.	Tony Bather 01274 584999 Contact before attending  Wrose dementia friendly communities group
St Cuthbert's Church Hall 71 Wrose Rd, BD2 1LN	'Unwind' community café – Weds 12.30-3pm. Free. Chat, puzzles, quizzes, crafts, refreshments. We are dementia friendly.	01274 616715 hello@stcuthbertswrose.church
St Cuthbert's Church Hall 71 Wrose Rd, BD2 1LN	Wrose Buddies. 2nd Monday each month 1.30pm-3.30pm - no need to book. Raffle, refreshments, and entertainment. £3.50 charge.	Shirley Weaver 07535 660958 shirley.weaver@btinternet.com
St James' Community Hall, Beaufort Grove, off Bolton Road, BD2 4LJ	Senior's Group over 55s - Wednesdays 1.00pm-3.00pm. £3 charge to cover refreshments.	Gillian Thorne 01274 587457 Gillian.thorne@hotmail.co.uk
St James' Community Hall, Beaufort Grove BD2 4LJ	Carers Peer support group – 2nd and 4th Thursday of the month. For the <u>carer</u> of someone with dementia (not for the person with dementia). £5 per session covers room hire and refreshments.	Call Dilys on 07726 767760 before attending. dilysb@blueyonder.co.uk
Eccleshill Mechanics Institute Stone Hall Rd, Eccleshill BD2 2EW	Men@eccy – Eccleshill Older Men's Group. Men only - over 50's. Aimed at those socially isolated with mild to moderate mental health needs. Tuesday morning (Main Hall upstairs) 10am-12pm. £3 charge	Pauline Bland pauline@newlandsca.org.uk
Hepworth & Idle Cricket Club Westfield Lane Idle BD10 8RU	Idle & Thackley Memories Group Thursdays 12-2pm FREE. For those feeling isolated, lonely, carers or people with memory problems. Karaoke, Sing-a-long, entertainers, games, raffles and refreshments.	Contact Martine on 07834 964547 or Julie on 07912 533131
Idle Baptist Church Bradford Rd BD10 9PE	Well Connected - aimed at over 50's isolated and wanting to meet new friends as well as those with mild to moderate mental health needs - 2nd Monday of each month 2.00pm-4.00pm £4 charge. Transport can be arranged at an additional cost but is limited and needs to be booked. Referral only.	Pauline Bland Engaging Communities CIC Ltd pauline@newlandsca.org.uk Referral only
Idle Baptist Church Bradford Rd BD10 9PE	Coffee drop-in and lunch 1st and 3rd (and 5th) Tuesday of the month 10.30-1pm. Join us for a cuppa and a friendly chat. For those who want to stay, 2 course cooked lunch at 12 noon.	Idle Baptist Church, Denise Kinsey M: 07854 764335 E: zimkins@yahoo.co.uk

<p>Idle Baptist Church Bradford Rd Idle village, BD10 9PE</p>	<p>Memory Tree - Meet 2nd and 4th Tuesday each month 11am to 12.45pm. Meetings are designed for the person with dementia to attend with the carer who could be a friend, relative, neighbour, or paid companion, but someone must be present as a supporter throughout meetings.</p>	<p>Contact Elizabeth on 01274 583364 to book first meeting. See full Memory Tree groups details on page 14.</p>
<p>Rockwell Community Centre 6 Summerfield Rd off Rockwell Lane Thorpe Edge BD10 8DP</p>	<p>Full weekly programme of activities for all ages and abilities Monday to Saturday including, Singing Group Friday 10am-12pm Fun Karaoke open to all and older people and people with special needs. £3 charge. Community Lunch first Friday of the month 12pm-2pm FREE lunch and refreshments and chat more opportunities for the community.</p>	<p>A community centre and arts hub run by Bloomin' Buds Theatre Company Tel 01274 615300 BUDsTheatre@outlook.com Rockwellcentre.co.uk</p>
<p>St John's Church Hall, Northwood Cres Thorpe Edge BD10 9HX</p>	<p>Kettle's On Community Cafe Tuesdays 1.30pm – 2.45pm open to all. Food available £1-1.40. St John's Day Centre, Wednesdays, and Fridays 9.30-2.30pm £8 charge. For people over 60 living in and around the BD10 and BD2 areas. Home-cooked meals and transport available. Range of activities and lots of fun including speakers, entertainers, armchair exercises, prize bingo, crafts. (Friday suitable for people with dementia).</p>	<p>St John's Church 01274 614898 or Steve Nuttall on 07759 085903 – please ring in the first instance to arrange Day Centre provision.</p>
<p>Gateway Centre, 45 Thackeray Rd, Ravenscliffe BD10 0JR</p>	<p>'Senior Friends' over 55's - Weds 10.00am -12.00pm. £2 charge. Can stay for 'pay as you feel' lunch. Coffee Morning for all ages -Thursdays 10.30am -12.00pm. £1 charge Seniors group over 55's - Fridays 11.00am – 2.00pm. £5 charge Exercise, raffle, meal. Access Bus and Minibus with addtnl cost.</p>	<p>Gateway Centre Ravenscliffe  01274 636602 https://www.thegateway.co.uk tyler@ravenscliffe.org.uk franceska@ravenscliffe.org.uk</p>
<p>St John's Church Hall Harrogate Rd, Greengates, BD10 0LX</p>	<p>Reconnect Community Cafe - Tuesday 2-4pm. FREE. Refreshments including hot drinks and snacks, a friendly welcome with people to chat to if you would like or space to sit quietly and relax on your own. All ages welcome including children after school.</p>	<p>St John's Community Church 01274 616715 hello@stjohnscommunity.church</p>
<p>St John's Church Hall Greengates, BD10 0LX</p>	<p>Greengates Over 50's Social Friendship Group Thursdays 1.45pm – 3.45pm. £3 charge plus addtnl bingo and raffle.</p>	<p>Bobbie Wood 07443 042925 Robertawood321@gmail.com</p>

Groups in BD12		
Where?	What? When?	Run by/contact details:
Wyke		
Aldersgate Methodist Church Common Road, Low Moor, Bradford BD12 0TW.	Memory Tree - Meet 1st and 3rd Wednesday each month 10.30am to 12.15pm. Meetings are designed for the person with dementia to attend with the carer who could be a friend, relative, neighbour, or paid companion.	Contact Elizabeth on 01274 583364 to book first meeting. See full Memory Tree groups details on page 14.
St Mary's Church Hall Green Lane, Wyke BD12 8QH	Tasty 'Chewsdays' group – every Tuesday 10.30-1.30pm – day care for older residents including transport to and from, entertainment, raffle, home cooked 2 course lunch. £10 charge. Dementia Friendly Café – last Friday of the month 11-1pm for people living with dementia and family/carers – opportunity to socialise, including entertainment, raffle, home-cooked food. £5 each. See p.2 for Monday Motivation session, and main BDSP details on p.13.	Bradford & District Senior Power c/o Sutton Centre, 51 Kiffin Place, BD4 8NB. Tel 07591 646671 To enquire about any BDSP services email infoBDSP4040@gmail.com https://www.bdsp.org.uk/
Wyke Christian Community Church, Town Gate, BD12 9JP	Warm Welcome Café every Friday 10-1pm (term time only) FREE	01274 691889 wykeccc@gmail.com  wykeccc.org
50 Towngate (next to Post Office) Wyke BD12 9JA The Hub, 68 Blackstone Ave, Wyke, BD12 8SJ	The Meeting Place Cafe/ Advice Hub - open Mon to Fri 10.30am to 3pm . Every Thurs - Equality Together offer help with benefit checks, PIP applications. Every Friday - DWP outreach team offer help with debt, financial support, employment. Last Weds of every month Independent Financial Advisor help with pensions information. Wyke Foodbank - Open Tues, Weds & Thursday 10.00am to 1.30pm Referral needed to obtain a food parcel.	Ring Claire 07939476855 for appointments to meet advisors. Contact 'Helping Through Hardship' to assess your situation. Freephone 0808 208 2138 Mon to Fri 9am to 5pm
Veterans Pavilion by the bowling green Wyke Park	Coffee Morning every Tues 10am-11.30am (also see the Well Together Monday walking group information page 18)	Stan Clay 07806 484727

Groups in BD13		
Where?	What? When?	Run by/contact details:
Thornton		
Thornton Community Centre Market Street, BD13 3HW	Weds 10am Thornton & Denholme Practice Champions Art Classes for beginners to the more accomplished, help is at hand from the team. Pop in for a free coffee and a chat.	Contact Thornton Medical Centre on 01274 832110 for more information.


	<p>Weds 1.30pm Thornton Antiquarian Society Tuesday 10.30am Thornton Happy Healthy Community Group cuppa & a natter, bingo, speakers, demonstrations and information from volunteers aiming to increase community spirit, promote friendship and confidence. 3rd Friday each month 1.30pm-3.30pm Wellbeing café £3 charge.</p>	<p>Queensbury Community Programme 01274 816748 qcpinfo@gmail.com</p>
Denholme		
<p>Denholme Community Centre (Mechanics Institute) 40-42 Main Rd Denholme BD13 4BL</p>	<p>Monday Community Café 9.30 - 12noon Keep Fit for over 50's 1.00 - 1.45pm Hatha yoga 6.00 - 7.00pm Tuesday Luncheon Club 10.30 - 1.00pm Weds Warm Space 10.00-12pm with free hot drinks, crumpets, toast Dance On 10.30 - 11.30am Thursday Rural Crafters 1.30 - 3.30pm Last Saturday of the month Quilters 10.00 -4.00pm</p>	<p>info@denholmecommunitycentre.org.uk 01274 924160 Christine Young. Ring for details of any of the activities at the centre and venue hire.</p>
<p>Denholme Shared Churches Keighley Rd Denholme BD13 4JT</p>	<p>Meet & Eat Warm Space for all – Sunday 4pm to 7pm Hot drinks, hot meal, and a chat – FREE (to end of March 2024)</p>	<p>01274 833603 Judith Drake denholmechurch@gmail.com</p>
Queensbury		
<p>We Are Queensbury Community Hub 25 High St Queensbury BD13 2PE</p>	<p>Community Hub & Foodbank - open Tues, Weds, Thursday 10.30am to 12.30pm plus some additional times throughout the month. Warm Space, light refreshments, help & advice drop-in sessions, volunteering opportunities. Tues 1-3pm Friendship group</p>	<p>info@queensburyfoodbank.co.uk 07827 814820  We Are Queensbury</p>
<p>Queensbury Support Centre Albert Rd Community Hub (ARCH) 199 Albert Rd Queensbury BD13 1QB</p>	<p>Day Centre providing opportunities to meet people, participate in activities, entertainment, day trips, and enjoy fresh homecooked food - breakfast, lunch, and afternoon tea & cake. Tues, Weds, Thurs 10-3.30pm £17 plus cost if transport required.</p>	<p>Tel 07513 881712 Paul Barker queensburysc@hotmail.co.uk</p>
<p>St Theresa's Church Hall Russell Road Queensbury BD13 2AN</p>	<p>Wellbeing café 4th Friday each month 1.30pm-3.30pm £3 charge.</p>	<p>Queensbury Community Programme 01274 816748 qcpinfo@gmail.com</p>
<p>Victoria Hall 18 Sand Beds Queensbury BD13 1AB</p>	<p>Gentle Exercise Monday 11am-12pm and Tuesday 1.30pm-2.30pm £4 charge.</p>	<p>Queensbury Community Programme 01274 816748 qcpinfo@gmail.com</p>


Victoria Hall 18 Sand Beds Queensbury BD13 1AB	Yo-lates (yoga-pilates) Monday 7-8pm, Tuesday 6.30-7.30pm, Friday 9.30-10.30am £5 charge. Please call QCP before attending.	Queensbury Community Programme 01274 816748 qcpinfo@gmail.com
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Clayton BD14		
St John's Church Community rooms, The Avenue Clayton BD14 6RL	Clayton Dementia Friendly Community Group for people living with dementia and their carers. 1st and 3rd Tuesday each month 1.30pm-3.30pm but ring for dates. Games, quizzes, music, refreshments. Carers have time apart to share views and information with facilitator. FREE – donations encouraged.	Ring Joyce or John for dates. Joyce 07941 210453 joyce.thackwray@gmail.com or John 01274 571832 jwstone@btinternet.com
St John's Community rooms, The Avenue Clayton BD14 6RL Tel 01274 883000 admin@stjohnsclayton.org.uk	Wednesday Lunch Club, Weds 11.45am - 2.00pm. £5 charge. Three Course Lunch, quiz, free raffle, friendship. Warm Welcome Space - Thursday 1-4 pm Hot drinks, home baking, fruit. Friendship, quiz, games available. All welcome. Free of Charge.	Contact Yvonne Bates 07880961002 for Lunch Club waiting list details yvonnebates53@gmail.com
Clayton Village Hall Reva Syke Rd Clayton BD14 6QN	Community Cinema 3rd Sunday of the month 5pm for 5.30 start £3/£1. Café every Monday Weds Friday 9.30-12.30pm	Andy Waterman 07305 069785 Info@claytoncinema.org.uk www.claytoncinema.org.uk and 

Groups in BD15		
Where?	What? When?	Run by/contact details:
Wilsden		
St Matthew's Church hall Main St Wilsden BD15 0DZ	Wellbeing Café last Tuesday of the month 2-3.30pm. FREE. Coffee, cake, activities and a chat for anyone who would like to meet others for shared company. Peer support and information for carers of people with memory loss.	wilsdenpatientgroup@gmail.com Anna Lumb 07797 155970 anna.lumb@leeds.anglican.org

Groups in BD16,17,18		
Where?	What? When?	Run by/contact details:
Bingley		

Abbeyfield Fern House Community Hub, Fern Bank Drive, Bingley BD16 4FA	Mon, Tues & Thurs 9.30-3pm - Social lunch and carers support group. The hub's aim is to reduce social isolation, promote good mental health and provide a break for carers through a program of activities.	01274 065099 communityhubfh@abbeyfieldthedales.co.uk
The Hub, Bingley Baptist Church Park Rd BD16 4LJ	'Board games and Banter' afternoons (but not the usual board games!) - Weds 2-4pm Free. Fun, chat, and a cuppa. Fridays 12.15pm - lunch club	Ann Scott 07976 165531 for more details. Call Rob for more lunch club info 07496 333320 rob@bingleybaptistchurch.co.uk
Cottingley Community Centre Littlelands BD16 1AL	Mon 10.30-11.30am - Seated exercise FREE. 1st Friday of the month - Lunch club, 2 courses, £7 - all welcome. Every Thursday 10am-11am at St Michael's church (behind the centre) - caring and sharing group - tea, toast, activities, and good company. And every 1st Thursday of the month replaced by Songs of Praise. 3rd Weds every other month Memory Lane afternoon tea and activities.	01274 512800 community@cottingleycommunitycentre.net  cottingley community centre
Baildon		
The Den, Wesley's Café, Baildon Methodist Church, Newton Way, BD17 5NH	Memory Support Baildon Drop-in 2nd & 4th Tuesday each month 1.30pm-3pm Concerned about your memory or supporting someone with a memory problem? Have an informal chat with us, learn about support services or just collect some information.	Dementia Friendly Baildon Information line: Dilys 07726 767760 Mon to Fri 10am-12noon
Wesley's Café, Baildon Methodist Church, Newton Way, BD17 5NH	Baildon Buddies Thursday 1.15pm- 3.15pm Tea, chat, crafting. Drop-in - no need to book. £3.50 charge.	Shirley Weaver 07535 660958 shirley.weaver@btinternet.com
Wesley's Café, Baildon Methodist Church Newton Way, BD17 5NH	Singalong-a-Baildon 2nd & 4th Friday each month 1pm-3pm Sing along to a choice of songs. Drop-in - no need to book. £2 charge.	Shirley Weaver 07535 660958 shirley.weaver@btinternet.com
Moravian Church West Fold (off Westgate) Baildon BD17 5EL	Dementia wellbeing café 1st Thursday each month 1.30pm-3pm Raffle, refreshments, and entertainment £3.50 charge. Phone to book.	Carol Sadowyj 07946 154161 carol.sadowyj@hotmail.co.uk
Shipley		
St Peter's Church, The Lounge Moorhead Lane, Saltaire BD18 4JH	Memory Tree - Meet 2nd and 4th Wednesday each month 11am to 12.45pm. Meetings are designed for the person with dementia to attend with the carer who could be a friend, relative, neighbour, or paid companion, but someone must be present as a supporter throughout meetings.	Contact Elizabeth on 01274 583364 to book first meeting. See full Memory Tree groups details on page 14.

St Peter's Church, Moorhead Lane, Saltaire BD18 4JH	ShIPLEY Memories Group social café. Monday 11am-1pm. Talks Entertainment Raffles Refreshments. FREE	Ben.verdeyen@westyorkshire.police.uk Please ring 07743461324 in the first instance to check availability
FIT (Facing It Together) Group	Meet in Shipley the 3rd Tuesday afternoon of the month. Part of the DEEP Dementia Voices network, an involvement group for people with dementia, who work to help the local community, businesses and other organisations understand what it is like to have dementia and how they can best support people.	In the first instance contact Ross on 07773 123900 ross.collard@bradford.gov.uk or Judith at fitbradford@gmail.com
Kirkgate Centre Kirkgate Shipley BD18 3EH 9.15am to 4pm Mon to Fri.	the Kirkgate Community Centre has reopened after extensive renovation works with a safe and warm accessible space providing a variety of services to the local community. Call in at the centre for a copy of the current programme of what's on at the centre. You can also get updates and info on events on the Facebook page. Community cafe is open Monday to Friday 10.00 - 2.00 pm.	https://kirkgatecentre.org.uk/whats-on/ Please call 07960 424067 or email admin@kirkgatecentre.org.uk for further information.  @thekirkgatecentreshipley

Keighley Aire & Wharfe		
Where?	What? When?	Run by/contact details:
Whins Wood, Halifax Rd, nr Crossroads, Keighley BD21 5HW	Lion's Den Shed – activities, wellbeing and peer support for men and women. Lonely or isolated? Mental and physical health concerns? Pass-on your skills or learn a new one. Also, Weds 1-3.30pm Woodwork group for people with dementia.	Contact Allan on 07903 044060 lionsdenshed@gmail.com Arrange a visit to our shed or call-in to see us.
Keighley Shared Church Hall Market Street, Keighley BD21 5AD.	Memory Tree - Meet 2nd and 4th Friday each month 1.30pm to 3.15pm. Meetings are designed for the person with dementia to attend with the carer who could be a friend, relative, neighbour, or paid companion. Also - FREE Tai Chi style exercise 3rd Friday of the month	Contact Elizabeth on 01274 583364 or 07766 220725 to book first meeting. See full Memory Tree page details p.14. Ring Elizabeth to book your place
Keighley Healthy Living 13 Scott Street Keighley BD21 2JH	Conversation Café drop-in, no need to book. Tuesday 10am-12pm FREE. Plus, many more groups and activities throughout the week including seated exercise, craft groups, art groups, games groups – some booking required, some drop-in.	Keighley Healthy Living 01535 677177 admin@khl.org.uk khl.org.uk  keighleyhealthyliving
Roshni Ghar 13 Scott Street, Keighley, BD21 2JH	Roshni Ghar is a mental health charity that provides culturally appropriate, responsive services for South Asian women experiencing mental ill health.	01535 609927 info@roshnighar.org.uk
Keighley Creative,	Arts for Brain Health Monday Creative from 1.30 to 3.30pm	Ailsa Lewar 07423 154855 or ailsa@keighleycreative.org

3-7 Cooke Lane, Airedale Shopping Centre, Keighley BD21 3PF (formerly Argos)	This is our regular arts & craft group for people living with dementia and their carers. No art experience needed.	keighleycreative.org
Silsden Town Hall Kirkgate BD20 0AJ	Chair yoga for age 75+ 10.30-12noon every 4th Monday FREE.	Reengage (see page 13) register in advance call 0800 716 543
The Parish Centre, 43 Station Rd Burley-in-Wharfedale LS29 7NE	The Memory Tree @ Burley 1st & 3rd Thursdays of every month 2-4pm Burley Dementia Action Group – call for future meeting times	Susan Collins 01943 864424 Please call initially to check availability dementiafriendlyburley@gmail.com https://burleydementiafriends.weebly.com/
Clarke Foley Centre, Cunliffe Rd, Ilkley LS29 9DZ	Dementia Friendly Wellbeing Café – 1st and 3rd Tuesday every month 1.30-3.30pm a place for people living with dementia, their families, and carers to socialise with others in a fun and supportive way.	Ilkley & District Good Neighbours www.goodneighboursilkley.org.uk 01943 603348
Ilkley Library Station Road Ilkley LS29 8HA	Memory Corner at Ilkley Library – library opening times. Information and advice resources from Dementia Friendly Ilkley Action. Drop-in for a look but call Sally to book an attended appointment.	Sally 07936 446097 dfia.org.uk dementiafriendlyilkley@gmail.com https://dementiafriendlyilkley.weebly.com/
Guiseley Football & Cricket Club, Otley Road, Guiseley LS20 8BT	Every Friday 1pm - 3pm Guiseley Memories Social café – Talks, Entertainment, Singing, Raffles, Refreshments.	07766 501278 call to check availability BradfordMemoriesCafe@gmail.com

Dementia Friendly Keighley (DFK) - dementiafriendlykeighley.org.uk

 [dementiafriendlykeighley](https://www.facebook.com/dementiafriendlykeighley)

DFK supports those living with dementia and their carers in a safe environment and help them meet people in a similar situation.

Monday	Coffee Club 10am to 12.30pm	AND	1.30pm to 3.30pm
Tuesday	Games Morning 10am to 12.30pm	Coffee Club	1.30pm to 3.30pm
Wednesday	Memory Box 10am to 12.30pm	Coffee Club	1.30pm to 3.30pm
Thursday	Coffee Club 10am to 12.30pm	Crafty Friends	1.30pm to 3.30pm
Friday	Coffee Club 10am to 12.30pm		

**All the sessions are held at DFK,
Airedale Shopping Centre,
College Walk, Keighley, BD21 3PH**

Thursday 6.30pm onwards Brown Cow Social Group, The Brown Cow, Cross Leeds St, Keighley, BD21 2LQ

First Friday of each month 2pm to 3.30pm Singing Teapot, DFK, Airedale Shopping Centre, College Walk, Keighley, BD21 3PH.

Dementia Awareness Sessions – become a dementia friend at one of our public dementia awareness sessions held monthly.

To find out more information or book any of the sessions **ring 01535 602529** or **email: info@dementiafriendlykeighley.org.uk** or check website.

Carers' Resource - "you care for them; we care for you" -

providing groups and activities specifically for Carers to take a break from their caring role. Their friendly groups include Coffee groups, Craft groups, park strolls, allotment groups, men's groups, online virtual groups, and one-off events have included cinema visits, learning to sail, and first aid training. The groups and activities are usually detailed on their website on a quarterly basis and are also listed in the "Choices" magazine that is posted or emailed out to all Carers on a quarterly basis.

For more information about carer groups go to <https://www.carersresource.org/whats-on/> or for general carer advice and support ring free on 0808 501 5939 or 01274 449660 or email: info@carersresource.org
website: www.carersresource.org

Age UK activities and events taking place at Age UK Bradford District and in our local communities

For further details of any of our activities ring 01274 391190 info@ageukbd.org.uk ageuk.org.uk/bradforddistrict

Warm and Friendly Spaces at all Age UK hubs in Wrose, Idle, Shipley, Allerton, Queensbury, and Keighley – get out of the house for a natter, a cuppa, a read, crafting, or meet a friend in a safe space. #ageukbradford #warmspaces #alwayswelcome #community

Buddy Groups

Bradford City – Friendship Café at the City Hub, Thursday 11am to 3pm - *dementia friendly*. Working in collaboration with partners there will be film screenings, games, puzzles, and other activities such as knitting. 36 Valley Parade opposite the Club shop. Parking available in the Directors car park on the left-hand side down Valley Parade.

Queensbury – The Queensbury group meets Tuesdays 1-3pm at Queensbury Community Hub & Foodbank, 25 Hight St, Queensbury BD13 2PE.

Bingley – The Bingley group meets Wednesdays 11am at Canalside Health Centre Café (on level 2), 2 Kingsway, Bingley BD16 4RP.

Girlington Morrisons – The Girlington group meets Tuesdays 11am at Morrisons Café Victoria Shopping Centre, Young St, Girlington BD8 9BN.

Please contact hadji.singh@ageukbd.org.uk or ring 07391 402416 before attending.

Thornbury Morrisons – The Thornbury group meets Wednesdays 1:30pm at Morrisons cafe, Rushton Ave, Bradford BD3 7HZ.

5 Lane Ends Morrisons – The 5 Lane Ends group meets Thursdays 11am-12 noon in the Café at Enterprise 5 Morrisons, 275 Bradford Rd, BD10 8EG.

Keighley Morrisons – The Keighley group meets Thursdays 11am in the Morrisons community room by the café, Worth Way Keighley BD21 5AE.

Rag Bag Craft Club – Shipley hub (facing Costa coffee) unit 4/5 Arndale Mall, Shipley BD18 3QQ Wednesdays 10-11am FREE – meet new friends, learn new skills, recycle/upcycle items from the Hub shops.

Walking Groups – see the Well Together information on page 16 for walking groups in postcodes around the district.

Day Services – Tuesdays – Mary Seacole Court Day Service. Housing 21, Mary Seacole Court, Bradford, BD5 0SW. There are limited places available, please contact us for details if you would like to attend.

Veterans Activities and Events – groups, drop-ins, breakfast clubs for serving and ex-armed forces meeting at various venues: Alhambra theatre café, Wibsey Dog & Gun, Mess Bar Keighley, Tong Con Club, Wetherspoons Turls Green, Bradford and Listers Arms, Ilkley. Ring 01274 391190 for further info or visit <https://www.ageuk.org.uk/bradforddistrict/activities-and-events/veterans-activities-and-events/>



A group supporting people affected by young onset dementia (also known as working age dementia).

The group is led by a team of dedicated, experienced volunteers and membership is free. They provide information, contact and support for people affected by young onset dementia through an **online group and a monthly face to face informal group** to meet others in a similar situation, share experiences and learn how to live as well as possible with dementia. They run various activities including supported holidays, socials, cookery sessions, and spa breaks for carers. They work closely with universities in research, education, and training believing that people affected by dementia are their own **'experts by experience'**.

For more information or to discuss your suitability for Pathways, or the **Experts by Experience** group please contact:

Clare Mason on **07917 751478** email: pathwaysdementia@gmail.com  Pathways – supporting those affected by young onset dementia.

Friends Together

Day trips, short breaks and holidays plus local social events organised to help enhance the lives of people living with dementia, their carer partners, and former carers, and to build new friendships with others in similar circumstances.

Contact Elaine Rathmell on **0113 285 2431** email: elaine.rathmell@hotmail.co.uk for a brochure of trips and events for 2025.

All trips are subsidised by money raised by raffles, donations, and fundraising events.



BDSP is here to help take the pressure off older adults who are experiencing loneliness.

Our vision is to see isolated and vulnerable older people, from across the Bradford District, cared for and connected.

We support those aged 60+ at risk of losing their independence, and regularly engage those with poor health, dementia, and complex needs. We also run a variety of social and learning groups open to seniors throughout the week at various venues.

Bradford & District Senior Power, c/o Sutton Centre, 51 Kiffin Place, BD4 8NB, Tel 07591 646671

To enquire about any of our services email infoBDSP4040@gmail.com <https://www.bdsp.org.uk/>



Re-engage is a charity dedicated to ending loneliness and isolation among those aged 75 and over and provides vital, life-enhancing social connections for older people at a time in their lives when their social circles are diminishing.

Attending a Re-engage tea party or activity group or receiving a regular phone call from a call companion, can help break that cycle of loneliness and bring joy and laughter back into an older person's life. We also have Rainbow Call Companions for people aged 75+ from the LGBT+ community to receive a call from someone who is also LGBT+. The charity believes no-one is too old to make friends or enjoy social interaction. Their research shows that 80% of older people taking part in the activity sessions say it has improved their wellbeing.

If you would like to join a group, please contact Re-engage at: Social activity groups for older people (reengage.org.uk) or call free 0800 716 543.

Memory Tree Groups -

Meetings are designed for the person with dementia to attend with the carer. This is usually the main carer, although it does not have to be; it could be a friend, relative, neighbour, or paid companion, but we need someone to be present as a supporter throughout meetings. For unpaid carers / supporters and there is an opportunity to go through to a separate room to talk to other carers during the second half of the meeting whilst we continue dementia-friendly activities in the main room. However, not everyone benefits from this, so carers / supporters can remain with the person with dementia in the main room if they prefer. Paid companions are expected to remain with their client to support them during the activities in Part 2. Carers looking for peer support can attend alone if their loved one is in day care or residential care.



Please contact Elizabeth Anderson on 01274 583364 or 07766 220725 to book first meeting

For further information see The Memory Tree website at www.thememorytree.org.uk or call/ email elizabeth@thememorytree.org.uk

No formal cost, but there is a donation basket on exit where people can leave contributions to running costs if they wish.

Idle Baptist Church - Meet 2nd and 4th Tues each month 11am to 12.45pm

Bradford Road, Idle, Bradford BD10 9PE.

St Peter's Church, The Lounge - Meet 2nd and 4th Weds each month 11am to 12.45pm

Moorhead Lane, Shipley BD18 4JH.

Aldersgate Methodist Church - Meet 1st and 3rd Weds each month 10.30am to 12.15pm

Common Road, Low Moor, Bradford BD12 0TW.

Keighley Shared Church Hall - Meet 2nd and 4th Friday each month 1.30pm to 3.15pm

Market Street, Keighley BD21 5AD.

Gentle Exercise Tai Chi style seated or standing

3rd Friday of the month 1.30-2.45pm

at Keighley Shared Church Hall Market St BD21 5HT

next to Church Green car park CALL ELIZABETH TO BOOK

No charge but donations welcome

21 February * 21 March * no meeting Good Friday * 16 May

20 June * 18 July * 15 August * 19 September * 17 October

21 November * 19 December *Refreshments included*

Bradford and District Live at Home Community Groups -

offering local Bradford based community groups run by the national charity MHA helping improve the lives of people across the UK. They have community hubs across Bradford in Wibsey, Great Horton & City, Little Horton, Clayton, Allerton & Fairweather Green, and Bolton & Undercliffe. They can provide support with arranging transport to the hubs.

A Community Programme Coordinator would provide tailored support to meet an individual's needs. Their services and activities include coffee mornings, tea dances, supported holidays, day trips and outings, Tai Chi and walking groups, and volunteer led special interest groups, and dementia groups for the person with dementia and their carer.

To refer someone to the scheme contact **01274/397302** or email: bradford.liveathome@mha.org.uk website: www.mha.org.uk

Memory Lane Day Care Centre, Ingots Building, Cemetery Rd, Yeadon LS19 7UP -

a specialist service providing day care in the community for older people who have a form of dementia. **Open Mon to Fri 9am to 4pm and on Saturday 10.30am to 2.30pm.** They work to enhance and promote positive experiences for people with dementia and respite for their loved ones.

Open five days a week and offering a variety of holistic activities from gardening, discussion groups, meaningful singing and movement, craft, games, and much more. They aim to develop people's skills and offer new and different engagements to promote well-being. Memory Lane also provide a **Home Sitting service 24 hours per day 7 days per week.**

Or if you want to meet new friends or simply go somewhere to have a bit of fun, then you will be made very welcome at one of their **Community Cafés** - trained carers also provide support for families who are living with dementia.

Saturday Café (weekly) - 11am to 2pm - Quiz, Bingo, Play Your Cards Right, Lunch

Memory Café (monthly) - 1pm to 3.30pm (last Friday of each month) Live Entertainment, Bingo, Lunch - Everyone welcome!

Entrance fee to all Cafés - £5 per person includes Lunch, Tea/Coffee/Biscuits/Cakes & Bingo!

To speak to someone about an assessment of your needs or to organise a free trial visit to the centre **Tel: 0113 345 3378**

email: hello@memorylanecare.co.uk or look at their website: <https://memorylanecare.co.uk/>

The Rainbow care group

**Offering specialist Dementia Day Care and Carer respite in Bradford,
every Friday from 10.00-4.00pm in partnership with Bradford City Football Club Community Foundation.**



All of our team are trained in depth by our own qualified dementia and mental health Practitioners and occupational therapist, using evidenced based practices that are centred around the proven methods of cognitive therapy and stimulation that have been shown to slow the progression of the disease.

Using interest-based therapy, from each individuals' unique histories to choose activities that promote meaning and purpose, cognition and positive feelings of wellbeing and independence, whilst enhancing social and physical engagement.

This is all done in a fun social club environment so that our members do not feel that they have been placed in care for the day, they are simply meeting up with friends and having fun!

As we are health care professionals, we also offer medication administration and personal care if required.

At the Rainbow Care Group, we believe in quality over profit and understand that to provide individualised bespoke care and split activities we need to invest for the best outcomes of our clients - our ratio is 1 staff member to 3 or 4 clients with a maximum of 12 clients per club.

Carer Respite - Importantly, the carers do not stay, so they can get some often much needed respite.

The impact and benefit of their time spent with us can be evident up to a week after attendance including: *Improved mood *More regulated sleep *Reduced anxiety *Increased motivation *Task based abilities improved *Communication and engagement enhanced *Reduced carer stress and fatigue, avoiding carer crisis. **We also have groups in Skipton, Ilkley, Otley, and coming soon to Keighley.**

Please call or email for further information Tel 01274 973 232 wharfevalley@Therainbowcaregroup.com

The Light Cinema - 23-33 Broadway, Bradford BD1 1TW - 01274 024889

Last Tues of the month 12pm £5 per ticket and carers FREE. At **dementia-friendly screenings** there are no adverts or trailers, and the lighting will be slightly raised throughout the film. Although these screenings are particularly designed to be accessible for people with dementia, they are open to the general public too.

Please note that pastoral care is not provided at these events so a friend, family member or carer must also attend.

Thank you to Iceland Foods who kindly provide pre-screening refreshments for all guests attending dementia-friendly screenings at all The Light cinemas.

Also...every Thursday before 3pm Silver Screen for 60+ £5 per ticket plus free cuppa.

help@thelight.co.uk <https://bradford.thelight.co.uk/>  LightCinemaBradford



Pictureville Presents - Silver Screen Film Club programme at Pictureville cinema.

Our Silver Screen Club runs Monday-Friday. All are welcome, but if you're over 60 you can get a Silver Screen Membership and enjoy the following benefits: **Tickets £5.50** on any non-IMAX screening before 5pm **Free tea and coffee on arrival.**

Sign up for your membership by asking at the box office, or [find out more about Silver Screen Club.](#)

The National Science & Media Museum BD1 1NQ Full listings <https://www.scienceandmediamuseum.org.uk/cinema> Tel. 033 0058 0058



Well Together Service

Improving health through volunteer-led activities in the community

Well Together provides a range of interesting, sociable, health-led activities delivered by dedicated activity volunteers. Our activities are free and run across Bradford, Airedale, Wharfedale and Craven, in wheelchair-accessible venues. For adults aged 18 years or over and welcomes service users with long term health conditions. People must be independent enough to leave their home un-aided and be well enough to access an activity in the local community run by a volunteer. There are many groups available, including crafting, peer support and walking, and no limit to how many you can join. [Check the monthly updates of face to face & virtual groups and walking groups.](#) You can self-refer to this service by either calling **01274 259190** or by completing the self-referral form on the site. GPs and other health professionals wanting to make a referral on behalf of a patient can do this using the professionals' referral form.

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



FREE!! Volunteer Led Walks all around the district. Click the Well Together link for latest walk and activities details

For more information on our service follow this link to [Well Together service | BDCT](#)

T: 01274 259190

E: Welltogether@bdct.nhs.uk

 **Well Together BDCFT**
 **@ BDCFT_WTS**