

What's On 2017

Type Of Activity	Activity	Venue	Date	Time	Notes	Contact
Social	Chit Chat Club (ladies only)	Peaslands, Westcliffe Road, Shipley, BD18 3DX	Wednesdays	1.30-3.30pm	For ladies only. Includes light refreshments, friendly chat and the occasional quiz or game. Costs £3.	Shirley 07535 660958
Social	Gentlemen's Club (men only)	Peaslands, Westcliffe Road, Shipley, BD18 3DX	Mondays	1.00-3.00pm	For men only. A chance to socialise and meet new friends for a cuppa and a chat. Costs £3.	Tracy 07903 098665
Social	Guys & Dolls	Emerald Suite, Windhill Green Medical Centre, BD18 1QB	Tuesdays	2.00 – 4.00pm	A social group for men and women to meet up for games, activities and laughter. Costs £3, including refreshments.	James 01274 271088
Social	Baildon Wellbeing Café	Moravian Church Hall, West Fold, Baildon, BD17 5EL	First Thursday of every month	1.30 – 3.30pm	A fun social event for older people who are feeling isolated or down, and those who are becoming forgetful to attend with their carer. The Café costs £2 and includes refreshments and entertainment, with a different theme each month.	Carol 07946 154161
Social	Wilsden Wellbeing Café	St Mathews Church, Main Street, Wilsden BD15 0DZ	First Wednesday of every month	1.30 – 3.30pm	A fun social event for older people from the Wilsden, Harden & Cullingworth areas	Shirley

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					who are feeling isolated or down. The Café is also open for those who are becoming forgetful to attend with their carer. The Café costs £2 and includes refreshments and entertainment, with a different theme each month.	07535 660958
Social	Baildon Buddies	Wesleys Café, Baildon Methodist Church, Newton Way, BD17 5NH	Thursdays	1.00 – 3.00pm	Weekly social group for anyone aged 50+ with film screening on the last Thursday of each month. Costs £3.	Shirley 07535 660958
Social	Wrose Buddies	Wrose Methodist Church, Thornacre Road, Wrose, BD18 1JY	Monday 20 th October	1.30 – 3.30pm	Social group for anyone aged 50+, especially those who are feeling isolated or down, and those who are becoming forgetful as well as their partner/carers. Costs £3 including entertainment and refreshments.	HALE 01274 271088
Social	Sewing workshop	HALE Project, 1 Westgate, Shipley, BD18 3QX	Thursday and Friday	10-2pm	Sewing workshops for all abilities, with an experience tutor. Up-cycle and refashion your own clothes or chose	HALE 01274 271088

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					from a wide selection £5 Per workshop	
Social	Sewing workshop	HALE Project, 1 Westgate, ShIPLEY, BD18 3QX	Saturday	11am – 1pm	Sewing workshops for all abilities, with an experience tutor. Up-cycle and refashion your own clothes or chose from a wide selection £5 Per workshop	HALE 01274 271088
Social	Woodwork workshop	HALE Project, 1 Westgate, ShIPLEY, BD18 3QX	Monday	1 -3pm	Woodwork workshops for all abilities – Donation for tea and coffee and material appreciated	HALE 01274 271088
Social	Tuesday Night Project	Canalside Medical Centre, Bingley	Tuesday	4pm – 6.30pm	A young people's youth cafe aimed at 11-18 year olds. Come together and chat and discuss young people's issues. Child Sex Exploitation prevention sessions will also be offered.	Laura 07507763597

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Exercise	Seated Exercise	Kirkgate Community Centre, 39A Kirkgate, Shipley, BD18 3EH	Thursdays	9.45 – 10.45am	Gentle exercise session for the over 55's. Costs £3 per session	Rachel 01274 271088
Sexual Health Information		Mobile Venue Various Locations Follow us on Facebook or Twitter or ring for details.	Fridays and Tuesday			Laura 01274 271088