

WHAT'S ON GUIDE – SUMMER 2018

| Type of Activity | Activity | Venue | Date | Time | Notes | Contact |
|--------------------------|-------------------------------------|--|-----------|---------------------|--|-------------------------------|
| Exercise | Seated Exercise | Kirkgate Community Centre, 39A Kirkgate, ShIPLEY, BD18 3EH | Thursday | 9.45am - 10.45am | Gentle exercise session for the over 55's. Cost: £3 per session | Liz Chapman 07505 145153 |
| Exercise / Social | Mens Walking Group | Meet at Noble Comb, Otley Rd, BD1 3ST | Wednesday | Meet at 1pm | Meet at the Noble Comb and take part in a short walks | James Howgego 07946 155347 |
| Health | Hypertension Outreach Project | A project to test the public of Bradford District for high blood pressure. We can be booked for sessions or events at community groups, workplaces & health events and will provide a free test along with some health advice. | | | | Hannah Child 07398 351792 |
| Social | Woodwork Workshop | HALE Project, 1 Westgate, ShIPLEY, BD18 3QX | Monday | 1pm -3pm | Woodwork workshop for all abilities Cost: £3 per session | Cara McTasney 07946 154139 |
| Social | Baildon Mens Shed | Bracken Hall Countryside Centre, Glen Rd, Baildon BD17 5EA | Thursday | 10am – 12noon | Woodwork group for men, no experience necessary | James Howgego 07946 155347 |

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| Social | Sewing Workshop | HALE Project, 1 Westgate, ShIPLEY, BD18 3QX | Thursday | 10am -2pm | Sewing workshops for all abilities, with an experience tutor. Cost: £3 per session | Cara McTasney 07946 154139 |
| Social | Crafts Group | Crag Rd Methodist Church | Thursday | 1pm -3pm | Open to locals in the Crag and Owlet Area Cost: £2 per session | Cara McTasney 07946 154139 |
| Social | Chit Chat Club (ladies only) | Peaslands, Westcliffe Road, ShIPLEY, BD18 3DX | Wednesday | 1.30pm - 3.30pm | For ladies only. Includes light refreshments, friendly chat and the occasional quiz or game. Costs £3.50 per week | Shirley Weaver 07535 660958 |
| Social | Singalong-a-Baildon | Wesley's Café, Baildon Methodist Church, Newton Way, BD17 5NH | Third Friday of the month | 1.30pm – 3.00pm | Friendly, informal singing group for people with memory problems, carers, family and friends. Meet new people and feel the benefit of singing together in a social environment. Cost: £1 per week | Shirley Weaver 07535 660958 |

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| Social | Gentlemen's Club (men only) | Peaslands, Westcliffe Road, Shipley, BD18 3DX | Monday | 1pm -3pm | For men only. A chance to socialise and meet new friends for a cuppa and a chat. Costs £3.50 per week | Jake Pollard 01274 271088 |
| Social | Guys & Dolls | Emerald Suite, Windhill Green Medical Centre, BD18 1QB | Tuesday | 2pm -4pm | A social group for men and women to meet up for games, activities and laughter. Costs £3.50 including refreshments | Rebecca Grech 07840 099498 |
| Social | Baildon Wellbeing Café | Moravian Church Hall, West Fold, Baildon, BD17 5EL | First Thursday of every month | 1.30pm - 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 £3.00 and includes refreshments and entertainment, with a different theme each month | Carol Sadowyj 07946 154161 |

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| Social | Wilsden Wellbeing Café | St Mathews Church, Main Street, Wilsden BD15 0DZ | First Wednesday of every month | 1.30pm - 3.30pm | A fun social event for older people who are feeling isolated or down or those becoming forgetful can attend with their carer. The Café costs £3.00 and includes refreshments, entertainment, dancing and chatting. | Shirley Weaver 07535 660958 |
| Social | Baildon Buddies | Wesley's Café, Baildon Methodist Church, Newton Way, BD17 5NH | Thursday | 1pm-3pm | Weekly social group for anyone aged 50+ with film screening on the first Thursday of each month. Cost: £3.50 per session | Shirley Weaver 07535 660958 |
| Social | Wrose Buddies | Wrose Methodist Church, Thornacre Road, Wrose, BD18 1JY | Monday | 1.30pm - 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/carer. Cost: £3 including entertainment and refreshments. | Shirley Weaver 07535 660958 |

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| <p>Sexual Health Information</p> | <p>LOCALA Sexual Health Outreach</p> | <p>The team visit various locations across Bradford using the Mobile Outreach Bus. Call/Text for details</p> | <p>Tuesday and Thursday</p> | | <p>Condom distribution, chlamydia screening, information and signposting Sessions at youth club, community centres, housing providers, schools, colleges etc can be booked – please call Laura for more information.</p> | <p>Laura Sewell 07507 763597</p> |
| <p>Wellbeing</p> | <p>Blooming Marvellous Community Garden</p> | <p>Holdsworthy St (between Stubbing Way and Annie St) just off Crag Rd, BD18</p> | <p>Thursday(Fortnightly)</p> | <p>1pm – 4pm</p> | <p>People in the local community have taken this space as their own mini allotments and wonderful outdoor space. Come along and join in</p> | <p>Joel Howard-Birt 07946 154345</p> |