



Health Action Local Engagement
Healthy Living Project



2010

Guide to Activities for All Ages

Shipley, Windhill & Wrose

2010 Guide to Activities for All Ages

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Introduction

This Guide has been developed by HALE (Health Action Local Engagement), the healthy living project, following consultation with residents during the preparation of Local Action Plans for the Shipley constituency. It is funded by the Shipley Area Committee.

The aim of the directory is to provide information about activities, clubs and groups in the local area for people of all ages. We hope that you will be surprised by the number and variety of activities available in your community and that you find a group or activity that inspires you to take part.

HALE would like to thank all those who have contributed information to this guide. Out of the many organisations that we contacted we can include only those that responded to our requests for information.

In all cases please contact the organisation/group you are interested in by phone before attending as times and days of events or activities are liable to change.

HALE Project

HALE (Health Action Local Engagement) is a healthy living project which has been successfully delivering community based health improvement activities of all ages and backgrounds since 2003. HALE is a registered charity (No. 1123542) and company Limited by guarantee. Our aim is To contribute to the reduction of health inequalities by creatively engaging and working with local communities

By using this directory you may find that there are activities that you would like to go to but feel uncomfortable going on your own. HALE runs a Networking programme that will support anyone to go to an activity. The Networker will visit you in your own home and then will go with you to the activity that you would like to try. They will also look into issues of transport. Just ring HALE on 01274 271088 to get a networker or to find out more.

We hope that this directory is a useful guide to current activities taking place in the Shipley area. As with all directories, it will become out of date sooner or later as groups are forever coming and going. We will endeavor to keep our web site up to date and accurate, www.haleproject.org.uk but please let us know if there is something wrong or that has changed. Thanks. For more information about HALE's work in the area, don't hesitate to contact us. Our full contact details are listed on the back of this directory.

ShIPLEY Area Committee

ShIPLEY Area Committee, based at ShIPLEY Town Hall, provides a number of services including: Neighbourhood Forums, support for local partnerships, advice and support to voluntary and community organisations, community fun days and clean ups, funding allocation, advice on crime prevention and free community safety equipment.

For more information contact the team on: 01274 437146
or email: shipleysareaneighbourhoodforums@bradford.gov.uk

Babies and Toddlers

Bolton Villas United Reformed Church

Livingstone Road, Wrose, Shipley

Adam & Eves Toddler Group 9.00–11.00am on Monday, Tuesday, Thursday and Friday

Phone: Marguerite Sobol on 07857 543413

Bolton Woods Community Centre

Livingstone Road, Bolton Woods, Bradford

Registered with OFSTED, childcare provided by qualified staff.

Free NEG places available for 3-5 year olds, Monday-Friday 1.30–4.00pm

Sure Start Young Parents Group, Wednesday 11.00–1.00pm

Rising 2s: for parents/carers with a child of 2+ (only available through referrals – please contact the centre).

Phone: Cath Taylor/Carol Woodley 01274 588684.

CALTEC Creche

16 Otley Road, Shipley

Registered with OFSTED and working with Bradford MDC Early Years and Childcare Services. For children 0-5 years old.

Available Mon-Thurs (term time) 10.00–12.00noon & 1.00–3.00pm, £3.50 per session which includes snack.

Phone: 01274 437175.

Babies and Toddlers

HALE-run Activities

Kirkgate Katch Up Run in partnership with Bradford and Airedale NHS Midwifery Services and Owlet Children's Community Centre, this is a weekly café-style event for parents or carers with small children to catch up with Midwives, access health advice and information, have a chat and a cuppa – all under one roof.

Kirkgate Community Centre, Mondays 10.00am–12.30pm

Phone: Rachel Greene at HALE on 01274 271088

Highcroft Youth Centre

Snowden Road, Wrose

Happy Tots Play group 9.00–11.30am every week day during term time.

High Crag Primary School

Crag Road, Shipley

Little Buntings Creche Places are available throughout the week, with a lunch club.

Courses run at the school include Famililife, Paediatric First Aid, Food Hygiene and Family Learning events.

Terrapins Toddler Group Meets Wednesdays 9.00–11.30am

Cheeky Monkeys Toddler Group Thursdays 1.00–3.00pm.

Phone: 01274 584068

Babies and Toddlers

Hirst Wood Nursery School & Children's Centre

Clarence Road, Shipley

Stay and Play (parents/carers & children up to 5 years)

Wednesdays 9.15–11.15am & Fridays 1.00–3.00pm, 75p.

Sure Start Young Parents' Group (parents/carers up to 23 years old & child up to 5 years)

Thursday 11.00–1.00pm.

The centre also various four- and six-week courses: Baby Massage, Baby Yoga, Managing Children's Behaviour, Health Trainer sessions and Time for Me (pamper sessions).

Phone: Sue Blott 01274 584368

Jimmy G's

199 Bingley Road, Saltaire

Nursery care, fun and activities for children from 6 months-10 years old. A playroom and education room. All children must wear socks.

Unlimited playtime Sunday-Thursday 10.00am–6.00pm

One hour limited play Friday & Saturday 10.00am–7.00pm. £2 for 6 months-3 years old.

Toddler sessions (term time only for 6 months-4 years old) Wednesdays 9.30am–12.30pm & Thursdays 12.30pm–3.00pm. £2.50 per child (including juice, biscuits, tea/coffee).

Phone: 01274 533848

Kirkgate Community Centre

Kirkgate, Shipley

Kirkgate Katch Up For parents/carers with babies/small children, Mondays 10.00am–12.30pm. For further details, see HALE entry on page 8.

Babies and Toddlers

Owlet Children and Family Centre

Barncroft (off Owlet Road), Windhill, Shipley

All groups, drop-in sessions and courses are run by Sure Start.

Mini Music Makers Tuesdays 2.00pm–2.30pm .

Mini Movers Wednesdays 9.30am–10.30am.

Bouncing Babies Wednesdays 11.00am–12.00 noon.

In addition to the above drop-in sessions, the centre runs Sure Start courses such as Baby Sign & Rhyme and Baby Yoga.

Phone: 01274 597717

St Cuthberts Church

Wrose Road, Wrose

Noah's Ark Mother and toddlers group at 9.30am–11.30am every Wednesday

Contact Nattalie on 07588426824.

St Hughes Community Centre

Coach Road, Shipley

Jolly Tots Wednesday 9.00am–10.30am

Phone: Sarah Baxter on 01274 598911 for additional information on activities at St Hughes

St Margaret's Church

Shipley Fields Road, Frizinghall

PATCH Parent & Toddler Group Tuesdays 9.30–11.00am & Thursdays 1.15pm–2.45pm

Phone: 01274 581470

Babies and Toddlers

St Peter's Church

Moorhead Lane, Shipley

Parent & Toddler Group (in the Church Lounge) Wednesdays 9.35–11.30am & 1.30–3.00pm

See & Know for babies & toddlers (in the Church Halls) Fridays 9.45–11.15am

Creche/See & Know (0-4 years) Sundays from 11.15am

Phone: Church office (mornings) 01274 400381

Saltaire Methodist Church

Saltaire Road, Shipley

Rhythm Time Music Course for Babies Monday 11.20am–12.30pm

Contact: Lynne 07789 895894

Bumps n Babies group Thursday 10.30–12.30pm

Toddlers group Thursday 10.30–12.30pm

(both the above groups are run by NCT Bradford & Airedale branch)

Phone: 0870 4214580 **Email:** Bradfordairedalenct@hotmail.com

Shipley Library

2 Wellcroft, Shipley

Sure Start Mini Music Makers for Under 5s Wednesdays 9.45–10.45am, led by Cath Allan.

Phone: 01274 437150 **Email:** Catherine.allan@bradford.gov.uk

Shipley Pool

Alexandra Road, Shipley

Parents & Under 8s (Teaching Pool) Monday-Friday 12.00 noon–1.30pm, Saturday & Sunday 3.30–4.30pm

Phone: 01274 437162

Babies and Toddlers

Shipleigh Youth Cafe

22-23 Market Street, Shipley

Sure Start Baby Cafe Mondays 10.00am-12.00 noon

Phone: 01274 597305

Vicars Café Bistro

79 Victoria Road, Saltaire

Baby Lounge Thursdays 10.00am-12.00 noon.

Get to know other local mums and enjoy a bit of spoiling!

Phone: 01274 597818 **Email:** vicarscafebistro@gmail.com

Westcliffe Road Chapel

Westcliffe Road, Shipley

Playtime Parent & Toddler Group Mondays (term time, except Bank Holidays),
9.30-11.00am

Phone: Rev Andrew Anstice 01274 591770/521444 **Email:** aanstice@lindapter.com

Windhill C of E Primary School

Wrose Brow Road, Shipley

Sure Start Parent & Toddler Group Tuesdays and Thursdays, 9.00am-11.00am

Phone: 01274 597717

Babies and Toddlers

Windhill Community Centre

Church Street, Windhill, Shipley

Sure Start Baby Club (with crèche) Mondays 10.00-11.30am

Carer & Toddler Group Mondays 1.00-3.00pm

Doodles Toddler Group Tuesdays 12.45-2.45pm.

The centre also runs a crèche, NCT antenatal and Sure Start courses such as 'Managing Children's Behaviour'.

Phone: Alison Swiszcowski 01274 588831/588842 **Email:** windhillcc@yahoo.co.uk

Children and Young People

Bolton Villas United Reformed Church

Livingstone Road, Wrose, Shipley

Sunbeams (5 -8 yr olds) 6.00pm–7.30pm every Thursday

Scouts Explorers 7.45pm every Thursday

Mission M9 (8–13yr olds) 7.00pm–8.30pm every Tuesday

Clairemarie's dance school On Friday at 4.00pm – 6.45pm

Phone: Marguerite Sobol on 07857 543413

Bolton Woods Community Centre

Livingstone Road, Bolton Woods, Bradford

Youth Club (7-10 years) Wednesday 6.00pm-7.15pm.

Youth Club (11-13 years) Wednesday 7.30-9.00pm.

Young People's Drop In (13-19 years) Wednesday 11.00am-1.00pm.

Phone: Cath Taylor/Carol Woodley 01274 588684

Bradford Christian School

Livingstone Road, Bolton Woods, Bradford

Impact Group Games, quizzes & socialising. Fridays from 6.15pm.

Phone: Sharron Horton 01274 532649 **E-mail:** office@bradfordchristianschool.org.uk

Children and Young People

DM Academy

The Studios, Briggate, Shipley

Dance tuition offered to all ages & abilities:

Ballroom Beginners-Advanced; **Ballet** Primary-Advanced;

Jazz Dance Beginners -Advanced; **Street Dance** Junior-Advanced;

Tap Beginners-Grade 5.

Classes paid for monthly in advance.

Contact: Deana Morgan 585317 **Email:** info@dmacademy.co.uk

Go Bowling at Shipley Lanes

Market Street, Shipley

Variety of leagues available most days and evenings. Newcomers welcome and coaching is available. Junior League plays on Saturday mornings.

Contact: 01274 583330 **Website:** www.gobowling.co.uk

HALE-run Activities

During the summer:

Ready Steady Cook Healthy cooking & eating activities at schools around Shipley, Bingley and at Shipley Youth Cafe. Other activities such as Street Dance, etc. Ring for details.

Phone: HALE on 01274 271088

Children and Young People

Highcroft Youth Centre

Snowden Road, Wrose

Youth Service Project For 13-19 yr olds, Tuesday night at 6.30 – 9.00pm

Bolton Woods Girls Football Team 5.30pm – 8.00pm Tuesdays

Wrose Adventures Aspergers / Autism group 6.30 – 9.00pm on Wednesday night

Youth Club Thursday night for 13 – 19yrs from 6.30 – 9.30pm

Superstars After School Club From 3.00 – 6.00pm, every week day

Hirst Wood Regeneration Group

The group raises funds for activities for young people (up to 16 years old) during school holidays such as canoeing, basketball, cycling, etc.

Contact: Brian Outlaw (Vice Chair) 07944 189973 **Email:** brianthebandit@gmail.com

Jimmy G's

199 Bingley Road, Saltaire

Fun and activities for children up to 10 years old with a playroom and education room. All children must wear socks.

Unlimited playtime Sunday-Thursday 10.00am-6.00pm

One hour limited play Friday & Saturday 10.00am-7.00pm.

£3.50 4 years-10 years. Height limit: 4' 9" (for insurance purposes).

Phone: 01274 580186

Children and Young People

Kirkgate Community Centre

Kirkgate, Shipley

The Construction Club Learning through play for children and families in maths, geometry, science & arts. Building with lego, knex, geomags, meccano, straws, cardboard & recycled material. Second Friday of each month, 1.30-3.30pm. £3 per family.

Phone: 01274 580186

Dance for Life (Street Dance) for ages 15+. Monday (term time only) 7.00-8.00pm £2.50 per session.

Phone: Carla 01274 432626

Relax Kids Relaxation classes and workshops for children, parents & families. Movement, games, breathing & stretching exercises.

Phone: 01274 580186 **email:** relaxkidswy@aol.com

Rhythmajix Community Drumming Circle Create rhythms with others, no experience necessary. Instruments provided or bring your own. Under 14s must be accompanied by a responsible adult. Fourth Saturday of each month 1.00-3.00pm. £3 for under 18s, under 5s free.

Phone: Anna / Paul 01943 465413 **Website:** www.rhythmajix.co.uk

Low Ash Primary School

Wrose Road, Shipley

Karate (age 7+) Thursday 6.15-7.15pm

Phone: Julian Tan 01943 877618

Taekwondo School of Excellence (age 7+) Saturday 9.30-10.30am

Phone: Phil Downing 07828 620860

St Cuthberts Church

Wrose Road, Wrose

Rainbows Every Thursday evening

Phone: Nattalie on 07588426824

Children and Young People

St Paul's Church

Kirkgate, Shipley

Rainbows Mondays

Phone: Andrea Peace 01274 569596

Brownies Wednesdays

Phone: Linda Sanderson 01274 589039

Guides Wednesdays

Phone: Elaine Griffiths 01274 564638

St Peter's Church

Moorhead Lane, Shipley

Brownies Mondays & Tuesdays 6.00-7.30pm

Cub Scouts Mon 6.45-8.15pm & Wed 6.30-8.00pm

Beaver Scouts Tues 6.00-7.00pm & Wed 6.30-7.30pm

Guides Mondays 7.00-9.00pm

Scouts Tuesdays 7.30-9.00pm

Activ8 (term time only) for school years 4-6, Tuesdays 4.30-6.00pm

Rock Solid youth group (must register as a member first) School years 7-9, Fri 7.15-8.45pm
School years 10+, Fridays 8.45-10.15pm

Phone: Church office (mornings) 01274 400381

Children and Young People

Saltaire Bookshop

217 Bingley Road, Shipley

The bookshop holds regular children's and adults' author events and works in conjunction with local schools.

Children's Reading Group for 8-11 year olds is run by CRB-checked parents/shop owner, with refreshments, on the first Friday of each month, 3.30-4.30pm.

Phone: 01274 589144 **Website:** www.saltairebookshop.com

Saltaire Cricket Club

Roberts Park, Saltaire

Cricket training and matches for the following age groups:

Under 9s, 11s, 13s, 15s & 17-year-olds.

Practice nights take place from April-August, 6.15-9.00pm

Indoor training during the winter (phone for details), £2 charge.

Phone: Geoff Porter, Club Secretary 01274 826177 **Email:** gnporterone@blueyonder.co.uk

Saltaire Methodist Church

Saltaire Road, Saltaire

Youth Club meets fortnightly. Also days out and weekends away. Whether you like football/crafts, if you are in school years 5-10 you will be welcome.

Thursdays fortnightly from 6.30pm

Phone: Jill Blackwell 01274 783319

Children and Young People

Salts Sports Association

Playing Fields, Saltaire

The association has 14 junior tennis teams.

Winter Coaching for Mini Tennis (5-9 year olds) Indoors at Titus Salt School, Monday & Wednesday evenings.

Junior Tennis Coaching (10-16 year olds) Monday, Tuesday & Thursday evenings at Salts Tennis Club.

Free tennis coaching for juniors and their parents at the refurbished Temple Rhydding Park courts: Saturdays 2.00-4.00pm.

Phone: John Bretherick on 07885 254336

Salts Tennis Club

Roberts Park, Saltaire

Tennis Coaching & Match Play Programme, also tournaments & school holiday tennis camps (5-16 year olds). Coaching sessions from £2, yearly membership from £10.

Mini Tennis (up to 8 years old) Mondays 6.30-7.30pm, Wednesdays 4.45-5.45pm

Junior Tennis (11-13 year olds) Mondays 7.30-8.30pm, Thursdays 5.00-6.00pm

Junior Fun Club (5-11 year olds) Saturdays, 10.00-11.30am

Junior Match play session (11-17 year olds) Saturdays, 11.30am-1.30pm

Teen Tennis (13-17 year olds) Tuesdays 5.00-6.30pm, Thursdays 6.00-7.30pm

Phone: Richard Senior, Head Tennis Coach, 07855 764777

Email: richard@tennisunited.net

ShIPLEY Baptist Church

New Kirkgate, Shipley

Beavers (6-8 year olds) Wednesdays 6.30-7.30pm

Contact: Phone: Charley 07756 566480

Children and Young People

ShIPLEY Chess Club

Owlet Hall Social Club, 53 Greenfield Avenue, Windhill, Shipley

Meets to play friendly and competitive games.

Saturday 12.00 noon-4.00pm (friendly/competitive games for the club's trophies).

Phone: Mr M Quereshi 07779 620172 **Website:** www.bradfordchess.org.uk

ShIPLEY College

Exhibition Road, Saltaire

Variety of vocational, special interest & health courses both at the College & other local venues, open to anyone age 16+, free for young people (16-18).

Contact: Phone: 01274 327222 **E-mail:** enquiries@shingley.ac.uk

ShIPLEY Juniors Football Club

Playing Fields, Saltaire (owned by Salts Sports Ass'n)

FA Chartered Community Club status

34 teams for Boys & Girls, Under 6s for game basics

Phone: Paul Whitehead, 07977 777853 **E-mail:** info@shingleyjuniors.co.uk

Website: www.shingleyjuniors.co.uk

Children and Young People

ShIPLEY Pool

Alexandra Road, Shipley

The pool is open 7 days a week.

Swim For All at various times every day in the Main Pool, Teaching Pool and Diving Pool. Aquatics Swim School, launched Autumn 2009, is a Bradford MDC scheme to encourage more adults and children to swim.

Families Only Swims (only children accompanied by parents/carers) Tuesday 5.30-7.00pm & Sundays 1.30-3.30pm

Phone: 01274 437162

ShIPLEY Providence Cricket Club

Playing Fields, Saltaire (owned by Salts Sports Association)

Members from age 15+. A Junior team will be set up in 2010. Indoor training throughout winter at Titus Salt School.

Phone: Syd Marsden 01274 583594 / 07896 700779.

ShIPLEY Youth Cafe

22-23 Market Street, Shipley

Bradford Youth Service Youth Workers & specialist advisers available to help anyone from 11-21 years old. Advice and support on housing, careers, benefits, volunteering & life skills. HALE-run cook & eat sessions. Internet access.

Open Wednesdays 10.30am-5.00pm, Thursdays 10.30am-7.00pm, Fridays 10.30am-9.00pm, Saturdays 2.00pm-9.00pm, Sundays 2.00pm-7.00pm

Phone: Youth Café 01274 597305 **Phone:** Bradford Youth Service 01274 437035.

Children and Young People

St Hughes Community Centre

Coach Road, Shipley

Youth Group Wednesday 5.30 – 6.30pm

Phone: Sarah Baxter on 01274 598911 for additional information on activities at St Hughes

Victoria Hall

Victoria Road, Saltaire

Karate for self-defence and fitness, also confidence and concentration.

Children age 5+, Wednesdays 6.00pm-9.00pm.

Phone: Ken Loke on 07939 561622 **E-mail:** Info.uk@gkrkarate.com

Children and Young People

Vogue School of Freestyle Dance

21-25 Kirkgate, Shipley

Variety of classes from beginners to advanced.

Beginners & Medallist Classes Tuesdays 4.45-6.45pm

Competition Class Tuesdays 6.45-7.45pm

Beginners Break Dance Tuesdays 7.45-8.45pm

Competition Class Wednesdays 4.45-5.45pm

Intermediate Break Dance Wednesdays 7.45-8.45pm

Under 12s Team Thursdays 4.30-5.30pm

Competition Class Thursdays 7.30-8.30pm

Intermediates Medallist Class Fridays 4.30-5.30pm

Competition Class Fridays 5.30-6.30pm

Beginners Hip Hop Fridays 6.30-7.30pm

Advanced Break Dance Fridays 8.30-9.30pm

Under 12s Beginners Saturdays 10.30-11.30am

Competition Class Saturdays 11.30-12.30pm

Urban Funk (7-18 years) Saturdays 1.00-2.00pm

Phone: 07736 469270

Westcliffe Road Chapel

Westcliffe Road, Shipley

Xchange Café Café-style, activities and occasional trips for young people (11+), Thursdays 7.30pm-8.45pm (term time)

Kool Kidz Klub Organized, fun activities for Reception & Key Stage 1 school age children on the second Saturday of each month, 10.15am-12.00 noon.

Phone: 01274 591770 **Email:** aanstice@lindapter.com

Children and Young People

Wilson Centre of Performing Arts

Crown Studios, John Street, Shipley

All teaching is based around 'Learning is Fun'. Tutors are IDTA trained (International Dance Teacher Association)

Classes in Ballet, Tap, Drama, Performing Arts, Freestyle.

Phone: 01274 586866

Windhill Community Centre

Church Street, Windhill, Shipley

Cubs Tuesdays 6.15-9.15pm (led by Andrew Manley).

Taekwondo Mondays & Wednesdays 6.00-8.30pm (Tutor: Glen Warne).

Phone: Alison Swiszcowski 01274 588831/588842 **Email:** windhillcc@yahoo.co.uk

Wrose Methodist Church

Thornacre Road, Wrose, Shipley

Brownies Tuesdays 6.15-8.00pm

Phone: Lynne Keating on 01274 583356 **Email:** lkeating@blueyonder.co.uk

Yamaha Music School

Saltaire Mills, Saltaire

Hi-tec state of the art school.

Individual courses in piano, vocal, violin.

Junior Play for Keeps Group junior course (age 5+)

Play for Keeps Group keyboard course (children & adults)

Guitar Encounter Group guitar course (children & adults)

Phone: 01274 595954 **Email:** ymssaltaire@aol.com

Adults

Aire Valley Lioness Club

Shipley Club, Bradford Road, Shipley

Part of Lions International, the club aims to have fun, meet new friends and help the community. Charity fundraising.

Meets on second and fourth Mondays of the month at 8.00pm

Phone: Mrs Wilson 01274 563073

Aire Valley Singers (AVS)

Choir of around 30 singers based in Shipley. Performs mainly acappella music to a high standard. Good music sight readers are invited to audition. Rehearsals on Monday evenings.

Phone: Richard Ainley, Secretary, 01484 717473 **Website:** www.airevalleysingers.co.uk

Art Walks

If you enjoy walking & sketching/painting, or would like to have a go, then join us on Wednesdays from 1.00-3.00pm for a walk around the Shipley area.

New members are welcome. You don't need art experience but you will need to bring your own basic art materials.

Phone: Sarah 01274 321911 **Email:** sarah.jones@bradford.nhs.uk

Bolton Villas United Reformed Church

Livingstone Road, Wrose, Shipley

Heaven Essence For ladies only. Varied speakers, activities, food. Second Saturday of each month from 7.30pm.

Phone: Ruth 01274 642081

Bolton Woods Community Centre

Livingstone Road, Bolton Woods, Bradford

Adult Social Group / Dance Tuesday 7.30-9.00pm

Aire Valley Dolls House Group Speakers, demonstrations and workshops about dolls houses & related miniatures. Visitors: £2 per meeting. Second Monday of the month (except August), 7.00-9.00pm

IT Workshop (with crèche) Wednesday & Friday 9.30am-12.00 noon

Ladies' Group Thursday 7.00-8.30pm

Literacy & Numeracy Workshop (with crèche) Tuesday 9.30am-12.00 noon

Slimming World Thursday 7.00-9.00pm.

The Centre offers an advice service on Thursday mornings: phone Sandra on 01274 588831 to book an appointment.

From September 2009 the centre will offer Health & Social Care Traineeships with the opportunity for a work placement.

Phone: Cath Taylor/Carol Woodley 01274 588684.

Caroline Street Social Club

Caroline Street, Saltaire

Bingo Mondays, Tuesdays & Fridays

Line Dancing Monday evening & Tuesday afternoons

Sequence Dancing Thursdays

Guest artiste every Saturday night. Always a warm welcome.

Contact: 01274 585140

Adults

Dance Studio

Victoria Hall, Victoria Road, Saltaire

Relaxed and friendly dance classes in Ballroom & Latin.

Monday, Tuesday, Wednesday & Thursday, 7.00-9.00pm

Phone: Hazel Robertson 07967 612178/ 01274 563937 **Email:** hazelvroberson@aol.com

DM Academy

The Studios, Briggate, Shipley

Dance tuition offered to all ages & abilities:

Ballroom Beginners-Advanced, **Jazz Dance** Beginners -Advanced, **Tap** Beginners-Grade 5.

Also **Zumba Dance** (adult Latin fitness) & **Pilates & Fitness Fusion** courses. Adult classes £5.

Ballroom Dance & Social Wednesday 8.00-10.00pm. **Line Dancing** Friday 7.00-10.00pm.

Phone: Deana Morgan 01274 585317 **Email:** info@dmacademy.co.uk

Eccleshill United Football Club

Plumpton Park, Kingsway, Wrose

Bingo 9.00pm on Tuesday (during the football season)

Quiz Night "Play your cards right" 9.00pm on Thursday night

Phone: Keith Firth on 01274 583440.

Friends of Roberts Park

Halfmoon Pavilion, Roberts Park, Saltaire

The group meets monthly in the Pavilion from 7.00pm. New members always welcome.

Phone: 01274 595486 **E-mail:** forp@saltairevillage.info

Go Bowling at Shipley Lanes

Market Street, Shipley

Variety of leagues available most days and evenings. Newcomers welcome and coaching is available.

Phone: 01274 583330 **website:** www.gobowling.co.uk

HALE-run Activities

The 123 Club is a weekly exercise class with practical advice on nutrition and diet, including food taster sessions.

123 Club High Crag Primary School, Crag Road, Shipley. Tuesdays (term time only) 7.00-8.30pm

123 Club Windhill Community Centre, Church Street, Windhill. Thursdays 7.00-9.00pm

Time 4 Me is a weight management programme including exercise, talks and cook and eat sessions.

Time 4 Me Shipley Baptist Church, New Kirkgate, Shipley. Wednesdays 10.00am-1.00pm.

HALE's Networkers will visit anyone of any age who is isolated, depressed or lacking in confidence and who would like to find out about places to visit or activities to take part in with the support of someone else. The Networker will go with you to the place or activity you have chosen, visiting you up to eight times, until you are confident enough to go on your own.

Befriending Service If you feel isolated and have mobility problems we may be able to help you with this service. You can refer yourself or be referred and then we can arrange for someone to visit you on a regular, long-term basis to keep you company and generally be a friend. If you would like to volunteer as a Befriender to someone isolated we would also be delighted to hear from you. This service is funded by The Big Lottery.

Phone: HALE 01274 271088

Adults

Hirst Wood Regeneration Group

Vicars Cafe Bistro, Victoria Road, Saltaire

The group is interested and active in the regeneration of the Hirst Wood area. It also raises funds for local young people's activities during school holidays.

Once a month on Tuesday, 7.30-9.30pm

Phone: Brian Outlaw (Vice Chair) 07944 189973 **Email:** brianthebandit@gmail.com

Kirkgate Community Centre

Kirkgate, Shipley

The centre is a venue for a variety of groups:

Atelier Art Group: a friendly mixed art group working in a variety of mediums. Beginners welcome.

Phone: Jeff Darnbrook 01274 830419

Bradford Writers Circle: speakers & workshops, feedback provided by members. New members very welcome.

Fortnightly on Monday, 7.00-9.00pm. £1.50 per session.

Phone: Tina Watkin 01274 834273

Dance for Life (Street Dance) for ages 15+

Monday (term time only) 7.00-8.00pm, £2.50 per session

Phone: Carla 01274 432626

Fibromyalgia Support Group: positive & friendly support.

Third Monday of the month, 1.30-3.00pm (winter), 7.30-9.00pm (summer).

£1.50 includes refreshments.

Phone: Bernie 01274 416439/ Tracey 01274 533237

Fitness League: Exercise class to music for ladies of any age.

Wednesday 7.30-8.45pm, £4 per class.

Phone: Barbara Craven 01274 630146

Kirkgate Community Centre (continued)

Kirkgate, Shipley

Friends of Northcliffe: arrange conservation work in Northcliffe Woods & fundraising. New members welcome.

Meet Tuesday or Thursday monthly, 7.00-9.00pm

Phone: Sheila Parkin 01274 594518

Kashyapa Buddhist Meditation: open to all, from beginners to advanced. Meditation, teachings, refreshments. Tuesday 7.00-9.30pm. £5 per class.

Phone: Kelsang Khechog 01274 542065

Power Yoga: mixed ability class, beginners welcome.

Wednesday 6.10-7.10pm, £4 per session.

Phone: Elaine Cleary 07751 791335

Rhythmajix Community Drumming Circle: create rhythms with others, no experience necessary. Instruments provided or bring your own.

Fourth Saturday of each month, 1.00-3.00pm. £4 (£3 concessions).

Phone: Anna / Paul 01943 465413

School of Wu Style Tai Chi: aids relaxation and improves balance. £5 per session.

Phone: Bar 01274 595543 Email: bar@ridethetiger.org

Sabre Taekwondo School: instructions in the WTF style Olympic Taekwondo. Fun & friendly, beginners welcome.

Phone: Glen Warne 07923 901719

Email: sabertkd@hotmail.co.uk

Vocal Aires: mixed choir. New members welcome – particularly in need of male vocalists. 50p per session.

Phone: Marjorie Cardwell 01274 584565

Campaign for Rural England Monthly, Thursday morning

Craft Club: A group of creative ladies who provide fun and friendship through card making and crafting.

Meets once a month on Wednesdays, 7.00-9.00pm

Four Hundred Roses Belly Dancing, Saturday mornings

Adults

Kirkgate Community Centre (continued)

Kirkgate, Shipley

Headway Support Group: for carers of brain injury sufferers.

Meets once a month on Tuesday mornings

Shipley & Baildon Blind Welfare Group: Make friends & enjoy activities such as knitting and crafts. Members usually collected & taken home by mini-bus.

Wednesday 2.00-3.30pm, free.

Phone: For details of the previous five groups / clubs, please contact Kirkgate Community Centre on 01274 580186

Kirkgate Studios & Workshops

Kirkgate, Shipley

Crowgill Craft & Chat Group, Monday 12.00-2.00pm

Mixed Crafts, Wednesday 1.00-3.00pm (tutor: Muriel Baines)

Creative Arts Group (run by Mind), Thursday 2.00-4.00pm

Mixed Textiles, Friday 10.00am-12.00 noon

(tutor: Claire Wellesley Smith)

Painting & Drawing for Beginners, Friday 10.00am-12.00 noon (tutor Jane McDonald).

Also a variety of WEA-run courses, contact Studios for details.

Phone: 01274 598928

Website: www.ksandw.org.uk

Kirsten's Pilates & Fitball

All welcome, beginners & improvers.

Cellar Project, Farfield Road, Shipley

Monday 6.00-7.00pm & 7.00-8.00pm, Thursday 6.30-7.30pm

Vogue Dance Studio, 21 Kirkgate, Shipley

Friday 9.45-10.45am.

£4 drop-in per session or classes can be pre-booked on half-term basis (7 weeks=£28)

Phone: Kirsten 01274 778153 / 07944 783656

Low Ash Primary School

Wrose Road, Shipley

JR Fitness Monday 7.00-8.00pm & Thursday 6.00-7.15pm

Phone: Julie Rayner 01274 510417

Karate Thursday 6.15-7.15pm

Phone: Julian Tan 01943 877618

Rosemary Conley Fitness & Diet Tuesday 5.45-7.15pm & Saturday 9.45-11.15am

Phone: Lorraine Wardle 01943 870243

Taekwondo School of Excellence Saturday 9.30-10.30am

Phone: Phil Downing 07828 620860

Weightwatchers Monday 6.00-8.00pm

Phone: Denise Walker 01535 610657

Mind Walking Group

Meets to walk at different locations around Bradford/Airedale.

Tuesday from 11.00am.

Phone: Janette 01274 730815 / 07827 848576

Adults

OASIS Group

Somerset House, Manor Lane, Shipley

This friendly, relaxed group is open to 16-65 year olds with mental health difficulties in touch with North Bradford Community Mental Health Team.

Monthly meetings & social trips & welcomes new members.

Phone: Sue Wilde on 01274 531536

E-mail: sue.wilde@bdct.nhs.uk

RSPB Airedale & Bradford Group

Talks with colour slides/film Meets at Shipley Library on Fridays from 7.30pm. Open to members/non-members, £2.50.

Phone: Paul Barrett, Email: asbrspb@blueyonder.co.uk

Website: www.rspb.org.uk/groups/airedalebradford

St Cuthberts Church

Wrose Road, Wrose

Wrose Ladies Forum (1st Monday in the month) 6.30 – 9pm

Square Dancing Tuesday from 7.30 – 9.30pm

Phone: Nattalie on 07588426824.

St Hughes Community Centre

Coach Road, Shipley

Computer Class for Beginners Monday 10.00–12.00pm

Sequence Dancing Tuition Monday 2.00pm

Quilting Class Monday 7.00–9.00pm

Indoor Bowling Tuesday 1.00–4.00pm

Creative Craft Sessions Wednesday 10.45–3.15pm

Open and Free Internet Café 1.00–3.00pm

Bingo Every Thursday from 7.00–8.00pm

Art Class Every Friday 1.00–4.30pm

Phone: Sarah Baxter on 01274 598911 for additional information on activities at St Hughes

St Peter's Church

Moorhead Lane, Shipley

Community Play Group Mondays & Thursdays 9.30-11.30am

Thursday Club for Ladies Meets fortnightly from September-June, 8.00pm in the Church Lounge

St Peter's Bowling & Tennis Clubs (both at Fernhill Road, Shipley). Membership available.

St Peter's Photographic Club Meets at the Church Halls. Membership available.

Phone: 01274 400381,

Website: www.stpetes.org.uk

Saltaire Bookshop

217 Bingley Road, Shipley

Reading Group (adults) Third Monday of the month, 7.00-8.30pm.

Refreshments available. New members always welcome.

Phone: 01274 589144 **Website:** www.saltairebookshop.com

Adults

Saltaire Cricket Club

Roberts Park, Saltaire

Cricket training & matches Practice nights from April-August 6.15-9.00pm, Roberts Park. Some indoor training during winter – ring for details. From £2.

Volunteers always required for table top sales, painting, decorating/building work, gardening/groundwork, etc.

Phone: Geoffrey Porter 01274 826177

Email: gnporterone@blueyonder.co.uk

Saltaire History Club

Shipley College (Exhibition Building), Exhibition Road, Saltaire

Set up to further the knowledge and awareness of the history of the village. The club is open freely to all and holds quarterly meetings, usually on Thursdays.

Last meeting for 2009 is 10th December.

Email: historyclub@saltairvillage.info

Saltaire Methodist Church

Saltaire Road, Saltaire

Art Group Informal group meets Wednesdays 10.00am-12.00 noon

Phone: Philip Mawson, 01274 585572

Wives' Group Meets fortnightly in each other's homes to hear a speaker or enjoy each other's company. Charity fundraising, variety of speakers & activities.

Delighted to welcome new members.

Phone: Lesley Hainsworth 01274 598198

Email: ljh@nevismail.net

Saltaire Village Society

Represents Saltaire Village interests and the UNESCO World Heritage Site of Saltaire. Supports the annual Saltaire Festival, campaigns against the proposed bypass through the village and promotes Sustainable Saltaire.

Email: eddielawler@saltairvillage.info or secretarysvs@googlemail.com

Salts Bowling Club (owned by Salts Sports Association)

Playing Fields, Saltaire

Re-opened after repairs, the club is seeking old & new members, including beginners.

Phone: Robert Stearns 01274 582855

Salts Sports Association

Including: Shipley Juniors Football Club, Salts Bowling Club, Shipley Providence Cricket Club (see separate entries)

Playing Fields, Saltaire

Tennis: teams in ladies', men's & mixed leagues.

Phone: John Bretherick on 07885 254336

Salts Tennis Club

Roberts Park, Saltaire

Tennis coaching, match play & tournaments

Adult Tennis Coaching Tuesday 8.00-9.00pm

Coaching session from £2, Year's membership from £10

Phone: Richard Senior, Head Tennis Coach, 07855 764777

Email: richard@tennisunited.net

Adults

Shipley & District Horticultural Society

Promotes horticultural activities in the area. Provides discounted seeds, bulbs, plants, etc for members. Council or private allotments sometimes available.

Phone: Mr D Lodge (Hon Sec) 01274 586372

Shipley Art Club

Shipley Baptist Church Hall, New Kirkgate, Shipley

Demonstrations, talks. Practical evenings where help is available for beginners. Visitors very welcome.

Tuesdays 7.30-9.30pm (from September-June)

Phone: Jean Beever 01943 872598

Shipley Chess Club

Owlet Hall Social Club, 53 Greenfield Avenue, Windhill, Shipley

Meets to play friendly and competitive games.

Tuesday 7.00-11.00pm (Bradford League chess)

Saturday 12.00 noon-4.00pm (friendly/competitive games for the club's trophies).

Phone: Mr M Quereshi 07779 620172

Website: www.bradfordchess.org.uk

Shipley College

Exhibition Road, Saltaire

Variety of vocational, interest & health courses held both at College & other venues around Shipley, open to anyone over age of 16. Financial support for those on benefits.

Phone: 01274 327222

E-mail: enquiries@shipley.ac.uk

ShIPLEY Conservative Club

76 Otley Road, Shipley

Rotary Club Tuesday 12.00 noon-2.00pm

Line Dancing (adults) Tuesday 7.30-9.30pm, £3.

Phone: Jenny (tutor) 07861 296890

Social Line Dancing (adults) First Saturday of the month, 7.30-11.30pm, £4.

Phone: 01274 583859

ShIPLEY Fairtrade Group

The group aims to maintain Shipley Fairtrade town status, promote Fairtrade and raise awareness of the Fairtrade Mark.

Events held in various public buildings.

Phone: Barbara Judd 01274 584775 **Website:** www.bradford.gov.uk/fairtrade

ShIPLEY Glen Tramway

Prod Lane, Baildon, Shipley

The Tramway is open most weekend afternoons throughout the year, run entirely by volunteers. Volunteers required who have one spare weekend afternoon a month to help sell tickets/sweets, help in the museum or train as a tram driver.

Phone: Dale Smith on 07801 669 780 **Email:** info@glentramway.co.uk

ShIPLEY Juniors Football Club

FA Chartered Community Club status. The club has three Men's teams (meet Saturday & Sunday) and a Ladies' team.

Phone: Paul Whitehead 07977 777853 **Email:** info@shipleyjuniors.co.uk

Adults

ShIPLEY LIBRARY

2 Wellcroft, Shipley

Airedale Antique Collectors Society First Tuesday of the month from 7.30pm

Bradford Living Light & Life Group Friendly group interested in issues that link ideas with a spiritual dimension. First & third Thursdays of the month, 7.00-9.30pm

'My Guide' Absolute Beginners Computer Course Thursday 9.30-11.30 am

ShIPLEY Slide Shows on travel & history, with coffee & biscuits, Fridays from 7.30pm, 80p.

Phone: 01274 437150 **Email:** shIPLEY.library@bradford.gov.uk

ShIPLEY MUSICAL UNION MALE VOICE CHOIR

Anchorage Centre, Westcroft Road, Shipley

Monday from 7.45pm

Phone: Mr D Wilkinson 01274 587194

ShIPLEY NEW START CENTRE

16 Otley Road, Shipley

New Start works in partnership with Shipley College, BCB Radio, CALTEC and Shipley Communities On line to provide a wide range of courses including:

Computing (introductory, intermediate, CLAIT, word processing), Art, Languages, Digital Media, Maths, English and Local History. Woodwork workshop with tutor.

Centre also offers Job search service, Educational Advice Service for Adults (EASA) & OFSTED inspected crèche.

ShIPLEY Community Radio, based in the centre, offers training for local people to become involved.

Phone: Sayra 01274 437175 or drop in for a chat.

Shipley Pool

Alexandra Road, Shipley

The pool is open seven days a week. Swim For All at various times every day. Aquatics Swim School launched Autumn 2009 is a Bradford MDC scheme to encourage more people to swim.

Adults Only Swim Monday-Friday 12.00 noon-1.30pm,

Tuesday 8.00-9.00pm, Thursday 9.00-10.00pm,

Saturday & Sunday 3.30-4.30pm.

Ladies Only Monday 6.45-7.45pm & Tuesday 7.00-8.00pm (Aquacise).

Phone: 01274 437162.

Shipley Providence Cricket Club (owned by Salts Sports Association)

Members currently from age 15+. Two Saturday teams play in the Dales league & a Wednesday evening team. Indoor training throughout winter at Titus Salt School.

Phone: Syd Marsden 01274 583594/ 07896 700779

Shipley Scrabble Club

Peaselands Sheltered Housing, Westcliffe Road, Shipley

Informal, friendly club with players of all abilities, beginners always welcome. Monthly and annual competitions, charity events and parties, regional matches and tournaments.

Thursday, 7.15-9.30pm except third Thursday of the month. Every third Thursday, same time at Kirkgate Community Centre.

First visit free, then £1 per week.

Email: Contact Cyndy on secretary@shipleyscrabbleclub.org.uk

Adults

Vicars Cafe Bistro

Victoria Road, Saltaire

Saltaire Kniterati Experienced & learner knitters welcome.

Wednesdays 10.00am-12.00pm noon

Cover to Cover Book Club (books, cake & tea) Third Saturday of each month, 2.00-3.30pm

Phone: 01274 597818

Victoria Hall

Victoria Road, Saltaire

Clogaire Clog Dancing Monday 8.00-10.00pm, £2

Roll Back the Carpet Appalacian Dancing Wednesday 8.00-10.00pm, £1.50

Phone: for both the above contact Barbara 0113 2694764

Ballroom & Sequence Dancing Thursday 8.00-10.30pm, £1.50

Phone: Derek Feather 01535 662121

Ballroom Dancing Monday & Friday 7.30-10.00pm, £5

Phone: Donald 07767 244506

Best of Friends Line Dancing (intermediates) Wednesday 7.30-10.00pm, £4

Website: www.best-of-friends.co.uk

Dancation Salsa Dancing Thursday 7.00-9.30pm

Phone: Theo 07950 594858

Dance Studio See separate entry on page 28

GKR Karate Wednesday 6.00-9.00pm

Phone: Ken Loke 07939 561622

Rosemary Conley Fitness & Diet Wednesday 6.00-9.00pm

Phone: Lorraine 01943 862160

Victoria Hall (continued)

Victoria Road, Saltaire

Saltaire Decorative & Fine Arts Society First Wednesday of the month, from 2.00pm

Taekwondo Tuesday & Friday 6.00-9.00pm

Kir-in Karate Tuesday 6.00-9.00pm

Phone: for all three activities above please ring the Hall on 01274 327305

Email: enquiries@victoriahallsaltaire.com

Vogue School of Freestyle Dance

Kirkgate, Shipley

Variety of classes on offer.

Adult Beginners Tuesday 7.45-8.45pm

Adult Urban Funk Wednesday 7.45-8.45pm & Saturday 2.00-3.00pm

Adult Intermediate Thursday 5.30-6.30pm

Phone: 07736 469270

White Rose Sugar Art Club

Monthly meetings at Shipley Library from 7.15pm.

Phone: Barbara Robinson on 01274 585776

Wilson Centre of Performing Arts

Crown Studios, John Street, Shipley

All teaching is based around 'Learning is Fun'. Tutors are IDTA trained (International Dance Teacher Association). Classes in Ballet, Tap, Drama, Performing Arts, Freestyle.

Phone: 01274 586866

Adults

Windhill Community Centre

Church Street, Windhill, Shipley

Yoga Monday 9.30-11.30am

Mind, Body & Soul (Pilates) Tuesday 10.30-11.30am

Aerobic Exercise Wednesday 10.30-11.30am

Salsa (adults, with crèche) Thursday 9.30-11.30am

Ballroom dancing Thursday 11.45am-1.15pm

Women's Support Group (with crèche) Friday 9.30-11.30am (run by Maggie)

The Centre also runs literacy & numeracy courses, IT drop-ins & workshops, NCT Antenatal & Managing Children's Behaviour courses. Cafe, furniture store, food co-op & advice service.

Phone: Alison Swiszcowski 01274 588831/588842

Email: windhillcc@yahoo.co.uk

Wrose Hill Chapel

Low ash Ave, Wrose

CAMEO Come and meet each other group every Wednesday at 2.30pm

Contact: Robert Alden

Wrose Methodist Church

Thornacre Road, Wrose, Shipley

Bingo Tuesday 12.30-3.00pm

French class (run by Shipley College) Monday 10.00am-12.00 noon

Keep Fit Monday 7.30-9.00pm

Spanish class (run by Shipley College) Thursday 10.00am-12.00 noon

Phone: 583356

Yamaha Music School

Saltaire Mills, Saltaire

Hi-tec state of the art school. Individual courses in piano, vocal, violin.

Play for Keeps (adults and children) Group-based keyboard course.

Guitar Encounter (adults and children) Group-based guitar course.

Phone: 01274 595954 **Email:** ymssaltaire@aol.com

Older People

Anchorage Centre

Westcroft Road, Shipley

Activities for over 50s.

£2 per session / membership £12 per year

Lunches served Monday- Friday 11.45am-12.30pm, £2.70.

Rambling Group every Sunday (about 6 miles).

Art Thursday 1.00-3.30pm

Bowls Monday 7.00-9.00pm, Wednesday 9.00am-12.00 noon & 1.00-3.30pm, Thursday 7.00-9.00pm, Friday 9.00am-12.30pm, 1.00-4.00pm & 6.30-9.00pm, Saturday 9.30am-12.00 noon, Sunday 12.00 noon-3.00pm

Choir Rehearsal Monday 8.00-10.00pm

Gentle Exercise (age 60+) Thursday 11.00am-12.00 noon

(Tutor: Thelma Sanderson)

Keep Fit Monday 10.00am-12.00 noon

Keep Fit class (intermediate for age 50+) Thursday 9.30-10.45am

(Tutor: Thelma Sanderson)

Line Dancing Wednesday 7.00-9.00pm

Sequence Dancing Tuesday 7.15-10.00pm & Saturday 7.15-10.15pm

Swing Band Rehearsal Tuesday 8.00-10.00pm

Table Tennis Tuesday 9.30am-12.00 noon & Saturday 1.30-4.00pm

Tea Dance Monday 1.30-3.30pm

Whist Tuesday 1.15-3.45pm

Phone: Flo Johnston 01274 593136

Email: flo.johnston@anchor.org.uk

Older People

Art Walks

If you enjoy walking & sketching/painting, or would like to have a go, then join us on Wednesdays from 1.00-3.00pm for a walk around the Shipley area.

New members are welcome. You don't need art experience but you will need to bring your own basic art materials.

Part of NHS Seniors Show the Way project.

Phone: Sarah 01274 321911 **Email:** sarah.jones@bradford.nhs.uk

Bolton Villas United Reformed Church

Livingstone Road, Wrose, Shipley

Saturday Seniors Social evening for seniors aged 55+.

Buffet tea & entertainment. Fun-loving group that welcomes new members. First Saturday of the month from 6.00pm-9.00pm. Spaces are limited and a waiting list operates.

Phone: Raymond and Angela McHugh on 01274 630211 to check availability before attending.

Bolton Woods Community Centre

Livingstone Road, Bolton Woods, Bradford

Aire Valley Dolls House Group See separate entry on page 25

IT Workshop Wednesday 9.30am-12.00 noon & Friday 9.30am-12.00 noon

Ladies' Group Thursday 7.00-8.30pm

Over 55s Lunch Group (2 course hot lunch) Monday 11.30am-3.00pm, £3

Slimming World Thursday 7.00-9.00pm

Social Group / Dance Tuesday 7.30-9.00pm

The Centre offers an advice service on Thursday mornings: phone Sandra on 01274 588831 to book an appointment.

Phone: Cath Taylor/Carol Woodley 01274 588684.

Older People

Carers' Resource – Bradford Branch

Unit 15, Park View Court, Shipley, BD18 3DZ

This national charity provides a wide range of information, advice and support for carers, including carers' groups. A new branch opened in Bradford in Autumn 2009.

Phone: 01274 449660

Caroline Street Social Club

Caroline Street, Saltaire

Bingo Mondays, Tuesdays & Fridays

Line Dancing Monday evening & Tuesday afternoons

Sequence Dancing Thursdays

Guest artiste every Saturday night. Always a warm welcome for all.

Phone: 01274 585140

DM Academy

The Studios, Briggate, Shipley

Dance tuition offered to all ages & abilities: Ballroom, Jazz dance, Tap, etc.

Ballroom Dance & Social Wednesday 8.00-10.00pm

Latin in Line for Young at Heart Thursday 1.00-3.00pm

Line Dancing Friday 7.00-10.00pm

Phone: Deana Morgan 585317 **Email:** info@dmacademy.co.uk

Older People

Friends of Roberts Park

Halfmoon Pavilion, Roberts Park, Saltaire

The group meets monthly in the Pavilion from 7.00pm. New members always welcome

Phone: 01274 595486

Go Bowling at Shipley Lanes

Market Street, Shipley

Variety of leagues available most days and evenings.

Seniors (50+) friendly competition & social on Tuesday mornings.

Newcomers welcome and coaching is available.

Phone: 01274 583330 **website:** www.gobowling.co.uk

Older People

HALE-run Activities

The following activities run all year round, but HALE also runs short taster courses, such as Pilates, Salsa, Line dancing, stress and relaxation courses. For more information please ring HALE on 01274 271088.

Film Clubs

Monday Matinee at Windhill Community Centre, Church Street, Windhill from 1 – 3pm

Exercise

Gentle Seated Exercise Every Thursday 2–3pm at Wrose Hill Chapel, Townsgate, Wrose

Low Impact Exercise Every Friday 9.45–11.15am at Saltaire Methodist Church, Saltaire Road, Saltaire

Time 4 Me Come and exercise, cook some healthy food and share tips with each other. Every Wednesday at Shipley Baptist Church 10.00–1.00pm.

Singing for Health

Alternate Tuesdays, 1.15–2.15pm At Hallcroft Sheltered Housing, 2 Church Street, Shipley

Social Groups

The Gents Club (men only) Meet at Peaselands Sheltered Housing, Westcliffe Road, Shipley every Monday between 1.00pm and 3.00pm

The Chit Chat club (women only) Meet at Peaselands Sheltered Housing, Westcliffe Road, Shipley every Wednesday between 2.00pm and 4.00pm.

Wrose Bull Lunch Meet up at the Wrose Bull pub share a meal with a few other people.

For those people who do not want to go out, but feel isolated, HALE runs a Befriending Service. It may be that you have mobility problems, that you feel isolated and that you just want someone to have a chat with. You can refer yourself or someone else can ring HALE up and then we can arrange for someone to visit you on a long term basis to keep you company and to generally become a friend. You may like to be a volunteer, and if so we would be delighted to hear from you. This service is funded by the Big Lottery.

Older People

Hirst Wood Regeneration Group

Vicars Cafe Bistro, Victoria Road, Saltaire

The group is interested and active in the regeneration of the Hirst Wood area. It also raises funds for local young people's activities during school holidays.

Once a month on Tuesday, 7.30-9.30pm

Phone: Brian Outlaw (Vice Chair) 07944 189973 **Email:** brianthebandit@gmail.com

Kirkgate Community Centre

Kirkgate, Shipley

The centre is a venue for a variety of groups:

Atelier Art Group A friendly mixed art group working in a variety of mediums. Beginners welcome.

Phone: Jeff Darnbrook 01274 830419

Bradford Writers Circle Speakers & workshops, feedback provided by members. New members very welcome. Fortnightly on Monday, 7.00-9.00pm. £1.50 per session.

Phone: Tina Watkin 01274 834273

Dance for Life (Exercise) For older people/people with health problems. Monday (term time only) 6.00-7.00pm, £2.50.

Phone: Carla 01274 432626

Fibromyalgia Support Group positive & friendly support. Third Monday of the month, 1.30-3.00pm (winter), 7.30-9.00pm (summer). £1.50 includes refreshments.

Phone: Bernie 01274 416439/ Tracey 01274 533237

Fitness League Exercise class to music for ladies of any age. Wednesday 7.30-8.45pm, £4 per class.

Phone: Barbara Craven 01274 630146

Friends of Northcliffe Arrange conservation work in Northcliffe Woods & fundraising. New members welcome. Meet Tuesday or Thursday monthly, 7.00-9.00pm.

Phone: Sheila Parkin 01274 594518

Older People

Kirkgate Community Centre (continued)

Kashyapa Buddhist Meditation Tuesday 7.00-9.30pm, £5.

Phone: Kelsang Khechog 01274 542065

Kirkgate Luncheon Club Every Tuesday and Friday 10 -3pm. Transport can be arranged.

Phone: Francis for more information on 01274 580186

Owlet Dance Group Over 50s original sequence dancing. Thursday 1.00-3.30pm, £1 per session

Phone: Jean Longcake 01274 627048

Power Yoga Mixed ability class, beginners welcome Wednesday 6.10-7.10pm, £4 per session.

Phone: Elaine Cleary 07751 791335

Rhythmajix Community Drumming Circle No experience necessary. Fourth Saturday of the month, 1.00-3.00pm, £3.

Phone: Anna / Paul 01943 465413

School of Wu Style Tai Chi £5 per session.

Phone: Bar 01274 595543 **Email:** bar@ridethetiger.org

Vocal Aires Mixed choir, in need of male vocalists. 50p.

Phone: Marjorie Cardwell 01274 584565

Campaign for Rural England Monthly Thursday morning.

Craft Club Ladies who have fun and friendship through card making / crafting. Once a month on Wednesdays, 7.00-9.00pm

Four Hundred Roses Belly Dancing Saturday mornings.

Headway Support Group For carers of brain injury sufferers. Meets once a month on Tuesday mornings.

Shipley & Baidon Blind Welfare Group Members collected & taken home by mini-bus. Wednesday 2.00-3.30pm, free.

Phone: For details of the 5 groups/activities above, please contact the Kirkgate Community Centre on 01274 580186.

Older People

Kirkgate Studios & Workshops

Kirkgate, Shipley

Crowgill Craft & Chat Group Monday 12.00-2.00pm

Mixed Crafts Wednesday 1.00-3.00pm (tutor: Muriel Baines)

Creative Arts Group (run by Mind) Thursday 2.00-4.00pm

Mixed Textiles Friday 10.00am-12.00 noon (tutor: Claire Wellesley Smith).

Painting & Drawing for Beginners Friday 10.00am-12.00 noon (tutor Jane McDonald).

Also a variety of WEA-run courses, contact Studios for details.

Phone: 01274 598928 **Website:** www.ksandw.org.uk

Kirsten's Pilates & Fitball

All welcome, beginners & improvers.

Cellar Project, Farfield Road, Shipley

Monday 6.00-7.00pm & 7.00-8.00pm, Thursday 6.30-7.30pm

Vogue Dance Studio, 21 Kirkgate, Shipley

Friday 9.45-10.45am.

£4 drop-in per session or classes can be pre-booked on half-term basis (7 weeks=£28)

Phone: Kirsten 01274 778153 / 07944 783656

Mind Walking Group

Meets to walk at different locations around Bradford/Airedale. Tuesday from 11.00am.

Phone: Janette 01274 730815 / 07827 848576

Older People

New Horizons Group

Westcliffe Medical Centre, Westcliffe Road, Shipley

Weekly group meetings, refreshments, guest speakers and occasional trips. Must be a patient of Westcliffe MC. Thursday at 12.00 noon.

Phone: 01274 580787

OASIS Group

Somerset House, Manor Lane, Shipley

Friendly, relaxed group open to 16-65 year olds with mental health difficulties in touch with North Bradford Community Mental Health Team.

Monthly meetings & social trips. Welcomes new members.

Phone: Sue Wilde on 01274 531536 **E-mail:** sue.wilde@bdct.nhs.uk

RSPB Airedale & Bradford Group

Talks with colour slides/film Open to all.

Meets at Shipley Library on Fridays from 7.30pm. £2.50.

Phone: Paul Barrett **Email:** asbrspb@blueyonder.co.uk

Website: www.rspb.org.uk/groups/airedalebradford

St Cuthbert's Church Hall

Wrose Road, Shipley

WAFFLE (Wrose Above Fifties for Leisure & Entertainment) Variety Club meets alternate Mondays, 2.00-4.00pm, £1.50 .

Over 50s Exercise Wednesday, 1.30-3.00pm, £2.

Indoor Bowls (October-March) Thursday, 9.30-11.30am & 1.00-3.00pm, £1.50.

Phone: Nattalie on 07588426824.

Older People

St Hughes Community Centre

Coach Road, Shipley

Oasis Café Drop In Wednesday 9.00–11.00am

Phone: Sarah Baxter on 01274 598911 for additional information on activities at St Hughes

St Paul's Church

Kirkgate, Shipley

Thursday Lunch Club Two course meal & coffee, £3 pp. Once a month on a Thursday. Advance booking required. Car provided with reasonable notice.

Also concert season from Jan-May annually.

Phone: Tony Hesselwood / Revd Sue Hope, 01274 564638/ 584775

St Peter's Church

Moorhead Lane, Shipley

Community Play Group Mondays & Thursdays 9.30-11.30am

Thursday Club for Ladies Meets fortnightly from September-June, 8.00pm in the Church Lounge

St Peter's Bowling & Tennis Clubs (both at Fernhill Road, Shipley) Membership available.

St Peter's Photographic Club Meets at the Church Halls. Membership available.

Phone: 01274 400381 **Website:** www.stpetes.org.uk

Saltaire Bookshop

217 Bingley Road, Shipley

Reading Group (adults) Third Monday of the month, 7.00-8.30pm.

Refreshments available. New members always welcome.

Phone: 01274 589144

Website: www.saltairebookshop.com

Older People

Saltaire Cricket Club

Roberts Park, Saltaire

Volunteers always required on match days or for table top sales, painting & decorating, gardening/groundwork, etc.

Spectate at weekends during the season, 1.30-7.00pm.

£1.50 per match, £10 per season.

Phone: Geoffrey Porter 01274 826177 **Email:** gnporterone@blueyonder.co.uk

Saltaire History Club

ShIPLEY College (Exhibition Building), Exhibition Road, Saltaire

Set up to further the knowledge and awareness of the history of the village. The club is open freely to all and holds quarterly meetings, usually on Thursdays.

Last meeting for 2009 is 10th December.

Email: historyclub@saltairevillage.info

Saltaire Methodist Church

Saltaire Road, Saltaire

Art Group Wednesdays, 10.00am-12.00 noon

Phone: Philip Mawson, 01274 585572

Men's Group Meets on ad hoc basis. They enjoy walking, meals out & bowling. Some charity fundraising & speakers.

Tea dance (tea, coffee & raffle) Last Monday of the month (Bank Holidays a week earlier), 1.30-3.30pm, £2.50

Phone: Shiela Jeffery 01274 585370

Older People

Saltaire Methodist Church (Continued)

Wives' Group Meets fortnightly in each other's homes to hear a speaker or enjoy each other's company. Charity fundraising, variety of speakers/ activities. Delighted to see new members.

Phone: Lesley Hainsworth, 01274 598198 **E-mail:** ljh@nevismail.net

Women's Fellowship Retired ladies, church members & others, meet alternate Wednesdays from 2.30pm (variety of speakers, parties & annual outing).

Phone: Marian Mawson, 01274 585572

Saltaire Village Society

Represents Saltaire Village interests and the UNESCO World Heritage Site of Saltaire. Supports the annual Saltaire Festival, campaigns against the proposed bypass through the village and promotes Sustainable Saltaire.

Email: eddielawler@saltairvillage.info or secretarysvs@googlemail.com

Salts Bowling Club (owned by Salts Sports Association)

Playing Fields, Saltaire

Re-opened after repairs, the club is seeking old and new members, including beginners.

Phone: Robert Stearns 01274 582855

Salts Tennis Club

Roberts Park, Saltaire

Tennis coaching, match play & tournaments.

Older Ladies' Tennis Coaching Tuesday 6.30-8.00pm

Coaching session from £2, Year's membership from £10.

Phone: Richard Senior, Head Tennis Coach, 07855 764777

Email: richard@tennisunited.net

Older People

Salvation Army

Rhodes Place, Shipley

Coffee Morning Tea, coffee, homemade cakes & friendly chat.

Every Friday, 10.00am-12.00 noon.

Phone: 01274 581 684

Seniors Show the Way

Highfield Health Centre, 2 Procter Street, Bradford

Would you like to become a Community Health Champion? If you are interested in encouraging others to take up a healthier lifestyle then this NHS-run project would like to hear from you. Training and support are available and you will be able to attend networking meetings with other Champions.

Phone: 01274 321911 **Email:** seniors@bradford.nhs.uk

Shipley & District Horticultural Society

Promotes horticultural activities in the area. Provides discounted seeds, bulbs, plants, etc for members. Council or private allotments sometimes available.

Phone: Mr D Lodge (Hon Sec) 01274 586372

Shipley Art Club

Meets at Shipley Baptist Church Hall, New Kirkgate, Shipley

Demonstrations, talks. Practical evenings where help is available for beginners. Visitors very welcome, membership available.

Tuesdays 7.30-9.30pm (from September-June)

Phone: Jean Beever 01943 872598

Older People

ShIPLEY Baptist Church

New Kirkgate, Shipley

Cuppacare Good food at economic prices, friendly chat, bookstall & cards.

Monday & Friday 10.00am-1.30pm.

Phone: 01274 595217 **Email:** revandrewtaylor@aol.com

ShIPLEY Art Club See separate entry above.

ShIPLEY Chess Club

Owlet Hall Social Club, 53 Greenfield Avenue, Windhill, Shipley

Meets to play friendly and competitive games.

Tuesday 7.00-11.00pm (Bradford League chess)

Saturday 12.00 noon-4.00pm (friendly/competitive games for the club's trophies).

Phone: Mr M Quereshi 07779 620172 **Website:** www.bradfordchess.org.uk

ShIPLEY College

Exhibition Road, Saltaire

Variety of vocational, interest & health courses held both at College & other venues around Shipley, open to anyone over age of 16. Financial support for those on benefits.

Phone: 01274 327222 **E-mail:** enquiries@shipley.ac.uk

ShIPLEY Conservative Club

76 Otley Road, Shipley

Rotary Club Tuesday 12.00 noon-2.00pm

Line Dancing Tuesday 7.30-9.30pm, £3.

Phone: Jenny (tutor) 07861 296890

Social Line Dancing First Saturday of month, 7.30-11.30pm.

Phone: 01274 583859

Older People

Shipley Fairtrade Group

The group aims to maintain Shipley Fairtrade town status, promote Fairtrade and raise awareness of the Fairtrade Mark. Events held in various public buildings.

Phone: Barbara Judd 01274 584775 **Website:** www.bradford.gov.uk/fairtrade

Shipley Glen Tramway

Prod Lane, Baildon, Shipley

The Tramway is open most weekend afternoons throughout the year, run entirely by volunteers. Volunteers required who have one spare weekend afternoon a month to help sell tickets/sweets, help in the museum or train as a tram driver.

Phone: Dale Smith on 07801 669 780 **Email:** info@glentramway.co.uk

Shipley Juniors Football Club

FA Chartered Community Club status. The club has a Veteran team.

Phone: Paul Whitehead 07977 777853 **Email:** info@shipleyjuniors.co.uk

Shipley Library

2 Wellcroft, Shipley

Airedale Antique Collectors Society First Tuesday of the month from 7.30pm

Bradford Living Light & Life Group Friendly group interested in issues that link ideas with a spiritual dimension. First & third Thursdays of the month, 7.00-9.30pm.

'My Guide' Absolute Beginners Computer Course Thursday 9.30-11.30 am.

Shipley Retired Men's Forum (PROBUS) A speaker & conversation, tea & biscuits. Meets alternate Wednesdays from 10.15am. £1.50.

Shipley Slide Shows on travel & history With coffee & biscuits, Fridays from 7.30pm, 80p.

Phone: 01274 437150 **E-mail:** shipley.library@bradford.gov.uk

Older People

ShIPLEY Musical Union Male Voice Choir

Anchorage Centre, Westcroft Road, Shipley

Monday from 7.45pm

Phone: Mr D Wilkinson 01274 587194

ShIPLEY New Start Centre

16 Otley Road, Shipley

New Start works in partnership with Shipley College, BCB Radio, CALTEC and Shipley Communities On line to provide a wide range of courses including:

Computing (introductory, intermediate, CLAIT, word processing), Art, Languages, Digital Media, Maths, English and Local History. Woodwork workshop with tutor.

Centre also offers Job search service, Educational Advice Service for Adults (EASA) & OFSTED inspected crèche.

Shipley Community Radio, based in the centre, offers training for local people to become involved.

Phone: Sayra 01274 437175 or drop in for a chat.

ShIPLEY Pool

Alexandra Road, Shipley

The pool is open seven days a week. Swim For All at various times every day.

Over 50s Monday and Friday 1.30-2.30pm

Phone: 01274 437162

Swimming Buddies Help to ease you into a swimming routine, build a social network and 'buddy up'. Tuesday 10.00am-12.00 noon at Shipley Pool.

Phone: Ann Whaley 01274 321911

Older People

Shipley Providence Cricket Club (owned by Salts Sports Association)

Members currently from age 15 through to veterans. Two Saturday teams play in the Dales league and there is also a Wednesday evening team.

Phone: Syd Marsden 01274 583594/ 07896 700779

Shipley Scrabble Club

Peaslands Sheltered Housing, Westcliffe Road, Shipley

Informal, friendly club with players of all abilities, beginners always welcome. Monthly and annual competitions, charity events and parties, regional matches and tournaments.

Thursday, 7.15-9.30pm except third Thursday of the month. Every third Thursday, same time at Kirkgate Community Centre.

First visit free, then £1 per week.

Email: Contact Cyndy on secretary@shipleyscrabbleclub.org.uk

Vicars Cafe Bistro

Victoria Road, Saltaire

Mature Munch 2 course cooked lunch deal for retired people, Mondays from 12.00pm.

Saltaire Kniterati Experienced & learner knitters welcome. Wednesdays 10.00am-12.00pm.

Cover to Cover Book Club (books, cake & tea) Third Saturday of each month, 2.00-3.30pm.

Phone: 01274 597818

Older People

Victoria Hall

Victoria Road, Saltaire

Clogaire Clog Dancing Monday 8.00-10.00pm, £2.

Roll Back the Carpet Appalacian Dancing Wednesday 8.00-10.00pm, £1.50.

Phone: for both the above contact Barbara 0113 2694764

Ballroom & Sequence Dancing Thursday 8.00-10.30pm, £1.50

Phone: Derek Feather 01535 662121

Ballroom Dancing Monday & Friday 7.30-10.00pm, £5

Phone: Donald 07767 244506

Best of Friends Line Dancing (intermediates) Wednesday 7.30-10.00pm, £4

Website: www.best-of-friends.co.uk

Dancation Salsa Dancing Thursday 7.00-9.30pm

Phone: Theo 07950 594858

Dance Studio See separate entry on page 26

GKR Karate Wednesday 6.00-9.00pm

Phone: Ken Loke 07939 561622

Rosemary Conley Fitness & Diet Wednesday 6.00-9.00pm

Phone: Lorraine 01943 862160

Saltaire Decorative & Fine Arts Society First Wednesday of the month, from 2.00pm

Taekwondo Tuesday & Friday 6.00-9.00pm

Kir-in Karate Tuesday 6.00-9.00pm

Phone: for all three activities above please ring the Hall on 01274 327305 or

Email: enquiries@victoriahallsaltire.com

Vogue School of Freestyle Dance

Kirkgate, Shipley

Variety of classes for all ages.

Phone: 07736 469270

Older People

Westcliffe Road Chapel

Westcliffe Road, Shipley

Lunch Club: 2 course hot meal with tea/coffee. Diets catered for.

Tuesday 11.45am-1.30pm. £3.

Phone: Margaret 01274 586465

White Rose Sugar Art Club

Monthly meetings at Shipley Library from 7.15pm.

Phone: Barbara Robinson: 01274 585776

Wilson Centre of Performing Arts

Crown Studios, John Street, Shipley

All teaching is based around 'Learning is Fun'. Tutors are IDTA trained (International Dance Teacher Association).

Classes in Ballet, Tap, Drama, Performing Arts, Freestyle.

Phone: 01274 586866

Older People

Windhill Community Centre

Church Street, Windhill, Shipley

Yoga Monday 9.30-11.30am

Mind, Body & Soul (Pilates) Tuesday 10.30-11.30am

Aerobic Exercise Wednesday 10.30-11.30am

Salsa Thursday 9.30-11.30am

Ballroom Dancing Thursday 11.45am-1.15pm

Yorky Club for Older People Wednesday 12.30-3.00pm

Healthwise Exercise for Older People Friday 1.00-3.00pm

There are also literacy & numeracy courses, IT drop-ins & workshops, cafe, furniture store, food co-op & advice service.

Phone: Alison Swiszcowski 01274 588831/588842 **Email:** windhillcc@yahoo.co.uk

Wrose Methodist Church

Thornacre Road, Wrose, Shipley

French Class (run by Shipley College) Monday 10.00am-12.00 noon

Bingo Tuesdays 1.00-3.00pm & 8.00-10.00pm

Spanish Class (run by Shipley College) Thursday 10.00am-12.00 noon

Phone: 583356

Yorkshire MESMAC

Music & older LGB Mental Health Free music sessions for lesbian, gay & bisexual older people – no training or special talent needed. Led by mental health workers who have musical training & experience.

Supported by Bradford Council.

Phone: Clive 07913 264967 **Email:** c.spendlove@mesmac.co.uk

Disclaimer

HALE believes that all the information provided in this publication is correct at the time of printing but takes no responsibility for the accuracy of the information published.



Health Action Local Engagement
Healthy Living Project



HALE Project

Address: Floor 2, Merchant's Quay, Ashley Lane, Shipley, BD17 7DB

Phone: 01274 271088

E-mail: info@haleproject.org.uk

Website: www.haleproject.org.uk

Supported by:

City of Bradford MDC

www.bradford.gov.uk