

Let's Get Together!



A guide to supportive activities and groups in the Shipley Constituency for people who would like to make new friends and take up new interests.



2007-8

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Introduction

This directory has been created by the HALE Project in partnership with Shipley Area Co-ordinator's Office and Bradford Social Services (Services for Adults) to address one of the priorities within the Shipley Area Committee Action Plan 2006-2008 that more needed to be done to address the social needs of older and isolated people in our communities.

We hope that this book will provide a useful resource for people living in the Shipley Area, especially older members of our community, who are interested in finding out about what's going on, where and how to get involved.

How to use this booklet

The booklet has been put split into the following geographical areas, based upon ward boundaries:

Baildon

Bingley (Eldwick, Gilstead & Crossflats)

Bingley Rural (Denholme, Cullingworth, Harden & Cottingley)

Shipley

Wharfedale (Menston & Burley-In-Wharfedale)

Windhill and Wrose

Bradford Wide

Within each of these sections is a list of activities that takes place in that area. Activities are then grouped alphabetically under the following headings:

Advice and Guidance

Interest / Hobby Groups

Lunch Clubs, Cafés and Day Centres

Physical Activity

Social and Entertainment

Support

Volunteering

Please take the time to look at the activities that interest you in all the geographic areas, as some groups are open to everybody, not just to people in the immediate locality.

Key to Symbols



Advice and Guidance



Interest / Hobby Groups



Lunch Clubs, Cafés and Day Centres



Physical Activity



Social and Entertainment



Support



Volunteering



Art & Crafts

Activity group fortnightly, art group

Where: St James Church Hall, Otley Road, Baildon, BD17.

When: Tuesday, 13:30 to 15:30

How Much: £2.

Who For: Open to all.

Get Involved: Just turn up.

Transport: Sharing lifts.

Contact: 01274 586830



Tai Chi

Gentle exercise.

Where: St James Church Hall, Otley Road, Baildon, BD17.

When: Monday, 19:30 to 20:30.

How Much: £4.

Who For: Open to all.

Get Involved: Just turn up.

Transport: Sharing lifts.

Contact: 01274 586830



Elderly Day Care

A full day of activities including a hot meal and a pudding, exercise, crafts games, quizzes, reminiscence and outings.

Where: Baildon Community Link, 35 Cliffe Avenue, BD17 6NX.

When: Tuesday and Friday.

How Much: £3.50 per day.

Who For: Older people in the Baildon ward.

Get Involved: Referrals - self or other.

Transport: Minibus, door to door.

Contact: 01274 588681 / Baildon.link@btinternet.com



Baildon Ladies Club

Social meeting with speaker.

Where: Ian Clough Hall, Hall Cliffe, Baildon, BD17 6ND.

When: 3rd Monday in Month at 19:00.

How Much: £15 yearly subscription, 50p per meeting.

Who For: Open to all.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01274 413881



Baildon Men's Forum

Talks / slide shows by different speakers.

Where: Ian Clough Hall, Hall Cliffe, Baildon, BD17 6ND.

When: Alternative Mondays, 10:00 to 12:00.

How Much: £1.50.

Who For: Retired or semi-retired men.

Get Involved: Just turn up.

Transport: None.

Contact: 01274 584725 / www.communigate.co.uk



Baildon Methodist Church

Worship services, tearoom and restaurant, plus women's discussion group.

Where: Baildon Methodist Church, 8 Cecil Avenue, Baildon, BD17 5LH.

When: Various.

How Much: Different costs apply to each activity or group.

Who For: Open to all.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01274 581128 / Baildonmanse@sulphanet.com



Social Events

Activity group fortnightly, whist drive.

Where: St James Church Hall, Otley Road, Baildon, BD17.

When: Friday, 19:30 to 21:30.

How Much: £1.50.

Who For: Open to all.

Get Involved: Just turn up.

Transport: Sharing lifts.

Contact: 01274 586830



Esholt

On fine days volunteers take care of public spaces from early spring to late autumn.

Where: Various.

When: Designated days.

How Much: Free.

Who For: Residents of Esholt.

Get Involved: Ring first.

Transport: None.

Contact: 01274 590230



Hall Cliffe Communitiy Garden

Garden open 9am till dusk everyday for visitors. The members work in the garden every Friday and all are welcome to help.

Where: Hall Cliffe Community Garden (near Library / St John's Church).

When: Friday.

How Much: Free.

Who For: Open to all.

Get Involved: Just turn up.

Transport: None.

Contact: 01274 530383 / 07773001250 / freemanrc@blueyonder.co.uk



Monthly Art Group

Art group

Where: All Saints Church, Old Main Street, Bingley, BD16 2RH.

When: Monthly.

How Much: Ring for details.

Who For: Open to all ages but over 50s in the majority.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01274 563113 / derekjackson2901@hotmail.com



Bingley Voluntary Action

Day care provision.

Where: Cardigan House, Ferncliffe Road, Bingley, BD16 2TA.

When: Monday and Thursday, 10:00 to 15:00.

How Much: £4.50 per day.

Who For: People living in Bingley.

Get Involved: Professional Referral.

Transport: Ring for details.

Contact: 01274 781222 / www.bingleyva.org.uk



Drop in Coffee Morning

Drop in coffee morning (guests are welcome).

Where: Crossflatts over 50's Club, St Aidans Square, Crossflatts.

When: Monday, 10:00 to 12:00.

How Much: £1 annual fee, £1.50 weekly subscription, refreshments 50p.

Who For: Anyone over 50, from Crossflatts and across Bradford.

Get Involved: Self Referral.

Transport: None provided.

Contact: 01274 568847 / 01274 583631



Luncheon Club

Food provided by local caterer, Wide menu choice at reasonable cost. Advance bookings / food orders required.

Where: Crossflatts over 50's Club, St Aidans Square, Crossflatts.

When: 1st Saturday in month.

How Much: £1 annual fee, £1.50 weekly subscription.

Who For: Anyone over 50, from Crossflatts and across Bradford.

Get Involved: Self Referral.

Transport: None provided.

Contact: 01274 568847 / 01274 583631



Visiting Local Restaurants

Lunch group.

Where: Various.

When: Various.

How Much: Cost of meal.

Who For: Open to all ages but over 50s in the majority.

Get Involved: See contact details.

Transport: None provided.

Contact: 01274 563113 / derekjackson2901@hotmail.com



Keep Fit

Exercise (guests are welcome).

Where: Crossflatts over 50's Club, St Aidans Square, Crossflatts.

When: Thursday, 13:15 to 14:15.

How Much: £1 annual fee, £2 for class, refreshments 50p.

Who For: Anyone over 50, from Crossflatts and across Bradford.

Get Involved: Self Referral.

Transport: None provided.

Contact: 01274 568847 / 01274 583631



Sequence Dancing (Crossflatts)

Exercise (guests are welcome).

Where: Crossflatts over 50's Club, St Aidans Square, Crossflatts.

When: Wednesday, 19:30 to 21:30.

How Much: £1 annual fee, £3 for class, refreshments 50p.

Who For: Anyone over 50, from Crossflatts and across Bradford.

Get Involved: Self Referral.

Transport: None provided.

Contact: 01274 568847 / 01274 583631



Sequence Dancing

Dance group. The church and rooms are fully accessible to all people, there is a lift to the upper rooms.

Where: Bingley Methodist Church, Herbert Street, Bingley.

When: Wednesday, 19:00 to 22:00.

How Much: £1.50 per evening.

Who For: Open to all.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01274 563227 / www.bingleymethodistchurch.org.uk



Community Centre Coffee and Lunch

Coffee morning and lunch. The church and rooms are fully accessible to all people, there is a lift to the upper rooms.

Where: Bingley Methodsit Church, Herbert Street, Bingley.

When: Wednesday, Coffee 10:00 to 12:00, Lunch 12:00 to 13:00.

How Much: Food and drink - cost as consumed.

Who For: Open to all.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01274 563227



Community Centre Coffee Morning

Coffee Morning in Bingley. The church and rooms are fully accessible to all people, there is a lift to the upper rooms.

Where: Bingley Methodist Church, Herbert Street, Bingley.

When: Saturday, 09:30 to 12:00.

How Much: Drink as Consummed.

Who For: Open to all.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01274 563227 / www.bingleymethodistchurch.org.uk



Eldwick & Gilstead Thursday Afternoon Club

Social Club for Pensioners with Speakers.

Where: Memorial Hall, Otley Road, Eldwick.

When: Every Thursday, 14:30 to 16:00.

How Much: £1 per meeting.

Who For: Residents in Eldwick and Gilstead and over 60.

Get Involved: Membership - usually no vacancies.

Transport: None provided.

Contact: 01274 773858



Janus Club

Club for retired and semi retired men.

Where: Eldwick Memorial Hall, Otley Road, Eldwick, BD16 3EQ.

When: Weekly Jan to May & Oct to Dec. Monthly, June to Sept.

How Much: £12.50 + £1 per meeting

Who For: Retired or semi retired men broadly within the Bingley District.

Get Involved: Self referral. Can just turn up.

Transport: None provided.

Contact: 01274 565207



Members Meeting Entertainment

Entertainment (members and guests).

Where: Crossflatts over 50's Club, St Aidans Square, Crossflatts.

When: Wednesday, 14:00 to 16:00.

How Much: £1 annual fee, £1.50 weekly subscription, refreshments 50p.

Who For: Anyone over 50, from Crossflatts and across Bradford.

Get Involved: Self Referral.

Transport: None provided.

Contact: 01274 568847 / 01274 583631



Myrtle Park Veterans Association

3 coach trips in summer, Christmas lunch in December, 20 friendly bowls matches in summer, Dominoes in winter.

Where: The Veterans Rooms, Myrtle Park, Bingley, BD16.

When: Monday to Friday, 13:00 to 16:00.

How Much: Annual subscription £3, tea and biscuits 20p.

Who For: Residents within 5 miles radius of Myrtle Park who are over 60.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01274 564358



Social Afternoon

Social Afternoon (members only).

Where: Crossflatts over 50's Club, St Aidans Square, Crossflatts.

When: Tuesday, 14:00 to 16:00.

How Much: £1 annual fee, £1.50 weekly subscription, refreshments 50p.

Who For: Anyone over 50, from Crossflatts and across Bradford.

Get Involved: Self Referral.

Transport: None provided.

Contact: 01274 568847 / 01274 583631



Social Club

Several activities available. Bingo and cricket on Saturdays. Tearoom and bar on Saturday.

Where: Crossflatts Cricket Club, Ryshworth Park, BD16 2ER.

When: Saturday and Sunday.

How Much: Ring for details.

Who For: Open to all.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01274 562050



Tea Dance

Social Tea dance in Bingley.

Where: Bingley Arts Centre, Main Street, Bingley, BD16 2LZ.

When: Wednesday, 14:00 to 16:00.

How Much: £2.50.

Who For: Open to all.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01535 662121



CareLink Befriending Scheme

One-to-one befriending service for isolated older people and monthly get together for isolated service users.

Where: Individuals Homes.

When: Various.

How Much: Free.

Who For: People over 65 - living in Keighley district.

Get Involved: Self or professional referral.

Transport: None provided.

Contact: 01274 609506 / maureen@keighleyvc.co.uk



Grassroots

Gardening service in spring & summer, decorating service in autumn & winter for older people on low income, also odd jobs.

Where: Bingley, Shipley and surrounding area.

When: Monday to Friday 09:00 to 16:30.

How Much: Shipley Free / £10 donation for Bingley and surrounding area.

Who For: Older people who are retired or have a disability.

Get Involved: Contact numbers below.

Transport: None.

Contact: Bingley: 01535 609506 / Shipley: 01274 599441



Mother's Union, Christian Support

Support group.

Where: All Saints Church, Old Main Street, Bingley, BD16 2RH.

When: Monthly.

How Much: Free.

Who For: Open to all ages but over 50s in the majority.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01274 563113 / derekjacson2901@hotmail.com



The Royal British Legion

Welfare work for ex service personnel and their dependents.

Where: The Royal British Legion, 20 Heath Street, BD16 2NX.

When: Various.

How Much: Free.

Who For: Ex service and dependents living in Bingley.

Get Involved: Self referral by telephone.

Transport: None provided.

Contact: 01274 565600



Cottingley Police and Community Point

Advice and guidance from the Cottingley Police & Community Point. Have contact with numerous agencies.

Where: Town Hall, Main Street, Cottingley, BD16.

When: Monday, 10:00 to 14:00. Saturday 10:00 to 12:00.

How Much: Free.

Who For: Open to all.

Get Involved: Turning up or by telephone.

Transport: None provided.

Contact: 01274 404200



Denholme Elders Network

Weekly group, arts/crafts, local history, sequence dancing, bingo, speakers, trips out.

Where: Mechanics Institute, Main Road, Denholme, BD13 4BL.

When: Every Monday, 10:00 to 12:00.

How Much: 50p per week.

Who For: Over 50's.

Get Involved: Just turn up.

Transport: Yes - mini bus.

Contact: 07910363365 / drop-n.denholme@bradford.gov.uk



Interest and Hobby Group

Various activities held in village hall.

Where: Wilsden Village Hall, Townfield, Wilsden, BD15 0HS.

When: Every Tuesday morning and afternoon.

How Much: Free.

Who For: Over 50's.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01535 272786 / julie.petty@btconnect.com



Denholme Rural Crafters

Occasional workshops with tutors. Community Work, books and craft magazines, materials for sale, Christmas fair.

Where: Mechanics Institute, Main Road, Denholme, BD13 4BL.

When: Thursdays, 13:00 to 15:30.

How Much: £1.50.

Who For: Open to all.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01274 833366



Luncheon Club

Food and social.

Where: Wilsden Village Hall, Townfield, Wilsden, BD15 0HS.

When: Every Tuesday, 12:00 to 14:00.

How Much: £1 to £2.

Who For: Over 50's.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01535 272786 / julie.petty@btconnect.com



Scarborough Court Day Centre

Tea and toast on arrival, raffle, exercise, lunch, tea and biscuits, craft activities, book club, entertainment, lunch out.

Where: Scarborough Court, Birchdale Close, Culling Worth.

When: Thursday, 09:00 to 14:30.

How Much: £4.75 (includes transport and lunch).

Who For: People over 55 years.

Get Involved: Referral by social worker, or word of mouth, guests welcome.

Transport: Keighly Transport, pick up from home and return.

Contact: 01535 274437 Thursday only



Cottingley Senior Citizens Association

Meetings fortnightly, speakers, film shows, refreshments, raffle prize. 1 day coach trips, spring fair to raise funds.

Where: Manor Court Lounge, Moorfield Road, Cottingley, BD16.

When: Tuesday except August, 14:00 to 15:30.

How Much: £3 annual membership, £1 at meeting.

Who For: Open to residents of Cottingley aged over 55.

Get Involved: Just turn up at meeting.

Transport: None provided.

Contact: 01274 564897



Cullingworth over 60's Club

Weekly Thursday meetings with entertainment / presentations, refreshments, raffle, xmas party, occasional day trips.

Where: Cullingworth Village Hall, Church Street, BD13.

When: Thursday's pm.

How Much: £3 annual membership, insurance £1.50 per week.

Who For: Open to all.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01535 272077 / allen.haspell@talk21.com.



Senior Citizens Group

Various activities held in village hall.

Where: Wilsden Village Hall, Townfield, Wilsden, BD15 0HS.

When: Every Thursday, 14:00 to 16:00.

How Much: £1 to £2.

Who For: Over 50's.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01535 272786 / julie.petty@btconnect.com



Tea Dance

Dance and social.

Where: Wilsden Village Hall, Townfield, Wilsden, BD15 0HS.

When: Every Tuesday, 14:30 to 16:30.

How Much: £1 to £2.

Who For: Over 50's.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01535 272786 / julie.petty@btconnect.com



Three Churches Drop In

Weekly drop in, open for conversation, refreshments, light lunches available.

Where: Town Hall, Main Street, Cottingley, BD16.

When: Monday, 10:00 to 13:00.

How Much: Tea or coffee 50p, soup or jacket potatoes 70p to 80p.

Who For: Open to all.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01274 562887



Wilsden Village Hall Activities

A variety of activities take place ie. Indoor bowls, art class, library, luncheon club, tea dance, auction.

Where: Wilsden Village Hall, Townfield, Wilsden, BD15 0HS.

When: Open most days, 20:00 to 22:00.

How Much: Costs vary depending on activity.

Who For: Mainly residents of Wilsden and neighbourhood.

Get Involved: Turning up or by telephone.

Transport: None provided.

Contact: 01535 272786 / markdriver1987@hotmail.com



Bingley Flower Fund Homes Ltd

Letting of retirement homes with warden and social facilities.

Where: Manorfields, Littlelands, Cottingley, BD16 1RW.

When: n/a.

How Much: Ring for details.

Who For: Over 55's.

Get Involved: Resident or with connections in Bingley Area.

Transport: n/a.

Contact: 01274 564490



Cottingley Community Association

Dedicated to enabling local community to become a better place, will provide a variety of activities.

Where: Cottingley Corner Stone (New Building pending).

When: Building in Progress!

How Much: n/a.

Who For: The people of Cottingley.

Get Involved: Phone for details.

Transport: n/a.

Contact: 01274 565212 / www.cottingleycornerstone.org.uk.



Volunteer Car Scheme

To support those that are isolated and without transport to attend appointments and go shopping.

Where: Wilsden.

When: Various.

How Much: Contribution to petrol cost.

Who For: Only open to residents of Wilsden and Harecroft.

Get Involved: Call for more information.

Transport: Yes.

Contact: 01535 272786 / www.wilsdenparishcouncil.gov.uk



HALE

Various activities supporting individuals to improve their health.

Where: Various.

When: Various.

How Much: Various.

Who For: People living in Shipley Area.

Get Involved: Contact HALE.

Transport: None.

Contact: 01274 437060 / www.haleproject.org.uk



Creative Crafts

Creative Crafts: quilting, sewing, beading etc.

Where: St Hugh's Centre, Coach Road, Baildon, BD18 5HU.

When: Every Wednesday, 10:45 to 15:15 (term time only).

How Much: £2.

Who For: People living in the Coach Road Area.

Get Involved: Enquires to 01274 598911.

Transport: In some cases a taxi can be supplied.

Contact: 01274 598911 / sarah@theukweb.com.



Kirkgate Studios and Workshops

LEA classes available to all ages, plus drop in sessions. Out reach arts activities can be provided to individual groups.

Where: Kirkgate Studios and Workshops, Kirkgate, Shipley.

When: Various.

How Much: Fee for courses, cost of materials for drop in sessions.

Who For: Open to all.

Get Involved: Book a place.

Transport: None.

Contact: 01274 598928 / www.ksandw.org.uk



Learning computer skills (Bolton Woods)

One to one support, access to computers, emailing, internet, and general IT skills.

Where: Bolton Woods Community Centre, Livingstone Road, BD2 1BD.

When: Tuesday and Wednesday afternoons.

How Much: Free.

Who For: Local residents of Windhill, Bolton Woods and Shipley East.

Get Involved: Just turn up.

Transport: None.

Contact: 01274 327206 / mellis@shingley.ac.uk



Shipley Library Art Group

Free basic art training in painting, drawing, collage, clay work, and print making (up to NCFE Level 1&2) for ten weeks.

Where: Shipley Library, 2 Wellcroft, Shipley, BD18 3QH.

When: Every Friday, 13:00 to 17:00.

How Much: Free.

Who For: Over 50 plus.

Get Involved: By invite to level 1 class.

Transport: None.

Contact: 01274 437150



St Paul's Mothers Union Worship

Meetings for worship followed by activity such as speakers, poetry, carols and tea & biscuits.

Where: St Paul's Church, Kirkgate, Shipley, BD18 3EH.

When: Meet first and third Tuesdays (Sept to June), 14:00 to 15:15.

How Much: Membership £10 annually.

Who For: Open to all.

Get Involved: Turning up or by telephone.

Transport: None provided.

Contact: 01274 584775



Elderly luncheon Club

Bingo, raffle, speakers as and when. Monthly activities currently being developed e.g. trips, tea dance, activities.

Where: Bolton Woods Community Centre, Livingstone Road, BD2 1BD.

When: Every Monday, 11:30 to 15:00.

How Much: Meal £2.10, refreshments £1.40, raffle 20p.

Who For: Over 50's.

Get Involved: Self referral or through agency, places have to be booked.

Transport: Mini bus, costs £1.

Contact: 01274 588684 / cazyw@yahoo.co.uk



TLC Thursday Lunch Club

2 course meal and coffee.

Where: St Paul's Church, Kirkgate, Shipley, BD18 3EH.

When: One Thursday every month, 12:15 to 14:00. Contact for dates.

How Much: £3

Who For: Open to all.

Get Involved: Book in advance, up to day before.

Transport: Car provided with reasonable notice.

Contact: 01274 595416 / colin@thepenfolds.org.uk



Ballroom Dancing

Ball room dancing which accommodates anyone from beginners to accomplished dancers, age no barrier.

Where: Caroline Social Club, Caroline Street, Shipley, BD18 3JZ.

When: Every Thursday, 20:00 to 22:00.

How Much: £1.50.

Who For: Open to all.

Get Involved: Just turn up.

Transport: None.

Contact: 01535 662121



Salts Bowls

Friendly games of bowls, chance to join in competitive teams.

Where: Playing Fields, Victoria Rd, Saltaire.

When: Most days.

How Much: £1 per session or £14 yearly membership.

Who For: Open to all.

Get Involved: Just turn up.

Transport: None.

Contact: 01274 593311 / sylviahalliday22@hotmail.co.uk



Time For Me

Weight management advice and support, exercise and cook and eat lunch.

Where: Shipley Baptist Church, New Kirkgate, Shipley, BD18 3QY.

When: Every Wednesday, 09:30 to 13:00.

How Much: £1.

Who For: People living in Shipley area.

Get Involved: Self referral or just turn up.

Transport: None.

Contact: 01274 437060 / www.haleproject.org.uk



WAFFLE Exercise

Exercise and refreshments, qualified tutor.

Where: St Cuthbert's Church Hall, Wrose Road, Bradford, BD2 1LN.

When: Every Wednesday, 13:30 to 15:30.

How Much: £2.00.

Who For: Over 50s.

Get Involved: Just turn up.

Transport: None.

Contact: 01274 611345



Anchorage Social Day Care Centre

Several activities available including Day Care.

Where: The Anchorage Centre, West Croft Road, Shipley.

When: Various times.

How Much: £6 Membership. 50 pence per session. Day care £3 per day.

Who For: Available to anyone living in the area over the age of 50.

Get Involved: No referral needed. Phone up for more information and times.

Transport: Day Care has transport provided by Bolton Woods.

Contact: 01274 593136 / anchordaycare@btconnect.com



Bingo & Get Together

Bingo.

Where: St Hugh's Centre, Coach Road, Baildon, BD18 5HU.

When: Every Thursday, 19:00 to 20:00.

How Much: 60p entrance, 50p raffle.

Who For: People living in the Coach Road Area.

Get Involved: Just turn up.

Transport: In some cases a taxi can be supplied.

Contact: 01274 598911 / sarah@theukweb.com.



Friends of Roberts Park

Meet once a month, with extra activities and events including clean ups, Easter egg hunt and the Saltaire Festival.

Where: Half Moon Café, Roberts Park, Saltaire.

When: Contact Sharon Ashton on numbers below for details.

How Much: Free.

Who For: Everybody welcome.

Get Involved: Turning up or by telephone.

Transport: Members can help out with transport if needed.

Contact: 01274 535486 / 7754801501 / Sharon.Ashton@mac.com



Monday Music and Social

Free raffle and healthy refreshments, includes various sessions such as ballroom dancing, line dancing and gentle salsa.

Where: Saltaire Methodist Church, 8 Bradford Road, BD18 3NP.

When: Last Monday of every month, 13:30 to 15:30.

How Much: Free.

Who For: Open to all.

Get Involved: Just turn up.

Transport: None.

Contact: 01274 437060 / hale.project@bradford.gov.uk



New Horizons

Weekly group meetings, refreshments, speakers / presentations and occasional trips.

Where: Westcliffe Medical Centre, West Cliffe Road, Shipley, BD18 3EE.

When: Every Thursday at 12:00.

How Much: Free.

Who For: Over 60's, patients of Westcliffe Medical Centre.

Get Involved: Self referral, can just turn up.

Transport: None.

Contact: 01274 580787



Oasis (Open Agenda for Survivors in Shipley)

Social trips and meetings for people using secondary mental health services in North Bradford who are under 65.

Where: Somerset House, Manor Lane, Shipley BD18 3BP.

When: Various.

How Much: Contact for details.

Who For: Under 65's using secondary mental services in north Bradford.

Get Involved: Referral by self or a professional, or contact with Sue.

Transport: None.

Contact: 01274 531536 / susan.dodsworth@bdct.nhs.uk



Over Sixties Club

A cup of tea, Raffle, a Bingo Session.

Where: Kirkgate Community Centre, Shipley, BD18 3EJ.

When: Every Monday, 13:00 to 14:30.

How Much: Raffle 10p, Bingo 10p per book (min 2), Flier 20p (min 2).

Who For: Over 60's, living in Shipley, Windhill, Baildon, Saltaire, Cottingley.

Get Involved: Just turn up.

Transport: None.

Contact: 01274 580186



Rotary Club of Shipley

The group works for charitable purposes providing funds etc throughout the year.

Where: Conservative Club, 76 Otley Road, Shipley, BD18 3SA.

When: Every Tuesday, from 12:30.

How Much: Annual fee £85, weekly lunch £7.50.

Who For: Professional or retired professional people.

Get Involved: Just turn up.

Transport: None.

Contact: 01274 593820



Tuesday Day Care

Hot meal at lunchtime, refreshments, quizzes, puzzles, bingo, seated exercises, outings, raffles etc.

Where: Kirkgate Community Centre, Kirkgate, Shipley, BD18 3EJ.

When: Every Tuesday, 10:30 to 15:30.

How Much: £3 for meal, activities £2.

Who For: Residents of Shipley, socially isolated over 65.

Get Involved: Self or carer referral, GP or social worker bookings.

Transport: Minibus.

Contact: 01274 757133



Vocal Aires Choir for the over 50's

Singing plus tea and coffee.

Where: Kirkgate Community Centre, Kirkgate, Shipley, BD18 3EJ.

When: Every Friday, 13:00 to 14:30.

How Much: £6 annual membership, 50p per week.

Who For: Over 50 and interested in singing (do not need to read music).

Get Involved: Enquires to 01274 584565.

Transport: None.

Contact: 01274 584565.



WAFFLE Social Events

Music, quizzes, games, chit chat, refreshments, prizes included!

Where: St Cuthbert's Church Hall, Wrose Road, Bradford, BD2 1LN.

When: Mondays (fortnightly, 14:00 to 16:00).

How Much: £1.50.

Who For: Over 50s.

Get Involved: Just turn up.

Transport: None.

Contact: 01274 611345



Young at Heart Group

Guest Speaker, raffle, refreshments and Bingo.

Where: St Hugh's Centre, Coach Road, Baildon, BD18 5HU.

When: 3rd Tuesday of every month, 14:00 to 16:00.

How Much: £1.30, raffle 50p extra.

Who For: People living in the Coach Road Area.

Get Involved: Just turn up.

Transport: In some cases a taxi can be supplied.

Contact: 01274 598911 / sarah@theukweb.com



Disability Equipment / Disability Advice

For people with a disability or who have difficulty with daily living activities. Offers welfare rights, information and advice.

Where: 103 Dockfield Road, Shipley, BD17 7AR.

When: Monday to Friday, 09:30 to 15:15.

How Much: Free.

Who For: Anyone in Bradford area that feels they need the service.

Get Involved: Self Referral or professional referral such as GP or physio.

Transport: Need own transport.

Contact: 01274 594173 / www.disabilityadvice.org.uk



Food Co-op

Fruit and veg produced at wholesale prices.

Where: Christchurch, Church Street, Windhill, BD18 2NR.

When: Every Tuesday, 09:30 to 15:00.

How Much: Sale prices.

Who For: Open to all.

Get Involved: Just turn up.

Transport: None.

Contact: 01274 575639 / a.keel@linefone.net



Networkers

Supporting and linking older isolated people to activities and social venues.

Where: Various.

When: Various.

How Much: Free.

Who For: People living in Shipley Area who are isolated.

Get Involved: Self referral or just turn up.

Transport: Can be provided.

Contact: 01274 437060 / www.haleproject.org.uk



Parkinson's Disease Society

Service for people coping with or interested in Parkinson's disease. Meetings, support, lunch outings and therapy.

Where: Parkinson's Disease Society, Shipley Library, 2 Wellcroft, BD18 3QH.

When: 3rd Wednesday in Month, at 19:30.

How Much: Free.

Who For: Anyone with interest in coping with Parkinson's disease.

Get Involved: Referral or just turn up.

Transport: Where possible.

Contact: 01274 826176 / maureen.levington@virgin.net



Stroke Support Group

A group for anyone who has suffered a stroke, activities include exercise, art, craft, discussion groups, outings, talks by experts.

Where: St Peters Church Hall, BD18 7JH.

When: Tuesday at 11:00 and 12.00, Thursday at 9:30.

How Much: £10 yearly membership, £2 per day.

Who For: Open to all, must be independent in the toilet.

Get Involved: Tuesday – just turn up. Thursday – limited places, ring to book.

Transport: None.

Contact: 07970680258 / judithsabre@hotmail.co.uk



Health Checks for Over 75s

Free Healthchecks.

Where: Menston & Guseley Practice, 119 Main Street, Menston, LS29 6EH.

When: Various.

How Much: Free.

Who For: People over 75 in local area.

Get Involved: By invitation / telephone.

Transport: None provided.

Contact: 01943 872113 / www.menstonguseleypractice.co.uk



Burley Communitiy Luncheon Club

Weekly Subsidised Lunch.

Where: Queens Hall, Main Street, Burley-in-Wharfedale, LS29 7BT

When: Wednesdays at 12:00.

How Much: Cost of meal (determined by social services), 20p for tea.

Who For: Burley residents in need of company, mainly over 60.

Get Involved: Self referral to secretary – cannot just turn up.

Transport: Minibus available for those with mobility problems.

Contact: 01943 863141



Burley-in-Wharfedale Community Trust

Monthly coffee morning.

Where: Contact for details.

When: Various.

How Much: Cost of coffee.

Who For: Open to all - mainly over 50's.

Get Involved: Just turn up.

Transport: No dedicated transport.

Contact: 01943 862273 / www.burley-in-wharefale.org



Round House

Coffee mornings.

Where: Round House.

When: Monday to Thursday, 10:00 to 11:30.

How Much: Refreshment costs.

Who For: Open to all - mainly over 50's.

Get Involved: Just turn up.

Transport: No dedicated transport.

Contact: 01943 862273 / www.burley-in-wharefale.org



Village Cameo Lunch

Homemade lunch in the company of others for anyone living alone or having difficulty getting out and about.

Where: Methodist Church, 45 Main Street, Menston, Ilkley, LS29.

When: 2nd Wednesday of the month at 11:45.

How Much: Small charge.

Who For: Residents who are living alone / have difficulty getting out.

Get Involved: Referrals by neighbours, Menston Cares, self or professional.

Transport: Transport provided.

Contact: 01943 874697



Strolling for Health (Menston Cares)

Short walks in the company of others.

Where: Various.

When: Various.

How Much: Free.

Who For: Open to all.

Get Involved: Referrals from neighbours, Menston Cares, self or professional.

Transport: None provided.

Contact: 01943 872693



Hockney Group

For blind and partially sighted residents of Burley and Menston. A series of speakers and other activities.

Where: Methodist Church, Main Street, Burley-in-Wharfedale, LS29.

When: Every Thursday, 14:00 to 15:30.

How Much: Voluntary collection for tea money from 50p to £1.

Who For: Open to residents of Burley-in-Wharfedale and Menston.

Get Involved: Referral from a professional, GP, social services or self referral.

Transport: Lifts can be given by the four drivers.

Contact: 01943 863019



Horizon

Provides a friendly group for bereaved people in Menston.

Where: St John's Parish Room, Burley Lane, Menston, LS29 6EU.

When: Last Friday in the month at 10:00.

How Much: Free.

Who For: Bereaved residents of Menston.

Get Involved: Referrals by neighbours, menston cares, self or professional.

Transport: None provided.

Contact: 01943 875856



Menston Retired Men's Forum

Provide fellowship and activities, each meeting has a speaker. Social chat and refreshments.

Where: Kirklands Community Centre, 119 Main Street, Menston, LS29 6HT.

When: 1st and 3rd Wednesdays (Sept to May), 10:00 to 12:00.

How Much: £7 annual membership fee, 50p registration fee each meeting.

Who For: Retired men who have become members.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01943 876307.



Menston Wednesday Retired Group

Fellowship, company for mixed group, occasional outings, luncheons, mass party, speakers, social time, refreshments.

Where: Kirklands Community Centre, 119 Main Street, Menston, LS29 6HT.

When: Wednesdays (Sept to June), 14:00 to 16:00.

How Much: £7 annual membership fee, 50p registration fee each meeting.

Who For: Retired ladies and gentlemen who reside in Menston.

Get Involved: Membership is subject to short waiting list.

Transport: None provided.

Contact: 01943 876307.



Reading Group

Reading group meet every month on first Friday, refreshments provided, 2 books to read every month, friendly discussion.

Where: Burley Library, Grange Road, Burley-in-Wharfedale, LS29 7HD.

When: Fridays, 14:30 to 15:30.

How Much: Free.

Who For: Open to all.

Get Involved: Just turn up (require proof of ID to join library).

Transport: None provided.

Contact: 01943 863714 / burleylibrary@bradford.gov.uk



Roundhouse in Burley-in-Wharfedale

A drop in facility for anyone who would like a chat and refreshments.

Where: Roundhouse, Main St, Burley-in-Wharfedale.

When: Usually Mondays to Thursdays, 10:00 to 11:30.

How Much: 25p tea /coffee.

Who For: Open to all.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01943 863652



Scrabble group

Scrabble every Monday.

Where: Burley Library, Grange Road, Burley-in-Wharfedale, LS29 7HD.

When: Every Monday at 10:30 .

How Much: Free.

Who For: Open to all.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01943 863714 / burleylibrary@bradford.gov.uk



Time Together

Speakers, entertainers, choir, refreshments, warm welcome from a friendly group.

Where: Salem United Reformed Church, Main Street, Burley-in-Wharfedale.

When: Every other Tuesday at 14:30.

How Much: 50p.

Who For: Open to all.

Get Involved: Just turn up.

Transport: None provided.

Contact: 01943 875581 / www.salem-church.org.uk



Good Companions

One to one visit in older people's home or nursing home. No more than 2 hours per week.

Where: Clients' homes in Menston.

When: Various.

How Much: Free unless client wants trip out, trips 40p per mile.

Who For: People over 70 living in lower Wharfe Valley including Menston.

Get Involved: Self / family referral or social service.

Transport: Volunteers may offer use of their own car to take client out.

Contact: 01943 603348



Menston Cares

Support Services and Annual Meeting with tea and speaker.

Where: Various.

When: Various.

How Much: Voluntary donations, (small donation for trips in the minibus).

Who For: Menston Residents.

Get Involved: Referrals from neighbours, Menston Cares, self or professional.

Transport: Ilkley CVS minibus, private hire.

Contact: 01943 876945



Menston Good Neighbours (Menston Cares)

Transport for local hospital visits, doctors, dental, shopping prescription, pension collection and changing library books.

Where: Various.

When: Various.

How Much: Free.

Who For: Open to all.

Get Involved: Referrals from neighbours, Menston Cares, self or professional.

Transport: Ilkley CVS minibus, private hire.

Contact: 01943 851149



Returning Home (Menston Cares)

Providing reassurance and support for someone returning home from hospital, especially if they are on their own.

Where: Various.

When: Various.

How Much: Free.

Who For: Individuals returning home from hospital.

Get Involved: Referrals from neighbours, Menston Cares, self or professional.

Transport: Ilkley CVS minibus, private hire.

Contact: 01943 877995



Support for Carers (Menston Cares)

Provide 1 or 2 hours respite to keep an appointment or to have a break.

Where: Clients' homes.

When: Various.

How Much: Free.

Who For: Carers.

Get Involved: Referrals by neighbours, Menston Cares, self or professional.

Transport: None provided.

Contact: 01943 877266



Learning computer skills

One to one support, access to computers, emailing, internet, and general IT skills.

Where: Windhill Community Centre, Church Street, Shipley, BD18 2NR.

When: Tuesday and Thursday mornings.

How Much: Free.

Who For: Local residents of Windhill, Bolton Woods and Shipley East.

Get Involved: Just turn up.

Transport: None.

Contact: 01274 327206 / mellis@shingley.ac.uk



Healthwise

Exercise.

Where: Windhill Community Centre, Church Street, Shipley, BD18 2NR.

When: Every Friday, 13:00 to 15:00.

How Much: Free.

Who For: Windhill and Shipley residents.

Get Involved: Ring to Book a place.

Transport: None.

Contact: 01274 588831 / kquinnwh@hotmail.com



WAFFLE Bowls

Indoor bowls.

Where: St Cuthbert's Church Hall, Wrose Road, Bradford, BD2 1LN.

When: Every Thursday, 09:30 to 11:30 and 13.30 to 15.30.

How Much: £1.50.

Who For: Over 50s.

Get Involved: Just turn up.

Transport: None.

Contact: 01274 611345



Monday Matinee for the Over Fifties

Free Film show.

Where: Windhill Community Centre, Church Street, Shipley, BD18 2NR.

When: Every Monday at 13:00.

How Much: Free.

Who For: Over 50's.

Get Involved: Just turn up.

Transport: None.

Contact: 01274 437060 / www.haleproject.org.uk



Windhill Senior Citizens Group

Small group meets for 2 hours, includes refreshments, chat, raffle and bingo.

Where: Windhill Community Centre, Church Street, Shipley, BD18 2NR.

When: Every Tuesday, 13:00 to 15:00.

How Much: Tea / coffee 25p, bingo, raffle 50p.

Who For: New members welcome from any area.

Get Involved: Just turn up.

Transport: Taxi arranged for local area – £1.50.

Contact: 01274 588831 / www.windcc.go-legend.net



Yorkie Club

Social Group.

Where: Windhill Community Centre, Church Street, Shipley, BD18 2NR.

When: Every Wednesday, 13:00 to 15:00.

How Much: Free.

Who For: Windhill Residents.

Get Involved: ring for more information.

Transport: None.

Contact: 01274 588831 / kquinnwh@hotmail.com



Age Concern

IT Training, information and advice, small jobs scheme, traders register, group liaison, drop in and social care projects.

Where: Various.

When: Various.

How Much: Most services are free, a small number are subject to charges.

Who For: People over 50 living in the Bradford District.

Get Involved: Contact Age Concern.

Transport: None provided.

Contact: 01274 395144 / www.ageconcernbradford.org.uk



Alzheimer's Society

Advice, support and resources for people with dementia and their carers.

Where: Various

When: Various.

How Much: Free.

Who For: People with dementia / memory problems, their families / carers.

Get Involved: Contact the Alzheimer's Society.

Transport: Dependent on activity.

Contact: 01274 733880 / www.alzheimers.org.uk



Mental Health Advocacy Group

Advocacy provision for those experiencing mental ill health including dementia in Bradford and Airedale.

Where: Tradeforce Building, Cornwall Place, Bradford, BD8 7JT.

When: Monday to Friday, 09:00 to 17:00.

How Much: Free.

Who For: People experiencing mental ill health.

Get Involved: Contact Bradford and Airedale Mental Health Advocacy Group.

Transport: None provided.

Contact: 01274 201859

**Senior Wayfarers**

Organised walks for retired people, Monday to Thursday, varying lengths, in countryside and around Bradford.

Where: Various.

When: Monday to Thursday.

How Much: £1 per issue of walking schedule (3 x annual).

Who For: Retired people.

Get Involved: Just turn up to pre-arranged meeting places.

Transport: None provided.

Contact: 01274 571700.

**Walk from Home Project**

Matches frail, isolated older people with their own volunteer who will take them on short, tailored walks.

Where: Various.

When: Various.

How Much: Free.

Who For: Older people in Airedale / North Bradford.

Get Involved: Contact us.

Transport: Ring for details.

Contact: 01274 808705

**Bradford Older Carers Project**

Trips, coffee mornings, events, bi monthly newsletters, info advice, organise holidays each year for carers / offspring.

Where: Bradford wide.

When: Various.

How Much: Varies.

Who For: People over 60's caring for someone with a learning disability.

Get Involved: Self referral or referral from community team.

Transport: If needed.

Contact: 01274 620190/ mandy.lewis@mencap.org.uk

**Bradford U3A**

Various activities held weekly..

Where: Various places in Bradford.

When: Various.

How Much: £7 per annum.

Who For: Retired or semi retired people aged over 50.

Get Involved: Applications to the Membership Secretary.

Transport: None provided.

Contact: 01274 615260 / conmay@blueyonder.co.uk

**Contact the Elderly**

Monthly Sunday afternoon tea and friendship for isolated older people. Members collected to go to a Tea Party at a host's home.

Where: Volunteers' homes.

When: Sundays.

How Much: Contact for details.

Who For: Usually over 75.

Get Involved: Contact us.

Transport: Drivers available.

Contact: 01535 632592 / www.contact-the-elderly.org.uk

**Polish Veterans Association**

Polish Veterans group, Five course meal provided, bingo, raffle, sometimes have speaker etc.

Where: 14 Shearbridge Road, Bradford, BD7 1NP.

When: First Monday of every Month.

How Much: £3.50 from April.

Who For: Members and guests over 50's.

Get Involved: No referral, new members welcome.

Transport: None provided.

Contact: 01274 721179



Unison - Retired Members

Monthly talk, tea & biscuits and other leisure activities.

Where: Unison Offices, Auburn House, Upper Piccadilly, BD1 3NU.

When: Various.

How Much: Varies.

Who For: Retired UNISON members, family & friends.

Get Involved: Phone for details of next event.

Transport: Contact for details.

Contact: 01274 432889



Bradford Bereavement Support

Counselling and support for people living in Bradford and Shipley who have suffered a bereavement.

Where: Various locations across Bradford and Shipley.

When: Arranged between client and counsellor, can be day or evening.

How Much: Free.

Who For: People living in the Bradford Met District.

Get Involved: Self referral or by telephone.

Transport: None provided.

Contact: 01274 771546 / www.bradfordbereavement.org.uk



Clothing Solutions For Disabled People

Clothing solutions for disabled people in Bradford.

Where: Unit 1 Jubilee Mills, 30 North street, Bradford, BD1 4EW.

When: Phone up for more information and times.

How Much: Various.

Who For: Have to be registered disabled to use the service.

Get Involved: No referral needed.

Transport: Home visits can be arranged.

Contact: 01274 746739 / www.clothingsolutions.org.uk



Reach Project, Mental Health Support

Creative writing, swimming, physical activities, healthy cookery, walking, monthly social, confidence course, art groups.

Where: North Bradford.

When: Weekdays and times can vary, 10:00 to 17:30.

How Much: Most courses are free, however swimming and art will cost user.

Who For: People over 16 who are registered with GP within our locality.

Get Involved: Referred or self refer.

Transport: Hope to have transport for half day and full day trips in 2007.

Contact: 01274 323904 / sarah.hall2@bradford.nhs.uk



Victim Support

Provide emotional and practical support for people who have been affected by crime.

Where: Service is District wide.

When: Office hours, Monday to Friday, 09:00 to 17:00.

How Much: Free.

Who For: People who have been affected by crime.

Get Involved: Referral by self / other by telephone / email.

Transport: None.

Contact: 01274 530544 / www.victimsupport.org.uk



St John's Ambulance

Older people welcome to assist / support members in fundraising or to support operations.

Where: London Hall, Caroline Street, Saltaire, BD18 3JZ.

When: Various.

How Much: Free.

Who For: Open to all.

Get Involved: Contact us.

Transport: None provided.

Contact: 07739899141 / www.sja.org.uk

Project Partners

HALE

HALE is a project working to promote health and tackle health inequalities across the Shipley area. HALE works with local people, groups, schools and organisations, supporting them to identify the health needs of themselves, their families and their communities and helping to turn ideas into action. HALE works with people of all ages and runs courses and projects aimed at improving physical, nutritional, social and emotional wellbeing.

For more information:

T: 01274 437060

E: hale.project@bradford.gov.uk

W: www.haleproject.org.uk

Shipley Area Coordinator's Office

The Shipley Area Co-ordinator's Office works for the Shipley Area Committee. We provide a number of services including Neighbourhood Forums, Fun Days, servicing local partnerships, providing support and advice to Voluntary and Community Organisations, undertaking Community Clean Ups, allocating small pots of funding, giving crime prevention advice, support and free community safety equipment. The team has a dedicated Neighbourhood Manager working within the East Shipley Area through NRF funding.

For more information:

T: 01274 437146

E: shipleyareaneighbourhoodforums@bradford.gov.uk

Bradford Metropolitan District Council – Strategic Commissioning Team (Older People)

The Council's Strategic Commissioning Team supports community based provision of services and activities across the Shipley area and the wider authority area.

For more information:

T: 01274 438716

E: barbara.stepien-foad@bradford.gov.uk

Credits

Thank you to all the groups, associations, volunteers and colleagues across Shipley who have contributed to this booklet.

Disclaimer

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Let's Get Together!

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Website: www.haleproject.org.uk

Supported by:



LOTTERY FUNDED



City of Bradford Metropolitan District Council

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