

## Well-Being Cafes Bradford & Airedale

<b>Ikley</b> Clark Foley Centre Ikley	Alzheimer's Society 01274 586008	2nd Tuesday & 4 <sup>th</sup> Weds (1.30pm – 3.30pm)
<b>Eccleshill</b> Eccleshill Reformed Church Victoria Road, Eccleshill	Alzheimer's Society 01274 586008	1st/3rd Tuesdays each month (1.30pm – 3.30pm)
<b>Tong</b> Tong Liberal Club Tong Street, BD4 9RR	<b>Jayne Kershaw</b> Healthy Lifestyle 01274 726200 (m) 07907016533	Last Tuesday of the month (1.30pm – 3.30pm)
<b>Keighley</b> Keighley Healthy Living Centre Scott Street, Keighley, BD21 2JH	<b>Bev Dickinson</b> 01535 677177	4th Monday of the month (1.30pm—3.30pm)
<b>West Bowling</b> The Mayfield Centre Broadway Avenue, Marshfields, BD5 9NP.	<b>Debbie Jessop</b> 01274 431221	1st Thursday each month (1.30pm—3.30pm)
<b>Woodside</b> Sandale Community Centre Sandale Walk Woodside Bradford BD6 2RB	<b>Kathryn Halford</b> 07592011977	2nd Friday each month (1.30pm—3.30pm)
<b>Haworth</b> West Lane Methodist Church Haworth BD22 8EL	<b>Shona/Geoff Grange</b> 01535 647675	3rd Friday (bi-monthly) 2.00pm- 4.00pm
<b>Oxenhope</b> Oxenhope Community Centre Oxenhope BD22 9LS	<b>Shona/Geoff Grange</b> 01535 647675	3rd Friday (bi-monthly) 2.00pm– 4.00pm
<b>Menston</b> month Menston Methodist Church Main St, Menston, LS29 6NB	Marie Wright 01943 464313 (m) 07846 776627	3rd Thursday each  (1.30pm—3.30pm)
<b>Bingley</b> Little House Market Street, Bingley BD16 2HP	Bingley Voluntary Action 01274 781222	2nd Weds each month (1.30 – 3.30pm)
<b>Thornbury</b> Thornbury Centre Leeds Road, Bradford	Helen Speight 01274 666649	3rd Tuesday in the month (1.30pm – 3.30pm)
<b>Wyke</b> St Marys Church Hall Green Lane, Wyke BD12 8QH	Kay Wright 01274 691742	3rd Tuesday in each month (12 noon – 2.30pm)

Well-Being Cafes  
Bradford & Airedale

**Denholme**  
Mechanics Institute  
Denholme

Janette Hird  
07805359467

2<sup>nd</sup> Thursday in each month  
(1.30pm – 3.30pm)

**Queensbury**  
St Teresas Church Hall  
Russell Road, Queensbury  
BD13 2AN

Kathryn Halford  
07592011977

Last Friday each month  
(1.30pm—3.30pm)

**Baildon**  
Moravian Methodist Church  
West Fold (off Westgate)  
Baildon BD17 7DB

Carol Sadowj  
01274 594165  
(m) 07946 154161

1st Thursday each month  
(1.30pm—3.30pm)

**Communities of Interest Well-being Cafes**

**Eastern European Cafe**  
Polish Community Centre  
Edmund Street, Bradford

Agnes Andryszewski  
01274 729392  
Magda O'Connell  
01274 363120

3<sup>rd</sup> Monday of the month  
(11.30am – 2.30pm)

**South Asian**  
monthGrange Interlink  
Summerville Road, BD7 1PX

Shakila Hanif  
01274 726612

1st Wednesday each  
(12.30pm - 2.30pm)

**African/Caribbean**  
St Pauls Church  
Manningham

Carol Peltier 01274 202533  
Jennifer Powell 01274 731166  
Sandra Brown 01274 48159

3<sup>rd</sup> Wednesday each month  
(12noon – 2.30pm)

The Community  
Involvement  
Network



Older People's **Mental Health** Programme

For further information please contact:  
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