

What are Well-Being Cafés?

Well-being cafés have been developed as part of the Bradford and Airedale “Older People’s “Health in Mind” programme.



The Well-being cafés provide entertainment and social activities as well as access to support for people who may need contact with other services.

The Well-being cafés enable people to meet others in a social and relaxed atmosphere and provide access to a wide reaching support base if you are caring for someone.

Each Well-being café delivers a programme of entertainment/social activities and guest speakers.

Social, health and benefit advisors are available to help and signpost to other support services



Who can come?

Any older person who is feeling isolated or depressed. Anyone who is becoming a little forgetful and their spouse/carer would benefit from coming to our café.



Our Well-being café will provide a safe, friendly, warm and welcoming atmosphere tailored to the needs of older people.

What can you expect from our Café

Whilst at our café you can expect the following:

- ♦ **Tea / Coffee and refreshments**
- ♦ **Entertainment/Social activities (which may include speakers, music, dance, exercises) etc.**
- ♦ **Access to information and services which support older people .**



Where to contact us...

COMMUNITY INVOLVEMENT TEAM

Well-Being Cafe's



Eccleshill Eccleshill Reformed Church Victoria Road, Eccleshill	Alzheimer's Society 01274 733880	First Tuesday of each month (1.30pm – 3.30pm)
South Asian Meri Yaadain	Nazia Azam 01274 435190	3 rd Wednesday each month (10.00am—1.1.00pm)
Tong Tong Liberal Club Tong Street Bradford	Healthy Lifestyle 01274 471328	Last Tuesday of the month (1.30pm – 3.30pm)
Keighley Keighley Healthy Living Centre Scott Street Keighley	Healthy Living Centre 01535 677177	2 nd Friday of the month (12noon – 2.30pm)
Eastern European Cafe Polish Community Centre Edmund Street, Bradford	Agnes Andryszewski 01274 729392	3 rd Monday of the month (11.30am – 2.30pm)
Wibsey Salvation Army Bldgs Holroyd Hill, Wibsey	MHA Live at Home Scheme 01274 229321	2 nd Monday of the month (1.30pm – 3.30pm)
Bingley Cardigan House Ferncliffe Road, Bingley	Bingley Voluntary Action 01274 787944	2 nd Wednesday in the month (1.30 – 3.30pm)
Ilkley Clark Foley Centre Ilkley	Alzheimer's Society 01274 733880	4 th Wednesday in the month (1.30pm – 3.30pm)
Thornbury Thornbury Centre Leeds Road, Bradford	Helen Speight 01274 666649	3 rd Tuesday in the month (1.30pm – 3.30pm)
Wyke Wyke Centre Green Lane, Bradford	Kay Wright 01274 608826	1 st Monday in each month (12 noon – 2.30pm)
Denholme Mechanics Institute Denholme	Janette Hird 07966411773	2 nd Thursday in each month (1.30pm – 3.30pm)
African/Caribbean St Pauls Church Manningham	Sharing Voices Jennifer Powell 01274 731166 Sandra Brown 01274 481590 Carol Peltier 01274 202533	3 rd Wednesday each month (12noon – 2.30pm)

(Bradford and Airedale)