



## Together4Health

Happy, Healthy at Home

Activity		Contact Details
<b>Women's Creative wellbeing group</b>	A weekly wellbeing group using art therapy to explore emotion and feelings in a safe and supportive space. Online sessions through Covid restrictions	07925728881 Deeproot.arttherapy@gmail.com Milan Centre, Manningham
<b>Learn to ride a bike</b>	1:1 sessions for individuals who would like to learn to ride a bike.	07815775472 <a href="mailto:mmchurchbfd@gmail.com">mmchurchbfd@gmail.com</a> Mary Magdalene Church, Manningham <a href="http://www.youtube.com/Channel/UC-rGl4jivzVtI9KsPYAQhA">www.youtube.com/Channel/UC-rGl4jivzVtI9KsPYAQhA</a>
<b>Explore the Great out doors</b>	Trips for families' young people to visit the great outdoors, such St Ives, Malham and Otley Chevin.	07815775472 <a href="mailto:mmchurchbfd@gmail.com">mmchurchbfd@gmail.com</a> Mary Magdalene Church, Manningham
<b>Dementia Support</b>	Specialist BAME Advice ,support, advocacy and information for carers and those living with dementia	07966166665 <a href="mailto:info@meriyaadain.co.uk">info@meriyaadain.co.uk</a> <a href="http://www.meriyaadain.co.uk">www.meriyaadain.co.uk</a>
<b>Marshall Arts</b>	Local Marshall art sessions for men and boys taking in place in Girlington	Jess 07518223455 Girlington Community centre
<b>Dietary support and growing your own</b>	1:1 dietary support linked with growing your own fruit and vegetables and connecting with the outdoors	07988406182 <a href="mailto:tahira.amin@abilitiestogether.org">tahira.amin@abilitiestogether.org</a> Mitchem Drive, Toller.
<b>Youth support</b>	Mask/PPE making and design sessions for young people 11 to 19.	01274 433550 Imy Akbar 07967773063 <a href="mailto:Youthinfo@bradford.gov.uk">Youthinfo@bradford.gov.uk</a> Toller Youth Cafe, 2 Duckworth Lane, Bradford BD9 5EP
<b>Community Gardening</b>	Community gardening, litter picking and community events	<a href="mailto:zenubm@hotmail.co.uk">zenubm@hotmail.co.uk</a> Lister Action Community Group, Manningham
<b>Refugee connection</b>	Supporting refuges to make connection in Girlington. Social and community group	Imran 07956713396 <a href="mailto:developmentworker.gcc@gmail.com">developmentworker.gcc@gmail.com</a> Girlington Community Centre