

# Support Available Post Pulmonary Rehabilitation Bradford



# Bradford Encouraging Exercise in People (BEEP)

## Smoking, weight loss, drugs, alcohol

The Bradford Encouraging Exercise in People (BEEP) referral is a free physical activity service in Bradford, UK, designed to help inactive individuals, especially those with long-term health conditions or a BMI above 25, become more active. It offers a 52-week support program, including tailored exercise plans, health screenings (e.g., blood pressure, weight), and discounted gym or leisure memberships. Referrals are made by your GP or any Healthcare Practitioner.



[mylivingwell.co.uk](http://mylivingwell.co.uk)



# Bradford Leisure Card

## What is Bradford Leisure Card?

The Bradford Leisure Card entitles you to reduced admission for a wide range of leisure activities including:

- Reduced price admission to all normal public swimming sessions
- Free admission and equipment hire and half price activity charge with up to seven days advance booking at sports centres
- Half price for games of bowls, tennis, putting and pitch and putt
- Discount at Doe Park Water Activities Centre
- Discount at the Alhambra Theatre and St George's Hall

Bradford Leisure Card is the new name for Passport to Leisure.

 [www.bradford.gov.uk/sport-and-activities/membership-and-prices/bradford-leisure-card](http://www.bradford.gov.uk/sport-and-activities/membership-and-prices/bradford-leisure-card)

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## Wrose Walking Group

A walking group for over 55s, designed to keep you active, outdoors and social. Join us for a gentle, friendly walk every Thursday, 10-11am from Wrose & Windhill Hub (75 Wrose Road, BD18 1HX).

 [07447364821](tel:07447364821)

 [chris.maher@ageukbd.org.uk](mailto:chris.maher@ageukbd.org.uk)



## Strong Hearts Exercise Class Skipton

Exercise class suitable for all levels taught by a physiotherapist with experience in both pulmonary rehabilitation and cardiac rehabilitation. The class is in Skipton Academy's Dance Hall 6:00pm-7:00pm every Tuesday.

 [07493532549](tel:07493532549)

 [admin@phoenixphysiotherapy.co.uk](mailto:admin@phoenixphysiotherapy.co.uk)

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## Singing for lung health

Lead by a respiratory nurse, specially trained in the singing for lung health programme, this is a singing group aimed at people with respiratory conditions and focuses on breath control, posture and gentle exercises to reduce breathlessness and improve lung function. It takes place on a Thursday 4.00pm-5.15pm, at St Johns Church, Bolling Road, Ben Rhydding, Ilkley, West Yorkshire, LS29 8PN.

 [07725418080](tel:07725418080)

 [wallace.sophie@ymail.com](mailto:wallace.sophie@ymail.com)



## Rock Choir

Rock Choir is a contemporary choir experience open to all, requiring no auditions or prior singing experience. In Bradford, it offers fun, uplifting rehearsals where participants sing rock, pop, and chart songs, fostering a sense of community and well-being. Sessions are led by professional musicians and provide opportunities to perform at local and national events. To find a choir near you in Bradford, check their website for locations, days, and times, with a free taster session available to try it out.

 [rockchoir.com](https://rockchoir.com)

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## Men's Sheds

Men's Sheds are community spaces for men to connect, converse, and create, reducing loneliness and isolation. Activities often include woodworking, repairs, and other hands-on projects, tailored to group interests. In Bradford, men over 18 can join local sheds to socialize and engage in meaningful tasks.

 [menssheds.org.uk/find-a-shed/](https://menssheds.org.uk/find-a-shed/)



# Well Together

## Chair Exercises, Talking Groups, Walking Groups, Crafts, and Activity Groups

The Well Together Service, run by Bradford District Care NHS Foundation Trust, promotes mental and physical health through free community activities for adults in Bradford, Airedale, Wharfedale, and Craven. Offerings include chair-based exercises for gentle fitness, talking groups for peer support, walking groups to explore local areas, and crafts/activity groups for creative engagement. These aim to boost well-being and social connection. For details on schedules and how to join, visit .



[www.bdct.nhs.uk/our-services/mental-health-services/well-together-service/](http://www.bdct.nhs.uk/our-services/mental-health-services/well-together-service/)

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# Mind – Bradford

## Board Games, Arts and Crafts, Support Groups (Including Women Only), etc

Bradford District and Craven Mind is a local mental health charity offering free well-being services for adults in Bradford. Their wellbeing groups include board games to stimulate the mind, arts and crafts for creative expression, and support groups (including women-only options) for peer discussion on topics like self-care, anxiety, and resilience. Registration is required to attend.



[www.mindinbradford.org.uk/support-for-you/adult-services/wellbeing/](http://www.mindinbradford.org.uk/support-for-you/adult-services/wellbeing/)



[01274 730815](tel:01274730815)



[admin@mindinbradford.org.uk](mailto:admin@mindinbradford.org.uk)

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# Age UK Bradford District

Age UK Bradford District supports older people (typically 50+) in the Bradford area with services to enhance independence and well-being. Offerings include social activities (e.g., clubs, outings), information and advice, befriending to combat loneliness, and practical help like shopping or home support. They also signpost to local groups and events.



[www.ageuk.org.uk/bradforddistrict/](http://www.ageuk.org.uk/bradforddistrict/)

# Talking Therapies

## Self Referral Bradford

Bradford District and Craven Talking Therapies is a free, confidential NHS service for people aged 16+ registered with a GP in Bradford, Airedale, Wharfedale, or Craven. It provides talking therapies to manage mild to moderate mental health issues like low mood, anxiety, and stress. Self-referral is easy via an online form or by calling (Monday–Friday, 9:00am–5:00pm).

 [www.bdctalkingtherapies.nhs.uk](http://www.bdctalkingtherapies.nhs.uk)

 [01274 221234](tel:01274221234)

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## Andy's Man Club

Andy's Man Club offers free, peer-led support groups for men over 18 to talk about mental health, life challenges, or anything affecting well-being. In Bradford, three groups meet every Monday at 7:00pm (except bank holidays) in a confidential, non-judgmental setting. No advance notice is needed—just show up.

 [andysmanclub.co.uk/groups/](http://andysmanclub.co.uk/groups/)

 [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)

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## Bradford Pulmonary Fibrosis Support Group

A welcoming group for individuals affected by pulmonary fibrosis, including patients, families, carers, and friends. Meetings are held quarterly and feature guest speakers on topics such as lung health, mental wellbeing, healthy living, and the latest research. Specialist staff occasionally provide information and advice, and informal social events are arranged periodically.

### Meeting Schedule

Every 3 months, 2–4 PM

### Location

St Luke's Seminar Room, St Luke's Hospital, Little Horton Lane, Bradford BD5 0NA

 [www.actionpf.org/support-groups/bradford-pulmonary-fibrosis-support-group](http://www.actionpf.org/support-groups/bradford-pulmonary-fibrosis-support-group)

 [01274 383344](tel:01274383344) / [07975235833](tel:07975235833)

 [Bhuvaneswari.Janakiraman@bthft.nhs.uk](mailto:Bhuvaneswari.Janakiraman@bthft.nhs.uk) [actionpf.org](http://www.actionpf.org)



For more information please contact

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Electra Way  
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Call: 0800 9160625

✉ [BHLTD.pulmonaryrehab@nhs.net](mailto:BHLTD.pulmonaryrehab@nhs.net)

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