



Self Care Week
16 - 22 November 2015

City of Bradford MDC
www.bradford.gov.uk

NHS

Airedale, Wharfedale and Craven Clinical Commissioning Group
Bradford City Clinical Commissioning Group
Bradford Districts Clinical Commissioning Group

This year's theme is:

Self Care For Life



Find out what's going on in the Bradford district

www.selfcareforum.org





Each year, the Self Care and Prevention Programme runs self care week, aiming to raise awareness amongst the public, our health and care workforce about self care and self management.

The purpose of the week is to empower people to be responsible for their own health and wellbeing; enabling us all to live as well and healthily as possible. Self Care Week takes place in November and complements the National Self Care Week, co-ordinated by the Self Care Forum.

This year Self Care Week starts on Monday 16 November – Sunday 22 November. The theme this year is ‘Self Care for Life.’

During the week there will be a range of events and activities to raise awareness and celebrate the week. Come along to find out more and get involved.



Monday 16 November

Throughout Bradford and Craven there will be displays and information promoting Self Care, including displays and information on the BIG Screen, GP practices, pharmacies, libraries and Leisure Centres.

Self Care @ Wellbeing Cafes

Bradford:

Venue: Polish Community Centre, Edmund Street Bradford BD5 0BH
Time: 11.30am – 2.30pm

For more information contact
Agnes Andryszewski on 01274 432458
Magda O'Connell on 01274 363120

Keighley:

Venue: Churchill House, North Street Keighley BD21 3AF
Time: 1.30pm – 3.30pm

For more information contact
Bev Dickinson, Keighley Healthy Living on 01535 677177

Self Care @ Primrose Surgery Hillside Bridge Health Care Centre

Venue: Hillside Bridge Health Care Centre, 4 Butler Street West, Bradford BD3 0BS
Time: 10.00am – 1.00 pm

For more information contact
Tel: 01274 729602



Monday 16 November

Self Care @ Bevan Healthcentre Oral & Women's Health Promotion

Venue: Bevan House Primary Care Centre, 14 Piccadilly, Bradford BD1 3LS
Time: 10.00am – 3.00pm

For more information contact
Tel: 01274 322400

Self Care @ Craven College Teen Health Masterclass – Sex, drugs & alcohol. Make wise choices!

Venue: Craven College Brasserie, High Street Campus, Skipton BD23 1JY
Time: 3.30pm – 6.00pm

For more information contact
Tel: 01756 707204

Tuesday 17 November

Self Care @ Bradford City Park

Venue City Park, Bradford City Centre
Time: 10.00am – 1.00pm

Wear your silly socks or scarves and join the Lord Mayor at City Park to do the conga around the mirror pool in City Park. Why not check your fitness at our pop up gym or get advice on easy, practical ways to take control of your health from the Life Education Bus and the HALE bus.

For more information contact
Mark Thornton on 01274 437198

This event will be filmed.



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Tuesday 17 November

Self Care @ Wellbeing Cafes

Self Care themed Wellbeing cafes will be held at

Eccleshill:

Venue: Eccleshill Reformed Church, Victoria Road, Eccleshill, Bradford BD2 2BL
Time: 1.30pm – 3.30pm

For more information contact
The Alzheimer's society on 01274 586008

Thornbury:

Venue: Thornbury Centre, Leeds Road, Bradford BD3 8JX
Time: 1.30pm - 3.30pm

For more information contact
Kirendeeep Madaher on 01274 666649

Wyke:

Venue: St Marys Church Hall, Green Lane, Wyke BD12 8QH
Time: 1.30pm – 3.30pm

For more information contact
Kay Wright, New Horizons on 01274 691742

What does Self Care Mean to You?

Time 1.30pm – 4.30pm Venue: Mercure Hotel, Bradford Road, Bingley BD16 1TU

This is a free event aimed at bringing together anyone interested in self care, including members of the public, people working at the frontline in health and social care services and people who commission services.

Reserve your place by Friday 6 November by contacting
Meher Dastor at Meher.dastor@bradford.gov.uk or on 01274 432144



Tuesday 17 November

Self Care @ Avicenna Medical Practice

Venue: Avicenna Medical Practice, Bluebell Building, Barkerend Health Centre, Barkerend Road, Bradford BD3 8QH

Time: 10.00am – 4.00pm

For more information contact
Tel: 01274 664464

Self Care @ BRICCS
Oral & Women's Health Promotion

Venue: 148 Grattan Road, Bradford BD1 2HS
Time: 1.30pm – 3.30pm

For more information contact
Tel: 01274 322400

Self Care @ Manningham Medical Practice

Venue: Manningham Medical Practice, Lumb Lane Bradford BD8 7SY
Time: 11.00 am – 1.00pm

For more information contact
Tel: 01274 724418

Self Care @ Dyneley Barn
Minor Ailments Briefing Session – Learn how to treat minor ailments

Venue: Dyneley Barn, (rear of Dyneley House Surgery) Newmarket Street, Skipton BD23 2HZ
Time: 12.30 – 1.30pm

For more information contact
Gaynor on 01756 707204
Booking is essential



Wednesday 18 November

Self Care @ Keighley
Airedale Shopping Centre, Keighley 10.00am – 3.00pm

You can get practical advice and information on how to stay healthy and well. Find out more about support to help you stop smoking, caring for people living with dementia, support and advice services for carers.

Self Care @ Bilton, Frizinghall, Dr Iqbal & partners and Picton Medical Centre with Girlington Community Centre

Venue: Girlington Community Centre, Girlington Road, Bradford BD8 9NN
Time: 10.00am – 2.00pm

For more information contact
Tel: 01274 542454

Self Care @ Bradford Day Shelter
Oral & Women's Health Promotion

Venue: 16-20 Edmund Street, Bradford BD5 0BH
Time: 10.00am – 12.00 noon

For more information contact
Tel: 01274 322400

Self Care @ Dyneley Barn
Health and Wellbeing Event – have a free health check and talk to health professionals on how to stay well

Venue: Dyneley Barn, (rear of Dyneley House Surgery) Newmarket Street, Skipton BD23 2HZ
Time: 11.00am – 1.00pm

For more information contact
Gaynor on 01756 707204



Wednesday 18 November

Self Care @ Wellbeing Cafe

Venue: St Paul's Church, Manningham, Church Street, Bradford BD8 7LS
Time: 12.00 noon – 2.30pm

For more information contact
Lewis Berrisford on 01274 731166 or Sandra Brown on 01274 491590 at Sharing Voices

Thursday 19 November

Self Care @ Accident & Emergency

Venue: Bradford Royal Infirmary, Duckworth Lane, Bradford BD9 6RJ
Time: 10am – 4.00pm

There will be information about self care and how we can keep as healthy as possible as well as information about diabetes, dementia and end of life care.

Self Care @ Leylands Medical Centre

Venue: 81 Leylands Lane, Heaton, Bradford BD9 5PZ
Time: 1.30 – 4.00pm

For more information contact
Tel: 01274 770771

Self Care @ Dyneley Barn

Market Stall Event for Carers – information about all aspects of caring

Venue: Dyneley Barn (rear of Dyneley House Surgery,) Newmarket Street, Skipton BD23 2HZ
Time: 5.30pm – 7.00pm

For more information contact
Gaynor on 01756 707204



Thursday 19 November

Self Care @ Wellbeing Cafe

Venue: Silsden Methodist Church, Kirkgate, Silsden BD20 0PA
Time: 1.30pm – 3.30pm

For more information contact
Andrea Pickersgill on 01525 653225 or 07581223406

Friday 20 November

Self Care @ Dyneley Barn Dementia Friends Session

Learn more about what it is like to live with dementia and the small ways you can help make a difference

Venue: Dyneley Barn (rear of Dyneley House Surgery,) Newmarket Street, Skipton BD23 2HZ
Time: 10.00am – 12.30pm

For more information contact
Gaynor on 01756 707204
Booking is essential

Self Care @ Oastler Shopping Centre

Venue: Oastler Shopping Centre, Simes Street, Bradford BD1 3SR
Time: 10.00am – 4.00pm

Get practical information on how to stay healthy and well.

Self Care @ Craven Court Shopping Centre

Venue: Craven Court Shopping Centre, High Street, Skipton BD23 1DG
Time: 10.00am – 3.00pm

Get practical information to stay healthy and well.



Friday 20 November

Self Care @ Ysustain

Venue: Ysustain, Office 3, Royds Enterprise Park, Bradford BD6 3EW

Time: 10.00am – 4.00pm

Self Care stalls, advice and support.

For more information contact
David Wilford on 07825 528721

Self Care @ Wellbeing Cafes

Keighley:

Venue: Civic Hall, 81 North St., Keighley BD21 3SH

Time: 1.00pm – 3.00pm

For more information contact
Irene Cyhanko, The Association of Ukrainians on 01535 606894 or 07528 156267

Oxenhope:

Venue: Oxenhope Community Centre, Oxenhope BD22 9LS

Time: 1.30pm – 3.30pm

For more information contact
Shona Grange, The Welcome Project on 01535 647675

Thornton:

Venue: Thornton Community Centre, Market Street, Thornton BD13 3HW

Time: 1.30pm – 3.30pm

For more information contact
Kathryn Halford, Queensbury Community Programme on 07592 011977



Saturday 21 November

Self Care @ Parkruns

The Self Care team will be visiting Parkruns across Bradford and Airedale to share ways to keep fit and healthy and self care tips. Why not share them with friends and family to get them involved?

Bradford Lister Parkrun

Time: 9.00am

The start is near to the bandstand in the middle of the park behind Cartwright Hall. The Bandstand, Lister Park, North Park Road, Bradford BD9 4NR.

Bradford Horton Parkrun

Time: 9.00am

The Parkrun takes place at Horton Park, Horton Park Avenue, Bradford, BD7 3BN. The start is on the broad central promenade at the top of the 19th century cast-iron bridge.

Skipton Parkrun

Time: 9.00am

Skipton Park run is held at Aireville Park, Gargrave Road, Skipton, BD23 1UQ.

To find out how to register for your local Park run, visit: <http://www.parkrun.org.uk/register/>



Saturday 21 November

Self Care @ Get2Gether (mil jul) Cultural Community Market

How to stay healthy and warm during winter

Venue: Carlton Bolling College, Undercliffe Lane, Bradford BD3 0DU

Time: 1.00pm – 4.00pm

Help, support and advice about ways to keep fit, well and stay safe during winter.

Activities include: Face painting, Jeremy the Magician, balloon art, bouncy castle, mehndi, selling stalls, free food tasters, fun activities for all ages, kick boxing, sports, sumo wrestling, beauty tips/makeovers.

For more information contact

Nageena Khan on 07935488981 or Email: get2gethertmiljul@gmail.com

Self Care

During the week, there will be publicity and self care information on display at GP surgeries, The BIG Screen, pharmacies, primary and secondary schools, leisure centres, libraries, Jacob's Well, Douglas Mill and New Mill. A dedicated Self Care IT session will be held at Age UK Bradford & District.
