



Local Support and Social Groups to aid independence and healthy living Castleford and Airedale

This information has been compiled by the Live Well Wakefield Service
South West Yorkshire Partnership NHS Foundation Trust.

We aim to provide accurate and useful information and every effort has been made to ensure this information is correct. This directory was updated on the date shown below. If that date is not within the last 6 months there will be a more up to date version available.

Please note: This directory is not exhaustive and inclusion is not an endorsement. No responsibility can be taken for advice or services provided by any support service or social group listed.

If you notice any errors or would like more information, please telephone our office on 01924 255363.
Live Well Wakefield, The Agbrigg and Belle Vue Community Centre, Montague Street,
Agbrigg, Wakefield WF1 5BB

Updated October 2019

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Other Directories cover the following areas:

- ❖ **PONTEFRACT, Carleton, Darrington, East Hardwick, Knottingley and Ferrybridge**
- ❖ **SOUTH EAST – Ackworth, South Elmsall, South Kirkby, Upton, Hemsworth, Ryhill, and Havercroft**
- ❖ **NORMANTON, Altofts, Featherstone, Sharlston, Crofton, Walton and Nostell**
- ❖ **WAKEFIELD SOUTH AND RURAL – City Centre, Alverthorpe, Thornes, Agbrigg, Sandal, Crigglestone, Hall Green and Kettlethorpe**
- ❖ **WAKEFIELD NORTH – Outwood, Wrenthorpe, Stanley, College Grove and Eastmoor**
- ❖ **WAKEFIELD NORTH WEST - Ossett, Overton, Horbury, Middlestown Netherton and Lupset**

Castleford - Hobbies & Social Groups

Name	Contact	Details
Art Appreciation	contact: John Heywood, Jeanette Bannister phone: 01977 556741 email: info@castlefordheritagetrust.org.uk meeting place: Castleford Heritage Trust, Queen's Mill, Aire Street, Castleford WF10 1JL website: http://www.castlefordheritagetrust.org.uk/	day: Friday time: 10am – 12noon Discussing a selection of subjects from old masters to modern abstracts. Slide shows, trips to galleries.
Let's get Crafting	phone: 01977 556741 email: info@castlefordheritagetrust.org.uk meeting place: Castleford Heritage Trust, Queen's Mill, Aire Street, Castleford WF10 1JL website: http://www.castlefordheritagetrust.org.uk/	Phone or view website for details of group and crafting topic Come and make something to take home or experience new techniques. All materials supplied.
Castleford Memories	phone: 01977 556741 email: info@castlefordheritagetrust.org.uk meeting place: Castleford Heritage Trust, Queen's Mill, Aire Street, Castleford WF10 1JL website: http://www.castlefordheritagetrust.org.uk/	Phone or view website for details of topics.
Let's go Walking with the Plodders	phone: 01977 556741 email: john.heywood@castlefordheritagetrust.org.uk Castleford Heritage Trust, Queen's Mill, Aire Street, Castleford WF10 1JL website: http://www.castlefordheritagetrust.org.uk/	cost: Free activity Phone for details of walks Phone or view, or email for details of walks. Various walks – various locations. Minibus transport from home to venue.

Castleford - Hobbies & Social Groups

Name	Contact	Details
BCats Social Group	contact: Smawthorne Community Project office phone: 01977 514477 Answerphone – checked several times weekly meeting place: The Link Community Centre, Beancroft Road, Castleford WF10 5BP	day: Tuesday time: 10am – 12noon cost: £2
Bike Project – Spectrum People	phone: 01924 311439 email: spectrumpeople@spectrum-cic.nhs.uk meeting place: Reflections, Station Road, Castleford, West Yorkshire WF10 1DL website: http://www.spectrumhealth.org.uk/spectrum-people/projects-and-activities/	<p>The opportunities to own and maintain a bike. The course includes six bike maintenance lessons and a further 4 lessons in how to build a bike. When complete you will receive a Velotech Qualification and the chance to own the bike that you have built during your course.</p> <p>Please get in touch to enroll onto the next bike project course.</p>
Bingo	contact name: Scheme office phone: 01977 519074 meeting place: Falcon Drive Independent Living Scheme, Half Acres, Castleford WF10 5SA	day / time: Monday 2pm – 3.30pm day / time: Wednesday 2pm – 3.30pm day / time: Friday 2pm – 3.30pm
Bingo	phone: 01977 557622 meeting place: The Green Bowling Club, The Green, Castleford WF10 3SB	day: Thursday time: 1.30pm day: Saturday and Sunday time: 8.30pm

Castleford - Hobbies & Social Groups

Name	Contact	Details
Bingo	contact name: Scheme Manager phone: 01977 550899 meeting place: Wheldale Court Independent Living Scheme, Stansfield Road, Castleford WF10 3AS	day: Monday time: 6.30pm – 8.30pm
Bingo	contact name: Scheme Manager phone: 01977 555320 meeting place: West Mead Independent Living Scheme Community Centre, West Mead, Castleford WF10 3AF	day: Monday, Wednesday and Friday time: 6.30pm – 8.30pm
Bingo - Lock Lane Residents Club	contact name: Rod Rayner phone: 07951 974 174 meeting place: Lock Lane Community Centre, Back William Street, Castleford WF10 2LW	day: Tuesdays time: 7pm – 9pm
Active Mind Craft Group	phone: 01977 722085 meeting place: Castleford Library, Carlton Street, Castleford WF10 1BB website: http://www.wakefield.gov.uk/	day: 2 nd and 4 th Monday of the Month Time: 10.30am – 12noon cost: £1 donation to cover the cost of materials
Busybodies Playgroup and Toddler Group	Phone: 07951 256223 meeting place: Trinity Methodist Church, Powell Street, Castleford, WF10 1EL email: ali.crompton@5tcf.org 5Towns ChristianFellowship	day: Tuesday and Friday. Every week during school term time. time: 9.30am – 11.30am

Castleford - Hobbies & Social Groups

Name	Contact	Details
CAMEO (Come and Meet Each Other)	contact name: Salvation Army Officer phone: 01977 510636 meeting place: Salvation Army Hall, Booth Street, Castleford WF10 1SA website: http://www.salvationarmy.org.uk/yks/castleford	day: Monday time: 1.30pm – 2.30pm Christian group, guest speakers, occasional lunch and outings.
Camera Club	contact name: Janet Evans phone: 07972 074708 email: jevans11@hotmail.co.uk meeting place: The Glasshoughton Healthy Living Centre, Leeds Roads, Glasshoughton, Castleford WF10 4PF	day: Wednesday time: 7pm – 9pm It is the vision of the GCC to help each other learn new skills and share ideas. We aim to develop members' knowledge and support each other towards our goals. All this within a friendly atmosphere, where members are encouraged to join in and ask for help whatever their level.
Castleford Deaf Group	contact name: Diane Toney / Pat Toney text: 07943406595 (text only) 01977 722950 email: diane.toney75@gmail.com meeting place: Holywell Lane Centre, Holywell Lane, Castleford, WF10 3HH	Opportunity for deaf people and their carers to socialise. Also play bingo. Meet fortnightly. Please contact to confirm group meeting date.

Castleford - Hobbies & Social Groups

Name	Contact	Details
Castleford Library Museum	phone: 01977 722085 meeting place: Castleford Library, Carlton Street, , Castleford WF10 1BB	<p>Adult Morning: First Monday of the month 11am -12noon (term-time only). Pop into the museum for the chance to try a new craft, no need to book.</p> <p>Meet the Curator: Third Thursday of the month 10is -12noon Bring your objects to be identified and receive advice on their care and storage, no need to book.</p>
Castleford Male Voice Choir	contact name: Brian Dunderdale phone: 01977 702350 meeting place: Trinity Methodist Church Hall, Powell Street, Castleford WF10 1EL email : info@castlefordmvc.co.uk website: www.castlefordmvc.co.uk	<p>Day: Friday time: 7.30pm – 9.30pm</p> <p>Everyone welcome can either turn up on the evening or contact Brian first.</p>
Castleford Men's Group	contact: Smawthorne Community Project office phone: 01977 514477 Answerphone – checked several times a week. meeting place: The Link, Beancroft Road, Castleford, WF10 5BP email: information@ageukwkd.org.uk	<p>day: Wednesday time: 10am-12pm</p> <p>An informal social group for older men. Activities include quizzes, dominoes, pool, ten pin bowling, nature and health walks and trips to places of interest.</p>

Castleford - Hobbies & Social Groups

Name	Contact	Details
Choral Society	<p>contact name: Pam Stenton phone: 01977 641867 meeting place: The United Reformed Church, Back Bank Street, Castleford WF10 1DB</p> <p>website: http://castlefordchoralsociety.co.uk/index.html</p>	<p>day: Wednesday time: 7.15pm – 9.15pm cost: £25 per term membership</p> <p>There is no audition and you do not have to be able to read music.</p>
Coffee Club	<p>phone: 01977 519496 meeting place: Trinity Methodist Church, Powell Street, Castleford,WF10 1EL</p> <p>website: http://www.trinitymethodistcastleford.org.uk/</p>	<p>day: Saturday time: 11am – 12pm</p>
Coffee Morning	<p>contact name: Scheme Manager phone: 01977 555320 meeting place: West Mead Independent Living Scheme Community Centre, West Mead, Castleford WF10 3AF</p>	<p>day: Tuesday and Friday time: 10.45am – 12 noon</p>
Coffee Morning	<p>contact name: Scheme office phone: 01977 550899 meeting place: Wheldale Court Independent Living Scheme, Stansfield Road , Castleford WF10 3AS</p>	<p>day: Monday time: 9.30am - 10.30am</p> <p>day: Thursday time: 9.30am - 10.30am</p>

Castleford - Hobbies & Social Groups

Name	Contact	Details
Coffee Morning	phone: 01977 797437 meeting place: Castleford United Reform Church, Back Bank Street, Castleford WF10 1DB	day: Saturday time: 9.30am – 12 noon Drop in. All welcome.
Coffee Morning	contact name: Scheme office phone: 01977 519074 meeting place: Falcon Drive Independent Living Scheme, Half Acres, Castleford WF10 5SA	day: Tuesday time: 9:30am – 11.30am
Computer Help Session	phone: 01977 722085 meeting place: Castleford Library, Carlton Street, Castleford WF10 1BB website: http://www.wakefield.gov.uk/	day: Thursday time: 10am – 12noon cost: free
Flower Club	contact name: Janet Lupton phone: 01977 512541 meeting place: Lock Lane Community Centre, Back William Street, Castleford WF10 2LW	day: 1st Tues of the month time: 7.30pm cost: pay via yearly subscription Castleford flower arranging group, have regular demonstrators into the group.

Castleford - Hobbies & Social Groups

Name	Contact	Details
Friends of Queens Park Community Café	contact name: Steve Hyde phone: 07878 550977 meeting place: Community Café, Queens Park, Ferrybridge Road, Castleford WF10 4JR website: http://queenspark.btck.co.uk/	Cafe and toilets open when volunteers are available.
Genealogy Session	phone: 01977 722085 meeting place: Castleford Library, Carlton Street, Castleford WF10 1BB website: http://www.wakefield.gov.uk/	day: 2 nd & 4 th Monday of month time: 2pm – 4pm cost: Free Come along if you would like help with doing your family tree.
Glasshoughton Community Group	contact name: Reception phone: 01977 511234 meeting place: The Glasshoughton Healthy Living Centre, Leeds Roads, Glasshoughton, Castleford WF10 4PF	day: Tuesday time: 2pm – 4pm cost: 50p subscription Local social group, tea and biscuits, a good chat, raffle bingo and outings.
Half Acres Community Association	contact name: Scheme office phone: 01977 519074 meeting place: Falcon Drive Independent Living Scheme, Half Acres, Castleford WF10 5SA	day: First Thursday of month

Castleford - Hobbies & Social Groups

Name	Contact	Details
Historical Society	contact name: Mrs Barraclough phone: 01977 555392 meeting place: The United Reformed Church, Back Bank Street, Castleford WF10 1DB	day: 3rd Tuesday of month time: 7.30pm cost: £10 per year for members, non-members can attend for £1.50 per session
Homemakers	contact name: Alison phone: 01977 797437 meeting place: Castleford United Reform Church, Carlton street, Castleford WF10 1DB	day: 2 nd and 4 th Monday of month time: 7.15pm Women's group, have a variety of talks, demonstrations and quiz nights. No meeting July or August.
LADS Group	contact name: Alison phone: 01977 797437 meeting place: Castleford United Reform Church, Carlton Street, Castleford WF10 1DB	day: Monday time: 7.15pm This is what some churches may call their 'men's club'. It meets every Monday, except through July and August at 7.15pm for a variety of purposes including quiz nights, sponsored walks etc.
Local and Family History Group	phone: 01977 722085 meeting place: Castleford Library, Carlton Street, Castleford WF10 1BB website: http://www.wakefield.gov.uk/	day: First Monday of month time: 2pm – 3.30pm cost: Free A different topic each month.

Castleford - Hobbies & Social Groups

Name	Contact	Details
Maypole Dancing Lock Lane Residents Club	contact name: Rod Rayner phone: 07951 974 174 email: info@locklaneresidentsgroup.org.uk meeting place: Lock Lane Community Centre, Back William Street, Castleford WF10 2LW	day: Monday time: 5pm – 7pm
Probus Club	contact name: Malcolm Taylor phone: 01977 558206 meeting place: Trinity Methodist Church, Powell Street, Castleford WF10 1EL website: http://www.probus.org/ProbusUK-C.pdf	day: Second and Fourth Friday of the month time: 10am – 12 noon A meeting point for retired and semi-retired men, who appreciate the opportunity to meet with like-minded men.
Queens Mill -CHT Events	phone: 01977 556741 email: info@castlefordheritagetrust.org.uk meeting place: Castleford Heritage Trust, Queen’s Mill, Aire Street, Castleford WF10 1JL website: http://www.castlefordheritagetrust.org.uk/	Throughout the year the Queens Mill have various additional opportunities on offer, this year they will be offering evening Science Saturday, Boat Festival, Heritage Open Days ‘Mill Stories’, Christmas Fair and Steam Punk Market. Contact the Mill for further information.
Readers Group	phone: 01977 722085 meeting place: Castleford Library, Carlton Street, Castleford WF10 1BB website: http://www.wakefield.gov.uk/	day: 3 rd Monday of month time: 10.30am – 12noon

Castleford - Hobbies & Social Groups

Name	Contact	Details
Shoebox Wrap & Chat - Operation Christmas Child	phone: 01977 517652 meeting place: Five Towns Christian Fellowship, Beancroft Street, Castleford WF10 5RR .	day: First Thursday in the month time: 10am – 12pm
Stride Theatre Group	phone: 01977 517652 meeting place: Five Towns Christian Fellowship, Beancroft Street, Castleford WF10 5RR . For other classes in Wakefield phone Rebecca 01924 806024 email: Rebecca@stridetheatre.co.uk	day: Thursday - every week during Term Time time: 11am - 1.30pm Adults 18+ 5.30pm - 6.45 Girls Group 7pm - 8.15pm 9+
Social Evening Stroke Association	contact name: Kayleigh or Stacey Stroke Support Co-ordinators phone: 01924 312525 meeting place: The Prince William Storehouse, Pioneer Way, Castleford, WF10 5TG	day: last Tuesday of the month time: 6pm – 8pm Please phone for more information or if you have transport issues
Smawthorne Crafters	phone: 01977 514477 meeting place: The Link Community Centre, Beancroft Road, Castleford WF10 5BP	day: Monday and Friday time: 10am – 12 noon
Art Club	contact name: Maureen Clayton phone: 01977 673812 meeting place: Trinity Methodist Church, Powell Street, Castleford WF10 1EL	day: Wednesday time: 1pm – 3pm Contact Maureen to check class availability. Short courses available.

Castleford - Hobbies & Social Groups

Name	Contact	Details
<p>The Thursday Evening Art Group</p>	<p>phone: 01977 556741 email: info@castlefordheritagetrust.org meeting place: Castleford Heritage trust, Queen's Mill, Aire Street, Castleford WF10 1JL website: http://www.castlefordheritagetrust.org.uk/</p>	<p>day: Thursday time: 6pm – 8pm cost: Small charge to cover room hire</p> <p>A small group of artists with a wide variety of subject interests and knowledge of many different media. Group members share their skills and regularly engage in a programme which gives everyone the opportunity to try something different. New members of all abilities are welcome to join us.</p>
<p>Youth Activities</p>	<p>contact name: Alistair Crompton phone: 07951 256223 meeting place: Five Towns Christian Fellowship, Beancroft Street, Castleford WF10 5RR . email: ali.crompton@5tcf.org</p>	<p>GFORCE 7 – 12 year olds second Friday of the month 7pm-9pm</p> <p>NEON YOUTH Year 8 upwards every Friday apart from 2nd in the month. 7.30pm-9.30pm</p>

Castleford – Lunch Clubs

Name	Contact	Details
Falcon Drive	contact name: Scheme Manager phone: 01977 519074 meeting place: Falcon Drive Independent Living Scheme, Half Acres, Castleford WF10 5SA	day: Last Friday of month time: 12.30pm cost: £5.50 Two course and refreshments Phone in advance if you would like to go. Also play bingo afterwards.
The Glasshoughton Health Living Centre	contact name: Reception phone: 01977 511234 meeting place: The Glasshoughton Healthy Living Centre, Leeds Road, Glasshoughton, Castleford WF10 4PF website: http://www.glasshoughtoncentre.com	day: Wednesday time: 12noon – 2pm cost: £3 transport available at £3 for minibus Village group – social / luncheon.
St Joseph's RC Primary	contact name: Reception phone: 01977 555780 meeting place: St Joseph's RC Primary School, Pontefract Road, Castleford WF10 4JB website: http://www.bkcat.co.uk/	day: Thursday time: 11:30am cost: £3.00 Two course and refreshments. Phone and let the school know a week in advance if you would like to go.
Salvation Army Lunch Club	contact name: Salvation Army Officer phone: 01977 510636 meeting place: Salvation Army Hall, Booth Street, Castleford WF10 1SA website: http://www.castleford-sa.org	day: Tuesday and Thursday time: 12noon – 1pm cost: £4.50 Three course and refreshments.

Castleford - Physical Activity

Name	Contact	Details
Activities at The Hut	<p>phone: 01977 550250 meeting place: The Hut, Kershaw Avenue, Airedale, Castleford WF10 3ES email: thehut@wakefield.gov.uk website: www.wakefield.gov.uk/thehut</p> <p>Opening Times: Mon – Fri (am – 10pm Tues, Wed & Thurs 9am – 9pm Sat & Sun 10am – 7pm</p>	<p>Outside Gym, Exercise Classes, Sports Hall All-weather Pitches, Birthday parties, Resident Clubs and Groups Bowling Alley, Roller Disco, Café / Catering, Meeting and Conference space, Public Computers, Pool Tables, Free onsite car park, Wi-fi, 3G Pitch, Multi-use games area outside sports area</p> <p>Please check website for details</p>
BCats	<p>contact: Smawthorne Community Project office phone: 01977 514477 Answerphone – checked several times weekly meeting place: The Link, 51 Beancroft Road, Castleford WF10 5BP</p>	<p>day: Alternate Tuesdays time: 10am – 12 noon cost: £2</p> <p>Social group, have gentle exercise alternative weeks, coffee morning, trips organised.</p>
Boccia	<p>contact name: Scheme Manager phone: 01977 554491 meeting place: Ings View Independent Living Scheme, Stansfield Road, Airedale, Castleford WF10 3DX</p>	<p>day: Monday and Wednesday time: 11am – 1pm</p> <p>day: Friday time: 1.30pm – 3.30pm</p> <p>Boccia is a chair based game similar to bowls played indoors.</p>

Castleford - Physical Activity

Name	Contact	Details
Burlesque Fitness	contact name: Sarah phone: 07870 528 554 email: sarah@mystiqueburlesque.co.uk meeting place: The Glasshoughton Healthy Living Centre, Leeds Roads, Glasshoughton, Castleford WF10 4PF	day: Monday time: 7:45pm – 8:45pm cost: £5 Burlesque is a specific style of dance; mischievous, cheeky, sensual, tantalizing and most of all FUN. Inclusive for all levels, giving beginner, intermediate and advanced level options to many moves within routines.
Castleford Lock Lane RL and Sports Centre	contact name: Reception phone: 01977 510200 email: info@locklanesport.com meeting place: Lock Lane Sports Centre, Lock Lane, Castleford WF10 2JU website: http://www.locklanesport.com/	Sports centre – ladies and gents gym various classes available.
GEMS (Gentle Exercise to Music for Seniors)	contact name: Lyndsey Hodges phone: 01977 517652 meeting place: Five Towns Christian Fellowship, Beancroft Street, Half Acres Castleford WF10 5RR website: http://5tcf.org/	day: Wednesday time: 10am – 12noon cost: exercise is free, but small contribution for hot drinks Gentle exercises to music for the over 55's

Castleford - Physical Activity

Name	Contact	Details
<p>Gently Does It</p>	<p>contact name: Carrie Marsh phone: 07526 721461 email: carrie099@gmail.com meeting place: The Glasshoughton Healthy Living Centre, Leeds Roads, Glasshoughton, Castleford WF10 4PF</p>	<p>day: Monday time: 2pm – 3pm cost: £4</p> <p>Gentle exercise session, perfect for beginners or those looking for low-impact exercise. Trainers are essential footwear and mats are available dependent on numbers.</p>
<p>Health Walk – Glasshoughton Healthy Living Centre</p>	<p>phone: 01924 307348 email: healthimprovement@wakefield.gov.uk meeting place: Glasshoughton Healthy Living Centre, Leeds Road, Castleford WF10 4PF</p> <p>website: http://www.wakefield.gov.uk/residents/sport-and-leisure/walking/health-walks</p>	<p>day: Monday time: 10.30am cost: free</p> <p>Typical walks last for about two hours, are fairly flat and for any fitness level. Occasional days out to different locations.</p>
<p>Health Walk - Lock Lane</p>	<p>phone: 01924 307348 email: healthimprovement@wakefield.gov.uk meeting place: Lock Lane Sports Centre, Castleford WF10 2JU</p> <p>website: http://www.wakefield.gov.uk/residents/sport-and-leisure/walking/health-walks</p>	<p>day: Friday time: 10am cost: free</p> <p>Walk starts from Lock Lane Sports Centre, Castleford, WF10 2JU.</p> <p>Health walk lasting approx. 1 – 1½ hours.</p>

Castleford - Physical Activity

Name	Contact	Details
Karate for Beginners	contact name: Tracy Kite 07909706208 phone: 07909706208 meeting place: The Glasshoughton Healthy Living Centre, Leeds Roads, Glasshoughton, Castleford WF10 4PF website: http://www.glasshoughtoncentre.com	day: Friday time: 5.45pm – 6.45pm cost: £4 Open to adults and children.
Kickboxing (Freestyle)	phone: 07909706208 Contact: West Yorkshire Black Belt Kickboxing Academy – kickboxingacademy@neemaf.co.uk or call 07909 706208 meeting place: The Glasshoughton Healthy Living Centre, Leeds Road, Glasshoughton, Castleford WF10 4PF	day: Monday time: 5.45pm - 6.30pm Class format includes a mix of fitness, kicking, punching, striking and self-defence moves. Suitable for all ages and abilities. cost: £4.and £7 for 1 adult 1 child
Line Dancing	contact name: The Link phone: 01977 514477 meeting place: The Link, 51 Beancroft Road, Castleford WF10 5BP	day: Thursday time: 12.45pm – 2.30pm cost: £2
Lock Lane Walking Group	contact name: Margaret Shilito (walk leaders) phone: 01977 510200 meeting place: Lock Lane Sports Centre, Lock Lane, Castleford WF10 2JU website: http://www.locklanesport.com/index.html	day: Friday time: 10am – 12 noon cost: free but often stop for a drink along the way Normally two walks available one long and one shorter.

Castleford - Physical Activity

Name	Contact	Details
Monday Dance Lock Lane Residents Association	contact name: Frank and Joyce Ramshaw meeting place: Lock Lane Community Centre, Back William Street, Castleford WF10 2LW	day: Monday time: 1pm – 3.30pm cost: £1.50 Turn up on the day tea and biscuits included (Christmas party every year).
Pilates	contact name: Reception phone: 01977 511234 meeting place: The Glasshoughton Healthy Living Centre, Leeds Roads, Glasshoughton, Castleford WF10 4PF	day: Thursday time: 9.30am cost: £5
Rugby for All	contact name: Steve Ball phone: 07707927090 email: stephenball85@live.com meeting place: Castleford RUFC, Willowbridge Lane, Castleford WF10 5PD website: http://www.pitchero.com/clubs/castlefordrugbyunion/news/rugby-for-all-inclusive-rugby-1222008.html	day: Thursday time: 12noon – 1.30pm cost: £3 Inclusive sessions that are open to all players with a learning or physical disability. Cuppa and a catch up to start with and then outside for a gentle warm up before rugby skills sessions and then a game.

Castleford - Physical Activity

Name	Contact	Details
<p>Stretch and Strengthen with Stroke</p> <p>Chair Based Exercises</p>	<p>contact name: Stacey Taylor phone: 01924 372525 / 07538794086 email: stacey.taylor@stroke.org.uk meeting place: The Salvation army, Booth Street, Castleford, WF10 1SA</p>	<p>day: Thursday time: 10.30am</p> <p>A free course of exercise sessions specifically tailored for Stroke Survivors. The chair based sessions last approx. 40mins with the remainder of time for questions and refreshments.</p>
<p>Tea Dance Lock Lane Residents Association</p>	<p>contact name: John Potts meeting place: Lock Lane Community Centre, Back William Street, Castleford WF10 2LW</p>	<p>day: Wednesday time: 1.30pm – 4pm cost: £2</p> <p>Turn up on the day, tea and biscuits.</p>
<p>Yoga</p>	<p>contact name: Reception phone: 01977 511234 meeting place: The Glasshoughton Healthy Living Centre, Leeds Roads, Glasshoughton, Castleford WF10 4PF</p>	<p>day: Wednesday time: 7.00pm – 8.30pm cost: £5 drop in or £4 per week if paid half termly.</p>
<p>Zumba</p>	<p>contact name: Reception phone: 01977 511234 meeting place: The Glasshoughton Healthy Living Centre, Leeds Roads, Glasshoughton, Castleford WF10 4PF</p>	<p>day: Tuesday time: 7.30pm – 8.30pm cost: £4</p>

Castleford - Support Groups

Name	Contact	Details
Age UK Wakefield District Bereavement Advice and Support (BASS)	contact name: Age UK phone: 01977 552114 email: admin@ageukwd.org.uk meeting place: Age UK Wakefield District, Lock Lane Centre Back William Street, Castleford WF10 2LW website: http://www.ageuk.org.uk/wakefielddistrict/	day: Tuesday time: 10.30am – 12pm An opportunity for you to meet people in a similar position for an informal chat. Can be accessed either as a drop-in or by referral from a health professional.
Bowel Cancer Support Group	contact name: John Whelpton phone: 07974 657146 email: john.whelpton1@outlook.com meeting place: Lock Lane Community Centre, Back William Street, Castleford, WF10 2LW	day: 3rd Thursday of every month time: 7 pm
Councillors for the Castleford area.	c/o County Hall, Bond Street, Wakefield, WF1 2QW committeeservices@wakefield.gov.uk phone: 01924 305051 For details of your local councilors contact committee services. Committee Services, Room 52, County Hall, Wakefield, WF1 2QW	Offer advice to constituents. Councillor surgeries also available
Fibromyalgia Support Help Line	contact name: Castleford Support Group: Yvonne phone: 01977 555547 national contact: 0844 887 2444 website: http://www.fmauk.org/	Please contact for details

Castleford - Support Groups

Name	Contact	Details
5 Towns Veteran Support Hub	contact name: Alan phone: 07796 181465 meeting Place: Glass Blower, Bank Street, Castleford, WF10 1JD	Day: 1 st and 3 rd Saturday of the month There is no cost involved in the group A group of Armed Force Veterans and family members who meet in the library for friendship and information service
GASPED (Greater Awareness and Support for People Encountering Drugs)	phone: 01977 517 652 meeting place: Five Towns Christian Fellowship, Beancroft Street, Half Acres, Castleford WF10 5RR	day: Second Tuesday of every month time: 5.30pm – 7pm Community-based parent, family and carer group led by specially trained parent/carer volunteers. Members come together to talk, listen, learn, share experiences and give support to one another.
Inspiring Recovery Activities Spectrum Health	meeting place: 4-6 Wesley Street, Castleford, WF10 1AE	Monday 11am – 12.30pm Dependent Alcohol & Wellbeing Group Wednesday 2pm – 3.30pm Alcohol & Wellbeing Group Thursday 2pm – 4pm Mindfulness Group Friday 10am – 12noon Reclaim Group

Castleford - Support Groups

Name	Contact	Details
Memory Lane Cafe	contact name: Janet or Maureen phone: 01977 514477 meeting place: The Link Community Centre, Beancroft Road, Castleford WF10 5BP	day: 1 st and 3 rd Friday of every month time: 10am - midday For people with dementia, their families and carers to socialize in a supportive and friendly atmosphere.
Richmond Fellowship - Wakefield Mental Health Community Support Service Drop In	phone: 01924 339157 meeting place: Castleford Heritage Trust, Queen's Mill, Aire Street, Castleford WF10 1JL Community Based Services, Peer Support Service, and Volunteer enquiries email: Wakefieldsupport@richmondfellowship.org.uk Employment Support Service email: WakefieldEmployment@RichmondFellowship.org.uk website: http://www.richmondfellowship.org.uk/yorkshire/wakefield-mental-health-support-service/	day: Tuesday time: 10am – midday Drop in. Provide support, advice and guidance to anyone with experience of mental health problems.
Slimming World	website: http://www.slimmingworld.co.uk/joining-a-group/nearest-group-details.aspx?classcode=0ggYNmTMvUI	There are numerous slimming world groups operating from community venues, throughout Castleford – for the most update information on where these groups meet, the times and membership information. Please use the website for information.

Castleford - Support Groups

Name	Contact	Details
Weight Watchers	website: http://www.weightwatcherslocal.co.uk/location/town/castleford	There are numerous weight watcher groups operating from community venues, throughout Castleford – for the most update information on where these groups meet, the times and membership information. Please use the website for information.
Smawthorne Community Project Bereavement Support	contact name: Janet Sherratt phone: 01977 514477, 07518 675851 email: bereavement@smawthorne.org.uk meeting place: The Link Community Centre, 51 Beancroft Road, Castleford WF10 5BP	day: Friday time: 12.30pm – 2.30pm Bereavement support – providing advice and support to bereaved people in the Castleford area. Coffee lounge, drop in sessions.
S.M.a.S.H. Society	phone: 07392721475 meeting place: The Link, Beancroft Road, Castleford, WF10 5BP email: smashsociety@outlook.com	day: 1 st Tuesday of the month except Bank Holidays time: 1.30pm -3.30pm cost: 50p for refreshments Supporting the self-management of adults living with a health condition. Or, if you are feeling isolated, or even just want to be a part of something special in your community

Castleford - Support Groups

Name	Contact	Details
<p>Stop Smoking Service</p>	<p>contact name: Yorkshire Smokefree – Wakefield phone: 01977 465449</p> <p>website: http://wakefield.yorkshiresmokefree.nhs.uk/</p>	<p>Learning Centre Castleford, 1 York St, Castleford, West Yorkshire, WF10 1RB day: Wednesday 1:00pm - 4:00pm, Thursday 9:15am – 12:30pm Appointments only. Please call 01924 252 174 to book.</p> <p>Boots Chemist, 20-21 Carlton Lanes Shopping Centre Castleford WF10 1AN Please call 01977 552093 or drop in during regular opening times for further information.</p>
<p>Trinity Methodist Church: Open House – social group</p>	<p>contact name: Trinity Methodist Church phone: 01977 519469 email: Info@TrinityMethodistCastleford.org.uk meeting place: Trinity Methodist Church, Powell Street, Castleford WF10 1EL</p> <p>website: http://www.trinitymethodistcastleford.org.uk/</p>	<p>day: Wednesday time: 1.30pm – 3.30pm</p> <p>Initially set up as bereavement support but people have kept coming week after week, so has a social aspect too.</p>
<p>Talking Tigers</p> <p>A Dementia Friendly Group</p>	<p>contact name: Steve Ball Tiger Trust phone: 07707 927090 email: Judi Alston info@onetoonedevlopment.org meeting place: Castleford Museum (Library) Carlton Street, Castleford, WF10 1BB</p> <p>website: castigersheritage.com/talkingtigers</p>	<p>day: 1st and 3rd Thursday of each month time: 1.30pm – 3.30pm</p> <p>A volunteer-led dementia friendly group for people who want to talk about Cas Tigers League and share their memories.</p>

Airedale - Hobbies & Social Groups

Name	Contact	Details
Airedale & Ferry Fryston Neighbourhood Management Board	contact name: Mike Dixon phone: 01977 550911 website: https://www.facebook.com/pages/Airedale-Ferry-Fryston-Fryston-Townville-Neighbourhood-Management-Board/130270967028793?fref=ts	<p>By working with the community and service providers, the Neighbourhood Management Board aims to facilitate improvements and organize events within the area. The Board would like to hear from you if you are interested in the work of the Board or becoming a volunteer.</p>
Crossword and Conversation – Airedale Library	phone: 01977 724040 meeting place: The Airedale Library, The Square, Airedale, Castleford, WF10 3JJ	day: Tuesday time: 10.30am – 12noon <p>Meet new friends and enjoy chatting over a crossword and a cuppa. For people living locally and anyone else who would like to join us for a leisurely morning?</p>
Knit and Natter for Adults	phone: 01977 724040 meeting place: The Airedale Library, The Square, Airedale, Castleford, WF10 3JJ	day: Wednesday time: 11am – 1pm cost: Free <p>Suitable for all experience levels. Can bring own choice of wool and colours.</p>

Airedale - Hobbies & Social Groups

Name	Contact	Details
Active Minds	phone: 01977 724040 meeting place: The Airedale Library, The Square, Airedale, Castleford, WF10 3JJ	day: Saturday time: 11am – 12noon cost: Free An hour of quizzes, puzzles and mood busting colouring. Help keep mind active and make new friends
Colour Me Calm	name: Julie Gladman phone: 07825035892 meeting place: The Airedale Library, The Square, Airedale, Castleford, WF10 3JJ	day: Wednesday time: 1.00pm – 3.30pm cost: Free Everyone Welcome to learn new techniques in dealing with stress.
Bingo	contact name: Scheme Manager phone: 01977 554491 meeting place: Ings View Independent Living Scheme, Stansfield Road, Airedale, Castleford WF10 3DX	day: Monday and Thursday time: 7pm – 8.30pm day: Wednesday time: 2pm – 3.30pm
Bingo	phone: 01977 557622 meeting place: The Green Bowling Club, The Green, Airedale WF10 3SB	day: Thursday time: 1.30pm day: Saturday and Sunday time: 8.30pm

Airedale - Hobbies & Social Groups

Name	Contact	Details
Coffee Morning	<p>contact name: Tracy Ibbotson phone: 01977 553157 email: ibbotson457@btinternet.com meeting place: Holy Cross Church, Fryston Road, Airedale WF10 3LJ website: http://www.airedaleholycross.co.uk/index.htm</p>	<p>day: 1st Saturday of month time: 10am - noon</p>
Coffee Morning	<p>contact name: Scheme Manager phone: 01977 554491 meeting place: Ings View Independent Living Scheme, Stansfield Road, Airedale, Castleford WF10 3DX</p>	<p>day: Monday and Wednesday time: 10am – 11am</p> <p>Also play bingo.</p>
Friends of Fryston Woods	<p>contact name: Steve Wright / Jacqui Yates email: frystonwoodfriends@gmail.com website: http://frystonwoods.co.uk/index.php</p>	<p>day: 2nd Monday of month time: 10am</p> <p>A local community group who work in the Airedale and Fryston area and undertake small projects in Fryston & Well Woods with the local community. We are also seeking volunteers to help out on our community allotment and beekeeping.</p>

Airedale - Hobbies & Social Groups

Name	Contact	Details
Gardening Club – Airedale Library	phone: 01977 724040 meeting place: The Airedale Library, The Square, Airedale, Castleford, WF10 3JJ	Held monthly Do you have any interest in gardening with time to spare? We have a lovely garden that needs your help. We would like you to be part of our Gardening Club, come along and socialize, with new people and watch your creations bloom. Register your interest – contact the Library.
Holy Cross Companionship Group	contact name: Rev Tracy Ibbotson phone: 01977 553157 email: ibbotson457@btinternet.com meeting place: The Mount, Airedale, Castleford WF10 3JN website: http://www.airedaleholycross.co.uk/index.html	day: Tuesday time: 1pm-3pm cost: free A place to come and have a chat with others or participate in the activities on offer.
Pensioners Night Bingo, Dominoes etc.	phone: 01977 557622 meeting place: The Green Bowling Club, The Green, Castleford WF10 3SB	day: Tuesday time: 8pm

Airedale - Hobbies & Social Groups

Name	Contact	Details
Singing for Pleasure	phone: 07834 270341 meeting place: Airedale Methodist Church, Elizabeth Drive, Airedale, Castleford WF10 3SD website: https://www.facebook.com/s4pyorkshire	day: Thursday time: 7.15pm Fun choir for everyone. You don't have to be able to read music or have sung in a choir before. Sing songs from every decade from The Beatles to Bruno Mars. First session free, following sessions £4.50
Snooker Night	phone: 01977 557622 meeting place: The Green Bowling Club, The Green, Castleford WF10 3SB	day: Thursday time: 7.30pm
St Edmund's Close Social Group	phone: 01977 557622 meeting place: The Green Bowling Club, The Green, Castleford WF10 3SB	day: Thursday time: 1pm – 3.30pm

Airedale - Lunch Clubs

Name	Contact	Details
Airedale Junior School	contact name: Reception phone: 01977 556946 email: admin@airedale-jun.wakefield.sch.uk meeting place: Airedale Junior, Fryston Road, Castleford WF10 3EP website: http://www.airedalejuniorschool.co.uk/	day: Thursday time: 11:30am cost: £2.46 Two course and refreshments Please contact the school beforehand if you wish to attend.
Airedale Methodist Church	meeting place: Airedale Methodist Church, Elizabeth Drive, Airedale, Castleford WF10 3SD	day: Monday time: midday cost: £4 day: Wednesday time: 11.30am – 2pm (lunch served at noon) Set menu consisting of main meal, dessert and refreshments. Please call in if you would like to know more.
Oyster Park Primary School	contact name: Reception phone: 01977 515994 email: headteacher@oysterpark.co.uk meeting place: Oyster Park Primary, Watling Road, Ferry Fryston WF10 3SN website: http://oysterpark.co.uk/	day: Wednesday time: 11:15am cost: £2.50 Two course and refreshments. Phone and let the school know in advance if you would like to go.

Airedale - Physical Activity

Name	Contact	Details
Airedale Amateur Boxing Club	<p>meeting place: Kershaw Business Centre, Kershaw Avenue, Castleford WF10 3ES</p> <p>email: airedaleabc@hotmail.com</p> <p>website: https://www.facebook.com/pages/Airedale-Amateur-Boxing-Club/143428839197795</p>	<p>day: Monday, Tuesday and Wednesday Thursday – Women Only</p> <p>Sessions for all. Kids - £2 per session, Adults - £3 per session.</p> <p>Visit centre or consult website for details.</p>
Kickboxing	<p>contact name: Steve Penistone</p> <p>phone: 07872 441257</p> <p>meeting place: The Hut, Kershaw Avenue, Airedale, Castleford WF10 3ES</p> <p>website: www.itsalifestylemartialarts.co.uk</p>	<p>day: Tuesday time: 6pm – 7pm</p> <p>day: Saturday time: 10am</p> <p>Open to all ages.</p>
Roller Skating	<p>phone: 01977 550250</p> <p>meeting place: The Hut, Kershaw Avenue, Airedale, Castleford WF10 3ES</p> <p>website: http://thehutairedale.com/</p>	<p>day: Sunday – 6.30pm – 10.30pm (Roller disco)</p> <p>cost: £5 person with own skates; £6 per person without skates (skates will be provided)</p> <p>Family fun days available throughout the summer holidays contact The Hut for more information</p>

Airedale - Physical Activity

Name	Contact	Details
<p>Walk Rugby</p>	<p>contact name: Neil Barnaby phone: 07904234159 email: neil@castigers.com, meeting place: The Hut, Kershaw Avenue, Airedale, Castleford WF10 3ES</p>	<p>day and time: Monday 8pm-9pm and Thursday 7pm-8pm</p> <p>Touch rugby played at walking pace. Suitable for anyone. No experience necessary.</p>
<p>Young at Heart</p>	<p>contact name: Doreen Youngman phone: 01977 513652 meeting place: Airedale Methodist Church, Elizabeth Drive, Airedale, Castleford WF10 3SD</p>	<p>day: Tuesday time: 2pm – 3pm Cost: £2.50 – first class free, pay one month in advance</p> <p>Keep fit for the over 55's. Participants exercise within their own range of movement with the support of a chair. Includes tea and biscuits. Turn up on the day; please arrive around 1.40pm on your first visit.</p>

Airedale - Support Groups

Name	Contact	Details
Councillors for the Castleford area.	c/o County Hall, Bond Street, Wakefield, WF1 2QW committeeservices@wakefield.gov.uk phone: 01924 305051 For details of your local councilors contact committee services. Committee Services, Room 52, County Hall, Wakefield, WF1 2QW	Offer advice to constituents. Councillor surgeries also available
S.M.a.S.H. Society	phone: 07392721475 meeting place: Airedale Library, The Square, Castleford WF10 3JJ email: smashsociety@outlook.com	day: 1 st Monday of the month except Bank Holidays time: 1pm -3pm cost: 50p for refreshments Supporting the self-management of adults living with a health condition. Or, if you are feeling isolated, or even just want to be a part of something special in your community
Stop Smoking Service	contact name: Yorkshire Smoke free – Wakefield phone: 01977 465449 website: http://wakefield.yorkshiresmokefree.nhs.uk/	Lloyds Pharmacy , 25 The Square, Airedale, Castleford, West Yorkshire WF10 3JJ day: Tuesday time: 1.30pm – 4.30pm By appointment only

Airedale - Support Groups

Name	Contact	Details
Well Woman Centre Community Counselling	<p>phone: 01924 211114</p> <p>meeting place: Airedale Children's Centre, The Square, Castleford WF10 5NS</p> <p>website: http://www.wellwomenwakefield.org.uk/community-counselling-service/</p>	<p>day: Monday</p> <p>time: 10.30am - 1.30pm</p> <p>By appointment only.</p> <p>Counselling offers a weekly time and space to help you to explore your difficulties in a safe, private and confidential environment. To self-refer, please contact the Well Woman Centre.</p>

Airedale - Volunteering

Name	Contact	Details
Sea Cadets	<p>phone: 07455 519119</p> <p>email: aglastonbury@googlemail.com</p> <p>meeting place: The Active Centre, Stansfield Road, Airedale, Castleford WF10 3UA</p> <p>website: http://www.sea-cadets.org/CASTLEFORD/home.aspx</p>	<p>Sea Cadet volunteers:</p> <ul style="list-style-type: none"> • Support young people • Encourage them to take part in challenging and aspirational activities • Work as part of a team • Meet new people, make new friends • Experience adventure and learn new skills • Gain valuable and externally recognised qualifications.

Castleford and Airedale - Other Useful Contacts

Name	Contact	Details
Adult & Community Learning in the Wakefield District	contact name: Manygates Education Centre phone: 01924 303302 email: aces@wakefield.gov.uk	Various courses available in Castleford at The Airedale Centre and Five Towns Resource Centre, as well as other locations across the Wakefield District.
Allotments	contact name: Wakefield Council phone: 01924 307332 email: streetsceneestates@wakefield.gov.uk meeting place: Street Scene Services, Normanton Town Hall, Block C (2nd Floor) WF6 2DZ website: www.wakefield.gov.uk	Please contact for details
Castleford Community Learning Centre	contact name: Reception phone: 01977 511581 fax: 01977 603158 email: info@cclc.co.uk meeting place: 1 York Street, Castleford WF10 1RB website: http://www.cclc.co.uk/	day: Monday – Friday time: 9am – 4pm Provides adults with new opportunities to make a real difference in their lives.
Castleford and District Cancer self-help group	Phone: 01977 675644	Contact for details of group.

Castleford and Airedale - Other Useful Contacts

Name	Contact	Details
Citizens Advice Bureau	contact name: Reception phone: 03444 111 444 meeting place: Thornycroft, Halfpenny Lane, Pontefract WF8 4AY website: www.citizensadvice.org.uk / www.wakefielddistrictcab.co.uk	day: Wednesday to Friday time: 10am – 1pm
Five Towns Resource & Technology Centre	contact name: Reception phone: 01977 723940 email: fivetowns@wakefield.gov.uk meeting place: Welbeck Street, Castleford WF10 1DP website: http://www.wakefield.gov.uk	Adult education centre.
Food Bank - Smawthorne Community Church	contact name: Foodbank Coordinator, Tim Weeks phone: 07544 943862 email: info@smawthornecommunitychurch.org.uk meeting place: The Link Community Centre, Beancroft Road, Castleford WF10 5BP	day: Friday time: 6pm – 8pm
Popsis Café	contact name: Tracy Roberts phone: 01977 551555 meeting place: Popsis Café, Popular Avenue, Airedale WF10 3QJ	Local café offering a hot meal delivery service £4 main meal, £ 5 main meal and pudding. Order before 10.30am Monday - Friday. Monday - Friday pensioners special inside the café £3 hot meal or £4 with pudding. Deliver throughout Airedale.

Castleford and Airedale - Other Useful Contacts

Name	Contact	Details
Snack and Chat	<p>meeting place: Airedale Library, The Square, Castleford WF10 3JJ</p> <p>website: https://www.facebook.com/Snack-Chat-483208518514314/?fref=nf</p>	<p>Community social enterprise - run by Airedale Neighbourhood Management Board. Family friendly cafe serving good home cooked food and snacks.</p> <p>Open Monday, Wednesday and Friday 8:30am - 4pm.</p>
Soup Kitchen	<p>contact name: Salvation Army Officer</p> <p>phone: 01977 510636</p> <p>meeting place: Salvation Army Hall, Booth Street, Castleford WF10 1SA</p> <p>website: http://www.castleford-sa.org/index.html</p>	<p>day: Thursdays</p> <p>time: 7.00pm – 9.00pm</p> <p>cost: free</p> <p>Two course meal; food parcels also available (not Wednesdays or Thursdays).</p>
Alzheimer's Society	<p>Name: Alzheimer's Society</p> <p>phone: 01924 373264</p> <p>email: wakefield@alheimers.org.uk</p> <p>address: 21 King Street, Wakefield, WF1 2SR</p> <p>website: www.alzheimers.org.uk</p>	<p>Provide diagnostic support for individuals affected by Dementia. Through services including the Dementia Support Service, Dementia Cafes, Singing for the Brain, Peer Support, Information Programmes and Side by Side</p>