Local Support and Social Groups

to aid independence and healthy living

Pontefract, Carleton, Darrington, East Hardwick, Knottingley and Ferrybridge

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

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- **SOUTH EAST – Ackworth, South Elmsall, South Kirkby, Upton, Hemsworth, Ryhill, and Havercroft**
- **WAKEFIELD CENTRAL –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**

Pontefract and Carleton
Hobbies & Social Groups

Name	Contact	Details
Adult Doodle Art	**phone:** 01977 706307 **meeting place:** Pontefract Central Library, Shoemarket, Pontefract WF8 1BD	**day:** Wednesday **time:** 5:00pm – 6:30pm **cost:** £5 for 1 hour, £7 for an hour and a half All materials are provided. For Adults to learn to create their own doodling patterns.
Art and Pottery Group	**contact name:** Derek **phone:** 01977 708591 **meeting place:** Central Methodist Church, Newgate, Pontefract, WF8 1NB	**day:** Monday **time:** 10:15am – 2:45pm Everyone welcome, no previous painting or pottery experience is necessary.
Art Club	**contact name:** Fred / Helen **phone:** 07771107725 / 07906182444 **meeting place:** Thornycroft Centre, Half Penny Lane, Pontefract. WF8 4AY	**day:** Thursday **time:** 7:00pm – 9:00pm **cost:** Membership for the year is £25
Painting for Pleasure	**contact name:** Dawn Austwick **phone:** 01977 695006 **email:** pontefract.liveathome@mha.org.uk **meeting place:** Pontefract Central Library, Community Room, Shoemarket, Pontefract WF8 1BD	**day:** Monday **time:** 1:00pm – 2.45pm This group is run by the Pontefract Live at Home Scheme

Pontefract and Carleton
Hobbies & Social Groups

Name	Contact	Details
Creative Crafts	**contact name:** Dawn Austwick **phone:** 01977 695006 **email:** pontefract.liveathome@mha.org.uk **meeting place:** Pontefract Central Library, Community Room, Shoemarket, Pontefract WF8 1BD	**day:** Monday **time:** 1pm - 2.45pm **cost:** dependent on activity 50p - £2 This group is run by the Pontefract Live at Home Scheme
Arts Café	**contact name:** Maria – Next Generation **phone:** 01924 383773 / 07421069761 **email:** artscafe@nextgenerationartzone.org.uk **meeting place:** St Giles Church, Market Place, Pontefract, WF8 1AT	**day:** Friday's (twice per month**)** **time:** 2:30pm – 4:30pm **price:** £2:00 (to cover refreshments) The Arts Café is aimed at individuals experiencing ill mental health. The first part of the sessions gives participants access to a healthy meal with arts and crafts activities following this. Participants can try their hand at a range of arts activities or simply relax with a cup of tea.
Bridge Club	**contact name:** S Gummerson **phone:** 01977 795048 **meeting place:** The Kite Hotel, Chestnut House, Great North Road Darrington, WF8 3RH	**day:** Thursday **time:** 7:30pm – 10:00pm

Pontefract and Carleton
Hobbies & Social Groups

Name	Contact	Details
Central Singers	**contact name:** Jacob **phone:** 01977 702673 **meeting place:** Carleton Grange, Community Centre, Carleton Road, Pontefract, WF8 3RJ	**day:** Friday **time:** 7:30pm This is a happy and enthusiastic group of between 20-30 singers of mixed ages and varied choral experience. New members most welcome.
Camera Club	**contact name:** Stephen J Dean **phone:** 01977 706160 **meeting place:** Carleton Grange, Community Centre, Carleton Road, Pontefract, WF8 3RJ **website:** www.pontefractcc.co.uk	**day:** Thursday **time:** 7:30pm – 10:00pm **cost:** £50 per year – reductions for senior citizens. You can learn how to: • Arrange, frame and compose your shots. • Work with light, reflectors and filters • Tweak your photos in either traditional or Adobe Photoshop for digital users • Mount and present your photographs professionally – ready for exhibition and competitions
Coffee Morning	**meeting place:** Reading room, Philips Lane, Darrington (post office) WF8 3BH	**day:** Monday **time:** 9:00am – 11:00am Just turn up at anytime

Pontefract and Carleton
Hobbies & Social Groups

Name	Contact	Details
Coffee Morning	**contact name:** Salvation Army **phone:** 01977 600224 **meeting place:** Salvation Army, Maud's Yard Southgate, Pontefract WF8 1AQ	**day:** Wednesday and Saturday **time:** 9:00am – 1:00pm
Coffee Morning	**meeting place:** St Giles Church, Market Place, Pontefract, WF8 1AT **website:** http://www.stgilesonline.org.uk	**day:** Wednesday and Saturday **time:** 10:00am Just turn up at any time
Coffee Morning	**contact name:** Pontefract Congregational Church **meeting place:** Pontefract Congregational Church, Finkle Street, Pontefract, WF8 1HE **website:** www.thechurchoffinklestreet.com	**day:** Friday **time:** 10:00am – 11:00am 10:45am – Guest speaker
Creative Craft Group	**phone:** 01977 703384 **meeting place:** Thornycroft Centre, Half Penny Lane, Pontefract. WF8 4AY	**day:** Monday **time:** 9.45am – 11.45am and 12:45pm – 2:45pm **cost:** £2 subs Dinner available at the centre at a cost of £5.80
Decoupage	**phone:** 01977 703384 **meeting place:** Thornycroft Centre, Half Penny Lane, Pontefract. WF8 4AY	**day:** Tuesday **time:** 1:00pm-3:00pm

Pontefract and Carleton
Hobbies & Social Groups

Name	Contact	Details
Drama Group	**phone:** 01977 703384 **meeting place:** Thornycroft Centre, Half Penny Lane, Pontefract. WF8 4AY	**day:** Tuesday / Wednesday **time:** 4:30pm-6:30pm **/** 6:00pm – 8:15pm
Family History Society	**contact name:** David Smith **email:** chairman@pontefracths.org.uk **meeting place:** Micklegate Methodist Church, Micklegate, Pontefract, WF8 1QG **website:** www.pontefracths.org.uk	**day:** 3rd Thursday of the month except August and December Do you live in the Pontefract area or have ancestry here? Join the society to be part of a friendly group who provide help and support with searches with a growing list of publications
Flower Club	**contact name:** Mrs Johnson **phone:** 01977 703457 **meeting place:** Pontefract Central Methodist Church, Newgate House, New Gate, Pontefract. WF8 1NB	**day:** Last Wednesday of each month **time:** 2:00pm – 4:30pm Small Group. Fun and fellowship through flowers.
Gardening Group	**contact name:** Bill Roberts **phone:** 01977 621211 **meeting place:** Ramsden Hall, Darning Lane, Thorpe Audlin, WF8 3HB	**day:** Fourth Wednesday of each month **time:** 7:00pm – 9:00pm Group includes speakers on various gardening related topics

Pontefract and Carleton
Hobbies & Social Groups

Name	Contact	Details
Knit & Natter	**contact name:** Pat Wiltshire **phone:** 01977 794360 **meeting place:** Evangelical Church Hall, Finkle Street, Pontefract, WF8 1HE	**day:** Second Wednesday of each month **time:** 2:00pm – 3:30pm Group closed during August, resumes In September
NHS Retirement Fellowship	**contact name:** Margaret Kelso **email:** jkkelso@msn.com **meeting place:** Seminar Room, Floor B, Pontefract Hospital, WF8 1PL	**day:** 1st Tuesday of each month **time:** 2.30pm – 4.30pm National organisation for all retired NHS staff
Over 50s Social Club	**contact name:** Reception **phone:** 01977 705341 **meeting place:** St Mary's Community Centre. The Circle Chequerfield, Pontefract. WF8 2AY **website:** www.stmaryscommunity.co.uk	**day:** Friday **time:** 1pm – 3:00pm 2 course Lunch followed by bingo and games
Poetry Writing Group	**contact name:** Pontefract Congregational Church **meeting place:** Pontefract Congregational Church, Finkle Street, Pontefract, WF8 1HE **website:** www.thechurchoffinklestreet.com	**day:** Every third Friday **time:** 1:00pm – 3:00pm **cost:** Free

Pontefract and Carleton
Hobbies & Social Groups

Name	Contact	Details
Pontefract Choral Society	**meeting place:** Congregational Church (school room) Finkle Street, Pontefract, WF8 1HE	**day:** Thursday Just turn up. **time:** 7:00pm – 9:00pm **cost:** Annual joining fee of £35
Probus Group	**contact name:** Keith Auty **phone:** 01977 794622 **meeting place:** Carleton Grange, Community Centre, Carleton Road, Pontefract,WF8 3RJ **NOTE**: For information on guest speakers contact: Michael Leach – 01977 704989	**day:** 2nd and 4th Tuesday of the month **time:** 10:15am – 12:00noon A group for men who have guest speakers, coffee, tea and biscuits provided. Various outings to places of interest and two holidays per year.
Radio Society	**Contact name:** Colin Wilkinson **email:** info@pdars.com **meeting place:** The radio shack at: Carleton Grange, Community Centre, Carleton Road, Pontefract, WF8 3RJ **website:** www.pdars.com	**day:** Tuesday and Thursday 7:00pm Technical hobby group open to everyone with an interest in developing skills in communications. We offer talks and courses to promote amateur radio. Can gain licensed qualification. Support community activities.

Pontefract and Carleton
Hobbies & Social Groups

Name	Contact	Details
Readers Group	**contact name:** Central Library **phone:** 01977 727692 **meeting place:** Pontefract Central Library Shoemarket, Pontefract WF8 1BD	**day:** Monday **time:** 10:15am – 12:15pm or **day:** 2nd Monday of the month **time:** 7:00pm – 9:00pm Enjoy reading? Come along and talk to and share books with other book lovers.
Singing for the brain **(Alzheimer's Society)**	**contact name:** Lesley **phone:** 01924 373264 **email:** wakefield@alzheimers.org.uk **meeting place:** Pontefract Congregational Church, Finkle Street, Pontefract, West Yorkshire WF8 1HE **website:** www.alzheimers.org.uk	**day:** 2nd and 4th Tuesday of the Month **time:** 1:00pm – 3:00pm **cost:** Free A singing group for people with dementia and their carers
Theatre Group	**contact name:** Brenda / Russ **phone:** 01977 700052 / 01977 702 430 **meeting place:** Carleton Grange, Community Centre, Carleton Road, Pontefract, WF8 3RJ **website:** www.carletontheartregroup.co.uk	**day:** Wednesday **time:** 8:00pm *Rehearsal days vary.* We always welcome new members so if you are interested in joining our group and would like to find out more, drop in during one of our rehearsals or contact us by telephone. They produce 3 plays a year and a Christmas show.

Pontefract and Carleton
Hobbies & Social Groups

Name	Contact	Details
Thornycroft Day Centre	**contact name:** The Centre **phone:** 01977 703384 / 723940 **email:** pontefract@ciswo.org.uk **meeting place:** Thornycroft, Halfpenny Lane, Pontefract, WF8 4AY	**day:** Monday – Friday **time:** 9:00am – 3:00pm **cost:** £5.80 for a freshly cooked 2 course lunch Transport available on request £5.80 Licensed bar facilities. For people aged 50+ Activities available - Bingo/Bowls/Darts/Snooker/IT Suite/Table Games
West Yorkshire Astronomical Society	**contact name:** Tony Doubtfire / Jim Bolton **email:** chairman@wyas.org.uk / secretary@wyas.org.uk **meeting place:** Rose Observatory, Carleton Grange, Community Centre, Carleton Road, Pontefract, WF8 3RJ **website:** www.wyas.org.uk	**day:** Tuesday **time:** 7.30pm – 9:00pm We are a large and friendly society interested in absolutely all aspects of astronomy. It really doesn't matter how much you know or how big your telescope is but if you have an interest in Astronomy please pay us a visit. Guest speaker once per month

Pontefract and Carleton
Hobbies & Social Groups

Name	Contact	Details
Sheltered Housing Activities at: **Millgarth**	**contact name:** Scheme manager **phone:** 01977 798754 **meeting place:** Millgarth Independent Living Scheme, Mill Hill Lane Pontefract. WF8 4JD	**Card Making** **day:** Monday **time:** 2:00pm – 4:00pm **Bingo** **day:** Wednesday & Friday **time:** 7:00pm – 9:00pm **Coffee Morning** **day:** Tuesday **time:** 10:00 – 11:00am
Sheltered Housing Activities at: **Beachwood House**	**contact name:** Scheme manager **phone:** 01977 709847 **meeting place:** Beachwood house Independent Living Scheme, Wakefield Road, Pontefract. WF8 4EE	**Bingo** **day:** Tuesday **time:** 2:00pm – 3:30pm **Coffee Morning** **day:** Thursday **time:** 10:00am – 11:30am

Pontefract and Carleton
Hobbies & Social Groups

Name	Contact	Details
Sheltered Housing Activities at: **Moverley Flatts**	**contact name:** Scheme manager **phone:** 01977 792694 **meeting place:** Moverley Flatts Independent Living Scheme, Moverley Flatts, Pontefract, WF8 2BX	**Bingo** **day:** Thursday **time:** 7:00pm – 9:00pm **Coffee Morning** **day:** Tuesday **time:** 11:00am – 12:00am **Light Lunch** **day:** Monday (twice a month) **time:** 12:00pm – 2:00pm **Craft Group** **day:** Thursday **time:** 9:30am – 12:00pm **Knit & Natter** **day:** Friday **time:** 2:00pm – 4:00pm **Quiz** **day:** Mondays (once per month) **time:** 7:00pm – 9:00pm

Pontefract and Carleton
Hobbies & Social Groups

Name	Contact	Details
Sheltered Housing Activities at: **Eastbourne Independent Living Scheme**	**contact name:** Scheme manager **phone:** 01977 795447 **meeting place:** Eastbourne Independent Living Scheme, Eastbourne Close Pontefract. WF8 2HZ	**Bingo** **day:** Monday and Wednesday **time:** 6:30pm – 8:30pm **Boccia** **day:** Tuesday **time:** 1:30pm – 3:30pm **Coffee Morning** **day:** Friday **time:** 10:00am – 11.30pm
Sheltered Housing Activities **Baileygate Court**	**contact name:** Scheme Manager **phone:** 01977 792785 **meeting place:** Baileygate Court Independent Living Scheme, Pontefract, WF8 1HQ	**Bingo** **day:** Tuesday and Thursday **time:** 6:30pm – 9:00pm
Sheltered Housing Activities at: **Ladybalk**	**contact name:** Scheme manager **phone:** 01977 709423 **meeting place:** Ladybalk Independent Living Scheme, Ladybalk Lane, Pontefract. WF8 1JQ.	**Bingo** **day:** Monday, Tuesday Wednesday, Thursday **time:** 12:30pm – 3:00pm

Pontefract and Carleton
Hobbies & Social Groups

Name	Contact	Details
Sheltered Housing Activities at: **Churchbalk**	**contact name:** Scheme manager **phone:** 01977 795345 **meeting place:** Churchbalk Independent Living Scheme, 18 Woodland View, Pontefract, WF8 2RD	**Coffee Morning** **day:** Thursday **time:** 1:00-3:00pm
Sheltered Housing Activities at: **Halberg House**	**contact name:** Scheme manager **phone:** 01977 792798 **meeting place:** Halberg House Independent Living Scheme, Viking Road, Pontefract. WF8 2TS.	**Coffee Morning / Bingo** **day:** Monday **time:** 10:00am – 12:00am **Bingo** **day:** Tuesday, Thursday **time:** 7:00pm – 9:00pm **HOY** **day:** Wednesday **time:** 3:00pm – 5:00pm

Pontefract and Carleton
Hobbies & Social Groups

Name	Contact	Details
Sheltered Housing Activities at: **Queens Avenue**	**contact name:** Scheme manager **phone:** 01977 794380 **meeting place:** The Community Centre, Queens Avenue, The Barracks, Pontefract, WF8 4SD	**Bingo** **day:** Monday **time:** 2.00pm Bingo **day:** Tuesday and Thursday **time**: 6.00pm **Coffee Morning** **day:** Thursday **time:** 10.30am – 11.30am **Gentle Exercise** **day:** Thursday **time:** 11.30pm – 12:30pm **Lunch Club** **day:** Thursday **time:** 12.30pm **Craft Club** **day:** 1st Friday of the month **time:** 6pm **New Age Kurling / Boccia** **day:** Friday **time:** 6.00pm

Pontefract and Carleton
Hobbies & Social Groups

Name	Contact	Details
Sheltered Housing Activities at: **Monument Mews**	**contact name:** Scheme manager **phone:** 01977 792789 **meeting place:** Monument Mews, Independent Living Scheme, The Circle, Pontefract, WF8 2BA	**Boccia** **day:** Tuesday **time:** 1:15pm – 3:00pm **Bingo** **day:** Monday **time:** 1:00pm – 3:00pm **HOY** **day:** Thursday **time:** 1:00pm – 3:00pm Card covering game similar to Bingo

Pontefract and Carleton
Lunch Clubs

Name	Contact	Details
Holy Family & St Michaels Primary School	**contact name:** Reception **phone:** 01977 722840 **meeting place:** Holy Family & St Michaels, Cobblers Lane, Pontefract, WF8 2HN	**day:** Tuesday **time:** 11.30am **cost:** £2.50 Please call to reserve a place

Pontefract and Carleton
Lunch Clubs

Name	Contact	Details
Lunch + Plus	**phone:** 01977 702960 / 01977 600524 **meeting place:** Carleton Grange, Community Centre, Carleton Road, Pontefract, WF8 3RJ	**day:** Last Friday of the month **time:** 12:00pm for 12:30pm **cost:** £2.50 Lunch + Plus is a way of getting people together- and what better way than over a meal. Please let us know if you are coming- you'll be most welcome.
Pontefract Live at Home Scheme **Extended Light Luncheon Club**	**contact name:** Dawn Austwick **phone:** 01977 695006 **email:** pontefract.liveathome@mha.org.uk **meeting place:** Micklegate Methodist Church, Micklegate, Pontefract. WF8 1QG	**day:** Tuesday **time:** 12:30pm – 2:30pm Luncheon followed by Boccia, New Age Kurling, Quiots..
Pontefract Live at Home Scheme **Light Luncheon Club**	**contact name:** Dawn Austwick **phone:** 01977 695006 **email:** pontefract.liveathome@mha.org.uk **meeting place:** Moverley Flatts, Pontefract, WF8 2BX	**day:** the last Monday of the month **time:** 11.30am – 2:00pm **cost:** £3.50 Luncheon followed by games and Bingo.
Rookeries Junior and Infants School	**contact name:** Reception **phone:** 01977 600368 **meeting place:** Rookeries Junior and Infants School, Carleton Road, Carleton, WF8 3NP	**day:** Wednesday **time:** 11.30am **cost:** £2.50 Please call to reserve a place

Pontefract and Carleton
Lunch Clubs

Name	Contact	Details
St Giles Primary School	**contact name:** Reception **phone:** 01977 722880 **meeting place:** St Giles Primary School, Skinner Lane, Pontefract, WF8 1HG	**day:** Wednesday **time:** 11:30am **cost:** £2.50 If you would like to attend please book before 9.30am
St Mary's Lunch and Bingo	**contact name:** Reception **phone:** 01977 705341 **meeting place:** St Mary's Community Centre, The Circle, Chequerfield, Pontefract. WF8 2AY	**day:** Friday **time**: 1:00pm – 3:00pm Luncheon club followed by games of Bingo
The Light Luncheon Club	**contact name:** Dawn Austwick **phone:** 01977 695006 **meeting place:** The Community Centre, Queens Ave, The Barracks, Pontefract. WF8 4SD	**day:** Thursday **time:** 12:30pm – 2.00pm **cost**: £3.00 Run by Pontefract and District Live at Home Scheme

Pontefract and Carleton
Physical Activity

Name	Contact	Details
Central Ramblers	**contact name:** Barrie / Jim **phone:** 01977 703150 / 01977 700240 **meeting place:** Pontefract Central Methodist Church, Newgate House, New Gate, Pontefract. WF8 1NB	**day:** Change each week **time:** 9:30am – 3:00pm **cost:** Free Well call us what you will! Ramblers, strollers, walkers? But certainly not hikers because that sounds too much like hard work. We are a group who enjoy a leisurely walk around pleasant country paths. Our walks vary from 5–7 miles and we often take half a day so there's no rush.
Dance and Disabilities	**contact name:** Reception **phone:** 01977 705341 **meeting place:** St Mary's Community Centre. The Circle Chequerfield, Pontefract. WF8 2AY	**day:** Monday **time:** 10:30am – 12:30pm **cost:** Free A dance class for people with a disability/impairment
Exercise to Dance	**contact name:** Reception **phone:** 01977 705341 **meeting place:** St Mary's Community Centre, The Circle, Chequerfield, Pontefract. WF8 2AY **website:** www.stmaryscommunity.co.uk	**day:** Monday **time:** 1:00pm – 3:00pm **cost:** Free

Pontefract and Carleton
Physical Activity

Name	Contact	Details
Fairfax Badminton Club	**contact name:** Cindy **phone:** 01977 677885 **meeting place:** Carleton Grange, Community Centre, Carleton Road, Pontefract, WF8 3RJ	**day:** Thursday **time:** 7:00pm – 9:00pm
Gentle Exercise Group	**contact name:** Amanda Backhouse **phone:** 01977 599919 / 07779890039 **meeting place**: St Giles Church, Market Place, Pontefract, WF8 1AT **website:** http://www.stgilesonline.org.uk	**day:** Tuesday **time:** 3:00pm – 4:00pm **cost:** £3.50
G-FAB Dance Class	**phone:** 01977 703384 **meeting place:** Thornycroft Centre, Half Penny Lane, Pontefract. WF8 4AY	**day:** Monday, Thursday **time:** 7:00pm-8:00pm
Health Walk	**contact name:** Reception **phone:** 01977 705341 **meeting place:** St Mary's Community Centre, The Circle, Chequerfield, Pontefract. WF8 2AY **website:** www.stmaryscommunity.co.uk	**day:** Friday Fortnightly **time:** 10:30am **cost:** Free

Pontefract and Carleton
Physical Activity

Name	Contact	Details
Indoor Bowling	**contact name:** Peter Gibbins **phone:** 01977 702960 **meeting place:** Pontefract Central Methodist Church, Newgate House, New Gate, Pontefract. WF8 1NB	**day:** Wednesday **time:** 9:30am – 12noon The game is exactly like out-door bowls but it is called 'short mat bowls' and is played on a special mat which is 15 yards long. Bowls are provided, and there are plenty of people who will introduce you to the game
Ladies Badminton	**contact name:** Anne Healy **phone:** 01977 703629 **meeting place:** Pontefract Central Methodist Church, Newgate House, New Gate, Pontefract. WF8 1NB	**day:** Tuesday **time:** 7:00pm – 9:00pm **day:** Thursday **time**: 1:00pm – 3:00pm
LFA **Tai Chi**	**contact name:** Bill Holmes / Sheila **phone:** 01302 832766 / 01484 898092 **meeting place:** Pontefract Central Methodist Church, Newgate House, New Gate, Pontefract. WF8 1NB **Website**: www.leefamilyarts.com	**day:** Tuesday **time:** 6pm – 7pm Do you suffer from breathing difficulties? Do you suffer from insomnia? Do you suffer from arthritis? A wide variety of problems can be related back to stress. This is a form of light exercise to relieve stress. All ages welcome.
Line Dancing	**contact name:** Alan Perkins **phone:** 01977 709461, 07842118836 **meeting place:** Carleton Community Centre Carleton Road, Pontefract WF8 3RJ	**day:** Monday **time:** 8:00pm – 9:00pm

Pontefract and Carleton
Physical Activity

Name	Contact	Details
New Age Kurling	**contact name:** Norman Davis **phone:** 01977 704872 **meeting place:** Pontefract Central Methodist Church, Newgate House, New Gate, Pontefract. WF8 1NB	**day:** Monday **time:** 2pm – 4pm **cost:** £1.50 This is a new indoor game sweeping the nation. Essentially it is like bowls but instead of a Jack there is a target. Can be played by all age and all abilities.
Pilates	**contact name:** Becky **phone:** 07813839888 **meeting place:** Carleton Community Centre Carleton Road, Pontefract WF8 3RJ	**day:** Wednesday **time:** 6:00pm – 7:00pm
Prime Timers **50+ swimming session**	**contact name:** Reception **phone:** 01977 722755 **email:** pontefractsp@wakefield.gov.uk **meeting place:** Pontefract swimming pool, Stuart Road. Pontefract WF8 4PQ	**day:** Wednesday & Friday **time:** 3.00pm – 4:00pm **cost:** Purchasing an 'Activate Card' for £2 (per year) provides participants with a reduced session rate of £3.60 Prime Timers sessions are aimed at over 50s, Staff will be on hand to take sessions and offer advice

Pontefract and Carleton
Physical Activity

Name	Contact	Details
Snooker	**contact name:** Mick Braddish **phone:** 07837887043 **meeting place:** Carleton Community Centre Carleton Road, Pontefract WF8 3RJ	The Snooker Section has 2 rooms. The largest has 2 full size tables whilst the smallest contains the match table where the team represents the Grange Club in the Castleford & District league. **Membership:** Adults = £7/year. Concessions = £4/year
(RNLI) **Tea Dance**	**contact name:** Barrie Walker **phone:** 01977 703150 **meeting place:** Pontefract Central Methodist Church, Newgate House, New Gate, Pontefract. WF8 1NB	**day:** 1st Wednesday of the Month **(Sept-Dec)** **time:** 2:00pm - 4:00pm **cost:** £2.50
Tae Kwon Do	**phone:** 01977 703384 **meeting place:** Thornycroft Centre, Half Penny Lane, Pontefract. WF8 4AY	**day:** Monday 6:00-7:00pm Thursday 6.00-7:00pm
(The Dance Section) **Tea Dance**	**contact name:** Frank Megson **phone:** 01977 515907 **meeting place:** Carleton Community Centre Carleton Road, Pontefract WF8 3RJ	**day:** Monday Wednesday Sunday **time:** 1:00pm - 3:30pm 7.00pm - 10:30pm 7:30pm - 10:30pm £1.50 for members £2.00 for guests

Pontefract and Carleton
Physical Activity

Name	Contact	Details
Yoga	**contact name:** Angela Severn **phone:** 01302 724613 **meeting place:** Thornycroft Centre, Half Penny Lane, Pontefract. WF8 4AY	**day:** Monday **time:** 3:30pm – 5:00pm **cost:** £4

Pontefract and Carleton
Support Services

Name	Contact	Details
Arthritis Care Support Group	**contact name:** Elaine Lorriman **phone:** 01977 731656 **meeting place:** Thornycroft centre, Halfpenny Lane, Pontefract. WF8 4AY	**day:** 2nd and 4th Tuesday of the Month **time:** 7:00pm – 9:00pm **cost:** £1.50 This is a large support group for people with arthritis. They play games, have guest speakers and go on regular trips out.
Alzheimer's Support Group **Forget me Not Café**	**contact name:** Lesley **phone:** 01924 373264 **email:** wakefield@alzheimers.org.uk **meeting place:** Micklegate Methodist church, Micklegate, Pontefract. WF8 1QG **website:** www.alzheimers.org.uk	**day:** Fourth Thursday of the Month **time:** 1:00pm – 3:00pm **cost:** Free Support group for people with Alzheimer's and their carers. Many different activities take place such as, singing, circle dancing, Boccia etc

Pontefract and Carleton
Support Services

Name	Contact	Details
Bereavement Support Group	**contact name:** Age UK Wakefield District **phone:** 01977 552114 **email:** admin@ageukwd.org.uk **meeting place:** Pontefract Central Library, Shoemarket, Pontefract WF8 1BD **website:** www.ageukwd.org.uk	**day:** Monday **time:** 10:00am – 12:00noon **cost:** Free Provide local support to bereaved people over the age of 50 in the Wakefield District
Carers Support Group	**contact name:** Carers Wakefield District **phone:** 01924 305544 **email:** info@carerswakefield.org.uk **meeting place:** Baileygate Court Independent Living Scheme, North Baileygate, Pontefract, WF8 1HQ **website:** www.carerswakefield.org.uk	**day:** 2nd Tuesday of the month **time:** 10:00am – 12:00noon **cost:** Free Support group for unpaid carers
Open Arms Project	**contact name:** Gary Heaton **phone:** 01977 616445 **meeting place:** Micklegate Methodist Church, Micklegate, Pontefract. WF8 1QG	**day:** Monday **time:** 12:00pm-3:00pm **cost:** Free Service user led drop-in group for people with mental health issues. Activities such as: Boccia, pool, internet, arts and crafts etc.

Pontefract and Carleton
Support Services

Name	Contact	Details
Richmond Fellowship **Support Group**	**phone:** 01977 727692 **meeting place:** Pontefract Central Library, Shoemarket, Pontefract WF8 1BD	**day:** Tuesday **time:** 1:00pm – 3:00pm **cost**: Free Mental health based support group (drop-in)

Pontefract and Carleton
Volunteering

Name	Contact	Details
Pontefract Live at Home scheme **Volunteering Opportunities**	**contact name:** Dawn Austwick **phone:** 01977 695006 **email:** pontefract.liveathome@mha.org.uk **meeting place:** Micklegate Methodist Church, Micklegate, Pontefract. WF8 1QG	**day:** Various **time:** Various Various volunteering opportunities such as befriending, admin, group support etc.
Community Companions Befriending Service	**contact name:** Age UK Wakefield District **phone:** 01977 552114 **email:** admin@acwd.org.uk **website:** www.ageukkwd.org.uk	A service that offers support and friendship to older people who may feel isolated from their family, friends and neighbours or for those recently bereaved

Pontefract and Carleton
Other Useful Contacts

Name	Contact	Details
Citizens Advice	**contact name:** Reception **phone:** 03444111444 **meeting place:** Thornycroft, Halfpenny Lane, Pontefract, WF8 4AY **website:** www.citizensadvice.org.uk / www.wakefielddistrictcab.co.uk	**day:** Wednesday, Thursday Friday **time:** 10:00am – 1:00pm **cost:** Free
Community Companions Befriending Service	**contact name:** Age UK Wakefield District **phone:** 01977 552114 **email:** admin@acwd.org.uk **website:** www.ageukkwd.org.uk	A service that offers support and friendship to older people who may feel isolated from their family, friends and neighbours or for those recently bereaved
Pontefract Food Bank	**contact:** Frank Sheard **phone:** 07935530583 **address:** Newgate, Pontefract, WF8 1NB	**Opening days / times:** **Tuesday –** 11:00am – 12:30pm **Thursday –** 12:00pm – 1:30pm Contact for information regarding referrals etc.

Pontefract and Carleton
Other Useful Contacts

Name	Contact	Details
Social Contact Scheme	**contact name:** Age UK Wakefield District **phone:** 01977 552114 **email:** admin@acwd.org.uk **website:** www.ageukkwd.org.uk	Time limited service (approx. 6 weeks) to help older people regain confidence and independence. • Offers emotional and practical support • Info to meet individual needs preventing increased social service and health needs. E.g. accompany on public transport/taxi to appointments (shops, social events) Provides info on social activities
Saviour Trust	**address:** The Saviour Trust, All Saints Church Hall Baghill Lane, Pontefract, West Yorkshire WF8 2HA **phone:** 01977 600335 **email:** hannah@thesaviourtrust.co.uk	The Saviour Trust is a charity based in Pontefract, set up in response to an evident need for housing and support for the homeless and those at risk of becoming homeless. The Charity aims to offer immediate and sustainable support through the provision of housing, information, advice and guidance, pastoral care and positive activities.

Darrington and East Hardwick
Hobbies & Social Groups

Name	Contact	Details

Darrington and East Hardwick
Hobbies & Social Groups

Name	Contact	Details
Bridge Club	**contact name:** Mr S Gummerson **phone:** 01977 795048 **meeting place:** The Kite Hotel, Chestnut House, Great North Road Darrington, WF8 3RH	**day:** Thursday **time:** 7:30pm – 10:00pm
Coffee Morning	**meeting place:** Reading room, Philips Lane, Darrington (post office) WF8 3BH	**day:** Monday **time:** 9:00am – 11:00am Just turn up at anytime
Gardening Group	**contact name:** Bill Roberts **phone:** 01977 621211 **meeting place:** Ramsden Hall, Darning Lane, Thorpe Audlin, WF8 3HB	**day:** Fourth Wednesday of each month **time:** 7:00pm – 9:00pm Group includes speakers on various gardening related topics
Soup Kitchen	**contact name:** Gwen Stephenson **phone:** 01977 600559 **meeting place:** The Reading room, Philips Lane, Darrington WF8 3BH Trips out on 1st Thursday on the month, meeting at The Reading room, Philips Lane, Darrington WF8 3BH.	**day:** 3rd Thursday of month **time:** 12:00noon A soup lunch is provided with group chat throughout

Darrington and East Hardwick
Lunch Clubs

Name	Contact	Details
Badsworth Junior and Infants School	**contact name:** Reception **phone:** 01977 723395 **meeting place:** Badsworth Junior and Infants School, Main Street, Badsworth, Pontefract, WF9 1AJ	**day:** Wednesday **time:** 12:30pm **cost:** £2.50 Please call to reserve a place

Darrington and East Hardwick
Physical Activity

Name	Contact	Details
Line Dancing	**contact name:** Sheila Long **phone:** 01977 620633 **meeting place:** Ramsden Hall, Darning Lane, Thorpe Audlin, WF8 3HB	**day:** Monday **time:** 1:00pm – 2:00pm
Young at Heart Exercise Class	**contact name:** Janet Everett **phone:** 01977 620633 / 01977 620188 **meeting place:** Ramsden Hall, Darning Lane, Thorpe Audlin, WF8 3HB	**day:** Wednesday **time:** 1:30pm – 3:00pm Over 50's aerobics class

Darrington and East Hardwick
Other Useful Contacts

Name	Contact	Details
Citizens Advice	**contact name:** Reception **phone:** 0844 499 4138 **meeting place:** Thornycroft, Halfpenny Lane, Pontefract, WF8 4AY **website:** www.citizensadvice.org.uk / www.wakefielddistrictcab.co.uk	**day:** Wednesday, Thursday Friday **time:** 10:00am – 1:00pm **cost:** Free
Community Companions Befriending Service	**contact name:** Age UK Wakefield District **phone:** 01977 552114 **email:** admin@acwd.org.uk **website:** www.ageukkwd.org.uk	A service that offers support and friendship to older people who may feel isolated from their family, friends and neighbours or for those recently bereaved
Pontefract Food Bank	**contact:** Frank Sheard **phone:** 07935530583 **address:** Newgate, Pontefract, WF8 1NB	**Opening days / times:** **Tuesday –** 11:00am – 12:30pm **Thursday –** 12:00pm – 1:30pm Contact for information regarding referrals etc.
Lunch with Us	**contact:** St Giles Church **meeting place:** St Giles Church, Market Place, Pontefract, WF8 1AT **website:** http://www.stgilesonline.org.uk	**day:** Wednesday **time:** 1:00pm – 3:00pm (last orders at 2:30pm) Supported by Wakefield Council's Food Bank Support Fund. Light snacks with a social element. No charge – Donations welcome

Darrington and East Hardwick
Other Useful Contacts

Name	Contact	Details
Social Contact Scheme	**contact name:** Age UK Wakefield District **phone:** 01977 552114 **email:** admin@acwd.org.uk **website:** www.ageukkwd.org.uk	Time limited service (approx. 6 weeks) to help older people regain confidence and independence. • Offers emotional and practical support • Info to meet individual needs preventing increased social service and health needs. E.g. accompany on public transport/taxi to appointments (shops, social events) Provides info on social activities
Saviour Trust	**address:** The Saviour Trust, All Saints Church Hall Baghill Lane, Pontefract, West Yorkshire WF8 2HA **phone:** 01977 600335 **email:** hannah@thesaviourtrust.co.uk	The Saviour Trust is a charity based in Pontefract, set up in response to an evident need for housing and support for the homeless and those at risk of becoming homeless. The Charity aims to offer immediate and sustainable support through the provision of housing, information, advice and guidance, pastoral care and positive activities.

Knottingley and Ferrybridge
Hobbies & Social Groups

Name	Contact	Details
Activities- occasional trips out, fundraising events, special events	**contact:** Warwick Community Group **phone:** 01977 672726 **meeting place:** 9 Pinewood Place, Knottingley WF11 0QH **email:** wwhg@btconnect.com	**day:** various **time:** various **cost:** variable / low cost / free Informal - all welcome.
Bingo	**phone:** Ferrybridge Community Centre 01977 676056 **meeting place:** Ferrybridge Community Centre, The Square Ferrybridge WF11 8PQ	**day:** Monday **time:** 7.00pm – 9.00pm **cost:** please confirm with the group
Coffee Drop-in at the United Reformed Church	**phone:** Church Office 01977 679042 **meeting place:** United Reformed Church Hall, The Croft, Knottingley WF11 9BL **website:** www.urcyorkshire.org.uk	**day:** Thursday **time:** 10.00am -11.30am **cost:** 50p for a cup of tea or coffee and biscuits. Informal social get-together – for anyone in the community to drop-in for tea, coffee and chat. Please use the side entrance on Willow Road.
Coffee Morning (monthly) United Reformed Church	**phone:** Church Office 01977 679042 **meeting place:** United Reformed Church Hall, The Croft, Knottingley WF11 9BL **website:** www.urcyorkshire.org.uk	**day:** 2nd Saturday in the month **time:** 10.00am -11.30am **cost:** free entry A variety of refreshments are served and there is a variety of stalls.

Knottingley and Ferrybridge
Hobbies & Social Groups

Name	Contact	Details
Coffee Morning (weekly) at Elim Pentecostal Church	**contact name:** The Pastor **phone:** 01977 278616 **meeting place:** Elim Pentecostal Church, Tythe Barn Road, Knottingley WF11 9BU **website:** www.knottingleyelim.co.uk	**day:** Thursday **time:** 10.30am-12.00pm **cost:** free entry You are invited to take a break and pop in to the coffee morning for a 'cuppa' and a piece of cake. Donation for refreshments if wished.
'Craft & Hobbies'	**phone:** Church Office 01977 679042 **meeting place:** United Reformed Church Hall, The Croft, Knottingley WF11 9BL **website:** www.urcyorkshire.org.uk	**day:** 1st Monday in the month **time:** 7.15pm **cost:** £1.50 All welcome – various crafts, just call in to join in or to find out more.
Craft Group	**phone:** 01977 675 179 (hall) or 01977 671 103 (officer's residence) **meeting place:** Salvation Army Hall, Weeland Road, Knottingley WF11 8BE **website:** www.salvationarmy.org.uk/yks/Knottingley	**day:** 1st and 3rd Wednesday in the month **time:** 7.00pm – 9.00pm **cost:** £1.00 including a cuppa and biscuits General craft activities. Newcomers welcome to bring their own crafts or wanting to learn.
Crafty Natter Group	**meeting place** St Andrew's Church, Whitfield Suite, Pontefract Road, Ferrybridge WF11 8PN	**day:** Thursday **time:** 7.30 – 9.30pm **cost:** not known

Knottingley and Ferrybridge
Hobbies & Social Groups

Name	Contact	Details
Environment & Garden Group	**phone:** Church Office - 01977 679042 **meeting place:** United Reformed Church Hall, The Croft, Knottingley WF11 9BL **website:** www.urcyorkshire.org.uk	**day:** 3rd Wednesday in the month (March to September) **time:** 7.15pm **cost:** please confirm with group Seed swop, occasional speakers and garden visits.
Knit & Natter	**meeting place:** St Botolph's Parish Rooms, Chapel Street, Knottingley WF11 9AN **phone:** 01977 672267 (Church) / 01977 673463 Linda Brown (Secretary)	**day:** second Thursday of the month **time:** 2.00pm **cost:** not known Knitting, sewing or cross stitch or just have a natter. All welcome.
WMDC Mobile Library	**Weekly visit:** to Morrison's supermarket car park, Hill Top Knottingley, WF11 8ER To see other venues in the area visit – **website:** www.wakefield.gov.uk **email:** lib.admin@wakefield.gov.uk **phone:** 01924 302210	**day:** Wednesday **time:**9.30am to 2.30pm **cost:** free There is also a return box for library books inside Morrison's supermarket

Knottingley and Ferrybridge
Hobbies & Social Groups

Name	Contact	Details
Social afternoon	**phone:** Town Hall: 01977 672585 **meeting place:** 1st Floor, Knottingley Town Hall, Weeland Road, Knottingley ,WF11 9DG	**day:** Wednesday **time:** 1.30 – 4.00pm **cost:** approximately £2.00 Social, bingo, tea & biscuits Lift access to 1st floor
Stained Glass Group	**phone:** Town Hall: 01977 672585 **meeting place:** 1st Floor **,**Knottingley Town Hall, Weeland Road Knottingley, WF11 9DG	**day:** Tuesday **time:** 9.30am to 1.00pm **cost:** please check with the group leader All welcome to just call in at the Town Hall on the day.
Tea Dance	**phone:** Town Hall: 01977 672585 **meeting place:** 1st Floor**,**Knottingley Town Hall, Weeland Road, Knottingley, WF11 9DG	**day:** Tuesday **time:** 1.30pm – 4.00pm **cost:** approximately £1.50 Dancing, bingo, tea and biscuits. Lift access to dance 1st floor ballroom.
Tuesday Club	**phone:** 01977 675 179 (hall) or 01977 671 103 (officer's residence) **meeting place:** Salvation Army Hall, Weeland Road, Knottingley WF11 8BE **website:** www.salvationarmy.org.uk/yks/Knottingley	**day:** every other Tuesday **time:** 1.45pm - 3.15pm Please check with organizer for dates and other details. Social group with chat, quiz, games.

Knottingley and Ferrybridge
Lunch Clubs

Name	Contact	Details
Light Lunch for anyone over 60 with The Pontefract Live at Home Scheme	**contact:** Pontefract Live at Home Scheme **phone:** 01977 695006 **meeting place:** St Andrew's Church, Whitfield Suite, Pontefract Road, Ferrybridge WF11 8PN **website:** www.mha.org.uk/Lahs12.aspx	**day:** Wednesday **time:** 10.30am – 12.30pm **cost:** £3.50 **Please phone for more information.**
Lunch Club at Willow Green Academy Ferrybridge	**phone:** Willow Green Academy 01977 722510 **meeting place:** Willow Green Academy, Hampden Close, Ferrybridge, WF11 8PT Term Time only	**day:** Tuesday and Thursday in term time **time:** please ask when booking. **cost:** around £2.75 A two course meal. Booking required.
Lunch Club at the Vale Primary Academy Knottingley	**phone:** Vale School 01977 722485 **meeting place:** Vale Junior & Infants School, Ferrybridge Road Knottingley, WF11 8JF Term time Only	**day:** Wednesday in term time **time:** 11.30am **cost:** £2.00 A two course meal. Booking required.
Lunch Club at England Lane School Knottingley	**phone:** England Lane School 01977 722440 **meeting place:** England Lane Junior & Infants School, England Lane Knottingley WF11 0JA Term time Only	**day:** Monday to Friday in term time **time:** please contact the school **cost:** around £2.40 A two course meal. Please contact the school to confirm time / cost and to book your place.

Knottingley and Ferrybridge
Lunch Clubs

Name	Contact	Details
Older People's Lunch Club Knottingley	**contact name:** Holly Corbett (Operations Manager) **phone:** 01977 670953 **meeting place:** Adventure Playground, The Old Quarry, Sycamore Avenue, Knottingley, WF11 0PJ	**day:** Thursday **time:** 12.00 noon onwards **cost:** approximately £4.50 A home cooked 2-course lunch with tea or coffee. Optional bingo afterwards. Booking required.
Older People's Afternoon Tea Club Knottingley	**contact name:** Holly Corbett (Operations Manager) **phone:** 01977 670953 **meeting place:** Adventure Playground, The Old Quarry, Sycamore Avenue, Knottingley, WF11 0PJ	**day:** Tuesday **time:** 12.00 noon onwards **cost:** around £2.50 for a light snack optional bingo .

Knottingley and Ferrybridge
Physical Activity

Name	Contact	Details
Community Health Walk Ferrybridge	**contact name:** Wakefield Council **phone:** 01924 30 7348 **meeting place:** Beauforth House Surgery, Station Road, Ferrybridge WF11 8NJ **e-mail:** healthimprovement@wakefield.gov.uk	**day:** Alternate Thursdays - from January 7th **time:** 10.30am **cost:** free Volunteer led walks, some local, some further afield. The meeting place may change for some walks depending on the current programme.

Knottingley and Ferrybridge
Physical Activity

Name	Contact	Details
Community Health Walk Knottingley	**contact name:** Wakefield Council **phone:** 01924 307348 **meeting place:** Ash Grove Medical Centre, England Lane, Knottingley, WF11 0JA **e-mail:** healthimprovement@wakefield.gov.uk	**day:** Alternate Thursdays – from January 14th **time:** 10.00am **cost:** free Volunteer led walks, some local, some further afield. The meeting place may change for some walks depending on the current programme.
Crown Green Bowling	**meeting place:** Bowling Green, Ferrybridge Park, Castleford Lane, Ferrybridge, WF11 8QS	**day:** most afternoons from end of April to end of September. **time:** 1.00pm - 4.00pm **cost:** Please confirm with organiser. General play with bowling woods. New members welcome.
Friends of Freda's Garden	**contact name:** Mark Lovett **phone:** 01977 620766 **meeting place:** Knottingley canal, starting at the Shepherds Bridge end of Freda's Garden and working towards Cow Lane Bridge.	**day:** Tuesday **time:** 10am to 4pm during the summer. **cost:** no charge If you can give a couple of hours during the day you can just go along. All equipment is provided.

Knottingley and Ferrybridge
Physical Activity

Name	Contact	Details
Step to the Future exercise to DVD	**phone:** Vale School: 01977 722485 **meeting place:** Vale Junior & Infants School, Ferrybridge Road Knottingley WF11 8EF	**day:** Wednesday **time:** 10.10am -11.00am **cost:** free Exercises designed to maintain strength for healthy ageing. Supervised by a qualified first aider.
Line Dancing	**phone:** Ferrybridge Community Centre 01977 676056 **meeting place:** Ferrybridge Community Centre, The Square Ferrybridge WF11 8PQ	**day:** Tuesday **time:** 1.00pm – 4.00pm **cost:** please confirm with group
'Slim & Trim'	**phone:** Church Office - 01977 679042 **meeting place:** United Reformed Church Hall, The Croft, Knottingley WF11 9BL(Side entrance on Willow Road) **website:** www.urcyorkshire.org.uk	**day:** Tuesday evening **time:** 7.15pm **cost:** approximately £1.00 Music and movement for all ages. All welcome to join in.

Knottingley and Ferrybridge
Physical Activity

Name	Contact	Details
Seated Exercise	**phone:** Ferrybridge Community Centre 01977 676056 **meeting place:** Ferrybridge Community Centre, The Square Ferrybridge WF11 8PQ	**day:** Monday **time:** 11.30am – 12.30pm **cost:** £2 If you are new to exercise or returning to exercise, this could be for you. Tea / coffee after session included.
Tai Chi	**contact:** AGE UK Wakefield District **phone:** 01977 552114 **meeting place:** St Botolph's Church Parish Rooms, Chapel Street, Knottingley WF11 9AN **e-mail:** admin@ageukwd.org.uk **website:** www.ageuk.org.uk/wakefielddistrict	**day:** Monday **time:** 1.00pm – 1.45pm **cost:** £3.50 Tai Chi style exercise to music for over 50s. It can help you to cope with stress and help develop or maintain flexibility, strength, balance and co-ordination.
Walking Football	**contact:** Sport & Active Lifestyle Team **phone:** 01924 307820 **meeting place:** Knottingley Sports Centre, Hill Top, Knottingley WF11 8EE **e-mail:** sportymates@wakefield.gov.uk	**day:** Thursday **time:** 11.45 to 12.45 **cost:** £1 Fun, social, walking football (indoor) for people 50+

Knottingley and Ferrybridge
Physical Activity

Name	Contact	Details
Xercise at Ferrybridge Community Centre	**phone:** Ferrybridge Community Centre 01977 676056 **meeting place:** Ferrybridge Community Centre, The Square Ferrybridge WF11 8PQ **This class is organised by WMDC and has relocated from the former Sports Centre at Hill Top in Knottingley.** Wakefield Council, Wakefield One, PO Box 700, Wakefield, WF1 2EB phone: 0345 8 506 506	**day:** Monday **Time:** 9.45 **cost:** please confirm with organiser

Knottingley and Ferrybridge
Support Groups

Name	Contact	Details
The Ferrybridge and Knottingley Carers Support Group	**contact name:** Lara Wiles **phone:** 01924 305544 / 0755173014 **email:** info@carerswakefield.org.uk **meeting place:** Kellingley Social Club, 25 Marine Villa Road, Knottingley, WF11 8ER **website:** www.carerswakefield.org.uk	**day:** Last Wednesday of each month **time:** 10.00am - 12.00 noon **cost:** free A relaxed, informal get together with a cup of tea or coffee. All Carers are welcome.

Knottingley and Ferrybridge
Support Groups

Name	Contact	Details
Diabetes Self-Help Group	**contact:** Warwick Community Group **phone:** 01977 672726 **meeting place:** The Community Shop, 9 Pinewood Place, Knottingley WF11 0QH **email:** wwhg@btconnect.com	**day:** 1st Tuesday of each month (usually) **time:** 10.00am – 12 noon **cost:** no cost

Knottingley and Ferrybridge
Volunteering

Name	Contact	Details
AGE UK Wakefield District	**phone:** 01977 552114 **e-mail:** admin@ageukwd.org.uk	Opportunities include: befriending, retail shop work (Carleton Lanes in Castleford), fundraising or information & advice desk (Bank Street, Castleford).
Alzheimer's Society **Side by Side Scheme**	**phone**:01924 373264 **address:** Alzheimer's Society, Wakefield & Five Towns, 21 King Street, Wakefield, WF1 2SR **e-mail:** sidebysidewakefield@alzheimers.org.uk **website:** www.alzheimers.org.uk/sidebyside	Side by side, a new Alzheimer's Society's group in Wakefield is looking for volunteers so people with dementia can go out and enjoy activities. From going to the cinema, joining a local club, or gardening together, this is a rewarding, flexible and enjoyable way to support a person with dementia in your community.

Carers Wakefield & District	**phone:** 01924 305544 **website:** www.carerswakefield.org.uk	Volunteer befriending - for more information please contact their office
Pontefract Live at Home Scheme	**phone:** 01977 695006 **website:** www.mha.org.uk/Lahs12.aspx	Befriending, phone link service, transport, escort, shopping, advice, information. Please contact the Manager for more information.
The Prince of Wales Hospice	**phone:** 01977 708868 **website:** www.pwh.org.uk/volunteering-oportunities	Fundraising, shops (including Hill Top, Knottingley), reception, clinical services, catering, housekeeping, gardening If you are unsure about which area is right for you or for more information please contact the hospice.

Knottingley and Ferrybridge
Other Useful Contacts

Name	Contact	Details
Access Bus	**phone:** 0113 348 1903 **e-mail:** accessbus@wypte.gov.uk **website:** www.wymetro.com/BusTravel/accessrural/accessbus	Door to door transport for specified routes for people who have difficulty in using conventional public transport because of a disability. Please contact them for details on the Knottingley Service. Free of charge to bus pass holders. Registration required before travel

Knottingley and Ferrybridge
Other Useful Contacts

Name	Contact	Details
Allotments Wakefield Council	**phone:** 01924 305876 **email:** streetsceneestates@wakefield.gov.uk **website:** www.wakefield.gov.uk/CultureAndLeisure/Allotments	Allotments for rent at various locations. A waiting list may apply.
Community Magazine	**meeting place:** St Andrew's Church, Ferrybridge	A small number of copies are usually available at Ferrybridge Community Centre and shops in Ferrybridge or you can contact the church to subscribe and receive your own copy.
Ferrybridge Community Centre	**phone:** 01977 676056 **address:** The Square, Ferrybridge WF11 8PQ	Room hire for private functions and local businesses. Run by a volunteer committee of local residents.
Pontefract and Knottingley Neighbourhood Policing Team	**phone:** 01977 601045 **email:** pontefract@westyorkshire.pnn.police.uk **website:** www.facebook.com/pontefractandknottingleynpt www.westyorkshire.police.uk/wakefield/pontefract-knottingley	Telephone 101 to report a crime In an emergency always telephone 999.
Knottingley Food Bank	**phone:** 01977 278616 **address:** Elim Pentecostal Church, Tithe Barn Road, Knottingley, WF11 9BUDonations can also be left at St Andrew's Church, Ferrybridge.	Please telephone for opening hours and more information.

Knottingley and Ferrybridge
Other Useful Contacts

Name	Contact	Details
Knottingley Town Hall.	**phone:** 01977 676056 (Town Hall Office) **address:** Weeland Road, Knottingley, WF11 9DG Alternative Therapies taster sessions. Drop-in from 4pm on the first Wednesday of the month. £5.00 per taster – all proceeds to therapists' charity. Call in on the day to find out more.	Rooms available for hire for private functions, including weddings. A community venue, run by a volunteer committee.
Seasonal Events at the Addy	**contact name:** Holly Corbett (Operations Manager) **phone:** 01977 670953 **meeting place:** Adventure Playground, The Old Quarry, Sycamore Avenue, Knottingley, WF11 0PJ	Free seasonal events throughout the year for all ages, with food, music, games and entertainment.
Warwick Ahead	**website:** www.warwick-ahead.co.uk/	Information on what's happening on Warwick estate with regular activity updates and newsletters.