Local Support and Social Groups
to aid independence and healthy living
SOUTH EAST – Ackworth, South Elmsall, South Kirkby, Upton, Hemsworth, Ryhill and Havercroft

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 September 2018
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Each area contains the following headings:

- Hobbies and Social Groups
- Lunch Clubs
- Physical Activity
- Support Groups
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Other Directories cover the following areas:

- PONTEFRACT, Carleton, Darrington, East Hardwick, Knottingley and Ferrybridge
- CASTLEFORD and Airedale
- WAKEFIELD CENTRAL – Normanton, Altofts, Featherstone, Sharlston, Crofton, Walton and Nostell
- WAKEFIELD SOUTH AND RURAL – City Centre, Alverthorpe, Thorne, 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
# Ackworth
## Hobbies & Social Groups

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
</tr>
</thead>
</table>
| Ackworth & Pontefract Royal British Legion | **contact name:** Steve Clifton, Branch Secretary  
**phone:** 01977 625556  
**email:** ackworthlegion@gmail.com  
**meeting place:** Ackworth Social Club, 52 Wakefield Road, Ackworth WF7 7AB | **day:** 1st Sunday of month  
**time:** 10.00am Coffee and biscuits  
**time:** 10.45am Meeting commences |
| Ackworth Community Church Coffee Afternoon | **contact name:** Ashley Guest  
**phone:** 01977 649320  
**meeting place:** Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH  
**website:** www.ackworthcommunitychurch.co.uk | **day:** 2nd Tuesday of month  
**time:** 2pm – 3pm |
| Ackworth Heritage Group | **contact name:** Peter Lockett, Chairperson  
**phone:** 01977 619356  
**meeting place:** Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH  
**email:** stockinggreen@btinternet.com | **day:** 4th Thursday of the month  
**time:** 7.30pm  
**cost:** £1 for non members  
**cost:** £5/£3 annual membership |
| Ackworth Needles and Pins | **contact name:** Helen Penty  
**phone:** 07947 001393  
**meeting place:** Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH  
**email:** helenpenty@hotmail.co.uk | **day:** Wednesday  
**time:** 7pm – 9pm |
# Ackworth
## Hobbies & Social Groups

<table>
<thead>
<tr>
<th>Name</th>
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<th>Details</th>
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</thead>
</table>
| Ackworth Parish Council Drop-In   | **phone:** 01977 611583  
**meeting place:** Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH | **day:** 4th Tuesday of month  
**time:** 1pm – 3pm |
| Coffee Morning                    | **contact name:** Kath Wiles  
**phone:** 01977 611521  
**meeting place:** Ackworth Methodist Church, Barnsley Road, Ackworth WF7 7LR | **day:** Monday  
**time:** 10.30am – 12 noon  
Group does not meet on bank holidays |
| Contact the Elderly Group, Ackworth | **contact name:** Sue Smith-Wilkins  
**phone:** 01977 615608  
**email:** suesmithwilkins@gmail.com  
**website:** www.contact-the-elderly.org.uk | Sunday afternoon tea parties for over 65’s in Ackworth and surrounding areas (monthly) |
| Craft Club                        | **contact name:** Margaret Canning / Brenda Malyan  
**phone:** 01977 613801 / 01977 613126  
**meeting place:** Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH | **day:** Monday  
**time:** 1.30pm – 3.30pm |
| Dance Classes for Children (G-Force Academy) | **phone:** 07544 952277  
**meeting place:** Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH  
**website:** www.cgdance.co.uk | **day:** Monday  
**time:** 5.30pm – 8pm  
**day:** Saturday  
**time:** 9am – 1pm |
# Ackworth
## Hobbies & Social Groups

<table>
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<tr>
<th>Name</th>
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</thead>
</table>
| Dog training (Trained to Pawfection) | **contact name:** Nikki  
**phone:** 07507 667116  
**meeting place:** Carr Bridge Pavilion, Playing Fields, Barnsley Road, Ackworth, WF7 7JH | **day:** Friday  
**time:** 6pm – 9pm |
| Down Memory Lane                    | **contact name:** Julie Davis  
**phone:** 01977 616121 / 07950 825094  
**email:** j.e.davis9@btinternet.com  
**meeting place:** Carr Bridge Pavilion, Playing Fields, Barnsley Road, Ackworth, WF7 7JH | **day:** Wednesday  
**time:** 1pm – 3pm  
Ackworth Singing Group for people in the early or moderate stages of dementia and their carers |
| Karate Club                         | **phone:** 01977 611583  
**meeting place:** Bell Lane Community Centre, Bell Lane, Ackworth, WF7 7JH | **day:** Thursday  
**time:** 7pm – 8.30pm |
| My Baby Can Dance                   | **phone:** 01977 611583  
**meeting place:** Bell Lane Community Centre, Bell Lane, Ackworth, WF7 7JH | **day:** Friday  
**time:** 10am – 11.00am |
| My Baby Can Dance                   | **phone:** 01977 611583  
**meeting place:** Carr Bridge Pavilion, Playing Fields, Barnsley Road, Ackworth, WF7 7JH | **day:** Wednesday  
**time:** 10am – 11am |
# Ackworth
## Hobbies & Social Groups

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<tr>
<th>Name</th>
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<th>Details</th>
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</table>
| No. 74 Club           | contact name: Sue Smith-Wilkins               | day: 2nd Tuesday of month  
|                       | phone: 01977 615608                          | time: 7.30pm  
|                       | email: suesmithwilkins@gmail.com              | cost: £10 annual membership  
|                       | meeting place: Ackworth Methodist Church, Barnsley Road, Ackworth WF7 7LR | Provides entertainment, stimulus and social interaction between like-minded ladies |
| Painting for Pleasure | contact name: Gail Simms                      | day: Tuesday  
|                       | phone: 01977 610110                          | time: 10.30am – 12.30pm  
|                       | meeting place: Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH | day: Wednesday  
|                       |                                               | time: 10am – 12noon                                                   |
| Parent and Toddlers   | contact name: Ashley or Diane Guest           | day: Tuesday and Wednesday  
|                       | phone: 01977 649320                          | time: 9.30am – 11.15am                                                |
|                       | meeting place: Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH |                                               |
| Photography           | contact name: Hemsworth Arts and Community College | day: Thursday  
|                       | phone: 01977 624246                          | time: 9.30am – 11.30am for beginners  
|                       | meeting place: Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH | time: 1pm – 3pm for advanced  
|                       |                                               | There is a charge                                                     |
| Rainbows              | contact name: Anne-Marie Cavill               | day: Wednesday and Thursday  
|                       | phone: 01977 611583                          | time: 5.30pm – 6.30pm                                                 |
|                       | meeting place: Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH |                                               |
# Ackworth
## Hobbies & Social Groups

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<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Recovery College, Wakefield</td>
<td>phone: 01924 316946</td>
<td>Offers a wide range of recovery focused educational courses, aimed at supporting adults in recognising and making the most of their talents and resources, to deal with the mental and physical health challenges they experience and to achieve the things they want to in life</td>
</tr>
<tr>
<td></td>
<td>email: <a href="mailto:wakerecoverycollege@swyt.nhs.uk">wakerecoverycollege@swyt.nhs.uk</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>postal address: Wakefield and 5 Towns Recovery College, Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield WF1 2TE</td>
<td></td>
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<tr>
<td></td>
<td>website: <a href="http://www.southwestyorkshire.nhs.uk/about-us/recovery/wakefield/">http://www.southwestyorkshire.nhs.uk/about-us/recovery/wakefield/</a></td>
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</tbody>
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# Ackworth
## Physical Activity

<table>
<thead>
<tr>
<th>Name</th>
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<th>Details</th>
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</table>
| Line Dancing                  | contact name: Joan Anderson                  | day: Wednesday  
|                               | phone: 01977 612102                          | time: 1pm – 3pm                                                                                                                                                                                          |
|                               | meeting place: Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH |                                                                                                                                           |
| Pilates (physio led)          | contact name: Belinda Godfrey                | day: Monday  
|                               | phone: 07905 169473                          | time: 7.30pm – 8.30pm  
|                               | meeting place: Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH | cost: £45 per 6 week block                                                                                                                  |
## Ackworth
### Physical Activity

<table>
<thead>
<tr>
<th>Name</th>
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</thead>
</table>
| Riding for the Disabled | **contact name:** Teri Robinson  
               **phone:** 01977 614215  
               **meeting place:** Station Road, Low Ackworth, Wakefield  WF7 7EY | Therapeutic and recreational riding for adults and children with physical disabilities and learning disabilities |
| Road Runners          | **phone:** 01977 611583  
               **meeting place:** Carr Bridge Pavilion, Playing Fields, Barnsley Road, Ackworth  | **day:** Tuesday and Thursday  
                       **time:** 6pm – 9pm |
| Sequence Dancing      | **contact name:** Kath Wiles  
               **phone:** 01977 611521  
               **meeting place:** Ackworth Methodist Church, Barnsley Road, Ackworth  WF7 7LR  | **day:** Sunday  
                       **time:** 7.30pm – 9.30pm  
                       **cost:** £2  
                       Group does not meet in August |
| Slimming Club         | **phone:** 01977 611583  
               **meeting place:** Bell Lane Community Centre, Bell Lane, Ackworth  WF7 7JH  | **day:** Thursday  
                       **time:** 9.30am – 10.30am |
| Yoga                 | **contact name:** Linda Frewin  
               **phone:** 01977 235587 / 07870 294412  
               **meeting place:** Bell Lane Community Centre, Bell Lane, Ackworth  WF7 7JH  | **day:** Monday  
                       **time:** 10am – 11.30am  
                       **day:** Tuesday  
                       **time:** 6pm – 7.30pm  
                       **day:** Tuesday  
                       **time:** 7.45pm – 9.15pm |
<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| Ackworth Singing Group – Down Memory Lane | **contact name:** Julie Davis  
**phone:** 07950825094  
**postal address:** Carr Bridge Pavilion, Playing Fields, Barnsley Road, Ackworth | **day:** Wednesday  
**time:** 1pm to 3pm  
**cost:** free  
For people in the early or moderate stages of dementia, and their carers |
| Age UK Bereavement Advice & Support Service | **contact name:** Bereavement Advice and Support  
**phone:** 01977 552114  
**postal address:** 7 Bank Street, Castleford WF10 1JD  
**email:** admin@ageukwd.org.uk | Practical and financial advice and emotional support for people over the age of 18 who have been bereaved. Mutual support groups in Castleford, Pontefract and Wakefield. |
| Carers Wakefield & District               | **contact name:** Carers Wakefield & District office  
**phone:** 01924 305544  
**meeting place:** College Lane Surgery, Barnsley Road, Ackworth WF8 3HE | **day:** 3rd Friday of month  
**time:** 1.30pm – 3pm  
Support group for unpaid carers |
<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| Ackworth Library                          | phone: 01977 625617  
postal address: Bell Lane, Ackworth  WF7 7JH | day: Monday, Friday and Saturday  
time: 9am – 1pm  
day: Tuesday, Wednesday and Thursday  
time: 1pm – 6pm |
| Ackworth Parish Council Community Centre  | phone: 01977 611583  
email: info@ackworthparishcouncil.gov.uk  
postal address: Bell Lane Community Centre, Bell Lane, Ackworth  WF7 7JH | Community Centre |
| Shared Lives (WMDC)                       | phone: 01977 722254  
email: sharedlives@wakefield.gov.uk  
website: www.wakefield.gov.uk/residents/health-care-and-advice/adults-and-older-people-services/shared-lives | Supports adults who need help to stay independent by living with their carer on a long or short term basis. Referrals via a social worker. |
| Co-op Ackworth OAP shopping delivery service | phone: 01977 619437  
postal address: Co-op Supermarket, Barnsley Road, Ackworth  WF7 7NB | Shop in store and your shopping will be delivered to your home address  
cost: free delivery for orders over £25 |
# Ackworth
## Other Useful Contacts

<table>
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<tr>
<th>Name</th>
<th>Contact</th>
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</table>
| South East Neighbourhood Policing Team             | **contact name:** Inspector Paul Sullivan  
**phone:** 01924 295413 / 101  
**email:** wakefield.seast@westyorkshire.pnn.police.uk  
**website:** [http://www.westyorkshire.police.uk/wakefield/south-east](http://www.westyorkshire.police.uk/wakefield/south-east) | Covers Ackworth, Badsworth, Fitzwilliam, Hemsworth, Kinsley, Minsthorpe, Moorthorpe, South Elmsall, South Kirkby and surrounding areas |
| Wakefield Care and Repair                          | **phone:** 0300 555 5561  
**email:** enquiries@chevinha.co.uk  
**postal address:** Wakefield Care and Repair, Chevin Housing Group, Harrison Street, Wakefield  
WF1 1PS  
**website:** [www.chevinha.co.uk/4-need-advice/7-care-and-repair/2-handyperson-service.html](http://www.chevinha.co.uk/4-need-advice/7-care-and-repair/2-handyperson-service.html) | Free scheme which helps older and vulnerable people with simple jobs around the home that they are unable to do, e.g. fitting key safes, door locks and bolts, ramps, grab rails, minor plumbing repairs |
| Mobile Library Service/Home Delivery Service       | **phone:** 01924 302241 / 07766 421183 / 07711 153692  
**email:** mobilelibrary@wakefield.gov.uk  
**postal address:** Mobile Library Service, Wakefield Council, The Bungalow, Bradford Road, Newton Bar Depot, WF1 2TZ  
**website:** [http://www.wakefield.gov.uk/residents/libraries-and-local-history/what-we-do/mobile-library-service](http://www.wakefield.gov.uk/residents/libraries-and-local-history/what-we-do/mobile-library-service) | Provides a range of materials for loan including fiction, non-fiction, large print and talking books for both adults and children.  
Home Delivery  
For anyone living in the Wakefield district that is unable to visit their library or mobile library stop due to long term illness or disability. |
# Hobbies & Social Groups
## South Elmsall, South Kirkby and Upton

<table>
<thead>
<tr>
<th>Name</th>
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</table>
| **Upton Camera Club** | **contact name:** Council Chambers  
**phone:** 01977 643283  
**meeting place:** Council Chambers, Upton Village Hall, Upton, WF9 1JB | **day:** Thursday  
**time:** 7pm – 9pm.  
Ideal for beginners upwards. |
| **Book Club**         | **contact name:** South Elmsall Library  
**phone:** 01977 723220  
**email:**  
**meeting place:** South Elmsall Library, Barnsley Road, South Elmsall WF9 2AA | **day:** 2nd Monday in month  
**time:** 2.30pm – 3.30pm  
A get together in a relaxed setting |
| **Poetry Group**      | **contact name:** South Elmsall Library  
**phone:** 01977 723220  
**email:**  
**meeting place:** South Elmsall Library, Barnsley Road, South Elmsall WF9 2AA | **day:** 4th Monday in month  
**time:** 2.30pm – 3.30pm |
| **Computer drop in session** | **contact name:** South Elmsall Library  
**phone:** 01977 723220  
**email:**  
**meeting place:** South Elmsall Library, Barnsley Road, South Elmsall WF9 2AA | **day:** Wednesdays  
**time:** am  
computer drop in sessions with staff available to help out and teach people how to use computers and how to get online |
## Hobbies & Social Groups
### South Elmsall, South Kirkby and Upton

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<tr>
<th>Name</th>
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</table>
| **Active Minds for adults**       | **contact name:** South Elmsall Library  
**phone:** 01977 723220  
**meeting place:** South Elmsall Library, Barnsley Road, South Elmsall WF9 2AA | **day:** Wednesday  
**time:** 10am - 11am  
Jigsaws, puzzles, Sudoku, doodle art. Enjoy a cuppa and a chat while you puzzle |
| **South Elmsall Camera Club**     | **meeting place:** Broad Lane Business Centre, Westfield Lane, South Elmsall WF9 2JX  
**website:** www.southelmsallcameraclub.org.uk | **day:** Thursday evenings  
**time:** 7pm |
| **South Kirkby Renaissance Brass Band** | **contact name:** Brian Till  
**phone:** 01977 640385  
**meeting place:** SESKU Academy, Burntwood Community Centre, South Kirkby WF9 3QS | **day:** Friday  
**time:** 7.30pm  
The band is currently looking for more players - instruments and tuition can be provided. |
| **Women’s Institute**             | **contact name:** Upton Village Hall  
**phone:** 01977 643283  
**meeting place:** Village Hall, Harewood Lane, Upton WF9 1JB | **day:** 2nd Tuesday in Month  
**time:** 6:30pm-9pm |
| **Over 60’s Group**               | **contact name:** Upton Village Hall  
**phone:** 01977 643283  
**meeting place:** Village Hall, Harewood Lane, Upton WF9 1JB | **day:** Monday  
**time:** 2pm – 3.30pm |
## Hobbies & Social Groups
### South Elmsall, South Kirkby and Upton

<table>
<thead>
<tr>
<th>Name</th>
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<th>Details</th>
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</table>
| Thursday Social Group | **contact name:** Age UK  
**phone:** 01977 552114  
**meeting place:** Farfield Court, Minthorpe, South Elmsall, WF9 2UR | **day:** Thursday  
**time:** 1pm – 3pm  
**cost:** £4 for transport  
Opportunity to meet new people and join in activities such as crafts or boccia or just sit for a cuppa and biscuit. Transport available. For more details please contact Age UK |
| Coffee Morning | **contact name:** Methodist Church  
**meeting place:** Methodist Church, Barnsley Road, South Elmsall, WF9 2AD | **day:** Tuesday and Saturdays  
**time:** 9am – 11.30am  
Drop in- all welcome |
| Coffee Morning | **contact name:** All Saints Community Centre  
**phone:** 01977 652005  
**meeting place:** All Saints Community Centre, Barnsley Road  
South Kirkby WF9 3QE  
**website:** www.allsaints-kirkby.co.uk | **day:** Thursday  
**time:** 9:30am – 12pm |
| Bingo       | **contact name:** Upton Village Hall  
**phone:** 01977 643283  
**meeting place:** Village Hall, Harewood Lane, Upton WF9 1JB | **day:** Friday  
**time:** 6pm-8pm |
## Hobbies & Social Groups
### South Elmsall, South Kirkby and Upton

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<tbody>
<tr>
<td>Bingo Social Evening</td>
<td>contact name: St Mary’s Church&lt;br&gt;phone: 01977 642861&lt;br&gt;meeting place: St Mary’s Church, Doncaster Road, South Elmsall WF9 2HS</td>
<td>Contact centre for details</td>
</tr>
<tr>
<td>Arts and Crafts</td>
<td>contact name: Upton Village Hall&lt;br&gt;phone: 01977 643283&lt;br&gt;meeting place: Village Hall, Harewood Lane, Upton WF9 1JB</td>
<td>day: Friday&lt;br&gt;time: 9.30am - 11.30am</td>
</tr>
<tr>
<td>Craft Group</td>
<td>contact name: South Elmsall Library&lt;br&gt;phone: 01977 723220&lt;br&gt;meeting place: South Elmsall Library, Barnsley Road, South Elmsall WF9 2AA</td>
<td>day: Monday</td>
</tr>
<tr>
<td>Knit &amp; Natter</td>
<td>contact name: Upton Community Library&lt;br&gt;phone: 01977 649317&lt;br&gt;meeting place: Waggon Lane, Upton, WF9 1JS</td>
<td>day: Monday&lt;br&gt;time: 1.30pm</td>
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<tr>
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<td>All levels are welcome &amp; it is free to attend.</td>
</tr>
<tr>
<td>Art Group</td>
<td>contact name: Julie Millar&lt;br&gt;phone: 01977 609729&lt;br&gt;meeting place: Minsthorpe Academy, Minsthorpe Lane, South Elmsall, WF9 2UJ</td>
<td>day: Wednesday&lt;br&gt;time: 2pm-4pm term time only</td>
</tr>
<tr>
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<td>All levels are welcome it is a relaxing social event as much as a learning process</td>
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</tbody>
</table>
## Lunch Clubs
### South Elmsall, South Kirkby and Upton -

<table>
<thead>
<tr>
<th>Name</th>
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</table>
| Carlton Junior and Infant School | **phone:** 01977 723805  
**email:** headteacher@carlton.wakefield.sch.uk  
**meeting place:** Carlton Road, South Elmsall, WF9 2QQ  
**website:** www.carltonjandischool.co.uk | **day:** Wednesday |
| Northfield Primary            | **contact name:** Liz Bradley  
**phone:** 01977 723820  
**email:** headteacher@northfield.wakefield.sch.uk  
**meeting place:** Northfield Lane South Kirkby, Pontefract, WF9 3LY | **day:** Tuesday  
**time:** 12noon – 1pm  
**cost:** £2.50 |
| Upton Primary                 | **contact name:** Paul Franklin  
**phone:** 01977 723845  
**email:** headteacher@upton.wakefield.sch.uk  
**meeting place:** Upton Primary School, Waggon Lane, Upton Pontefract, WF9 1JS. | **day:** Thursday  
**time:** 11:30am  
**cost:** £2.25 |
| The Lanes Cafe                | **contact name:** South Elmsall Town Council  
**phone:** 01977 642335  
**meeting place:** Social Centre, Westfield Lane, WF9 2EF | **day:** Monday- Friday  
**time:** 12-2pm  
**cost:** £2.50 |
| Mallard Cafe                  | **contact name:** Michelle  
**phone:** 07876 307161  
**meeting place:** The Station, Barnsley Road, Moorthorpe | Monday – Friday: 6.30am – 6pm  
Saturday: 7am – 3pm |
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<tbody>
<tr>
<td>Line Dancing</td>
<td>contact name: Village Hall</td>
<td>day: Tuesday &amp; Thursday</td>
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<tr>
<td></td>
<td>phone: 01977 643283</td>
<td>time: 7pm – 9pm</td>
</tr>
<tr>
<td></td>
<td>meeting place: The Village Hall, Harewood Lane, Upton WF9 3HG</td>
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<tr>
<td>Line Dancing</td>
<td>contact name: Village Hall</td>
<td>day: 1st Saturday in month</td>
</tr>
<tr>
<td></td>
<td>phone: 01977 643283</td>
<td>time: 7pm – 10.30pm</td>
</tr>
<tr>
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<td>meeting place: The Village Hall, Harewood Lane, Upton WF9 3HG</td>
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<tr>
<td>Sequence Dancing</td>
<td>contact name: All Saints Community Centre</td>
<td>day: Sunday</td>
</tr>
<tr>
<td></td>
<td>phone: 01977 652005</td>
<td>time: 7.30pm</td>
</tr>
<tr>
<td></td>
<td>meeting place: All Saints Community Centre, Barnsley Road South Kirkby WF9 3QE</td>
<td>cost: £2 including refreshments</td>
</tr>
<tr>
<td></td>
<td></td>
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</tr>
<tr>
<td>Over 60’s Gentle Exercise Class</td>
<td>contact name: Upton Village Hall</td>
<td>day: Monday &amp; Thursday</td>
</tr>
<tr>
<td></td>
<td>phone: 01977 643283</td>
<td>time: 10am – 11.30am</td>
</tr>
<tr>
<td></td>
<td>meeting place: Village Hall, Harewood Lane, Upton, WF9 1JB</td>
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<tr>
<td>Fit &amp; Friendly Keep Fit</td>
<td>contact name: Millennium Hall</td>
<td>day: Monday</td>
</tr>
<tr>
<td></td>
<td>meeting place: Millennium Hall, Barnsley Road, Moorthorpe WF9 2BJ</td>
<td>time: 11am – 12noon</td>
</tr>
<tr>
<td>Name</td>
<td>Contact</td>
<td>Details</td>
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</tbody>
</table>
| Zumba                     | contact name: Donna Evans  
phone: 07814 962106  
email: don.evans@hotmail.com  
meeting place: St Mary’s Hall, Doncaster Road, South Elmsall, WF9 2HS | day: Monday  
time: 7.30pm – 8.30pm |
| Zumba                     | contact name: All Saints Community Centre  
phone: 01977 652005  
meeting place: All Saints Community Centre, Barnsley Road South Kirkby, WF9 3QE | day: Thursday  
time: 7pm – 8pm |
| Fencing                   | contact name: All Saints Community Centre  
phone: 01977 652005  
meeting place: All Saints Community Centre, Barnsley Road South Kirkby WF9 3QE | day: Monday  
time: 7pm – 9pm |
| Crown Green Bowling and Tennis and Table Tennis | contact name: South Elmsall Town Council  
phone: 01977 642335  
meeting place: Westfield Lane Social Centre, Westfield Lane South Elmsall, WF9 2PU | day: various |
| Zumba                     | contact name: Upton Village Hall  
phone: 01977 643283  
meeting place: Village Hall, Harewood Lane, Upton, WF9 1JB | day: Monday  
time: 8pm – 9pm |
## Physical Activity
### South Elmsall, South Kirkby and Upton

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| Indoor Bowling                | contact name: South Elmsall Town Council  
phone: 01977 642335  
meeting place: Westfield Lane Social Centre, Westfield Lane  
South Elmsall, WF9 2PU | day: Thursday  
time: 1pm – 3pm |
| Healthy Walk Wakefield Council| contact name: Wakefield Council  
phone: 01924 303980  
meeting place: Frickley Country Park  
Car park next to Doncaster Road (B6422) | day: Monday  
time: 2pm  
Walk lasts 1 hour.  
Led by the country rangers.  
Contact the country rangers for up to date information before setting off. |
| Minsthorpe Sport and Fitness  | phone: 01977 644668  
meeting place: Minsthorpe Academy, Minsthorpe Lane, South Elmsall, WF9 2UJ  
Email: sports@minsthorpe.cc | Opening Times  
Monday - Friday 0630 - 2200  
Saturday 0800 - 1600  
Sunday 0900 – 1400  
Community gym with classes available as either part of membership or a one off cost per class  
Classes include: Pilates, aerobiking, legs, bums and tums, kettlebells, boxercise and tabata.  
Please contact centre for further details |
# Physical Activity
South Elmsall, South Kirkby and Upton

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| Walking Group      | **contact name:** Claire  
                     **phone:** 01924 302458 or 07511196553  
                     **meeting place:** South Elmsall Library, Barnsley Road  
                     South Elmsall WF9 2AA | **day:** Wednesday  
                     **time:** 1pm  
                     Join us for some short local walks, meet new people, explore your local area and help get your community walking. |
| Yoga               | **contact name:** Julie Millar  
                     **phone:** 01977 609729  
                     **meeting place:** Minsthorpe Academy  
                     Minsthorpe Lane, South Elmsall, WF9 2UJ | **day:** Wednesday  
                     **time:** 7.30-8.30pm |
| Sequence Dancing   | **contact name:** Keith Shelton  
                     **phone:** 01977 649152  
                     **meeting place:** South Kirkby Cricket Club, Millars Walk, South Kirkby, WF9 3DP | **day:** Tuesday  
                     **time:** 7pm – 10.30pm |
# Support Groups

**South Elmsall, South Kirkby and Upton**

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
</tr>
</thead>
</table>
| Stroke Group                 | **contact name:** Town Council 01977 642335  
                                  **phone:** 01977 642335  
                                  **meeting place:** Westfield Lane Social Centre. Westfield Lane  
                                  South Elmsall, WF9 2PU | **day:** Monday  
                                  **time:** 12.30pm – 3.30pm  
                                  Group plays bingo and other games and activities – transport can be provided. |
| Disabled People’s Partnership| **contact name:** All Saints Community Centre  
                                  **phone:** 01977 652005  
                                  **email:** ds.dpp.se@googlemail.com  
                                  **meeting place:** All Saints Community Centre, Barnsley Road  
                                  South Kirkby WF9 3QE | **day:** 2nd Friday in month  
                                  **time:** 1pm – 3.30pm |
| Citizens Advice Service      | **contact name:** Citizens Advice  
                                  **phone:** 03444 111 444  
                                  **meeting place:** Westfield Lane, WF9 2PU | **day:** Tuesdays  
                                  10-1pm  
                                  Drop-in, no appointment necessary. |
| Citizens Advice Service      | **contact name:** Citizens Advice  
                                  **phone:** 03444 111 444  
                                  **meeting place:** The Village Hall, Harewood Lane, Upton, Pontefract,  
                                  WF9 1JB | **day:** Wednesdays  
                                  10-1pm  
                                  Drop-in, no appointment necessary. |
## Other Useful Contacts
### South Elmsall, South Kirkby and Upton

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Farfield Court</strong></td>
<td><strong>phone:</strong> 01977 652373</td>
<td><strong>day:</strong> Monday: Coffee morning 10am – 11am</td>
</tr>
<tr>
<td><strong>Independent living scheme</strong></td>
<td><strong>meeting place:</strong> Ashgrove, Minsthorpe WF9 2UN</td>
<td><strong>day:</strong> Tuesday: Bingo 7pm onwards</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>day:</strong> Thursday: Bingo 7pm onwards</td>
</tr>
<tr>
<td><strong>Melwood House</strong></td>
<td><strong>phone:</strong> 01977 651855</td>
<td><strong>day:</strong> Monday: Coffee morning 10am – 11.30am</td>
</tr>
<tr>
<td><strong>Extra Care</strong></td>
<td><strong>meeting place:</strong> Melwood House, Marshall Drive South Elmsall, WF9 2PP</td>
<td><strong>day:</strong> Tuesday: Bingo 6pm – 8pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>day:</strong> Wednesday: Boccia chair-based bowling 5pm – 7pm</td>
</tr>
</tbody>
</table>
Hobbies & Social Groups  
Hemsworth, Kinsley, Fitzwilliam, Ryhill and Havercroft

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
</tr>
</thead>
</table>
| **Art Group**                     | **meeting place:** Kinsley Craft Workshop, 76 – 80 Wakefield Road, Kinsley, Pontefract, WF9 5EH   | **day:** Tuesday  
  **time:** 6.30pm – 8.30 p.m.  |
| **Darby and Joan Club (Havercroft and Ryhill)** | **phone:** 01226 723659  
  **meeting place:** Havercroft Sports Centre, Mulberry Place, Ryhill, WF4 2BD | **day:** Tuesday  
  **time:** 2pm – 4.30pm  |
| **Darby and Joan Club (Kinsley and Fitzwilliam)** | **meeting place:** Fitzwilliam Community Centre, Wakefield Road. | **day:** Wednesday  
  **time:** 1.30pm – 3pm  
  Raffle, bingo and an auction every week raise funds towards 4 trips a year and a Christmas dinner. Each member receives £10 at the Christmas dinner.  |
| **Sacred Heart Group**          | **contact name:** Maureen Moran  
  **phone:** 01977 610985  
  **email:** Maureen.moran@talktalk.net  
  **meeting place:** Sacred Heart Catholic Church, Market Street, Hemsworth WF9 4LB | **day:** Wednesday  
  **time:** 1.30pm – 3.45pm  
  **cost:** £2 per session, 50p per bingo ticket  
  Social activities, including bingo, games |
## Hobbies & Social Groups
Hemsworth, Kinsley, Fitzwilliam, Ryhill and Havercroft

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<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| **Havercroft and Ryhill Community Learning Project** | **phone**: 01226 727824  
**meeting place**: Mulberry Place, Ryhill, WF | **Monday** 10am – Flower Arranging Group  
**Tuesday** 1pm-3pm – Joy Club  
**Wednesday** 10.30am every other week Healthy Walks  
**Thursday** 9.30am – 11.30am Parent Forum  
All free except for the price of your own flowers for the Flower Arranging Group. |
| **Kinsley Craft Workshop**                | **contact name**: Lawrence Doyle  
**phone**: 07749340439  
**email**: kinsleycraftworkshop@outlook.com  
**meeting place**: Kinsley Craft Workshop, 76 – 80 Wakefield Road, Kinsley, Pontefract, WF9 5EH | **day**: Mondays and Wednesdays  
**time**: 1pm – 4pm  
**cost**: £1.50 per session  
An opportunity to try your hand at a range of woodwork techniques with support from experienced workers. |
| **Open Heart Memory Cafe**                | **contact name**: Janet Ward  
**phone**: 07921505706  
**email**: openheartmemorycafe@gmail.com  
**meeting place**: Sacred Heart Catholic Church, Market Street, Hemsworth WF9 4LB | **For those in need of support especially those affected by dementia, their families and carers. Please join us for a cuppa, chat, laugh, and met new friends.** |
# Lunch Clubs
Hemsworth, Kinsley, Fitzwilliam, Ryhill and Havercroft

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| Havercroft and Ryhill Community Learning Project | **phone:** 01226 727824 Please call to arrange a place.  
**meeting place:** Mulberry Place, Ryhill, Wakefield WF4 2BD                  | **day:** Every Monday  
**time:** 12.30pm  
**cost:** £4.00  
Two course meal with a drink  
Also a game of Bingo and a Raffle after Lunch. |
| Sacred Hearts Catholic Primary School     | **phone:** 01977 723140  
**meeting place:** Sacred Heart Catholic Primary School, Highfield Road, Hemsworth, WF9 4LJ | **day:** Wednesday  
**time:** 12noon  
**cost:** £2.20 |
| Springs Café                              | **contact name:** Stuart McClure,  
**phone:** 01977 612789  
**meeting place:** The Springs Life Resource Project Fellowship House, Southmoor Road, Hemsworth WF9 4LX  
**website:** www.hcfsprings.org.uk | **day:** Thursday  
**time:** 11.30am – 12.30pm  
Everyone Welcome. Light bites, cakes and drinks available. |
## Physical Activity
### Hemsworth, Kinsley, Fitzwilliam, Ryhill and Havercroft

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Badminton</td>
<td><strong>phone:</strong> 01226 723659 &lt;br&gt;<strong>meeting place:</strong> Havercroft &amp; Ryhill Sports and Youth Centre, Mulberry Place, WF4 2BD</td>
<td><strong>day:</strong> Thursdays &lt;br&gt;<strong>time:</strong> 10am – 12noon</td>
</tr>
<tr>
<td>Bowling Club</td>
<td><strong>phone:</strong> 01226 723659 &lt;br&gt;<strong>meeting place:</strong> Havercroft &amp; Ryhill Sports and Youth Centre, Mulberry Place, Wakefield WF4 2BD</td>
<td><strong>day:</strong> Daily (weekdays) April – September &lt;br&gt;<strong>time:</strong> 1.00pm</td>
</tr>
<tr>
<td>Community Gym</td>
<td><strong>phone:</strong> 01977 624242 &lt;br&gt;<strong>meeting place:</strong> Hemsworth Arts and Community College, Station Rd, Hemsworth, WF9 4HW</td>
<td><strong>day:</strong> Monday – Friday 3pm – 9pm &lt;br&gt;Saturday – Sunday 9am – 5pm &lt;br&gt;<strong>cost:</strong> £3 per session &lt;br&gt;Reduced cost for pre-paid &lt;br&gt;3 sessions – £8.00 &lt;br&gt;6 sessions - £15.00 &lt;br&gt;10 sessions - £22.00 &lt;br&gt;15 sessions - £30.00 &lt;br&gt;Unlimited for 1 month - £22.50 &lt;br&gt;Unlimited for 3 months - £55.00 &lt;br&gt;Older people are encouraged to use the facilities. &lt;br&gt;There are classes for less fit/older people &lt;br&gt;Stretch Zone Mondays 6pm – 7pm &lt;br&gt;Body Matters Wednesdays 6pm – 7pm</td>
</tr>
</tbody>
</table>
# Physical Activity
Hemsworth, Kinsley, Fitzwilliam, Ryhill and Havercroft

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<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</table>
| Community Gym               | **phone:** 01226 723659  
**meeting place:** Havercroft & Ryhill Sports and Youth Centre, Mulberry Place, Wakefield WF4 2BD | **day:** Daily  
**cost:** Pay and Play scheme.  
£3.10 per hour  
£12.50 a fortnight  
£22.50 a month  
£150.00 a year |
| Fitness for Mature (Advanced) | **phone:** 01977 610931  
**meeting place:** Kinsley & Fitzwilliam Community Resource Centre, Wakefield Road, Kinsley WF9 5BP | **day:** Monday  
**time:** 10am – 11am |
| Fitness for Mature (Beginners) | **phone:** 01977 610931  
**meeting place:** Kinsley & Fitzwilliam Community Resource Centre, Wakefield Road, Kinsley WF9 5BP | **day:** Monday  
**time:** 11.15am – 12.15pm |
| Fitness for Mature (Beginners) | **phone:** 01226 727824  
**meeting place:** meeting place: Havercroft & Ryhill Community Learning Centre, Mulberry Place, Ryhill, WF4 2BD | **day:** Wednesday  
**time:** 09.30am – 10.30am |
| Giggles and Wiggles         | **contact name:** Isabella Waugh  
**phone:** 01977 613981  
**meeting place:** Sacred Heart R C Church, Market Street, Hemsworth, WF9 4LB | **day:** Wednesdays  
**time:** 10.30am – 11.30am  
Chair based keep fit and social group  
Tutor: Dee Blackburn |
## Physical Activity

**Hemsworth, Kinsley, Fitzwilliam, Ryhill and Havercroft**

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<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</table>
| **Havercroft and Ryhill Walking Group** | **contact name:** Cliff or Roland  
 **phone:** 01226 727824  
 **meeting place:** Havercroft & Ryhill Community Learning Centre, Mulberry Place, Ryhill, WF4 2BD | **day:** Wednesdays (fortnightly)  
 **time:** 10.30am – 12noon  
 Free short brisk walks, around Havercroft and Ryhill and other nearby locations, led by Health Walk leader and volunteers. 1 -1½ hour walk |
| **Hemsworth Walking Group**   | **contact name:** Kevin Rodrigues  
 **phone:** 07770 883564  
 **email:** Kevinrodders@talktalk.net  
 **meeting place:** Hemsworth Library | **day:** Monday  
 **time:** 10am – 12noon  
 Free short brisk walks, around Hemsworth and other nearby locations, led by Health Walk leader and volunteers. Return to the Initiative for refreshments. 1-1½ hour walk |
| **Keep Fit**                  | **meeting place:** West Bretton Memorial Institute, 2a Bretton Lane, West Bretton, WF4 4LB | **day:** Thursdays (term time only)  
 **time:** 7.30pm – 8.30pm |
| **Over 50s Keep fit**         | **phone:** 07912 446836  
 **meeting place:** Hemsworth Community Centre, Bullenshaw Road, Hemsworth WF9 4LN | **day:** Tuesdays and Fridays  
 **time:** 11am – 12noon  
 **cost:** £2.50  
 Fully qualified personal trainer available |
<table>
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<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</table>
| Sequence Dancing| **meeting place:** Hemsworth and District YMCA, Grove Lane, Hemsworth, WF9 4JW | **day:** Tuesdays  
**time:** 2pm – 4pm |
| Sequence Dancing| **contact name:** Cynthia & Frank Marsden  
**phone:** 01977 610066  
**meeting place:** West End WMC, Barnsley Rd, Hemsworth, WF9 4QZ | **day:** Wednesdays  
**time:** 7pm – 10.30pm  
Includes Bingo |
| Sequence Dancing| **meeting place:** Hemsworth and District YMCA  
Grove Lane, Hemsworth, WF9 4JW | **day:** Saturdays (fortnightly)  
**time:** 8pm – 10pm |
| Table Tennis    | **phone:** 01226 723659  
**meeting place:** Havercroft & Ryhill Sports and Youth Centre, Mulberry Place, Wakefield WF4 2BD | **day:** Daily (weekdays)  
**time:** 9am – 9pm normally after 4pm |
| Zumba Class     | **phone:** 01977 617617  
**meeting place:** Hemsworth Community Centre, Bullenshaw Road, Hemsworth WF9 4LN | **day:** Tuesdays  
**time:** 7.15pm – 8.15pm |
Support Groups
Hemsworth, Kinsley, Fitzwilliam, Ryhill and Havercroft

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<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</table>
| Disabled Peoples Partnership South East | **contact name:** David Stephens  
**email:** ds.dpp.se@googlemail.com  
**meeting place:** All Saints Community Centre, Barnsley Road, South Kirkby, WF9 3QE  
**facebook:** https://www.facebook.com/groups/disabledpeoplespartnerships/ | A partnership of local people with disabilities and representatives of statutory agencies. Meet monthly to discuss issues that affect disabled people generally |
| Carers Wakefield & District         | **contact name:** Emma Juckes  
**phone:** 07818 514546  
**email:** emmaj@carerswakefield.org.uk  
Carer’s Support Workers | Provide support, information and advocacy to adult Carers across district. Support groups / ‘My Time’ grant fund  
Training for Carers and professionals  
Carers forum / Carers walking group  
Carers reading group / Parent Carers support group / 1st Thursday Club support group meet at South Elmsall Social Centre on the first Thursday of the month 1 p.m. – 3 p.m. |
| Five Towns Stroke Group             | **contact name:** Victor Istead  
**phone:** 07828 146798  
**email:** victor@vistead.orangehome.co.uk  
**meeting place:** Hemsworth Miners Social Club, Wentworth Terrace, Fitzwilliam, WF9 5AA | **day:** Thursdays  
**time:** 2pm – 4pm  
A support group for people who have had a stroke and their families. As well as providing peer support the group also organises social activities and physical activities such as boccia bowling and new age kurling. |
### Support Groups
Hemsworth, Kinsley, Fitzwilliam, Ryhill and Havercroft

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<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| Helping Hands              | **contact name:** Stephen Bingley  
                           | **phone:** 01977 611075                                                  | day: Thursdays  
                           | **meeting place:** Kinsley and Fitzwilliam Community Centre, Wakefield Road, Kinsley WF9 5BP | time: 10am – 12noon  
                           |                                                                         | Welfare rights and benefits advice and support. Specialise in supporting claims for  
                           |                                                                         | Disability Living Allowance and Personal Independence Payments. |

### Hemsworth, Kinsley, Fitzwilliam, Ryhill and Havercroft - Volunteering

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| Alzheimer’s Society Side by Side    | **phone:** 01924 373264   
                           | **e-mail:** sidebysidewakefield@alzheimers.org.uk  
                           | **website:** www.alzheimers.org.uk/sidebyside  
                           | Alzheimer’s Society, Wakefield & Five Towns, 21 King Street, Wakefield, WF1 2SR | Side by side, a new Alzheimer’s Society 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, Side by Side offers flexible ways to support a person with dementia in your community. Training and support provided. |
## Hemsworth, Kinsley, Fitzwilliam, Ryhill and Havercroft - Volunteering

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<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| Contact The Elderly       | **contact name:** Sue Wilkinson  
**phone:** 01977 615608  
**website:** [http://www.contact-the-elderly.org.uk/](http://www.contact-the-elderly.org.uk/) | **day:** One Sunday a month  
**time:** afternoon  
Volunteer drivers enjoy taking their guests to a volunteer host’s home where they join a small group for tea, talk and companionship.  
The group is warmly welcomed by a different host each month, but the drivers remain the same and the groups are kept small so that everyone can join in easily and get to know each other properly.  
It's a simple idea, but one that can make a big difference. Our friendship groups represent the perfect opportunity to get out of the house, make new friends within the local community, and generally brighten up a weekend.  
The group would prefer people over 75 and reasonably fit. |
# Other Useful Contacts

**Hemsworth, Kinsley, Fitzwilliam, Ryhill and Havercroft**

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| Havercroft & Ryhill Community Learning Centre, | **phone:** 01226 727824  
**meeting place:** Mulberry Place, Ryhill, Wakefield WF4 2BD | **day:** various  
**time:** various  
**cost:** various  
Courses change from term to term. |
| Hemsworth Arts & Community College              | **phone:** 01977 624220  
**meeting place:** Station Road, Hemsworth, WF9 4HW | **day:** various  
**time:** various  
**cost:** various  
Courses change from term to term. |
| Kinsley & Fitzwilliam Community Resource Centre | **phone:** 01977 610931  
**meeting place:** Wakefield Road, Kinsley WF9 5BP | **day:** various  
**time:** various  
**cost:** various  
Courses change from term to term. |
| Tummy Rumbles                                   | **contact name:** Tracey  
**phone:** 07803 038091  
**email:** traceytams@btinternet.com | **cost:** £3.50 a meal  
Sandwiches between £1.60 and £2.20  
Meal delivery service |
### Other Useful Contacts
**Hemsworth, Kinsley, Fitzwilliam, Ryhill and Havercroft**

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>Wakefield and District Housing:</strong></td>
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<tr>
<td><strong>Ashfield House</strong></td>
<td><strong>contact name:</strong> 01977 616371</td>
<td><strong>day:</strong> Coffee Morning – Tuesday and Thursday</td>
</tr>
<tr>
<td></td>
<td><strong>meeting place:</strong> Southmoor Road, Hemsworth, WF9 4SQ</td>
<td><strong>time:</strong> 10.30am</td>
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<tr>
<td></td>
<td></td>
<td><strong>day:</strong> Bingo – Monday and Thursday</td>
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<td></td>
<td></td>
<td><strong>time:</strong> 6.30pm – 8.30pm</td>
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<tr>
<td></td>
<td></td>
<td>Independent Living Scheme 29 flats open to non-residents</td>
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<tr>
<td></td>
<td></td>
<td>Trips all year round</td>
</tr>
<tr>
<td><strong>Roop Cottage Care Home</strong></td>
<td><strong>contact name:</strong> Ann Egley</td>
<td><strong>Residential Care Home</strong></td>
</tr>
<tr>
<td></td>
<td><strong>meeting place:</strong> Wakefield Road, Fitzwilliam, WF9 5AN</td>
<td>Organise regular activities for residents:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Include bingo, reminiscence, arts and crafts, exercise, karaoke etc.</td>
</tr>
<tr>
<td><strong>Hemsworth Park Care Centre</strong></td>
<td><strong>contact name:</strong> Sheena Matthews</td>
<td><strong>Residential Care Home</strong></td>
</tr>
<tr>
<td></td>
<td><strong>phone:</strong> 01977 617374</td>
<td>Organise regular activities for residents</td>
</tr>
<tr>
<td></td>
<td><strong>meeting place:</strong> Wakefield Road, Kinsley, WF9 5EA</td>
<td></td>
</tr>
<tr>
<td><strong>Victoria House Care Home</strong></td>
<td><strong>phone:</strong> 01226 727179 or 01226 700558</td>
<td><strong>Residential Care Home</strong></td>
</tr>
<tr>
<td></td>
<td><strong>meeting place:</strong> 2 Nostell Lane, Ryhill, Wakefield, WF4 2DB</td>
<td>Organise regular activities for residents</td>
</tr>
</tbody>
</table>
# Area wide - Other Useful Contacts

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
</tr>
</thead>
</table>
| **Ackworth Library**                      | **phone**: 01977 625617 **postal address**: Bell Lane, Ackworth WF7 7JH | **day**: Monday, Friday and Saturday  
**time**: 9am – 1pm  
**day**: Tuesday, Wednesday and Thursday  
**time**: 1pm – 6pm |
| **Age UK Wakefield District**             | **phone**: 01977 552114 **postal address**: 7 Bank Street, Castleford WF10 1JD | Will support clients to find better energy deals  
Benefits checks and help to complete forms  
Advocacy workers  
Planning for later life advice |
| **Age UK home shopping service**          | **contact name**: Shopping Supervisor **phone**: 01977 552114 **email**: admin@ageukwd.org.uk **postal address**: Age UK, 7 Bank Street, Castleford WF10 1JD **website**: www.ageuk.org.uk/wakefielddistrict/our-services/Home-shopping-service/ | Volunteers take a shopping list over the phone and then order online. The shopping is delivered direct to the door  
**cost**: £25 returnable deposit; £15 annual fee; delivery charge levied by supermarket |
| **Carers Wakefield & District**           | **phone**: 01924 305544 **postal address**: 25 King Street, Wakefield WF1 2SR | Run walking groups, reading groups, training, support groups, ‘my time’ grant |
| **Connect to Support**                    | **website**: www.connecttosupport.org | Website where you can search for support services and products, find local activities and groups, look for information and advice |
### Area wide - Other Useful Contacts

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</table>
| **Oakhouse Foods** | phone: 01756 796336  
 postal address: Oakhouse Foods, The Sidings Business Park, Skipton  BD23 1TB  
 email: skipton@oakhousefoods.co.uk  
 website: www.oakhousefoods.co.uk | Frozen meals and grocery essentials home delivery service  
 **cost:** free delivery for orders over £30; or  
 **cost:** £1 delivery on a weekly basis |
| **Sainsbury’s telephone ordering service** | phone: 0800 328 1700 |  
 **day:** Monday to Sunday  
 **time:** 8am – 11pm  
 **cost:** charge for taking telephone orders plus delivery charge |
| **Shopmobility Wakefield** | phone: 01924 787788  
 postal address: Shopmobility Centre, Level 1 of Blue Park, The Ridings Shopping Centre, Wakefield  WF1 1DS | Loans manual wheelchairs, powered wheelchairs and powered scooters to members of the public with limited mobility to shop and to visit leisure and commercial facilities within the city centre and the Ridings shopping centre |
| **South East Neighbourhood Policing Team** | contact name: Inspector Paul Sullivan  
 phone: 01924 295413 / 101  
 email: wakefield.seast@westyorkshire.pnn.police.uk  
 website: http://www.westyorkshire.police.uk/wakefield/south-east | Covers Ackworth, Badsworth, Fitzwilliam, Hemsworth, Kinsley, Minsthorpe, Moorthorpe, South Elmsall, South Kirkby and surrounding areas |
# Area wide - Other Useful Contacts

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<tbody>
<tr>
<td>Wakefield Care and Repair</td>
<td><strong>phone:</strong> 0300 555 5561</td>
<td>Free scheme which helps older and vulnerable people with simple jobs</td>
</tr>
<tr>
<td></td>
<td><strong>email:</strong> <a href="mailto:enquiries@chevinha.co.uk">enquiries@chevinha.co.uk</a></td>
<td>around the home that they are unable to do, e.g. fitting key safes,</td>
</tr>
<tr>
<td></td>
<td><strong>postal address:</strong> Wakefield Care and Repair, Chevin Housing Group, Harrison Street, Wakefield WF1 1PS</td>
<td>door locks and bolts, ramps, grab rails, minor plumbing repairs</td>
</tr>
<tr>
<td></td>
<td><strong>website:</strong> <a href="http://www.chevinha.co.uk/4-need-advice/7-care-and-repair/2-handyperson-service.html">www.chevinha.co.uk/4-need-advice/7-care-and-repair/2-handyperson-service.html</a></td>
<td></td>
</tr>
<tr>
<td>Wiltshire Farm Foods</td>
<td><strong>phone:</strong> 01132 424 112</td>
<td>Supplier of frozen meals with free home delivery nationwide. Order by</td>
</tr>
<tr>
<td></td>
<td><strong>email:</strong> <a href="mailto:leeds@wiltshirefarmfoods.co.uk">leeds@wiltshirefarmfoods.co.uk</a></td>
<td>phone, post or online. Brochure request via helpline. Audio brochure</td>
</tr>
<tr>
<td></td>
<td><strong>postal address:</strong> Wiltshire Farm Foods, Unit C4, Wellington Road Industrial Estate, Wellington Road, Leeds LS12 2UA</td>
<td>available</td>
</tr>
<tr>
<td></td>
<td><strong>website:</strong> <a href="http://www.wiltshirefarmfoods.com">www.wiltshirefarmfoods.com</a></td>
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