

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

Areas covered in this Directory	Page
Pontefract and Carleton	3 - 21
Darrington and East Hardwick	22– 25
Knottingley and Ferrybridge	26 - 36

Each area contains the following headings:
Hobbies and Social Groups
Lunch Clubs
Physical Activity
Support Groups
Other Useful Contacts

Other Directories cover the following areas:

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

Pontefract and Carleton Hobbies & Social Groups

Name	Contact	Details
Pontefract Library Activities	<p>phone: 01924 302210 meeting place: Pontefract Central Library, Shoemarket, Pontefract WF8 1BD</p> <p>website: http://www.wakefield.gov.uk/libraries-and-local-history/library-events?venue=Pontefract+Library</p>	Please contact the library or consult the website for a full list of activities and events.
C.A.L.M. Therapeutic Art Sessions	<p>contact name: Joanne Mills Project Co-ordinator phone: 07379 568246 email: jocalm2017@hotmail.com meeting place: St Mary's Community Centre, The Circle, Pontefract, WF7 2AY</p>	<p>day: Friday time: 10.30 – 12.30</p> <p>Please check Facebook Page for session dates @Calm2017</p>
Coffee Morning	<p>meeting place: Reading room, Philips Lane, Darrington (post office) WF8 3BH</p>	<p>day: Monday time: 9:00am – 11:00am</p> <p>Just turn up at anytime</p>
Coffee Morning	<p>contact name: Salvation Army phone: 01977 600224 meeting place: Salvation Army, Maud's Yard Southgate, Pontefract WF8 1AQ</p>	<p>day: Wednesday and Saturday time: 9:00am – 1:00pm</p>

Pontefract and Carleton Hobbies & Social Groups

Name	Contact	Details
Coffee Morning	phone: 01977 706803 meeting place: St Giles Church, Market Place, Pontefract, WF8 1AT website: http://www.stgilesonline.org.uk	day: Wednesday and Saturday time: 10:00am – 12noon (Wednesday morning Citizens Advice Bureau is available)
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
Pilates	phone: 01977 703384 meeting place: Thornycroft Centre, Half Penny Lane, Pontefract. WF8 4AY	day: Friday time: 9.30am – 10.30am and 11.25am – 12.25pm
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
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: 3 rd Thursday of the month except August and December time: 7.30pm 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
Central Methodist Church Activities	contact name: Mrs Johnson phone: 01977 703457 meeting place: Pontefract Central Methodist Church, Newgate House, New Gate, Pontefract. WF8 1NB	Monday – Kurling 2pm -4pm Alternate Tuesday - Ladies Meeting 7.30pm Wednesday – Indoor Bowls 9.30am Last Wednesday of each month 2pm – 4:30pm Saturday – Coffee Morning 10am
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
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

Pontefract and Carleton Hobbies & Social Groups

Name	Contact	Details
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
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 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: 2 nd and 4 th 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.

Pontefract and Carleton Hobbies & Social Groups

Name	Contact	Details
Carleton Grange Community Centre Activities	meeting place: Carleton Grange, Community Centre, Carleton Road, Pontefract, WF8 3RJ	Pilates – Wednesday 6pm -7pm Line Dancing – Monday 8pm Dance – Monday Tea Dance 3.30pm Wednesday – 7pm – 10.30pm Sunday 7.30pm – 10.30pm Camera Club – Thursday 7.30pm Bridge Club – Wednesday 7pm – 10pm
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: 2 nd and 4 th Tuesday of the Month time: 12.30pm – 3:30pm cost: Free A singing group for people with dementia and their carers
The Liquorice Singers	contact: via Facebook http://www.facebook.com/liquoricesingers meeting place: Thornycroft Centre, Half Penny Lane, Pontefract. WF8 4AY Upstairs in Conference Room – lift available	day: Wednesday time: 4.00pm – 5.30pm cost: £4 per week – first session is free Friendly singing group

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: for a freshly cooked 2 course lunch please enquire. Transport available on request. 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 and Friday 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 <div style="text-align: right;">Updated Oct 2021</div>

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
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 Morningday: 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
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

Pontefract and Carleton Hobbies & Social Groups

Name	Contact	Details
<p>Sheltered Housing Activities at:</p> <p>Monument Mews</p>	<p>contact name: Scheme manager phone: 01977 792789 meeting place: Monument Mews, Independent Living Scheme, The Circle, Pontefract, WF8 2BA</p>	<p>Boccia day: Tuesday time: 1:15pm – 3:00pm Bingo day: Monday time: 1:00pm – 3:00pm HOYday: Thursday time: 1:00pm – 3:00pm Card covering game similar to Bingo</p>
<p>Sing & Breathe Music for Health and Wellbeing</p>	<p>contact: Jackie Craig meeting place: Pontefract Library with Ali email: jhcraig@gmail.com</p>	<p>day and time: Thursday 10.30am – 12.noon Free sessions – designed to help participants develop awareness of their posture and breathing patterns. Enjoy meeting new people and having fun.</p>
<p>Sheltered Housing Activities at:</p> <p>Halberg House</p>	<p>contact name: Scheme manager phone: 01977 792798 meeting place: Halberg House Independent Living Scheme, Viking Road, Pontefract. WF8 2TS.</p>	<p>Coffee Morning / Bingo day: Monday 10:00am – 12:00am Bingo day: Tuesday, Thursday 7:00pm – 9:00pm HOY day: Wednesday 3:00pm – 5:00pm Krafty Krafters – Pontefract Live at Home day: Tuesday 1.30pm – 3.00pm All welcome ceramic painting, embroidery, card making cost: £2.00 includes refreshments and a raffle ticket. Craft materials starting at £1.00</p>

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 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: 1 st Friday of the month time: 6pm New Age Kurling / Bocciaday: Friday time: 6.00pm

Pontefract and Carleton Lunch Clubs

Name	Contact	Details
Pontefract Live at Home Scheme Extended Light Luncheon Club	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 and Carleton Lunch Clubs

Name	Contact	Details
<p>Pontefract Live at Home Scheme</p> <p>Light Luncheon Club</p>	<p>contact name: Kate phone: 07568611982 email: pontefract.liveathome@mha.org.uk meeting place: Moverley Flatts, Pontefract, WF8 2BX</p>	<p>day: Monday fortnightly time: 12noon – 1.30pm cost: £5.00 Luncheon followed by games and Bingo.</p>
<p>Rookeries Junior and Infants School</p>	<p>contact name: Reception phone: 01977 600368 meeting place: Rookeries Junior and Infants School, Carleton Road, Carleton, WF8 3NP</p>	<p>day: Wednesday time: 12.15am – 2.30pm and 2.40pm cost: £2.40 Please call to reserve a place</p>
<p>St Mary's Lunch and Bingo</p>	<p>contact name: Reception phone: 01977 705341 meeting place: St Mary's Community Centre, The Circle, Chequerfield, Pontefract. WF8 2AY</p>	<p>day: Friday time: 1:00pm – 3:00pm Luncheon club followed by games of Bingo</p>
<p>Luncheon Club</p>	<p>contact name: Gail phone: 07720680400 meeting place: The Community Centre, Queens Ave, The Barracks, Pontefract. WF8 4SD</p>	<p>day: Thursday time: 12:30pm – 2pm cost: £5.00 Run by Pontefract and District Live at Home Scheme</p>

Pontefract and Carleton Physical Activity

Name	Contact	Details
Dance for Health	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
Dance for Fun	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 – 2.30pm cost: Free
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	<p>contact name: Peter Gibbins phone: 01977 702960 meeting place: Pontefract Central Methodist Church, Newgate House, New Gate, Pontefract. WF8 1NB</p>	<p>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</p>
Ladies Badminton	<p>contact name: Anne Healy phone: 01977 703629 meeting place: Pontefract Central Methodist Church, Newgate House, New Gate, Pontefract. WF8 1NB</p>	<p>day: Tuesday time: 7:00pm – 9:00pm day: Thursday time: 1:00pm – 3:00pm</p>
LFA Tai Chi	<p>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</p>	<p>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.</p>

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.
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: Please contact for information
(RNLI) Tea Dance	contact name: Barrie Walker phone: 01977 703150 meeting place: Pontefract Central Methodist Church, Newgate House, New Gate, Pontefract. WF8 1NB	day: 1 st Wednesday of the Month (Sept-Dec) time: 2:00pm - 4:00pm cost: £2.50
Yoga	contact name: Angela Severn phone: 01302 724613 meeting place: Thornycroft Centre, Half Penny Lane, Pontefract. WF8 4AY	day: Monday time: 5:30pm – 7:00pm cost: £4

Pontefract and Carleton Support Groups

Name	Contact	Details
Arthritis Care Support Group	contact name: Elaine Lorriman phone: 01977 731656 meeting place: Thornycroft centre, Halfpenny Lane, Pontefract. WF8 4AY	day: 2 nd and 4 th Tuesday of the Month time: 6.30pm – 8.30pm 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: Pontefract Congregational Church, Finkle Street, Pontefract WF8 1HE 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
Bereavement Support Group	contact name: Age UK Wakefield District phone: 01977 552114 email: admin@ageukwd.org.uk meeting place: Pontefract Library, Shoemarket, Pontefract WF8 1BD website: www.ageukwd.org.uk	day: Monday time: 10:30am – 12:00noon cost: Free Provide local support to bereaved people over the age of 50 in the Wakefield District

Pontefract and Carleton Support Groups

Name	Contact	Details
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: 2 nd Tuesday of the month time: 10:30am – 12noon cost: Free Support group for unpaid carers
Richmond Fellowship Support Group	phone: 01977 727692 meeting place: Pontefract Library, Shoemarket, Pontefract WF8 1BD	day: Tuesday time: 1:00pm – 3:00pm cost: Free Mental health based support group (drop-in)
S.M.a.S.H. Society	phone: 07392721475 meeting place: Pontefract Library, Shoemarket, Pontefract, WF8 1BD email: smashsociety@outlook.com	day: 4 th Wednesday of the month time: 1.00pm -3.00pm cost: 50p for refreshments Supporting the self-management of adults living with a health condition. Or, if you are feeling isolated, or even just want to be a part of something special in your community

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.

Pontefract and Carleton Other Useful Contacts

Name	Contact	Details
Citizens Advice	phone: 03444 111444 meeting place: St Giles Centre, Pontefract WF8 1AT website: www.wakefielddistrictcab.co.uk	day: Wednesday drop in 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 and Carleton Other Useful Contacts

Name	Contact	Details
Pontefract Food Bank	contact: Frank Sheard phone: 07935530583 address: Newgate, Pontefract, WF8 1NB	Opening days / times: Tuesday – 11:30am – 1.00pm Thursday – 12:00pm – 1:30pm Contact for information regarding referrals etc.
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. <ul style="list-style-type: none"> • 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)
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.

Pontefract and Carleton Other Useful Contacts

Name	Contact	Details
Alzheimer's Society	name: Alzheimer's Society phone: 01924 373264 email: wakefield@alzheimers.org.uk address: 21 King Street, Wakefield, WF1 2SR website: www.alzheimers.org.uk	Provide diagnostic support for individuals affected by Dementia. Through services including the Dementia Support Service, Dementia Cafes, Singing for the Brain, Peer Support, Information Programmes and Side by Side

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 Does not run on the 3rd Thursday of the month
Coffee Morning	meeting place: Reading room, Philips Lane, Darrington (post office) WF8 3BH	day: Monday time: 9:00am – 12noon 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

Darrington and East Hardwick Hobbies & Social Groups

Name	Contact	Details
<p>Ladies Group</p>	<p>contact name: Gwen Stephenson phone: 01977 600559 meeting place: The Reading room, Philips Lane, Darrington WF8 3BH</p> <p>Trips out on 1st Thursday on the month, meeting at The Reading room, Philips Lane, Darrington WF8 3BH.</p>	<p>day: 3rd Thursday of month time: 12:00noon</p> <p>Please enquire for other groups: Bridge, Whist Drive- or visit Darrington.or.uk – under activities</p>

Darrington and East Hardwick Lunch Club

Name	Contact	Details
Badsworth Junior and Infants School	contact name: Reception phone: 01977 649157 meeting place: Badsworth Junior and Infants School, Main Street, Badsworth, Pontefract, WF9 1AJ	day: Wednesday time: 12noon cost: £2.88 Please call to reserve a place

Darrington and East Hardwick Physical Activity

Name	Contact	Details
Young at Heart Exercise Class	contact name: Janet Everett phone: 01977 620633 / 01977 620188 meeting place: Ramsden Hall, Darning Lane, Thorpe Audlin, WF8 3HB Visit www.Thorpeaudlin.co.uk for information on other groups at this venue.	day: Wednesday time: 1:30pm – 3:00pm Over 50's aerobics class

Darrington and East Hardwick Other Useful Contacts

Name	Contact	Details
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 – 11:30am – 1pm 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: www.stgilescentrepontefract.org.uk Other activities held at St Giles – please visit website	day: Wednesday time: 12.30pm – 2.30pm Supported by Wakefield Council's Food Bank Support Fund. Light snacks with a social element. No charge – Donations welcome
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. <ul style="list-style-type: none"> • 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)

Darrington and East Hardwick Other Useful Contacts

Name	Contact	Details
Saviour Trust	phone: 01977 600335 address: The Saviour Trust, All Saints Church Hall Baghill Lane, Pontefract, West Yorkshire WF8 2HA email: hannah@thesaviourtrust.co.uk	The Saviour Trust is a charity based in Pontefract, it aims to offer immediate and sustainable support through the provision of housing, information, advice and guidance, pastoral care and positive activities.
Alzheimer's Society	name: Alzheimer's Society phone: 01924 373264 email: wakefield@alzheimers.org.uk address: 21 King Street, Wakefield, WF1 2SR website: www.alzheimers.org.uk	Provide diagnostic support for individuals affected by Dementia. Through services including the Dementia Support Service, Dementia Cafes, Singing for the Brain, Peer Support, Information Programmes and Side by Side

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.

Knottingley and Ferrybridge Hobbies & Social Groups

Name	Contact	Details
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 (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: 1 st 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.

Knottingley and Ferrybridge Hobbies & Social Groups

Name	Contact	Details
Craft Group	<p>phone: 01977 675 179 (hall) or 01977 671 103 (officer's residence) meeting place: Salvation Army Hall, Weeland Road, Knottingley WF11 8BE</p> <p>website: www.salvationarmy.org.uk/yks/Knottingley</p>	<p>day: 1st and 3rd Wednesday in the month time: 7.00pm – 9.00pm cost: £1.00 including a cuppa and biscuits</p> <p>General craft activities. Newcomers welcome to bring their own crafts or wanting to learn.</p>
Environment & Garden Group	<p>phone: Church Office - 01977 679042 meeting place: United Reformed Church Hall, The Croft, Knottingley WF11 9BL</p> <p>website: www.urcyorkshire.org.uk</p>	<p>day: 3rd Wednesday in the month (March to September) time: 7.15pm cost: please confirm with group</p> <p>Seed swop, occasional speakers and garden visits.</p>
WMDC Mobile Library	<p>Weekly visit: to Morrison's supermarket car park, Hill Top Knottingley, WF11 8ER</p> <p>To see other venues in the area visit – website: www.wakefield.gov.uk email: lib.admin@wakefield.gov.uk phone: 01924 302210</p>	<p>day: 3rd Friday of the month time: 10.50am to 12.20pm cost: free</p> <p>There is also a return box for library books inside Morrison's supermarket</p>
Stained Glass Group	<p>phone: Town Hall: 01977 672585 meeting place: 1st Floor ,Knottingley Town Hall, Weeland Road Knottingley, WF11 9DG</p>	<p>day: Tuesday time: 9.30am to 1.00pm cost: please check with the group leader</p> <p>All welcome to just call in at the Town Hall on the day.</p>

Knottingley and Ferrybridge Hobbies & Social Groups

Name	Contact	Details
Tea Dance	<p>phone: Town Hall: 01977 672585 meeting place: 1st Floor, Knottingley Town Hall, Weeland Road, Knottingley, WF11 9DG</p>	<p>day: Tuesday time: 1.30pm – 4.00pm cost: approximately £1.50 Dancing, bingo, tea and biscuits.</p> <p>Lift access to dance 1st floor ballroom.</p>
Craft Group	<p>phone: 01977 675 179 (hall) or 01977 671 103 (officer's residence) meeting place: Salvation Army Hall, Weeland Road, Knottingley WF11 8BE</p> <p>website: www.salvationarmy.org.uk/yks/Knottingley</p>	<p>day: 3rd Wednesday in the month time: 1.45pm - 3.15pm</p>

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 £3.00 A home cooked 2-course lunch with tea or coffee. Optional bingo afterwards. Free raffle 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: Ferrybridge Community Centre, Ferrybridge WF11 8PQ e-mail: healthimprovement@wakefield.gov.uk	day: Alternate Thursdays 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.
Community Health Walk Knottingley	phone: 01924 307348 meeting place: Meet in Morrisons Care Park e-mail: healthimprovement@wakefield.gov.uk	day: Alternate Thursdays 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 email: gazhaley@gmail.com	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.

Knottingley and Ferrybridge Physical Activity

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

Knottingley and Ferrybridge Support Groups

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

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	<p>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.</p> <p>Free of charge to bus pass holders. Registration required before travel</p>
Allotments Wakefield Council	phone: 01924 305876 email: streetsceneestates@wakefield.gov.uk website: www.wakefield.gov.uk/CultureAndLeisure/Allotments	<p>Allotments for rent at various locations. A waiting list may apply.</p>
Community Magazine	meeting place: St Andrew's Church, Ferrybridge	<p>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.</p>
Ferrybridge Community Centre	phone: 01977 676056 address: The Square, Ferrybridge WF11 8PQ	<p>Room hire for private functions and local businesses. Run by a volunteer committee of local residents.</p>

Knottingley and Ferrybridge Other Useful Contacts

Name	Contact	Details
Pontefract and Knottingley Neighbourhood Policing Team	phone: 01977 601045 email: pontefract@westyorkshire.pnn.police.uk website: www.facebook.com/pontefractandknottingley 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 9BU Donations can also be left at St Andrew's Church, Ferrybridge.	Tuesday 11am – 1pm Thursday 12noon – 2pm
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.
Alzheimer's Society	Name: Alzheimer's Society phone: 01924 373264 email: wakefield@alheimers.org.uk address: 21 King Street, Wakefield, WF1 2SR website: www.alzheimers.org.uk	Provide diagnostic support for individuals affected by Dementia. Through services including the Dementia Support Service, Dementia Cafes, Singing for the Brain, Peer Support, Information Programmes and Side by Side

