

## **Local Support and Social Groups to aid independence and healthy living Pontefract, Carleton, Darrington, East Hardwick, Knottingley and Ferrybridge**

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

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

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

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

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

## Pontefract and Carleton Hobbies & Social Groups

Name	Contact	Details
<b>Coffee Morning</b>	<b>phone:</b> 01977 706803 <b>meeting place:</b> St Giles Church, Market Place, Pontefract, WF8 1AT  <b>website:</b> <a href="http://www.stgilesonline.org.uk">http://www.stgilesonline.org.uk</a>	<b>day:</b> Wednesday and Saturday <b>time:</b> 10:00am – 12noon <b>(Wednesday morning Citizens Advice Bureau is available)</b>
<b>Coffee Morning</b>	<b>contact name:</b> Pontefract Congregational Church <b>meeting place:</b> Pontefract Congregational Church, Finkle Street, Pontefract, WF8 1HE  <b>website:</b> <a href="http://www.thechurchoffinklestreet.com">www.thechurchoffinklestreet.com</a>	<b>day:</b> Friday <b>time:</b> 10:00am – 11:00am  10:45am – Guest speaker
<b>Creative Craft Group</b>	<b>phone:</b> 01977 703384 <b>meeting place:</b> Thornycroft Centre, Half Penny Lane, Pontefract. WF8 4AY	<b>day:</b> Monday <b>time:</b> 9.45am – 11.45am and 12:45pm – 2:45pm <b>cost:</b> £2 subs Dinner available at the centre at a cost of £5.80
<b>Pilates</b>	<b>phone:</b> 01977 703384 <b>meeting place:</b> Thornycroft Centre, Half Penny Lane, Pontefract. WF8 4AY	<b>day:</b> Friday <b>time:</b> 9.30am – 10.30am and 11.25am – 12.25pm
<b>Decoupage</b>	<b>phone:</b> 01977 703384 <b>meeting place:</b> Thornycroft Centre, Half Penny Lane, Pontefract. WF8 4AY	<b>day:</b> Tuesday <b>time:</b> 1:00pm-3:00pm

## Pontefract and Carleton Hobbies & Social Groups

Name	Contact	Details
<b>Family History Society</b>	<p><b>contact name:</b> David Smith  <b>email:</b> chairman@pontefracths.org.uk  <b>meeting place:</b> Micklegate Methodist Church, Micklegate, Pontefract, WF8 1QG</p> <p><b>website:</b> www.pontefracths.org.uk</p>	<p><b>day:</b> 3<sup>rd</sup> Thursday of the month except August and December  <b>time:</b> 7.30pm</p> <p>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</p>
<b>Central Methodist Church Activities</b>	<p><b>contact name:</b> Mrs Johnson  <b>phone:</b> 01977 703457  <b>meeting place:</b> Pontefract Central Methodist Church, Newgate House, New Gate, Pontefract. WF8 1NB</p>	<p><b>Monday</b> – Kurling 2pm -4pm  <b>Alternate Tuesday</b> - Ladies Meeting 7.30pm  <b>Wednesday</b> – Indoor Bowls 9.30am            Last Wednesday of each month 2pm – 4:30pm  <b>Saturday</b> – Coffee Morning 10am</p>
<b>Gardening Group</b>	<p><b>contact name:</b> Bill Roberts  <b>phone:</b> 01977 621211  <b>meeting place:</b> Ramsden Hall, Darning Lane, Thorpe Audlin, WF8 3HB</p>	<p><b>day:</b> Fourth Wednesday of each month  <b>time:</b> 7:00pm – 9:00pm            Group includes speakers on various gardening related topics</p>
<b>Knit &amp; Natter</b>	<p><b>contact name:</b> Pat Wiltshire  <b>phone:</b> 01977 794360  <b>meeting place:</b> Evangelical Church Hall, Finkle Street, Pontefract, WF8 1HE</p>	<p><b>day:</b> Second Wednesday of each month  <b>time:</b> 2:00pm – 3:30pm</p> <p>Group closed during August, resumes In September</p>

## Pontefract and Carleton Hobbies & Social Groups

Name	Contact	Details
<b>NHS Retirement Fellowship</b>	<b>contact name:</b> Margaret Kelso <b>email:</b> jkkelso@msn.com <b>meeting place:</b> Seminar Room, Floor B, Pontefract Hospital, WF8 1PL	<b>day:</b> 1st Tuesday of each month <b>time:</b> 2.30pm – 4.30pm National organisation for all retired NHS staff
<b>Poetry Writing Group</b>	<b>contact name:</b> Pontefract Congregational Church <b>meeting place:</b> Pontefract Congregational Church, Finkle Street, Pontefract, WF8 1HE  <b>website:</b> www.thechurchoffinklestreet.com	<b>day:</b> Every third Friday <b>time:</b> 1:00pm – 3:00pm <b>cost:</b> Free
<b>Pontefract Choral Society</b>	<b>meeting place:</b> Congregational Church (school room) Finkle Street, Pontefract, WF8 1HE	<b>day:</b> Thursday Just turn up.  <b>time:</b> 7:00pm – 9:00pm <b>cost:</b> Annual joining fee of £35
<b>Probus Group</b>	<b>contact name:</b> Keith Auty <b>phone:</b> 01977 794622 <b>meeting place:</b> Carleton Grange, Community Centre, Carleton Road, Pontefract, WF8 3RJ  <b>NOTE:</b> For information on guest speakers contact: Michael Leach – 01977 704989	<b>day:</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of the month <b>time:</b> 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
<b>Carleton Grange Community Centre Activities</b>	<b>meeting place:</b> Carleton Grange, Community Centre, Carleton Road, Pontefract, WF8 3RJ	<b>Pilates</b> – Wednesday 6pm -7pm <b>Line Dancing</b> – Monday 8pm <b>Dance</b> – Monday Tea Dance 3.30pm Wednesday – 7pm – 10.30pm Sunday 7.30pm – 10.30pm <b>Camera Club</b> – Thursday 7.30pm <b>Bridge Club</b> – Wednesday 7pm – 10pm
<b>Singing for the brain  (Alzheimer’s Society)</b>	<b>contact name:</b> Lesley <b>phone:</b> 01924 373264 <b>email:</b> wakefield@alzheimers.org.uk <b>meeting place:</b> Pontefract Congregational Church, Finkle Street, Pontefract, West Yorkshire WF8 1HE  <b>website:</b> www.alzheimers.org.uk	<b>day:</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of the Month <b>time:</b> 12.30pm – 3:30pm <b>cost:</b> Free A singing group for people with dementia and their carers
<b>The Liquorice Singers</b>	<b>contact:</b> via Facebook <a href="http://www.facebook.com/liquoricesingers">http://www.facebook.com/liquoricesingers</a> <b>meeting place:</b> Thornycroft Centre, Half Penny Lane, Pontefract. WF8 4AY Upstairs in Conference Room – lift available	<b>day:</b> Wednesday <b>time:</b> 4.00pm – 5.30pm <b>cost:</b> £4 per week – first session is free Friendly singing group

## Pontefract and Carleton Hobbies & Social Groups

Name	Contact	Details
<b>Thornycroft Day Centre</b>	<b>contact name:</b> The Centre <b>phone:</b> 01977 703384 / 723940 <b>email:</b> pontefract@ciswo.org.uk <b>meeting place:</b> Thornycroft, Halfpenny Lane, Pontefract, WF8 4AY	<b>day:</b> Monday – Friday <b>time:</b> 9:00am – 3:00pm <b>cost:</b> 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
<b>West Yorkshire Astronomical Society</b>	<b>contact name:</b> Tony Doubtfire / Jim Bolton <b>email:</b> chairman@wyas.org.uk / secretary@wyas.org.uk <b>meeting place:</b> Rose Observatory, Carleton Grange, Community Centre, Carleton Road, Pontefract, WF8 3RJ  <b>website:</b> www.wyas.org.uk	<b>day:</b> Tuesday and Friday <b>time:</b> 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
<b>Sheltered Housing Activities at:</b>  <b>Millgarth</b>	<b>contact name:</b> Scheme manager <b>phone:</b> 01977 798754 <b>meeting place:</b> Millgarth Independent Living Scheme, Mill Hill Lane Pontefract. WF8 4JD	<b>Card Making day:</b> Monday <b>time:</b> 2:00pm – 4:00pm  <b>Bingo day:</b> Wednesday & Friday <b>time:</b> 7:00pm – 9:00pm  <b>Coffee Morning day:</b> Tuesday <b>time:</b> 10:00 – 11:00am



## Pontefract and Carleton Hobbies & Social Groups

Name	Contact	Details
<b>Sheltered Housing Activities at:</b>  <b>Beachwood House</b>	<b>contact name:</b> Scheme manager <b>phone:</b> 01977 709847 <b>meeting place:</b> Beachwood house Independent Living Scheme, Wakefield Road, Pontefract. WF8 4EE	<b>Bingo day:</b> Tuesday <b>time:</b> 2:00pm – 3:30pm  <b>Coffee Morning day:</b> Thursday <b>time:</b> 10:00am – 11:30am
<b>Sheltered Housing Activities at:</b>  <b>Moverley Flatts</b>	<b>contact name:</b> Scheme manager <b>phone:</b> 01977 792694 <b>meeting place:</b> Moverley Flatts Independent Living Scheme, Moverley Flatts, Pontefract, WF8 2BX	<b>Bingo day:</b> Thursday <b>time:</b> 7:00pm – 9:00pm <b>Coffee Morning day:</b> Tuesday <b>time:</b> 11:00am – 12:00am <b>Light Lunch day:</b> Monday (twice a month) <b>time:</b> 12:00pm – 2:00pm <b>Craft Group day:</b> Thursday <b>time:</b> 9:30am – 12:00pm <b>Knit &amp; Natter day:</b> Friday <b>time:</b> 2:00pm – 4:00pm <b>Quiz day:</b> Mondays (once per month) <b>time:</b> 7:00pm – 9:00pm
<b>Sheltered Housing Activities at:</b>  <b>Eastbourne Independent Living Scheme</b>	<b>contact name:</b> Scheme manager <b>phone:</b> 01977 795447 <b>meeting place:</b> Eastbourne Independent Living Scheme, Eastbourne Close Pontefract. WF8 2HZ	<b>Bingo day:</b> Monday and Wednesday <b>time:</b> 6:30pm – 8:30pm  <b>Boccia day:</b> Tuesday <b>time:</b> 1:30pm – 3:30pm <b>Coffee Morningday:</b> Friday <b>time:</b> 10:00am – 11.30pm

## Pontefract and Carleton Hobbies & Social Groups

Name	Contact	Details
<b>Sheltered Housing Activities</b>  <b>Baileygate Court</b>	<b>contact name:</b> Scheme Manager <b>phone:</b> 01977 792785 <b>meeting place:</b> Baileygate Court Independent Living Scheme, Pontefract, WF8 1HQ	<b>Bingo day:</b> Tuesday and Thursday <b>time:</b> 6:30pm – 9:00pm
<b>Sheltered Housing Activities at:</b>  <b>Ladybalk</b>	<b>contact name:</b> Scheme manager <b>phone:</b> 01977 709423 <b>meeting place:</b> Ladybalk Independent Living Scheme, Ladybalk Lane, Pontefract. WF8 1JQ.	<b>Bingo day:</b> Monday, Tuesday Wednesday, Thursday <b>time:</b> 12:30pm – 3:00pm
<b>Sheltered Housing Activities at:</b>  <b>Churchbalk</b>	<b>contact name:</b> Scheme manager <b>phone:</b> 01977 795345 <b>meeting place:</b> Churchbalk Independent Living Scheme, 18 Woodland View, Pontefract, WF8 2RD	<b>Coffee Morning day:</b> Thursday <b>time:</b> 1:00-3:00pm
<b>Sheltered Housing Activities at:</b>  <b>Monument Mews</b>	<b>contact name:</b> Scheme manager <b>phone:</b> 01977 792789 <b>meeting place:</b> Monument Mews, Independent Living Scheme, The Circle, Pontefract, WF8 2BA	<b>Boccia day:</b> Tuesday <b>time:</b> 1:15pm – 3:00pm <b>Bingo day:</b> Monday <b>time:</b> 1:00pm – 3:00pm <b>HOYday:</b> Thursday <b>time:</b> 1:00pm – 3:00pm Card covering game similar to Bingo

## Pontefract and Carleton Hobbies & Social Groups

Name	Contact	Details
<p><b>Sheltered Housing Activities at:</b></p> <p><b>Halberg House</b></p>	<p><b>contact name:</b> Scheme manager  <b>phone:</b> 01977 792798  <b>meeting place:</b> Halberg House Independent Living Scheme, Viking Road, Pontefract. WF8 2TS.</p>	<p><b>Coffee Morning / Bingo</b>  <b>day:</b> Monday 10:00am – 12:00am</p> <p><b>Bingo</b>  <b>day:</b> Tuesday, Thursday 7:00pm – 9:00pm</p> <p><b>HOY</b>  <b>day:</b> Wednesday 3:00pm – 5:00pm</p> <p><b>Krafty Krafters – Pontefract Live at Home</b>  <b>day:</b> Tuesday 1.30pm – 3.00pm  All welcome ceramic painting, embroidery, card making  <b>cost:</b> £2.00 includes refreshments and a raffle ticket. Craft materials starting at £1.00</p>
<p><b>Sheltered Housing Activities at:</b></p> <p><b>Queens Avenue</b></p>	<p><b>contact name:</b> Scheme manager  <b>phone:</b> 01977 794380  <b>meeting place:</b> The Community Centre, Queens Avenue, The Barracks, Pontefract, WF8 4SD</p>	<p><b>Bingo day:</b> Monday <b>time:</b> 2.00pm  <b>day:</b> Tuesday and Thursday <b>time:</b> 6.00pm</p> <p><b>Coffee Morning day:</b> Thursday  <b>time:</b> 10.30am – 11.30am</p> <p><b>Gentle Exercise day:</b> Thursday  <b>time:</b> 11.30pm – 12:30pm</p> <p><b>Lunch Club day:</b> Thursday  <b>time:</b> 12.30pm</p> <p><b>Craft Club day:</b> 1<sup>st</sup> Friday of the month  <b>time:</b> 6pm</p> <p><b>New Age Kurling / Bocciaday:</b> Friday  <b>time:</b> 6.00pm</p>

## Pontefract and Carleton Lunch Clubs

Name	Contact	Details
<p><b>Pontefract Live at Home Scheme</b></p> <p><b>Extended Light Luncheon Club</b></p>	<p><b>phone:</b> 01977 695006  <b>email:</b> pontefract.liveathome@mha.org.uk  <b>meeting place:</b> Micklegate Methodist Church, Micklegate, Pontefract. WF8 1QG</p>	<p><b>day:</b> Tuesday  <b>time:</b> 12:30pm – 2:30pm</p> <p>Luncheon followed by Boccia, New Age Kurling, Quiots...</p>
<p><b>Pontefract Live at Home Scheme</b></p> <p><b>Light Luncheon Club</b></p>	<p><b>contact name:</b> Kate  <b>phone:</b> 07568611982  <b>email:</b> pontefract.liveathome@mha.org.uk  <b>meeting place:</b> Moverley Flatts, Pontefract, WF8 2BX</p>	<p><b>day:</b> Monday fortnightly  <b>time:</b> 12noon – 1.30pm  <b>cost:</b> £5.00</p> <p>Luncheon followed by games and Bingo.</p>
<p><b>Rookeries Junior and Infants School</b></p>	<p><b>contact name:</b> Reception  <b>phone:</b> 01977 600368  <b>meeting place:</b> Rookeries Junior and Infants School, Carleton Road, Carleton, WF8 3NP</p>	<p><b>day:</b> Wednesday  <b>time:</b> 12.15am – 2.30pm and 2.40pm  <b>cost:</b> £2.40</p> <p>Please call to reserve a place</p>
<p><b>St Mary's Lunch and Bingo</b></p>	<p><b>contact name:</b> Reception  <b>phone:</b> 01977 705341  <b>meeting place:</b> St Mary's Community Centre, The Circle, Chequerfield, Pontefract. WF8 2AY</p>	<p><b>day:</b> Friday  <b>time:</b> 1:00pm – 3:00pm</p> <p>Luncheon club followed by games of Bingo</p>

## Pontefract and Carleton Lunch Clubs

Name	Contact	Details
<b>Luncheon Club</b>	<b>contact name:</b> Gail <b>phone:</b> 07720680400 <b>meeting place:</b> The Community Centre, Queens Ave, The Barracks, Pontefract. WF8 4SD	<b>day:</b> Thursday <b>time:</b> 12:30pm – 2pm <b>cost:</b> £5.00  Run by Pontefract and District Live at Home Scheme

## Pontefract and Carleton Physical Activity

Name	Contact	Details
<b>Dance for Health</b>	<b>contact name:</b> Reception <b>phone:</b> 01977 705341 <b>meeting place:</b> St Mary's Community Centre. The Circle Chequerfield, Pontefract. WF8 2AY	<b>day:</b> Monday <b>time:</b> 10:30am – 12:30pm <b>cost:</b> Free A dance class for people with a disability/impairment
<b>Dance for Fun</b>	<b>contact name:</b> Reception <b>phone:</b> 01977 705341 <b>meeting place:</b> St Mary's Community Centre, The Circle, Chequerfield, Pontefract. WF8 2AY  <b>website:</b> <a href="http://www.stmaryscommunity.co.uk">www.stmaryscommunity.co.uk</a>	<b>day:</b> Monday <b>time:</b> 1:00pm – 2.30pm <b>cost:</b> Free
<b>Health Walk</b>	<b>contact name:</b> Reception <b>phone:</b> 01977 705341 <b>meeting place:</b> St Mary's Community Centre, The Circle, Chequerfield, Pontefract. WF8 2AY <b>website:</b> <a href="http://www.stmaryscommunity.co.uk">www.stmaryscommunity.co.uk</a>	<b>day:</b> Friday Fortnightly <b>time:</b> 10:30am <b>cost:</b> Free

## Pontefract and Carleton Physical Activity

Name	Contact	Details
<b>Indoor Bowling</b>	<p><b>contact name:</b> Peter Gibbins  <b>phone:</b> 01977 702960  <b>meeting place:</b> Pontefract Central Methodist Church, Newgate House, New Gate, Pontefract. WF8 1NB</p>	<p><b>day:</b> Wednesday  <b>time:</b> 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>
<b>Ladies Badminton</b>	<p><b>contact name:</b> Anne Healy  <b>phone:</b> 01977 703629  <b>meeting place:</b> Pontefract Central Methodist Church, Newgate House, New Gate, Pontefract. WF8 1NB</p>	<p><b>day:</b> Tuesday  <b>time:</b> 7:00pm – 9:00pm   <b>day:</b> Thursday  <b>time:</b> 1:00pm – 3:00pm</p>
<b>LFA Tai Chi</b>	<p><b>contact name:</b> Bill Holmes / Sheila  <b>phone:</b> 01302 832766 / 01484 898092  <b>meeting place:</b> Pontefract Central Methodist Church, Newgate House, New Gate, Pontefract. WF8 1NB   <b>Website:</b> <a href="http://www.leefamilyarts.com">www.leefamilyarts.com</a></p>	<p><b>day:</b> Tuesday  <b>time:</b> 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
<b>New Age Kurling</b>	<b>contact name:</b> Norman Davis <b>phone:</b> 01977 704872 <b>meeting place:</b> Pontefract Central Methodist Church, Newgate House, New Gate, Pontefract. WF8 1NB	<b>day:</b> Monday <b>time:</b> 2pm – 4pm <b>cost:</b> £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.
<b>Snooker</b>	<b>contact name:</b> Mick Braddish <b>phone:</b> 07837887043 <b>meeting place:</b> 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.  <b>Membership:</b> Please contact for information
<b>(RNLI) Tea Dance</b>	<b>contact name:</b> Barrie Walker <b>phone:</b> 01977 703150 <b>meeting place:</b> Pontefract Central Methodist Church, Newgate House, New Gate, Pontefract. WF8 1NB	<b>day:</b> 1 <sup>st</sup> Wednesday of the Month ( <b>Sept-Dec</b> ) <b>time:</b> 2:00pm - 4:00pm <b>cost:</b> £2.50
<b>Yoga</b>	<b>contact name:</b> Angela Severn <b>phone:</b> 01302 724613 <b>meeting place:</b> Thornycroft Centre, Half Penny Lane, Pontefract. WF8 4AY	<b>day:</b> Monday <b>time:</b> 5:30pm – 7:00pm <b>cost:</b> £4



## Pontefract and Carleton Support Groups

Name	Contact	Details
<b>Arthritis Care Support Group</b>	<b>contact name:</b> Elaine Lorriman <b>phone:</b> 01977 731656 <b>meeting place:</b> Thornycroft centre, Halfpenny Lane, Pontefract. WF8 4AY	<b>day:</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of the Month <b>time:</b> 6.30pm – 8.30pm <b>cost:</b> £1.50 This is a large support group for people with arthritis. They play games, have guest speakers and go on regular trips out.
<b>Alzheimer's Support Group</b>  <b>Forget me Not Café</b>	<b>contact name:</b> Lesley <b>phone:</b> 01924 373264 <b>email:</b> wakefield@alzheimers.org.uk <b>meeting place:</b> Pontefract Congregational Church, Finkle Street, Pontefract WF8 1HE  <b>website:</b> www.alzheimers.org.uk	<b>day:</b> Fourth Thursday of the Month <b>time:</b> 1:00pm – 3:00pm <b>cost:</b> Free Support group for people with Alzheimer's and their carers. Many different activities take place such as, singing, circle dancing, Boccia etc
<b>Bereavement Support Group</b>	<b>contact name:</b> Age UK Wakefield District <b>phone:</b> 01977 552114 <b>email:</b> admin@ageukwd.org.uk <b>meeting place:</b> Pontefract Library, Shoemarket, Pontefract WF8 1BD  <b>website:</b> www.ageukwd.org.uk	<b>day:</b> Monday <b>time:</b> 10:30am – 12:00noon <b>cost:</b> Free  Provide local support to bereaved people over the age of 50 in the Wakefield District

## Pontefract and Carleton Support Groups

Name	Contact	Details
<b>Carers Support Group</b>	<b>contact name:</b> Carers Wakefield District <b>phone:</b> 01924 305544 <b>email:</b> info@carerswakefield.org.uk <b>meeting place:</b> Baileygate Court Independent Living Scheme, North Baileygate, Pontefract, WF8 1HQ  <b>website:</b> www.carerswakefield.org.uk	<b>day:</b> 2 <sup>nd</sup> Tuesday of the month <b>time:</b> 10:30am – 12noon <b>cost:</b> Free  Support group for unpaid carers
<b>Richmond Fellowship Support Group</b>	<b>phone:</b> 01977 727692 <b>meeting place:</b> Pontefract Library, Shoemarket, Pontefract WF8 1BD	<b>day:</b> Tuesday <b>time:</b> 1:00pm – 3:00pm <b>cost:</b> Free Mental health based support group (drop-in)
<b>S.M.a.S.H. Society</b>	<b>phone:</b> 07392721475 <b>meeting place:</b> Pontefract Library, Shoemarket, Pontefract, WF8 1BD <b>email:</b> smashsociety@outlook.com	<b>day:</b> 4 <sup>th</sup> Wednesday of the month <b>time:</b> 1.00pm -3.00pm <b>cost:</b> 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
<b>Pontefract Live at Home scheme</b>  <b>Volunteering Opportunities</b>	<b>contact name:</b> Dawn Austwick <b>phone:</b> 01977 695006 <b>email:</b> pontefract.liveathome@mha.org.uk  <b>meeting place:</b> Micklegate Methodist Church, Micklegate, Pontefract. WF8 1QG	<b>day:</b> Various <b>time:</b> Various  Various volunteering opportunities such as befriending, admin, group support etc.

## Pontefract and Carleton Other Useful Contacts

Name	Contact	Details
<b>Citizens Advice</b>	<b>phone:</b> 03444 111444 <b>meeting place:</b> St Giles Centre, Pontefract WF8 1AT  <b>website:</b> www.wakefielddistrictcab.co.uk	<b>day:</b> Wednesday drop in <b>time:</b> 10:00am – 1:00pm <b>cost:</b> Free
<b>Community Companions Befriending Service</b>	<b>contact name:</b> Age UK Wakefield District <b>phone:</b> 01977 552114 <b>email:</b> admin@acwd.org.uk  <b>website:</b> 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
<b>Pontefract Food Bank</b>	<b>contact:</b> Frank Sheard <b>phone:</b> 07935530583 <b>address:</b> Newgate, Pontefract, WF8 1NB	<b>Opening days / times:</b>  <b>Tuesday</b> – 11:30am – 1.00pm <b>Thursday</b> – 12:00pm – 1:30pm  Contact for information regarding referrals etc.
<b>Social Contact Scheme</b>	<b>contact name:</b> Age UK Wakefield District <b>phone:</b> 01977 552114 <b>email:</b> admin@acwd.org.uk  <b>website:</b> www.ageukkwd.org.uk	Time limited service (approx. 6 weeks) to help older people regain confidence and independence. <ul style="list-style-type: none"> <li>• Offers emotional and practical support</li> <li>• Info to meet individual needs preventing increased social service and health needs. E.g. accompany on public transport/taxi to appointments (shops, social events)</li> </ul>
<b>Saviour Trust</b>	<b>address:</b> The Saviour Trust, All Saints Church Hall Baghill Lane, Pontefract, West Yorkshire WF8 2HA  <b>phone:</b> 01977 600335 <b>email:</b> 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
<b>Alzheimer's Society</b>	<b>name:</b> Alzheimer's Society <b>phone:</b> 01924 373264 <b>email:</b> wakefield@alheimers.org.uk <b>address:</b> 21 King Street, Wakefield, WF1 2SR  <b>website:</b> 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
<b>Bridge Club</b>	<b>contact name:</b> Mr S Gummerson <b>phone:</b> 01977 795048 <b>meeting place:</b> The Kite Hotel, Chestnut House, Great North Road Darrington, WF8 3RH	<b>day:</b> Thursday <b>time:</b> 7:30pm – 10:00pm <b>Does not run on the 3<sup>rd</sup> Thursday of the month</b>
<b>Coffee Morning</b>	<b>meeting place:</b> Reading room, Philips Lane, Darrington (post office) WF8 3BH	<b>day:</b> Monday <b>time:</b> 9:00am – 12noon  Just turn up at anytime
<b>Gardening Group</b>	<b>contact name:</b> Bill Roberts <b>phone:</b> 01977 621211 <b>meeting place:</b> Ramsden Hall, Darning Lane, Thorpe Audlin, WF8 3HB	<b>day:</b> Fourth Wednesday of each month <b>time:</b> 7:00pm – 9:00pm Group includes speakers on various gardening related topics

## Darrington and East Hardwick Hobbies & Social Groups

Name	Contact	Details
<p><b>Ladies Group</b></p>	<p><b>contact name:</b> Gwen Stephenson  <b>phone:</b> 01977 600559  <b>meeting place:</b> 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><b>day:</b> 3rd Thursday of month  <b>time:</b> 12:00noon</p> <p>Please enquire for other groups: Bridge, Whist Drive- or visit <a href="http://Darrington.or.uk">Darrington.or.uk</a> – under activities</p>

## Darrington and East Hardwick Lunch Club

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

## Darrington and East Hardwick Physical Activity

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

## Darrington and East Hardwick Other Useful Contacts

Name	Contact	Details
<b>Community Companions Befriending Service</b>	<b>contact name:</b> Age UK Wakefield District <b>phone:</b> 01977 552114 <b>email:</b> admin@acwd.org.uk  <b>website:</b> 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
<b>Pontefract Food Bank</b>	<b>contact:</b> Frank Sheard <b>phone:</b> 07935530583 <b>address:</b> Newgate, Pontefract, WF8 1NB	<b>Opening days / times:</b>  <b>Tuesday</b> – 11:30am – 1pm <b>Thursday</b> – 12:00pm – 1:30pm  Contact for information regarding referrals etc.
<b>Lunch with Us</b>	<b>contact:</b> St Giles Church <b>meeting place:</b> St Giles Church, Market Place, Pontefract, WF8 1AT  <b>website:</b> www.stgilescentrepontefract.org.uk Other activities held at St Giles – please visit website	<b>day:</b> Wednesday <b>time:</b> 12.30pm – 2.30pm Supported by Wakefield Council’s Food Bank Support Fund. Light snacks with a social element. No charge – Donations welcome
<b>Social Contact Scheme</b>	<b>contact name:</b> Age UK Wakefield District <b>phone:</b> 01977 552114 <b>email:</b> admin@acwd.org.uk  <b>website:</b> www.ageukkwd.org.uk	Time limited service (approx. 6 weeks) to help older people regain confidence and independence. <ul style="list-style-type: none"> <li>• Offers emotional and practical support</li> <li>• Info to meet individual needs preventing increased social service and health needs. E.g. accompany on public transport/taxi to appointments (shops, social events)</li> </ul>



## Darrington and East Hardwick Other Useful Contacts

Name	Contact	Details
<b>Saviour Trust</b>	<b>phone:</b> 01977 600335 <b>address:</b> The Saviour Trust, All Saints Church Hall Baghill Lane, Pontefract, West Yorkshire WF8 2HA <b>email:</b> 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.
<b>Alzheimer's Society</b>	<b>name:</b> Alzheimer's Society <b>phone:</b> 01924 373264 <b>email:</b> wakefield@alzheimers.org.uk <b>address:</b> 21 King Street, Wakefield, WF1 2SR  <b>website:</b> 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
<b>Activities-occasional trips out, fundraising events, special events</b>	<b>contact:</b> Warwick Community Group <b>phone:</b> 01977 672726 <b>meeting place:</b> 9 Pinewood Place, Knottingley WF11 0QH <b>email:</b> wwhg@btconnect.com	<b>day:</b> various <b>time:</b> various <b>cost:</b> variable / low cost / free Informal - all welcome.

## Knottingley and Ferrybridge Hobbies & Social Groups

Name	Contact	Details
<b>Bingo</b>	<p><b>phone:</b> Ferrybridge Community Centre 01977 676056  <b>meeting place:</b> Ferrybridge Community Centre, The Square  Ferrybridge WF11 8PQ</p>	<p><b>day:</b> Monday  <b>time:</b> 7.00pm – 9.00pm  <b>cost:</b> please confirm with the group</p>
<b>Coffee Drop-in at the United Reformed Church</b>	<p><b>phone:</b> Church Office 01977 679042  <b>meeting place:</b> United Reformed Church Hall, The Croft,  Knottingley WF11 9BL</p> <p><b>website:</b> <a href="http://www.urcyorkshire.org.uk">www.urcyorkshire.org.uk</a></p>	<p><b>day:</b> Thursday  <b>time:</b> 10.00am -11.30am  <b>cost:</b> 50p for a cup of tea or coffee and biscuits.</p> <p>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.</p>
<b>Coffee Morning (weekly) at Elim Pentecostal Church</b>	<p><b>contact name:</b> The Pastor  <b>phone:</b> 01977 278616  <b>meeting place:</b> Elim Pentecostal Church, Tythe Barn Road,  Knottingley WF11 9BU</p> <p><b>website:</b> <a href="http://www.knottingleyelim.co.uk">www.knottingleyelim.co.uk</a></p>	<p><b>day:</b> Thursday  <b>time:</b> 10.30am-12.00pm  <b>cost:</b> free entry</p> <p>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.</p>
<b>'Craft &amp; Hobbies'</b>	<p><b>phone:</b> Church Office 01977 679042  <b>meeting place:</b> United Reformed Church Hall, The Croft,  Knottingley WF11 9BL</p> <p><b>website:</b> <a href="http://www.urcyorkshire.org.uk">www.urcyorkshire.org.uk</a></p>	<p><b>day:</b> 1<sup>st</sup> Monday in the month  <b>time:</b> 7.15pm  <b>cost:</b> £1.50</p> <p>All welcome – various crafts, just call in to join in or to find out more.</p>

## Knottingley and Ferrybridge Hobbies & Social Groups

Name	Contact	Details
<b>Craft Group</b>	<p><b>phone:</b> 01977 675 179 (hall) or 01977 671 103 (officer's residence)  <b>meeting place:</b> Salvation Army Hall, Weeland Road, Knottingley WF11 8BE</p> <p><b>website:</b> <a href="http://www.salvationarmy.org.uk/yks/Knottingley">www.salvationarmy.org.uk/yks/Knottingley</a></p>	<p><b>day:</b> 1st and 3<sup>rd</sup> Wednesday in the month  <b>time:</b> 7.00pm – 9.00pm  <b>cost:</b> £1.00 including a cuppa and biscuits</p> <p>General craft activities. Newcomers welcome to bring their own crafts or wanting to learn.</p>
<b>Environment &amp; Garden Group</b>	<p><b>phone:</b> Church Office - 01977 679042  <b>meeting place:</b> United Reformed Church Hall, The Croft, Knottingley WF11 9BL</p> <p><b>website:</b> <a href="http://www.urcyorkshire.org.uk">www.urcyorkshire.org.uk</a></p>	<p><b>day:</b> 3rd Wednesday in the month (March to September) <b>time:</b> 7.15pm  <b>cost:</b> please confirm with group</p> <p>Seed swop, occasional speakers and garden visits.</p>
<b>WMDC Mobile Library</b>	<p><b>Weekly visit:</b> to Morrison's supermarket car park, Hill Top Knottingley, WF11 8ER</p> <p>To see other venues in the area visit –  <b>website:</b> <a href="http://www.wakefield.gov.uk">www.wakefield.gov.uk</a>  <b>email:</b> <a href="mailto:lib.admin@wakefield.gov.uk">lib.admin@wakefield.gov.uk</a>  <b>phone:</b> 01924 302210</p>	<p><b>day:</b> 3<sup>rd</sup> Friday of the month  <b>time:</b> 10.50am to 12.20pm  <b>cost:</b> free</p> <p>There is also a return box for library books inside Morrison's supermarket</p>
<b>Stained Glass Group</b>	<p><b>phone:</b> Town Hall: 01977 672585  <b>meeting place:</b> 1<sup>st</sup> Floor ,Knottingley Town Hall, Weeland Road Knottingley, WF11 9DG</p>	<p><b>day:</b> Tuesday  <b>time:</b> 9.30am to 1.00pm  <b>cost:</b> 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
<b>Tea Dance</b>	<p><b>phone:</b> Town Hall: 01977 672585  <b>meeting place:</b> 1<sup>st</sup> Floor, Knottingley Town Hall, Weeland Road, Knottingley, WF11 9DG</p>	<p><b>day:</b> Tuesday  <b>time:</b> 1.30pm – 4.00pm  <b>cost:</b> approximately £1.50            Dancing, bingo, tea and biscuits.</p> <p>Lift access to dance 1<sup>st</sup> floor ballroom.</p>
<b>Craft Group</b>	<p><b>phone:</b> 01977 675 179 (hall) or 01977 671 103 (officer's residence)  <b>meeting place:</b> Salvation Army Hall, Weeland Road, Knottingley WF11 8BE</p> <p><b>website:</b> <a href="http://www.salvationarmy.org.uk/yks/Knottingley">www.salvationarmy.org.uk/yks/Knottingley</a></p>	<p><b>day:</b> 3<sup>rd</sup> Wednesday in the month  <b>time:</b> 1.45pm - 3.15pm</p>

## Knottingley and Ferrybridge Lunch Clubs

Name	Contact	Details
<b>Older People's Lunch Club Knottingley</b>	<b>contact name:</b> Holly Corbett (Operations Manager) <b>phone:</b> 01977 670953 <b>meeting place:</b> Adventure Playground, The Old Quarry, Sycamore Avenue, Knottingley, WF11 0PJ	<b>day:</b> Thursday <b>time:</b> 12.00 noon onwards <b>cost:</b> approximately £3.00 A home cooked 2-course lunch with tea or coffee. Optional bingo afterwards. Free raffle Booking required.
<b>Older People's Afternoon Tea Club Knottingley</b>	<b>contact name:</b> Holly Corbett (Operations Manager) <b>phone:</b> 01977 670953 <b>meeting place:</b> Adventure Playground, The Old Quarry, Sycamore Avenue, Knottingley, WF11 0PJ	<b>day:</b> Tuesday <b>time:</b> 12.00 noon onwards <b>cost:</b> around £2.50 for a light snack optional bingo .

## Knottingley and Ferrybridge Physical Activity

Name	Contact	Details
<b>Community Health Walk Ferrybridge</b>	<b>contact name:</b> Wakefield Council <b>phone:</b> 01924 30 7348 <b>meeting place:</b> Ferrybridge Community Centre, Ferrybridge WF11 8PQ  <b>e-mail:</b> healthimprovement@wakefield.gov.uk	<b>day:</b> Alternate Thursdays <b>time:</b> 10.00am <b>cost:</b> free Volunteer led walks, some local, some further afield. The meeting place may change for some walks depending on the current programme.
<b>Community Health Walk Knottingley</b>	<b>phone:</b> 01924 307348 <b>meeting place:</b> Meet in Morrisons Care Park  <b>e-mail:</b> healthimprovement@wakefield.gov.uk	<b>day:</b> Alternate Thursdays <b>time:</b> 10.00am <b>cost:</b> free Volunteer led walks, some local, some further afield. The meeting place may change for some walks depending on the current programme.
<b>Crown Green Bowling</b>	<b>meeting place:</b> Bowling Green, Ferrybridge Park, Castleford Lane, Ferrybridge, WF11 8QS <b>email:</b> gazhaley@gmail.com	<b>day:</b> most afternoons from end of April to end of September. <b>time:</b> 1.00pm - 4.00pm <b>cost:</b> Please confirm with organiser. General play with bowling woods. New members welcome.

## Knottingley and Ferrybridge Physical Activity

Name	Contact	Details
<b>Friends of Freda's Garden</b>	<b>contact name:</b> Mark Lovett <b>phone:</b> 01977 620766 <b>meeting place:</b> Knottingley canal, starting at the Shepherds Bridge end of Freda's Garden and working towards Cow Lane Bridge.	<b>day:</b> Tuesday <b>time:</b> 10am to 4pm during the summer. <b>cost:</b> no charge  If you can give a couple of hours during the day you can just go along. All equipment is provided.
<b>'Slim &amp; Trim'</b>	<b>phone:</b> Church Office - 01977 679042 <b>meeting place:</b> United Reformed Church Hall, The Croft, Knottingley WF11 9BL(Side entrance on Willow Road)  <b>website:</b> www.urcyorkshire.org.uk	<b>day:</b> Tuesday evening <b>time:</b> 7.15pm <b>cost:</b> approximately £1.00 Music and movement for all ages. All welcome to join in.
<b>Walking Football</b>	<b>contact:</b> Sport & Active Lifestyle Team <b>phone:</b> 01924 307820 <b>meeting place:</b> Knottingley Sports Centre, Hill Top, Knottingley WF11 8EE  <b>e-mail:</b> sportymates@wakefield.gov.uk	<b>day:</b> Thursday <b>time:</b> 11.45 to 12.45 <b>cost:</b> £1  Fun, social, walking football (indoor) for people 50+

## Knottingley and Ferrybridge Physical Activity

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

## Knottingley and Ferrybridge Support Groups

Name	Contact	Details
<b>The Ferrybridge and Knottingley Carers Support Group</b>	<p><b>contact name:</b> Lara Wiles  <b>phone:</b> 01924 305544  <b>email:</b> info@carerswakefield.org.uk  <b>meeting place:</b> Kellingley Social Club, 25 Marine Villa Road,            Knottingley, WF11 8ER</p> <p><b>website:</b> www.carerswakefield.org.uk</p>	<p><b>day:</b> Last Wednesday of each month  <b>time:</b> 10.00am - 12.00noon  <b>cost:</b> 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
<b>AGE UK Wakefield District</b>	<b>phone:</b> 01977 552114 <b>e-mail:</b> admin@ageukwd.org.uk	Opportunities include: befriending, retail shop work (Carleton Lanes in Castleford), fundraising or information & advice desk (Bank Street, Castleford).
<b>Alzheimer's Society</b>  <b>Side by Side Scheme</b>	<b>phone:</b> 01924 373264 <b>address:</b> Alzheimer's Society, Wakefield & Five Towns, 21 King Street, Wakefield, WF1 2SR <b>e-mail:</b> sidebysidewakefield@alzheimers.org.uk  <b>website:</b> 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.
<b>Carers Wakefield &amp; District</b>	<b>phone:</b> 01924 305544  <b>website:</b> www.carerswakefield.org.uk	Volunteer befriending - for more information please contact their office
<b>Pontefract Live at Home Scheme</b>	<b>phone:</b> 01977 695006  <b>website:</b> www.mha.org.uk/Lahs12.aspx	Befriending, phone link service, transport, escort, shopping, advice, information. Please contact the Manager for more information.
<b>The Prince of Wales Hospice</b>	<b>phone:</b> 01977 708868  <b>website:</b> 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
<b>Access Bus</b>	<p><b>phone:</b> 0113 348 1903  <b>e-mail:</b> <a href="mailto:accessbus@wypte.gov.uk">accessbus@wypte.gov.uk</a></p> <p><b>website:</b> <a href="http://www.wymetro.com/BusTravel/accessrural/accessbus">www.wymetro.com/BusTravel/accessrural/accessbus</a></p>	<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>
<b>Allotments Wakefield Council</b>	<p><b>phone:</b> 01924 305876  <b>email:</b> <a href="mailto:streetsceneestates@wakefield.gov.uk">streetsceneestates@wakefield.gov.uk</a>  <b>website:</b> <a href="http://www.wakefield.gov.uk/CultureAndLeisure/Allotments">www.wakefield.gov.uk/CultureAndLeisure/Allotments</a></p>	<p>Allotments for rent at various locations. A waiting list may apply.</p>
<b>Community Magazine</b>	<p><b>meeting place:</b> St Andrew's Church, Ferrybridge</p>	<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>
<b>Ferrybridge Community Centre</b>	<p><b>phone:</b> 01977 676056  <b>address:</b> The Square, Ferrybridge WF11 8PQ</p>	<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
<b>Pontefract and Knottingley Neighbourhood Policing Team</b>	<b>phone:</b> 01977 601045 <b>email:</b> pontefract@westyorkshire.pnn.police.uk  <b>website:</b> www.facebook.com/pontefractandknottingleynpt www.westyorkshire.police.uk/wakefield/pontefract-knottingley	Telephone 101 to report a crime  In an emergency always telephone 999.
<b>Knottingley Food Bank</b>	<b>phone:</b> 01977 278616 <b>address:</b> 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
<b>Seasonal Events at the Addy</b>	<b>contact name:</b> Holly Corbett (Operations Manager) <b>phone:</b> 01977 670953 <b>meeting place:</b> 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.
<b>Warwick Ahead</b>	<b>website:</b> www.warwick-ahead.co.uk/	Information on what's happening on Warwick estate with regular activity updates and newsletters.
<b>Alzheimer's Society</b>	<b>Name:</b> Alzheimer's Society <b>phone:</b> 01924 373264 <b>email:</b> wakefield@alheimers.org.uk <b>address:</b> 21 King Street, Wakefield, WF1 2SR  <b>website:</b> 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

