



## **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 October 2019**

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**Other Directories cover the following areas:**

- ❖ **PONTEFRAC**T, Carleton, Darrington, East Hardwick, Knottingley and Ferrybridge
- ❖ **CASTLEFORD** and Airedale
- ❖ **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

## Ackworth Hobbies & Social Groups

Name	Contact	Details
<b>Ackworth &amp; Pontefract Royal British Legion</b>	<b>contact name:</b> Steve Clifton, Branch Secretary <b>phone:</b> 01977 625556 <b>email:</b> ackworthlegion@gmail.com <b>meeting place:</b> Ackworth Social Club, 52 Wakefield Road, Ackworth WF7 7AB	<b>day:</b> 1 <sup>st</sup> Sunday of month <b>time:</b> 10.00am Coffee and biscuits <b>time:</b> 10.45am Meeting commences
<b>Ackworth Community Church</b>  <b>Coffee Afternoon</b>	<b>contact name:</b> Ashley Guest <b>phone:</b> 01977 649320 <b>meeting place:</b> Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH  <b>website:</b> www.ackworthcommunitychurch.co.uk	<b>day:</b> 2nd Tuesday of month <b>time:</b> 2pm – 3pm
<b>Ackworth Heritage Group</b>	<b>contact name:</b> Peter Lockett, Chairperson <b>phone:</b> 01977 619356 <b>meeting place:</b> Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH <b>email:</b> stockinggreen@btinternet.com	<b>day:</b> 4th Thursday of the month <b>time:</b> 7.00pm – 9.00pm <b>cost:</b> £1 for non members <b>cost:</b> £5/£3 annual membership  <b>Group has moved location for Christmas 2019 period</b>
<b>Ackworth Needles and Pins</b>  <b>Craft Group</b>	<b>contact name:</b> Helen Penty <b>phone:</b> 07947 001393 <b>meeting place:</b> Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH <b>email:</b> helenpenty@hotmail.co.uk	<b>day:</b> Wednesday <b>time:</b> 7pm – 9pm

## Ackworth Hobbies & Social Groups

Name	Contact	Details
<b>Ackworth Parish Council Drop-In</b>	<b>phone:</b> 01977 611583 <b>meeting place:</b> Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH	<b>day:</b> 4th Tuesday of month <b>time:</b> 1pm – 3pm
<b>Coffee Morning</b>	<b>contact name:</b> Kath Wiles <b>phone:</b> 01977 611521 <b>meeting place:</b> Ackworth Methodist Church, Barnsley Road, Ackworth WF7 7LR	<b>day:</b> Monday <b>time:</b> 10.30am – 12 noon  Group does not meet on bank holidays
<b>Craft Club</b>	<b>contact name:</b> Margaret Canning / Brenda Malyan <b>phone:</b> 01977 613801 / 01977 613126 <b>meeting place:</b> Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH	<b>day:</b> Monday <b>time:</b> 1.30pm – 3.30pm
<b>Dance Classes for Children (G-Force Academy)</b>	<b>phone:</b> 07544 952277 <b>meeting place:</b> Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH  <b>website:</b> <a href="http://www.cgdance.co.uk">www.cgdance.co.uk</a>	<b>day:</b> Monday <b>time:</b> 4.00pm – 8pm  <b>day:</b> Saturday <b>time:</b> 9am – 1pm
<b>Down Memory Lane</b>	<b>contact name:</b> Julie Davis <b>phone:</b> 01977 616121 / 07950 825094 <b>email:</b> <a href="mailto:j.e.davis9@btinternet.com">j.e.davis9@btinternet.com</a> <b>meeting place:</b> Carr Bridge Pavilion, Playing Fields, Barnsley Road, Ackworth, WF7 7JH	<b>day:</b> Wednesday <b>time:</b> 1pm – 3pm  Ackworth Singing Group for people in the early or moderate stages of dementia and their carers

## Ackworth Hobbies & Social Groups

Name	Contact	Details
<b>Karate Club Children 5 plus</b>	<b>phone:</b> Macaula 07799080416 <b>meeting place:</b> Bell Lane Community Centre, Bell Lane, Ackworth, WF7 7JH	<b>day:</b> Thursday <b>time:</b> 7pm – 8.30pm
<b>My Baby Can Dance</b>	<b>phone:</b> 01977 611583 <b>meeting place:</b> Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH	<b>day:</b> Thursday and Friday <b>time:</b> 10.30am – 11.30am
<b>No. 74 Club</b>	<b>contact name:</b> Sue Smith-Wilkins <b>phone:</b> 01977 615608 <b>email:</b> suesmithwilkins@gmail.com <b>meeting place:</b> Ackworth Methodist Church, Barnsley Road, Ackworth WF7 7LR	<b>day:</b> 2 <sup>nd</sup> Tuesday of month <b>time:</b> 7.30pm <b>cost:</b> £10 annual membership  Provides entertainment, stimulus and social interaction between like-minded ladies
<b>Painting for Pleasure</b>	<b>contact name:</b> Gail Simms <b>phone:</b> 01977 610110 <b>meeting place:</b> Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH	<b>day:</b> Tuesday <b>time:</b> 10.30am – 12.30pm  <b>day:</b> Wednesday <b>time:</b> 10am – 12noon
<b>Parent and Toddlers</b>	<b>contact name:</b> Ashley or Diane Guest <b>phone:</b> 01977 649320 <b>meeting place:</b> Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH	<b>day:</b> Tuesday and Wednesday <b>time:</b> 9.30am – 11.15am <b>A waiting list exists, please phone to enquire</b>

## Ackworth Hobbies & Social Groups

Name	Contact	Details
<b>Pilates</b>	<b>meeting place:</b> Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH	<b>day:</b> Thursday <b>time:</b> 9.30am – 10.30am <b>Pay as you go</b>
<b>Ackworth Rainbows 1<sup>st</sup> and 2<sup>nd</sup></b>	<b>contact name:</b> Anne-Marie Cavill <b>phone:</b> 01977 611583 <b>meeting place:</b> Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH	<b>day:</b> Wednesday 2 <sup>nd</sup> Ackworth <b>time:</b> 5.30pm – 6.30pm <b>day:</b> Thursday 1 <sup>st</sup> Ackworth <b>time:</b> 5.30pm – 6.30pm
<b>Recovery College, Wakefield</b>	<b>phone:</b> 01924 316946 <b>email:</b> wakerecoverycollege@swyt.nhs.uk <b>postal address:</b> Wakefield and 5 Towns Recovery College, Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield WF1 2TE  <b>website:</b> <a href="http://www.southwestyorkshire.nhs.uk/about-us/recovery/wakefield/">http://www.southwestyorkshire.nhs.uk/about-us/recovery/wakefield/</a>	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

## Ackworth Physical Activity

Name	Contact	Details
<b>Line Dancing</b>	<b>contact name:</b> Joan Anderson <b>phone:</b> 01977 612102 <b>meeting place:</b> Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH	<b>day:</b> Wednesday <b>time:</b> 1pm – 3pm
<b>Riding for the Disabled</b>	<b>contact name:</b> Teri Robinson <b>phone:</b> 01977 614215 <b>meeting place:</b> Station Road, Low Ackworth, Wakefield WF7 7EY	Therapeutic lessons and recreational riding for adults and children with physical disabilities and learning disabilities
<b>Road Runners</b>	<b>phone:</b> 01977 611583 <b>meeting place:</b> Carr Bridge Pavilion, Playing Fields, Barnsley Road, Ackworth, WF7 7LR	<b>day:</b> Tuesday and Thursday <b>time:</b> 6pm – 9pm
<b>Sequence Dancing</b>	<b>contact name:</b> Kath Wiles <b>phone:</b> 01977 611521 <b>meeting place:</b> Ackworth Methodist Church, Barnsley Road, Ackworth WF7 7LR	<b>day:</b> Sunday <b>time:</b> 7.30pm – 9.30pm <b>cost:</b> £2  Group does not meet in August
<b>Slimmers Support Group</b>	<b>phone:</b> 01977 611583 <b>meeting place:</b> Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH	<b>day:</b> Thursday <b>time:</b> 9.15am – 10.30am

## Ackworth Physical Activity

Name	Contact	Details
Yoga	<p><b>contact name:</b> Linda Frewin  <b>phone:</b> 01977 235587 / 07870 294412  <b>meeting place:</b> Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH</p>	<p><b>day:</b> Monday  <b>time:</b> 10am – 11.30am</p> <p><b>day:</b> Tuesday  <b>time:</b> 1.30pm – 3pm</p> <p><b>day:</b> Tuesday  <b>time:</b> 6pm – 7.30pm, 7.45pm – 9.15pm</p>
Zumba	<p><b>meeting place:</b> Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH</p>	<p><b>Zumba Kids</b>  <b>day:</b> Tuesday and Wednesday  <b>time:</b> 4.30pm – 5.25pm</p> <p><b>Zumba</b>  <b>day:</b> Tuesday  <b>time:</b> 6.30pm -</p> <p><b>Adult Zumba</b>  <b>day:</b> Tuesday  <b>time:</b> 6.30pm – 7.25pm,  and 7.45pm – 9.15pm</p> <p><b>Zumbini</b>  <b>day:</b> 10.30am – 11.15am</p>



## Ackworth Support Groups

Name	Contact	Details
<b>Ackworth Singing Group – Down Memory Lane</b>	<b>contact name:</b> Julie Davis <b>phone:</b> 07950825094 <b>postal address:</b> Carr Bridge Pavilion, Playing Fields, Barnsley Road, Ackworth, WF7 7JH	<b>day:</b> Wednesday <b>time:</b> 1pm to 3pm <b>cost:</b> free  For people in the early or moderate stages of dementia, and their carers
<b>Age UK Bereavement Advice &amp; Support Service</b>	<b>contact name:</b> Bereavement Advice and Support <b>phone:</b> 01977 552114 <b>postal address:</b> 7 Bank Street, Castleford WF10 1JD <b>email::</b> 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.
<b>Carers Wakefield &amp; District</b>	<b>contact name:</b> Carers Wakefield & District office <b>phone:</b> 01924 305544 <b>meeting place:</b> Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH	<b>day:</b> 3 <sup>rd</sup> Friday of month <b>time:</b> 1.30pm – 3pm  Support group for unpaid carers

## Ackworth Other Useful Contacts

Name	Contact	Details
<b>Ackworth Library</b>	<b>phone:</b> 01977 625617 <b>postal address:</b> Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH	<b>day:</b> Monday, Friday and Saturday <b>time:</b> 9am – 12noon <b>day:</b> Tuesday, Wednesday and Thursday <b>time:</b> 1pm – 6pm
<b>Ackworth Parish Council</b>	<b>phone:</b> 01977 611583 <b>email:</b> info@ackworthparishcouncil.gov.uk <b>postal address:</b> Bell Lane Community Centre, Bell Lane, Ackworth WF7 7JH	Meet in the Bell Lane Community Centre
<b>Shared Lives (WMDC)</b>	<b>phone:</b> 01977 722254 email: sharedlives@wakefield.gov.uk  <b>website:</b> 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.
<b>Co-op Ackworth OAP shopping delivery service</b>	<b>phone:</b> 01977 619437 <b>postal address:</b> Co-op Supermarket, Barnsley Road, Ackworth WF7 7NB	Shop in store and your shopping will be delivered to your home address <b>cost:</b> free delivery for orders over £25

## Ackworth Other Useful Contacts

Name	Contact	Details
<b>South East Neighbourhood Policing Team</b>	<b>contact name:</b> Inspector Paul Sullivan <b>phone:</b> 01924 295413 / 101 <b>email:</b> wakefield.seast@westyorkshire.pnn.police.uk  <b>website:</b> <a href="http://www.westyorkshire.police.uk/wakefield/south-east">http://www.westyorkshire.police.uk/wakefield/south-east</a>	Covers Ackworth, Badsworth, Fitzwilliam, Hemsworth, Kinsley, Minsthorpe, Moorthorpe, South Elmsall, South Kirkby and surrounding areas
<b>Wakefield Care and Repair</b>	<b>phone:</b> 0300 555 5561 <b>email:</b> enquiries@chevinha.co.uk <b>postal address:</b> Wakefield Care and Repair, Chevin Housing Group, Harrison Street, Wakefield WF1 1PS  <b>website:</b> <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>	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
<b>Mobile Library Service/Home Delivery Service</b>	<b>phone:</b> 01924 302241 / 07766 421183 / 07711 153692 <b>email:</b> mobilelibrary@wakefield.gov.uk <b>postal address:</b> Mobile Library Service, Wakefield Council, The Bungalow, Bradford Road, Newton Bar Depot, WF1 2TZ  <b>website:</b> <a href="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</a>	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

Name	Contact	Details
<b>Upton Camera Club</b>	<b>contact name:</b> Council Chambers <b>phone:</b> 01977 643283 <b>meeting place:</b> Council Chambers, Upton Village Hall, Upton, WF9 1JB	<b>day:</b> Thursday <b>time:</b> 7pm – 9pm.  Ideal for beginners upwards.
<b>Book Club</b>	<b>contact name:</b> South Elmsall Library <b>phone:</b> 01977 723220 <b>email:</b> southelmsalllibrary2@wakefield.gov.uk <b>meeting place:</b> South Elmsall Library, Barnsley Road, South Elmsall WF9 2AA	<b>day:</b> 2 <sup>nd</sup> Monday in month <b>time:</b> 2.30pm – 3.30pm  A get together in a relaxed setting
<b>Poetry Group</b>	<b>contact name:</b> South Elmsall Library <b>phone:</b> 01977 723220 <b>email:</b> southelmsalllibrary2@wakefield.gov.uk <b>meeting place:</b> South Elmsall Library, Barnsley Road South Elmsall WF9 2AA	<b>day:</b> 4 <sup>th</sup> Monday in month <b>time:</b> 2.30pm – 3.30pm  .
<b>Craft Morning</b>	<b>contact name:</b> South Elmsall Library <b>phone:</b> 01977 723220 <b>meeting place:</b> South Elmsall Library, Barnsley Road South Elmsall WF9 2AA	<b>day:</b> Monday <b>time:</b> 10.30am – 11.30am
<b>Friends of the Community Coffee Morning</b>	<b>contact name:</b> Pauline <b>phone:</b> 07747087658 <b>meeting place:</b> Upton Arms Hotel, 2 High Street, Upton, WF9 1HG	<b>day:</b> Tuesday <b>time:</b> 10am – 12noon Everyone welcome. Pre loved clothes for sale. Donations welcome

## Hobbies & Social Groups South Elmsall, South Kirkby and Upton

Name	Contact	Details
<b>South Elmsall Camera Club</b>	<b>phone:</b> 01977 642547 <b>meeting place:</b> Broad Lane Business Centre, Westfield Lane South Elmsall WF9 2JX <b>website:</b> www.southelmsallcameraclub.org.uk	<b>day:</b> Thursday evenings <b>time:</b> 7pm
<b>Women's Institute</b>	<b>contact name:</b> Upton Village Hall <b>email:</b> uptonVH@hotmail.co.uk <b>phone:</b> 01977 643283 <b>meeting place:</b> Village Hall, Harewood Lane, Upton WF9 1JB	<b>day:</b> 2 <sup>nd</sup> Tuesday in Month <b>time:</b> 6:30pm-9pm
<b>Over 60's Group</b>	<b>contact name:</b> Upton Village Hall <b>phone:</b> 01977 643283 <b>email:</b> uptonVH@hotmail.co.uk <b>meeting place:</b> Village Hall, Harewood Lane, Upton WF9 1JB	<b>day:</b> Monday <b>time:</b> 2pm – 3.30pm
<b>Thursday Social Group</b>	<b>contact name:</b> Age UK Wakefield District <b>phone:</b> 01977 552114 <b>meeting place:</b> Farfield Court, Minsthorpe, South Elmsall, WF9 2UR	<b>day:</b> Thursday <b>time:</b> 1pm – 3pm <b>cost:</b> £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

## Hobbies & Social Groups South Elmsall, South Kirkby and Upton

Name	Contact	Details
<b>Bingo</b>	<b>contact name:</b> Upton Village Hall <b>phone:</b> 01977 643283 <b>email:</b> uptonVH@hotmail.co.uk <b>meeting place:</b> Village Hall, Harewood Lane, Upton WF9 1JB	<b>day:</b> Friday <b>time:</b> 6pm-8pm
<b>Brownies</b>	<b>contact:</b> Gail Hanson <b>phone:</b> 07949330308 <b>contact name:</b> Millennium Hall <b>meeting place:</b> Millennium Hall, Barnsley Road, Moorthorpe WF9 2BJ	<b>day:</b> Monday <b>time:</b> 4.45pm – 6.10pm
<b>Kids Dance</b>	<b>contact name:</b> Upton Village Hall <b>phone:</b> 01977 642861 <b>email:</b> uptonVH@hotmail.co.uk <b>meeting place:</b> St Mary's Church, Doncaster Road, South Elmsall WF9 2HS	<b>day:</b> Tuesday <b>time:</b> 4pm – 8pm <b>day:</b> Wednesday and Thursday <b>time:</b> 4pm – 6.30
<b>Craft Group</b>	<b>contact name:</b> South Elmsall Library <b>phone:</b> 01977 723220 <b>meeting place:</b> South Elmsall Library, Barnsley Road South Elmsall WF9 2AA	<b>day:</b> Monday <b>time:</b> 10am – 11.30am
<b>Knit &amp; Natter</b>	<b>contact name:</b> Upton Community Library <b>phone:</b> 01977 649317 <b>meeting place:</b> Waggon Lane, Upton, WF9 1JS	<b>day:</b> Monday <b>time:</b> 1.30pm  All levels are welcome & it is free to attend.

## Hobbies & Social Groups South Elmsall, South Kirkby and Upton

Name	Contact	Details
<b>Art Group</b>	<b>contact name:</b> Julie Millar <b>phone:</b> 01977 609729 <b>meeting place:</b> Minsthorpe Academy, Minsthorpe Lane, South Elmsall, WF9 2UJ	<b>day:</b> Wednesday <b>time:</b> 2pm-4pm term time only  All levels are welcome it is a relaxing social event as much as a learning process
<b>Millenium Hall Activities</b>	<b>phone:</b> 01977 642159 <b>contact name:</b> Millennium Hall <b>meeting place:</b> Millennium Hall, Barnsley Road, Moorthorpe WF9 2BJ	<b>Art Group</b> <b>day:</b> Tuesday <b>time:</b> 10am – 1pm <b>Fybromyalgia Support</b> <b>day:</b> 2 <sup>nd</sup> Thursday in the month <b>time:</b> 1pm – 3pm <b>Knitting Group</b> <b>day:</b> Wedday <b>time:</b> 6pm – 9.30pm

## Lunch Clubs South Elmsall, South Kirkby and Upton -

Name	Contact	Details
<b>The Lanes Cafe</b>	<b>contact name:</b> South Elmsall Town Council <b>phone:</b> 01977 642335 <b>meeting place:</b> Westfield Resource and Enterprise, Westfield Lane, WF9 2EF	<b>day:</b> Monday- Friday <b>time:</b> 8.30am – 4pm <b>cost:</b> £2.50 Council run, affordable community based café.

## Lunch Clubs South Elmsall, South Kirkby and Upton -

Name	Contact	Details
<b>Mallard Coffee Lounge</b>	<b>contact name:</b> Michelle <b>phone:</b> 07876 307161 <b>meeting place:</b> Moorthorpe Railway Station, Barnsley Road, Moorthorpe	Monday – Friday: 6.30am – 6pm Saturday: 7am – 3pm Affordable, child friendly, wheelchair access.

## Physical Activity South Elmsall, South Kirkby and Upton

Name	Contact	Details
<b>Line Dancing</b>	<b>contact name:</b> Village Hall <b>phone:</b> 01977 643283 <b>meeting place:</b> The Village Hall, Harewood Lane, Upton WF9 1JB	<b>day:</b> Tuesday & Thursday <b>time:</b> 7pm – 9pm
<b>Line Dancing</b>	<b>contact name:</b> Village Hall <b>phone:</b> 01977 643283 <b>meeting place:</b> The Village Hall, Harewood Lane, Upton WF9 1JB	<b>day:</b> 1 <sup>st</sup> Saturday in month <b>time:</b> 7pm – 10.30pm
<b>Sequence Dancing</b>	<b>contact name:</b> All Saints Community Centre <b>phone:</b> 01977 652005 <b>meeting place:</b> All Saints Community Centre, Barnsley Road South Kirkby WF9 3QE	<b>day:</b> Sunday <b>time:</b> 7.30pm <b>cost:</b> £2 including refreshments



## Physical Activity South Elmsall, South Kirkby and Upton

Name	Contact	Details
<b>Over 60's Gentle Exercise Class</b>	<b>contact name:</b> Upton Village Hall <b>email:</b> uptonVH@hotmail.co.uk <b>phone:</b> 01977 643283 <b>meeting place:</b> Village Hall, Harewood Lane, Upton, WF9 1JB	<b>day:</b> Monday & Thursday <b>time:</b> 10am – 11.30am
<b>Fit &amp; Friendly Keep Fit</b>	<b>phone:</b> 01977 642159 <b>contact name:</b> Millennium Hall <b>meeting place:</b> Millennium Hall, Barnsley Road, Moorthorpe WF9 2BJ	<b>day:</b> Monday <b>time:</b> 11am – 12noon
<b>Crown Green Bowling and Tennis and Table Tennis</b>	<b>contact name:</b> South Elmsall Town Council <b>phone:</b> 01977 642335 <b>email:</b> SECFLtd@gmail.com <b>meeting place:</b> Westfield Lane Social Centre, Westfield Lane South Elmsall, WF9 2PU	<b>day:</b> various
<b>Indoor Bowling</b>	<b>contact name:</b> South Elmsall Town Council <b>phone:</b> 01977 642335 <b>email:</b> SECFLtd@gmail.com <b>meeting place:</b> Westfield Lane Social Centre, Westfield Lane South Elmsall, WF9 2PU	<b>day:</b> Thursday <b>time:</b> 1pm – 3pm

## Physical Activity South Elmsall, South Kirkby and Upton

Name	Contact	Details
<b>Minsthorpe Sport and Fitness</b>	<b>phone:</b> 01977 644668 <b>meeting place:</b> Minsthorpe Academy, Minsthorpe Lane, South Elmsall, WF9 2UJ <b>Email:</b> sports@minsthorpe.cc	<b>Opening Times</b> 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
<b>Walking Group</b>	<b>contact name:</b> Claire <b>phone:</b> 01924 302458 or 07511196553 <b>meeting place:</b> South Elmsall Library, Barnsley Road South Elmsall WF9 2AA	<b>day:</b> Wednesday <b>time:</b> 1pm  Join us for some short local walks, meet new people, explore your local area and help get your community walking.
<b>Sequence Dancing</b>	<b>contact name:</b> Keith Shelton <b>phone:</b> 01977 649152 <b>meeting place:</b> South Kirkby Cricket Club, Millars Walk, South Kirkby, WF9 3DP	<b>day:</b> Tuesday <b>time:</b> 7pm – 10.30pm

## Support Groups South Elmsall, South Kirkby and Upton

Name	Contact	Details
<p><b>Stroke Group</b></p>	<p><b>contact name:</b> Town Council  <b>phone:</b> 01977 642335  <b>meeting place:</b> Westfield Lane Social Centre. Westfield Lane            South Elmsall, WF9 2PU</p>	<p><b>day:</b> Monday  <b>time:</b> 12.30pm – 3.30pm</p> <p>Group plays bingo and other games and activities – transport can be provided.</p>
<p><b>Let's Be Friends</b></p> <p>A new opportunity for those seeking friendship, advice and support</p>	<p><b>contact number:</b> 07737 144907  <b>email:</b> enquiries@communitycarenetwork.co.uk  <b>meeting place:</b> St Luke's Café, Barnsley Road, South Elmsall, WF9 2QQ</p>	<p><b>day:</b> each fortnight on a Tuesday  <b>time:</b> 1pm – 3pm            various topics.</p> <p><b>Let's Be Friends</b> aims to give a service that will provide people with an opportunity to make friends and make a difference in their lives. Enjoy a visit; receive a phone call or attend regular events</p>

## Other Useful Contacts South Elmsall, South Kirkby and Upton

Name	Contact	Details
<b>Bag Fairies</b>	<p><b>contact name:</b> Heike Gaskell Wintermeyer  <b>contact number:</b> 075266 57370  <b>address:</b> Pavillion Clothing Bank, (the door opposite the Tennis Courts) next to St Luke's, South Kirkby  <a href="http://www.facebook.com/bagfairys">www.facebook.com/bagfairys</a></p>	<p>Open Monday 11am – 3pm            Support for anyone in need in the local community. Self funded group who rely solely on donations. Call if need any item, towels, bedding, homewares, furniture, clothing. Working closely with WDH Cash Wise to support families in need.</p>
<b>Gardenng Maintenance Scheme - South Elmsall</b>	<p><b>contact:</b> 01977 642335 to register on the scheme.</p> <p>Responsibility and operation will is organised by South Elmsall Town Council</p>	<p><b>cost:</b> £7.00 per standard sized garden or £10 for large garden.</p> <p>To be eligible you must be:</p> <ul style="list-style-type: none"> <li>• a South Elmsall resident; be aged 65 or over or have an existing medical condition that limits your ability to maintain your garden;</li> <li>• have no able bodied persons aged 16-64 in the household.</li> </ul>

## Hobbies & Social Groups

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

Name	Contact	Details
<b>Art Group</b>	<b>phone:</b> 01977617434 <b>email:</b> lawrencedoyle@btinternet.com <b>meeting place:</b> Kinsley Craft Workshop, 76 – 80 Wakefield Road, Kinsley, Pontefract, WF9 5EH	<b>day:</b> Tuesday <b>time:</b> 6.30pm – 8.30 p.m.
<b>Darby and Joan Club (Havercroft and Ryhill)</b>	<b>phone:</b> 01226 723659 <b>meeting place:</b> Havercroft Sports Centre, Mulberry Place, Ryhill, WF4 2BD	<b>day:</b> Tuesday <b>time:</b> 2pm – 4.30pm
<b>Havercroft and Ryhill Community Learning Project</b>	<b>phone:</b> 01226 727824 <b>meeting place:</b> Mulberry Place, Ryhill, WF4 2BA	<b>Monday</b> 10am – Flower Arranging Group. 10am – 1pm Citizens Advice 12.30pm – 2pm Lunches – please book  <b>Tuesday</b> 9.30am – 12.30pm IT Course, 9.30am – 11.30am Parent Forum 1pm-3pm – Baby Group  <b>Wednesday</b> 10.30am every other week Healthy Walks. 10am – 12noon Sewing  <b>Monday – Thursday</b> 9am-3pm Community Library

## Hobbies & Social Groups

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

Name	Contact	Details
<b>Hemsworth Library Activities</b>	<b>phone:</b> 01977 722270 <b>meeting place:</b> Hemsworth Library, Market Street, Hemsworth, WF9 4JY	<b>Knit and Natter</b> <b>day:</b> Thursday <b>time:</b> 10.30am – 12noon  <b>Craft Morning</b> <b>Day:</b> 1 <sup>st</sup> Tuesday in month <b>time:</b> 10.30am – 12noon  <b>Coffee and Chat</b> <b>day:</b> last Thursday n month <b>time:</b> 10.30am – 12noon
<b>Kinsley Craft Workshop</b>	<b>contact name:</b> Lawrence Doyle <b>phone:</b> 07749340439 <b>email:</b> kinsleycraftworkshop@outlook.com <b>meeting place:</b> Kinsley Craft Workshop, 76 – 80 Wakefield Road, Kinsley, Pontefract, WF9 5EH	<b>day:</b> Mondays and Wednesdays <b>time:</b> 1pm – 4pm <b>cost:</b> £1.50 per session  An opportunity to try your hand at a range of woodwork techniques with support from experienced workers.
<b>Open Heart Memory Cafe</b>	<b>contact name:</b> Janet Ward <b>phone:</b> 07921505706 <b>email:</b> openheartmemorycafe@gmail.com <b>meeting place:</b> Sacred Heart Catholic Church, Market Street, Hemsworth WF9 4LB	<b>day:</b> second Friday of the month <b>time:</b> 10am – 12noon 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

Name	Contact	Details
<b>Havercroft and Ryhill Community Learning Project</b>	<b>phone:</b> 01226 727824 Please call to arrange a place. <b>meeting place:</b> Mulberry Place, Ryhill, Wakefield WF4 2BD	<b>day:</b> Every Monday <b>time:</b> 12.30pm <b>cost:</b> £4.00 Two course meal with a drink Also a game of Bingo and a Raffle after Lunch.
<b>Springs Café</b>	<b>contact name:</b> Stuart McClure, <b>phone:</b> 01977 612789 <b>meeting place:</b> The Springs Life Resource Project Fellowship House, Southmoor Road, Hemsworth WF9 4LX <b>website:</b> www.hcfsprings.org.uk	<b>day:</b> Thursday <b>time:</b> 11.30am – 12.30pm Everyone Welcome. Light bites, cakes and drinks available.

## Physical Activity

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

Name	Contact	Details
<b>Badminton</b>	<b>phone:</b> 01226 723659 <b>meeting place:</b> Havercroft & Ryhill Sports and Youth Centre, Mulberry Place, WF4 2BD	<b>day:</b> Thursdays <b>time:</b> 10am – 12noon

## Physical Activity Hemsworth, Kinsley, Fitzwilliam, Ryhill and Havercroft

Name	Contact	Details
<b>Bowling Club</b>	<b>phone:</b> 01226 723659 <b>meeting place:</b> Havercroft & Ryhill Sports and Youth Centre, Mulberry Place, Wakefield WF4 2BD	<b>day:</b> Daily (weekdays) April – September <b>time:</b> 1.00pm
<b>Community Gym</b>	<b>phone:</b> 01226 723659 <b>meeting place:</b> Havercroft & Ryhill Sports and Youth Centre, Mulberry Place, Wakefield WF4 2BD	<b>day:</b> Daily <b>cost:</b> Pay and Play scheme. £3.20 per hour/session £13 a fortnight £23 a month £150 .00 a year
<b>Fitness for Mature (Advanced)</b>	<b>phone:</b> 01977 610931 <b>meeting place:</b> Kinsley & Fitzwilliam Community Resource Centre, Wakefield Road, Kinsley WF9 5BP	<b>day:</b> Monday <b>time:</b> 10am – 11am
<b>Fitness for Mature (Beginners)</b>	<b>phone:</b> 01977 610931 <b>meeting place:</b> Kinsley & Fitzwilliam Community Resource Centre, Wakefield Road, Kinsley WF9 5BP	<b>day:</b> Monday <b>time:</b> 11.15am – 12.15pm
<b>Havercroft and Ryhill Walking Group</b>	<b>contact name:</b> Cliff or Roland <b>phone:</b> 01226 727824 <b>meeting place:</b> Havercroft & Ryhill Community Learning Centre, Mulberry Place, Ryhill, WF4 2BD	<b>day:</b> Wednesdays (fortnightly) <b>time:</b> 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



## Physical Activity

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

Name	Contact	Details
<b>Hemsworth Walking Group</b>	<b>contact name:</b> Kevin Rodrigues <b>phone:</b> 07770 883564 <b>email:</b> Kevinrodders@talktalk.net <b>meeting place:</b> Hemsworth Librar, WF9 4JY	<b>day:</b> Monday <b>time:</b> 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
<b>Over 50s Keep fit</b>	<b>phone:</b> 07912 446836 <b>meeting place:</b> Hemsworth Community Centre, Bullenshaw Road, Hemsworth WF9 4LN	<b>day:</b> Tuesdays and Fridays <b>time:</b> 11am – 12noon <b>cost:</b> £2.50  Fully qualified personal trainer available
<b>Sequence Dancing</b>	<b>contact name:</b> Cynthia & Frank Marsden <b>phone:</b> 01977 610066 <b>meeting place:</b> West End WMC, Barnsley Rd, Hemsworth, WF9 4QZ	<b>day:</b> Wednesdays <b>time:</b> 7pm – 10.30pm  Includes Bingo
<b>Table Tennis</b>	<b>phone:</b> 01226 723659 <b>meeting place:</b> Havercroft & Ryhill Sports and Youth Centre, Mulberry Place, Wakefield WF4 2BD	<b>day:</b> Daily (weekdays) <b>time:</b> 9am – 9pm normally after 4pm

## Support Groups

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

Name	Contact	Details
<b>Disabled Peoples Partnership South East</b>	<b>contact name:</b> David Stephens <b>email:</b> ds.dpp.se@googlemail.com <b>meeting place:</b> All Saints Community Centre, Barnsley Road, South Kirkby, WF9 3QE <b>facebook:</b> <a href="https://www.facebook.com/groups/disabledpeoplespartnerships/">https://www.facebook.com/groups/disabledpeoplespartnerships/</a>	A partnership of local people with disabilities and representatives of statutory agencies. Meet monthly to discuss issues that affect disabled people generally
<b>Hemsworth &amp; SESKU Carers 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> Hemsworth Methodist Church, Barnslet Road, Hemsworth, WF9 4PU  <b>website:</b> www.carerswakefield.org.uk	<b>day:</b> 1 <sup>st</sup> Thursday each month <b>time:</b> 12.30pm – 2.30pm <b>cost:</b> Free  Support group for unpaid workers
<b>Carers Wakefield &amp; District</b>	<b>phone:</b> 07818 514546 <b>email:</b> emmaj@carerswakefield.org.uk	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 / 1 <sup>st</sup> Thursday Club support group meet at South Elmsall Social Centre on the first Thursday of the month 1 p.m. – 3 p.m.

## Support Groups

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

Name	Contact	Details
<p><b>Helping Hands</b></p>	<p><b>contact name:</b> Stephen Bingley  <b>phone:</b> 01977 611075</p> <p><b>meeting place:</b> Kinsley and Fitzwilliam Community Centre,  Wakefield Road, Kinsley WF9 5BP</p>	<p><b>day:</b> Tuesday and Wednesday  <b>time:</b> 10am – 12noon  <b>Appointments only</b></p> <p>Welfare rights and benefits advice and support. Specialise in supporting claims for Disability Living Allowance and Personal Independence Payments.</p>
<p><b>S.M.a.S.H. Society</b></p>	<p><b>phone:</b> 07392721475  <b>meeting place:</b> Hemsworth Library, Market Street, Hemsworth,  WF9 4JY  <b>email:</b> smashsociety@outlook.com</p>	<p><b>day:</b> Last Monday of the month  <b>time:</b> 1.30pm -3.30pm  <b>cost:</b> 50p for refreshments</p> <p>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</p>

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

Name	Contact	Details
<b>Alzheimer's Society Side by Side</b>	<p><b>phone:</b> 01924 373264</p> <p><b>e-mail:</b> sidebysidewakefield@alzheimers.org.uk</p> <p><b>website:</b> www.alzheimers.org.uk/sidebyside</p> <p>Alzheimer's Society, Wakefield &amp; Five Towns, 21 King Street, Wakefield, WF1 2SR</p>	<p>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.</p>

## Other Useful Contacts Hemsworth, Kinsley, Fitzwilliam, Ryhill and Havercroft

Name	Contact	Details
<b>Tummy Rumbles</b>	<p><b>contact name:</b> Tracey</p> <p><b>phone:</b> 07803 038091</p> <p><b>email:</b> traceytams@btinternet.com</p>	<p><b>cost:</b> £3.50 a meal sandwiches between £1.60 and £2.20</p> <p>Meal delivery service</p>

## Other Useful Contacts

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

Name	Contact	Details
<b>Wakefield and District Housing: Ashfield House</b>	<b>contact name:</b> 01977 616371 <b>meeting place:</b> Southmoor Road, Hemsworth, WF9 4SQ	<b>day:</b> Coffee Morning – Tuesday and Thursday <b>time:</b> 10.30am  <b>day:</b> Bingo – Monday and Thursday <b>time:</b> 6.30pm – 8.30pm  Independent Living Scheme 29 flats open to non-residents Trips all year round
<b>Roop Cottage Care Home</b>	<b>contact name:</b> Ann Egley <b>meeting place:</b> Wakefield Road, Fitzwilliam, WF9 5AN	Residential Care Home Organise regular activities for residents: Include bingo, reminiscence, arts and crafts, exercise, karaoke etc.
<b>Hemsworth Park Care Centre</b>	<b>contact name:</b> Sheena Matthews <b>phone:</b> 01977 711800 <b>meeting place:</b> Wakefield Road, Kinsley, WF9 5EA	Residential Care Home Organise regular activities for residents
<b>Victoria House Care Home</b>	<b>phone:</b> 01226 727179 or 01226 700558 <b>meeting place:</b> 2 Nostell Lane, Ryhill, Wakefield, WF4 2DB	Residential Care Home Organise regular activities for residents

## Area wide - Other Useful Contacts

Name	Contact	Details
<b>Ackworth Library</b>	<b>phone:</b> 01977 625617 <b>postal address:</b> Bell Lane, Ackworth WF7 7JH	<b>day:</b> Monday, Friday and Saturday <b>time:</b> 9am – 1pm  <b>day:</b> Tuesday, Wednesday and Thursday <b>time:</b> 1pm – 6pm
<b>Age UK home shopping service</b>	<b>contact name:</b> Shopping Supervisor <b>phone:</b> 01977 552114 <b>email:</b> admin@ageukwd.org.uk <b>postal address:</b> Age UK, 7 Bank Street, Castleford WF10 1JD  <b>website:</b> <a href="http://www.ageuk.org.uk/wakefielddistract/our-services/Home-shopping-service/">www.ageuk.org.uk/wakefielddistract/our-services/Home-shopping-service/</a>	Volunteers take a shopping list over the phone and then order online. The shopping is delivered direct to the door <b>cost:</b> £25 returnable deposit; £15 annual fee; delivery charge levied by supermarket
<b>Connect to Support</b>	<b>website:</b> <a href="http://www.connecttosupport.org">www.connecttosupport.org</a>	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

Name	Contact	Details
<b>Citizens Advice Service</b>	<p><b>contact name:</b> Citizens Advice  <b>phone:</b> 03444 111444</p> <p><b>meeting place:</b> Westfield Resource Centre, Westfield Lane, WF9 2PU Tuesdays 10-1pm</p> <p><b>meeting place:</b> Village Hall, Harewood Lane, Upton, WF9 1JB Wednesday 10-1pm</p> <p>Meeting place: Conference Room, Moorthorpe Railway Station, South Kirkby, WF9 3QF Thursday 10am – 1pm</p>	<p>Drop-in, no appointment necessary for any venue.</p>
<b>Alzheimer's Society</b>	<p><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</p> <p><b>website:</b> www.alzheimers.org.uk</p>	<p>Provide diagnostic support for individuals affected by Dementia. Through services including the Dementia Support Service, Dementia Cafes, Singing for the Brain, Peer Support, Information Programmes and Side by Side</p>
<b>Sainsbury's telephone ordering service</b>	<p><b>phone:</b> 0800 328 1700</p>	<p><b>day:</b> Monday to Sunday  <b>time:</b> 8am – 11pm  <b>cost:</b> charge for taking telephone orders plus delivery charge</p>

## Area wide - Other Useful Contacts

Name	Contact	Details
<b>Shopmobility Wakefield</b>	<b>phone:</b> 01924 787788 <b>postal address:</b> 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
<b>South East Neighbourhood Policing Team</b>	<b>contact name:</b> Inspector Paul Sullivan <b>phone:</b> 01924 295413 / 101 <b>email:</b> wakefield.seast@westyorkshire.pnn.police.uk  <b>website:</b> <a href="http://www.westyorkshire.police.uk/wakefield/south-east">http://www.westyorkshire.police.uk/wakefield/south-east</a>	Covers Ackworth, Badsworth, Fitzwilliam, Hemsworth, Kinsley, Minsthorpe, Moorthorpe, South Elmsall, South Kirkby and surrounding areas
<b>Wakefield Care and Repair</b>	<b>phone:</b> 0300 555 5561 <b>email:</b> enquiries@chevinha.co.uk <b>postal address:</b> Wakefield Care and Repair, Chevin Housing Group, Harrison Street, Wakefield WF1 1PS  <b>website:</b> <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>	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
<b>Wiltshire Farm Foods</b>	<b>phone:</b> 01132 424 112 / 0800 077 3100 <b>email:</b> leeds@wiltshirefarmfoods.co.uk <b>postal address:</b> Wiltshire Farm Foods, Unit C4, Wellington Road Industrial Estate, Wellington Road, Leeds LS12 2UA  <b>website:</b> <a href="http://www.wiltshirefarmfoods.com">www.wiltshirefarmfoods.com</a>	Supplier of frozen meals with free home delivery nationwide. Order by phone, post or online. Brochure request via helpline. Audio brochure available