



## Local Support and Social Groups to aid independence and healthy living

### Wakefield North Outwood, Wrenthorpe, Stanley, College Grove and Eastmoor

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 November 2019

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**Other Directories cover the following areas:**

- ❖ **PONTEFRACT, Carleton, Darrington, East Hardwick, Knottingley and Ferrybridge**
- ❖ **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 WEST - Ossett, Overton, Horbury, Middlestown Netherton and Lupset**

## Outwood – Hobbies and Social Groups

Name	Contact	Details
<b>Paints and Pallets</b>	<b>contact:</b> Mr Morris <b>phone:</b> 01924 824495 <b>meeting place:</b> Parkside Methodist Church, Outwood, Wakefield, WF1 2PN	<b>day:</b> Tuesday <b>time:</b> 7pm – 9 pm <b>cost:</b> please enquire at time of booking
<b>Bingo</b>	<b>contact name:</b> Centre staff <b>phone:</b> 01924 824108 / 01924 835776 <b>meeting place:</b> Lofthouse Working Mens Club, 12-14 Canal Lane, Lofthouse, Wakefield, WF3 3HN	<b>day:</b> Tuesday/Friday/Saturday/ Sunday <b>time:</b> 7pm – 10:30pm <b>cost:</b> please enquire at centre  All welcome
<b>Singing for Fun</b>	<b>contact name:</b> Antony Davis <b>phone:</b> 07876 267 267 <b>meeting place:</b> Outwood Memorial Hall, Outwood, Wakefield, WF1 2NE	<b>day and time:</b> Wednesday 9.30am -11:30am <b>cost:</b> £4 Informal – socialize - make new friends
<b>Outwood Ladies</b>	<b>contact:</b> Mrs Nancy Webster <b>phone:</b> 01924 822640 <b>meeting place:</b> Outwood Memorial Hall, Outwood, Wakefield, WF1 2NE	<b>day:</b> 3 <sup>rd</sup> Tuesday of the month (no meeting in January) <b>time:</b> 7.30pm – 9.30pm <b>cost:</b> £12 annual membership fee  Speakers, meals out, coffee, chat, events

## Outwood – Hobbies and Social Groups

Name	Contact	Details
<b>Bevin Centre Social Group</b>	<b>contact name:</b> Audrey <b>phone:</b> 07443032689 <b>meeting place:</b> Bevin Community Centre, Bevin Close, Outwood, Wakefield, WF1 3ET	<b>day:</b> Monday <b>time:</b> 12.30pm – 3pm <b>cost:</b> Please enquire with centre  Knit and natter, arts and crafts, boccia bowling
<b>Bevin Centre Bingo</b>	<b>contact name:</b> Audrey <b>phone:</b> 07443032689 <b>meeting place:</b> Bevin Community Centre, Bevin Close, Outwood, Wakefield, WF1 3ET	<b>day:</b> Wednesday <b>time:</b> 12.30pm <b>cost:</b> please enquire with centre
<b>Meditation for Beginners</b>	<b>contact name:</b> Maureen Jones <b>phone:</b> 07796776212 <b>meeting place:</b> Outwood Memorial Hall, Victoria Street, Outwood, WF1 2NE <b>For booking contact 0113 2757727</b>	<b>day:</b> Tuesday <b>time:</b> 1.30pm – 3.30pm <b>cost:</b> free A 4 week introduction to Meditation – 19 & 26 March and 2 & 9 April 2019 <b>Call for information on dates and times available.</b>
<b>Outwood Computer Club</b>	<b>contact name:</b> Mr Hooley <b>phone:</b> 01924 827608 <b>meeting place:</b> Outwood Memorial Hall, Outwood, Wakefield, WF1 2NE	<b>day:</b> Wednesday <b>time:</b> 7.30pm <b>cost:</b> please enquire when booking

## Outwood – Hobbies and Social Groups

Name	Contact	Details
<b>Outwood Community Video</b>	<b>contact:</b> Tony Banks <b>phone:</b> 01924 378527 <b>meeting place:</b> Outwood Memorial Hall, Outwood, Wakefield, WF1 2NE	<b>day:</b> 1st Tuesday of the month <b>cost:</b> please enquire when booking <b>time:</b> 7.30pm
<b>Outwood Church Institute</b>	<b>contact name:</b> Committee Secretary <b>phone:</b> 01924 826220 <b>meeting place:</b> Outwood Church Institute, Leeds Road, Outwood, WF1 2DT	A range of activities including: Outwood wives group, pensioners lunch club, dance classes, slimming clubs, community choir, mums and tots
<b>Outwood Community Choir</b>	<b>contact name:</b> Antony Davis <b>phone:</b> 07876 267 267 <b>meeting place:</b> Outwood Church Institute, Leeds Road, Outwood, WF1 2DT	<b>day:</b> Monday <b>time:</b> 7.30 pm – 9.30 pm <b>cost:</b> £4 Informal group of local singers of all abilities who just want to sing together and enjoy music.
<b>Incredible Edible Shed Life</b>	<b>contact name:</b> Richard Brown <b>phone:</b> 07887356954 <b>email:</b> Richard@Incredible-Edible-Wakefield.co.uk <b>meeting place:</b> Outwood Memorial Hall, Victira Street, Outwood, WF1 2NE	<b>day:</b> Tuesday <b>time:</b> 10am 0 12noon If you enjoy pottering, gardening, woodworking (and drinking tea) and would like to meet others who share the same interests why not join us.

## Outwood - Lunch Clubs

Name	Contact	Details
<b>Outwood Church Institute</b>	<b>contact name:</b> Centre staff <b>phone:</b> 01924 822170 / 01924 826220 <b>meeting place:</b> Outwood Church Institute, Leeds Road, Outwood, Wakefield, WF1 2DT	<b>day:</b> Wednesday (fortnightly) <b>time:</b> 12.30pm – 1.30pm <b>cost:</b> please enquire with centre
<b>Lisa's Café and Bistro</b> <b>Meal delivery available</b>	<b>contact name:</b> Lisa <b>phone:</b> 01924 827866	<b>day:</b> Everyday <b>cost:</b> Range from about £3.50 - £5 Delivery free to Stanley and Outwood on orders over £6. Regular bookings for meal delivery accepted.

## Outwood - Physical Activity

Name	Contact	Details
<b>Tops Fitness and Rehabilitation Centre</b>	<b>contact name:</b> Jodie Watson <b>phone:</b> 01924 823965 <b>meeting place:</b> 1 Cobham Parade, Leeds Road, Outwood, WF1 2DY  <b>website:</b> <a href="http://www.tops.uk.com">www.tops.uk.com</a>	<b>day/time:</b> Monday to Friday 8.30am – 8.30pm Saturday 8am – 4pm <b>cost:</b> £27 a month or £5 a session  Gym offering adapted equipment for people with disabilities / wheelchair users. Neuro physiotherapists / rehabilitation instructors available.

## Outwood - Physical Activity

Name	Contact	Details
<b>Herries Sequence Dancing</b>	<b>contact name:</b> Jeanette Herries <b>phone:</b> 01924 256624 / 07443651117 <b>meeting place:</b> Outwood Memorial Hall, Outwood, Wakefield, WF12 NE	<b>day:</b> Thursday <b>time:</b> 8pm – 10pm <b>cost:</b> £3.50 includes tea and biscuits
<b>Scottish Dancing</b>	<b>contact name:</b> Ms Chand <b>phone:</b> 01924 361493 <b>meeting place:</b> Kirkhamgate Village Hall, Kirkhamgate, Wakefield, WF2 0RS	<b>day:</b> Wednesday <b>time:</b> 7.30pm – 9.30pm <b>day:</b> Thursday <b>time:</b> 2.00pm – 4.00pm <b>cost:</b> please enquire at time of booking
<b>Line Dancing</b>	<b>contact name:</b> Ms Chand <b>phone:</b> 01924 361493 <b>meeting place:</b> Kirkhamgate Village Hall, Kirkhamgate, Wakefield, WF2 0RS	<b>day:</b> Tuesday <b>time:</b> 10am – 12noon <b>cost:</b> please enquire at time of booking
<b>Health Walk New Southgate Surgery</b>	<b>contact name:</b> Health improvement team <b>phone:</b> 01924 307348 <b>meeting place:</b> New Southgate Surgery, Buxton Place (off Leeds Road) WF1 3JQ	<b>day:</b> Tuesday <b>time:</b> 9.45am <b>cost:</b> free  The walks are approximately 4 miles. Meet at surgery and then car share to open countryside

## Outwood - Physical Activity

Name	Contact	Details
<b>Wakefield Walking Club</b>	<b>contact:</b> Walk co-ordinator <b>phone:</b> 01924 332740 <b>meeting place:</b> Various  <a href="http://www.wakefieldwalkingclub.org.uk">www.wakefieldwalkingclub.org.uk</a>	<b>day:</b> Wednesday, Saturday, some evenings <b>time:</b> various <b>cost:</b> please enquire at time of booking  Walks range from 5 mile to 18 mile
<b>Line Dancing</b>	<b>contact:</b> Mrs Nunns <b>phone:</b> 01924 373472 <b>meeting place:</b> Parkside Methodist Church, Outwood, Wakefield, WF1 2PN	<b>day:</b> Thursday (term time only) <b>time:</b> 7pm – 9pm <b>cost:</b> please enquire at time of booking
<b>Cycling and Accessible Cycling</b>	<b>Phone:</b> 01924 302385 <b>Meeting Place:</b> Thornes Park Stadium, Horbury Road WF2 8TY	<b>day:</b> Monday <b>time:</b> 10am 12noon  Group activities and accessible cycling for people with disabilities or with reduced mobility. Also bike hire.  All types of bikes available, adults, child and adapted bikes.
<b>Sun Lane Leisure Centre Fitness Sessions</b>	<b>Phone:</b> 01924 306001 <b>Meeting Place:</b> Sun Lane Wakefield WF1 1JD <b>Website:</b> <a href="http://www.wakefield.goc.uk/sunlane">www.wakefield.goc.uk/sunlane</a>	Please contact leisure centre for full time table of activities and pool times



## Outwood - Physical Activity

Name	Contact	Details
<b>Rodillian Runners</b>	<p><b>Meeting Place:</b> RUFC, Lee Moor Road, Stanley, WF3 3EF</p> <p><b>Website:</b> www.rodillianrunners.co.uk Contact via website or turn up at venue</p>	<p>Small and friendly running club</p> <p><b>day:</b> Tuesday</p> <p><b>time:</b> 6.30pm</p>
<b>Bowling Outwood WMC</b>	<p><b>Phone:</b> 01924 824156</p> <p><b>Meeting Place:</b> Ledger lane, Outwood, WF1 2NS</p>	<p>Outdoor bowling club</p>
<b>Stanley Rangers Rugby League</b>	<p><b>Phone:</b> 01924 870508 or 07720098475</p> <p><b>Meeting Place:</b> Stanley sports and Social Club, Lee Moor Road, Wakefield, WF3 4EQ</p> <p><b>Website:</b> www.stanleyrangers.org.uk</p>	<p>Adult and Child Rugby Team Stanley Rangers, Stanley sports and social club</p> <p>Please enquire for further details</p>
<b>Normanton Golf Club</b>	<p><b>Phone:</b> 01924 200900</p> <p><b>Meeting Place:</b> Hatfeild Hall, Aberford Road, Stanley, WF3 4JP</p>	<p>Men, women, children, members and non-members welcome – please contact for prices</p>

## Outwood - Support Groups

Name	Contact	Details
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## Outwood - Support Groups

Name	Contact	Details
<b>Carers Support Group</b>	<b>contact name:</b> Linda Blackburn <b>phone:</b> 01924 305544 <b>meeting place:</b> Bevin Community Centre, Bevin Close, Outwood, Wakefield, WF1 3ET	<b>day:</b> 2 <sup>nd</sup> Thursday of month <b>time:</b> 11am – 1pm <b>cost:</b> free  Support group for people providing a caring role for a relative, friend etc.
<b>Horticare Wakefield</b>  <b>Horticultural and Lifeskills Training</b>	<b>contact:</b> Rosemary Robertshaw <b>phone:</b> 01924 372433 – <b>email:</b> info@horticarewakefield.org.uk <b>website:</b> www.horticarewakefield.org.uk <b>meeting place:</b> Lindhill Nurseries at Batley Road, Kirkhamgate, WF2 0SH.	<b>cost:</b> Full Day 9:30am – 4:00pm - £22.96  Horticare is a registered charity who provide horticultural and life skills training and work experience for learning disabled people.
<b>Outwood Stroke Club</b>	<b>contact name:</b> Chris Welch <b>phone:</b> 01924 373014 <b>meeting place:</b> Outwood Memorial Hall, Outwood, Wakefield, WF1 2NE	<b>day:</b> every other Thursday <b>time:</b> 10.30am – 3pm <b>cost:</b> please enquire at time of booking a place  Support for people who have experienced a stroke. Social activities, Information and advice

## Outwood - Support Groups

Name	Contact	Details
<p><b>Move Ahead</b></p>	<p><b>contact name:</b> Shelia Smith  <b>phone:</b> 07779636851  <b>meeting place:</b> Bevin Community Centre, Bevin Close, Outwood, Wakefield, WF1 3ET</p>	<p><b>day:</b> Tuesday and Friday  <b>time:</b> 10am – 3pm  <b>cost:</b> free</p> <p>Support group for carers of people who have received a brain injury</p>
<p><b>Move Ahead Day Centre</b></p>	<p><b>contact name:</b> Sheila  <b>phone:</b> 07779636851  <b>meeting place:</b> Bevin Community Centre, Bevin Close, Outwood, Wakefield, WF1 3ET</p>	<p><b>day:</b> Tuesday and Friday (school term time only)  <b>time:</b> full day  <b>cost:</b> please enquire when booking a place – small daily charge</p> <p>Group for people who have received a brain injury. Various activities; mainly therapeutic artwork. No personal cares provided; must be independent with cares. Under 60yrs of age. Term time only.</p>
<p><b>Wakefield Hospice</b></p>	<p><b>contact name:</b> Carol Vaux  <b>phone:</b> 01924 213900  <b>meeting place:</b> Wakefield Hospice, Stanley Road, Wakefield, WF1 4TS</p>	<p><b>day and time:</b> Tuesday 9.15am – 3.30pm  <b>day and time:</b> Wednesday 1pm – 7pm  <b>day and time:</b> Thursday Bereavement 9am – 12noon and 1pm – 4pm</p> <p><b>cost:</b> free</p> <p>Drop in support unit for people with life threatening illnesses and their carers. You don't have to be linked to the hospice.</p>

## Outwood - Support Groups

Name	Contact	Details
<b>Wakefield District Sight Aid</b>	<b>phone:</b> 01924 215555 <b>meeting place:</b> Parkside Centre, Leeds Road, Outwood, WF1 2PN (attached to church)	<b>day and time:</b> Monday to Wednesday 9:30am-1:30pm Thursday – appointment only  Support for people with vision impairment advice, support, demonstration of specialized equipment, befriending service.
<b>Slimming World</b>	<b>contact name:</b> Centre staff <b>phone:</b> 01924 824108 / 01924 835776 <b>meeting place:</b> Lofthouse Working Mens Club, 12-14 Canal Lane, Lofthouse, Wakefield, WF3 3HN	<b>Day and time:</b> Thursday 6pm
<b>Alcoholics anonymous</b>	<b>phone:</b> 01132454567 for details of nearest group	Peer support groups at various locations across Wakefield including Outwood

## Wrenthorpe - Hobbies and Social Groups

Name	Contact	Details
<b>Wrenthorpe Methodist Church Community Coffee Morning</b>	<b>contact:</b> Rev Richard Oldroyd <b>phone:</b> 01924 373287 <b>meeting place:</b> Wrenthorpe Methodist Church, Wrenthorpe, WF2 0JR	<b>day:</b> 1st Saturday of the month <b>time:</b> 10:00am to 12:00 noon
<b>Wrenthorpe Art and Craft Group</b>	<b>contact name:</b> Tanis Farnell <b>phone:</b> 01924 250334 / 01924 784448 <b>meeting place:</b> St Anne's Church Hall ,121 Wrenthorpe Road Wakefield, WF2 0JS	<b>day:</b> Thursdays <b>time:</b> 2pm-4pm  Open to all adults interested in painting and craft work. Cost: £1.50 per week - includes tea and biscuits.
<b>Wrenthorpe Bingo Club</b>	<b>contact name:</b> Carol Swift/Margaret Smart <b>phone:</b> 01924 368058 <b>meeting place:</b> Wrenthorpe Community Association, Valley Crescent, Wrenthorpe WF2 0NE	<b>Valley Crescent</b> Friday 7.30pm to 9.30pm

## Wrenthorpe – Lunch Clubs

Name	Contact	Details
<b>Café Morning</b>	<b>meeting place:</b> Valley Crescent Centre, Off Wrenthorpe Lane, Wakefield WF2 0JB	<b>day:</b> Wednesday <b>time:</b> 10am - 12:00 A place to have tea, coffee, cake and a chat, meet new friends and fellow Wrenthorpe residents
<b>Lunch Club Wrenthorpe</b>	<b>contact name:</b> Rob Drost <b>phone:</b> 01924 373287 <b>meeting place:</b> Wrenthorpe Methodist Church, Wrenthorpe, WF2 0JR	<b>day:</b> 1 <sup>st</sup> Wednesday in the Month <b>time:</b> 12:00noon  Please call for cost

## Wrenthorpe – Physical Activity

Name	Contact	Details
<b>Wrenthorpe Badminton Club</b>	<b>contact name:</b> Angela <b>phone:</b> 01924 372490 <b>meeting place:</b> Wakefield Girls High School Sports Centre	<b>day:</b> Friday <b>time:</b> 7:30-9:30pm
<b>Lightwaves Leisure Centre</b>	<b>phone:</b> 01924 360158 <b>email:</b> info@lightwaves.org.uk <b>meeting place:</b> Lower York St Wakefield, WF1 3LJ	Please telephone for full timetable of activities

## Wrenthorpe – Physical Activity

Name	Contact	Details
<b>Wrenthorpe Ballroom Dancing</b>	<b>contact name:</b> Elaine Moorhouse <b>phone:</b> 07543466839 <b>meeting place:</b> Wrenthorpe Methodist, Wrenthorpe, WF2 0JR	<b>day:</b> Tuesday <b>time:</b> 7:30pm
<b>Village Hall Kirkhamgate</b>	<b>phone:</b> 07850000042 <b>meeting place:</b> Brandy Carr Road, Wakefield, WF2 0RS	<b>Monday</b> - Mums and Tots 9:30am -11:30am Line Dancing 7:30pm - 9:30pm <b>Tuesday</b> - U3A Line Dancing 1pm - 2:30pm, Aerobics 6:30pm - 7:30pm <b>Wednesday</b> - Coffee Morning (2 <sup>nd</sup> Weds in month) 10am -11:30am Scottish Dancing 7pm - 10pm <b>Thursday</b> – U3A Scottish Dancing, 2pm - 4pm Zumba 6pm - 7pm <b>Sunday</b> - Irish Dancing (3 <sup>rd</sup> Sunday of month) 5pm -7pm
<b>Wrenthorpe Bowling Club</b>	<b>contact name:</b> Dave White <b>phone:</b> 01924 240961 <b>meeting place:</b> Wrenthorpe Village Hall, Wrenthorpe Lane, Wrenthorpe, WF2 0NE	<b>day:</b> Monday <b>time:</b> Afternoon – Please call contact for exact times

## Wrenthorpe – Physical Activity

Name	Contact	Details
<b>Wrenthorpe Mature Movers Keep Fit</b>	<b>contact name:</b> Gloria Lowry or Christine Sharpe <b>phone:</b> 01924 377903 or 01924 461821 <b>meeting place:</b> Wrenthorpe Methodist Hall, Wrenthorpe WF2 0JR	<b>day and time:</b> Tuesday 10:15am - 11:15am <b>day and time:</b> Thursday 2pm - 3 pm  Exercise to music in a friendly atmosphere. The pace is suitable for more mature people (does not run in August)
<b>Zumba</b>	<b>contact name:</b> Sara <b>phone:</b> 07740196915 <b>meeting place:</b> Wrenthorpe Village Hall, Wrenthorpe lane, Wrenthorpe, WF2 ONE	<b>day: and time:</b> Wednesday 6:00pm - 6:45pm Friday 9:30am - 10:15am
<b>Tea Dance</b>	<b>phone:</b> 07507 625047 <b>meeting place:</b> Wrenthorpe Village Hall, Wrenthorpe lane, Wrenthorpe, WF2 ONE	<b>day:</b> Friday <b>time:</b> 1pm - 3pm

## Wrenthorpe - Support Groups

Name	Contact	Details
<b>Weight Watchers</b>	<b>phone:</b> 07507625047 <b>meeting place:</b> Wrenthorpe village hall, Wrenthorpe lane, Wrenthorpe, WF2 ONE	<b>day:</b> Thursday <b>time:</b> 10am and 6pm  Support to manage weight





## Stanley - Hobbies and Social Groups

Name	Contact	Details
<b>Stanley Coffee Morning</b>	<b>contact:</b> Centre staff <b>phone:</b> 01924 303130 <b>meeting place:</b> Library, Stanley Community Centre, Lake Lock Road, Stanley, Wakefield, WF3 3HU	<b>day:</b> Thursday <b>time:</b> 10am – 12noon <b>cost:</b> minimal to cover drink
<b>St Swithun's Coffee Morning</b>	<b>contact name:</b> Warden <b>phone:</b> 01924 299447 <b>meeting place:</b> St Swithun's Court Independent Living Scheme, Ferry Lane, Stanley, Wakefield, WF3 4QA	<b>day:</b> Wednesday <b>time:</b> 10am (possibly changing to afternoon please check) <b>cost:</b> minimal to cover drink  Non-residents welcome
<b>St Peters Coffee Morning</b>	<b>contact name:</b> Ellie <b>phone:</b> 01924 835746 <b>meeting place:</b> St Peters Church Centre, Lake Lock Road, Stanley, Wakefield, WF3 4HW	<b>day:</b> 2 <sup>nd</sup> Saturday of month <b>time:</b> 10am – 12noon <b>cost:</b> please enquire with centre staff
<b>Bingo</b>	<b>contact name:</b> Warden <b>phone:</b> 01924 299447 <b>meeting place:</b> St Swithun's Court Independent Living Scheme, Ferry Lane, Stanley, Wakefield, WF3 4QA	<b>day:</b> Monday <b>time:</b> Monday 1.30pm <b>cost:</b> minimal  Non-residents welcome

## Stanley - Hobbies and Social Groups

Name	Contact	Details
<b>Knit and Natter / Craft Club</b>	<b>contact name:</b> Centre staff <b>phone:</b> 01924 835746 <b>meeting place:</b> St Peters Church Centre, Lake Lock Road, Stanley, Wakefield, WF3 4HW	<b>day:</b> Thursday <b>time:</b> 2pm – 4pm <b>cost:</b> please enquire with centre
<b>Stanley Community Singers</b>	<b>contact name:</b> Centre staff <b>phone:</b> 01924 835746 <b>meeting place:</b> St Peters Church, Lake Lock Road, Stanley, Wakefield, WF3 4HW	<b>day:</b> Monday (term time only) <b>time:</b> 1pm – 2.30pm <b>cost:</b> £2.50
<b>Film Club</b>	<b>contact name:</b> Centre staff <b>phone:</b> 01924 835746 <b>meeting place:</b> St Peters Church, Lake Lock Road, Stanley, Wakefield, WF3 4HW	<b>day:</b> 2 <sup>nd</sup> Friday of month <b>time:</b> Doors open at 7pm 7.30pm <b>cost:</b> free Free tea or coffee
<b>West Riding Water Colour Society</b>	<b>contact name:</b> Centre staff <b>phone:</b> 01924 835746 <b>meeting place:</b> St Peters Church, Lake Lock Road, Stanley, Wakefield, WF3 4HW	<b>day:</b> 2 <sup>nd</sup> Friday of every month <b>time:</b> 7 – 9pm
<b>Readers Group</b>	<b>contact name:</b> Centre staff <b>phone:</b> 01924 303130 <b>meeting place:</b> Stanley Library, Stanley Community Centre, Lake Lock Road, Stanley, Wakefield, WF3 3HU	<b>day:</b> some Thursdays of month <b>time:</b> 5.45pm - 7pm  <b>day:</b> 1 <sup>st</sup> Monday of month <b>time:</b> 10am

## Stanley - Hobbies and Social Groups

Name	Contact	Details
<b>Stanley Library Activities</b>	<b>phone:</b> 01924 303130 <b>meeting place:</b> Stanley Library, Stanley Community Centre, Lake Lock Road, Stanley, Wakefield, WF3 3HU	<b>Active Minds</b> <b>Day:</b> Monday <b>time:</b> monthly (contact library)  <b>Coffee and Chat</b> <b>Day:</b> Thursday <b>time:</b> 10am – 12noon  <b>Card Making</b> <b>Day:</b> Friday <b>time:</b> 1pm – 3pm
<b>Family History Group</b>	<b>contact name:</b> Centre staff <b>phone:</b> 01924 303130 <b>meeting place:</b> Stanley Library, Lake Lock Road, Stanley, Wakefield, WF3 3HU	<b>day:</b> Saturday <b>time:</b> 10am
<b>Childrens Ark (Mums/ Grandparents and Tots group)</b>	<b>contact name:</b> Centre staff <b>phone:</b> 01924 835746 <b>meeting place:</b> St Peters Church Centre, Lake Lock Road, Stanley, Wakefield, WF3 4HW	<b>day:</b> Thursday - term time only <b>time:</b> 9:15am

## Stanley -Lunch Clubs

Name	Contact	Details
<b>Stanley Lunch Club</b> (includes meal and a range of activities)	<b>contact name:</b> Ellie <b>phone:</b> 01924 835746 <b>meeting place:</b> St Peters Church Centre, Lake Lock Road, Stanley, Wakefield, WF3 4HW	<b>day:</b> Tuesday <b>time:</b> 10.30am – 12noon <b>cost:</b> £5 – please call to book we have an activity at 11am – crafts, films, games
<b>Lisa's Café and Bistro</b> Meal delivery available	<b>contact name:</b> Lisa <b>phone:</b> 01924 827866	<b>day:</b> Everyday <b>cost:</b> Range from about £3.50 - £5 Delivery free to Stanley and Outwood on orders over £10. Regular bookings for meal delivery accepted.

## Stanley - Physical Activity

Name	Contact	Details
<b>Zumba</b>	<b>phone:</b> 01924 835094 <b>meeting place:</b> Stanley community centre , Lake Lock Road, Stanley, Wakefield, WF3 3HU	<b>Day:</b> Thursday <b>time:</b> 6:15pm - 7:15pm
<b>Tango</b>	<b>phone:</b> 01924 835094 <b>meeting place:</b> Stanley community centre , Lake Lock Road, Stanley, Wakefield, WF3 3HU	<b>day:</b> Monday <b>time:</b> 7pm - 9pm

## Stanley - Physical Activity

Name	Contact	Details
<b>Boxercise</b>	<b>phone:</b> 01924 835094  <b>meeting place:</b> Stanley community centre , Lake Lock Road, Stanley, Wakefield, WF3 3HU	<b>day:</b> Tuesday <b>time:</b> 6:15pm - 7:15pm
<b>Pound Exercise Class</b>	<b>phone:</b> 01924 835094 <b>meeting place:</b> Stanley community centre , Lake Lock Road, Stanley, Wakefield, WF3 3HU	<b>day:</b> Thursday <b>time:</b> 7:15pm - 8:15pm
<b>Stanley Bowling Club</b>	<b>contact:</b> Mrs Haist <b>phone:</b> 01924 826289 <b>meeting place:</b> Long Causeway, Stanley, WF3 4JA (behind the community centre)	<b>day:</b> Wednesday (please enquire when booking as closed during winter months) <b>time:</b> 1pm <b>cost:</b> £15 a year social membership or £25 play as part of the bowling team (subject to change – please enquire when booking)
<b>Wakefield Walking Club</b>	<b>contact:</b> Walk co-ordinator <b>phone:</b> 01924 332740/01924 835094 <b>meeting place:</b> Various  <a href="http://www.wakefieldwalkingclub.org.uk">www.wakefieldwalkingclub.org.uk</a>	<b>day:</b> Wednesday, Saturday, some evenings <b>time:</b> various <b>cost:</b> please enquire at time of booking  Walks range from 5 mile to 18 mile
<b>Yoga</b>	<b>contact name:</b> Centre Staff <b>phone:</b> 01924 303130/01924 835094 <b>meeting place:</b> Stanley Community Centre, Lake Lock Road, Stanley, Wakefield, WF3 3HU	<b>day:</b> Tuesday <b>time:</b> 9.15-10.15am <b>cost:</b> please enquire at time of booking

## Stanley - Physical Activity

Name	Contact	Details
<b>Cycling and Accessible Cycling</b>	<b>phone:</b> 01924 302385 <b>meeting place:</b> Thornes Park Stadium, Horbury Road WF2 8TY	Stadium track available to book 7 days a week, please enquire for further details  Group activities and accessible cycling for people with disabilities or with reduced mobility All types of bikes available to hire including adult, child and adapted bikes
<b>Sun Lane Leisure Centre Fitness Sessions</b>	<b>phone:</b> 01924 306001 <b>meeting place:</b> Sun Lane Wakefield WF1 1JD  <b>website:</b> <a href="http://www.wakefield.goc.uk/sunlane">www.wakefield.goc.uk/sunlane</a>	Please contact leisure centre for full time table of activities and pool times
<b>Stanley Rangers Rugby League</b>	<b>phone:</b> 01924 870508 or 07720098475 <b>meeting place:</b> Stanley sports and social club  <b>website:</b> <a href="http://www.stanleyrangers.org.uk">www.stanleyrangers.org.uk</a>	Adult and Child Rugby Team Stanley Rangers, Stanley sports and social club Please enquire for further details
<b>Normanton Golf Club</b>	<b>phone:</b> 01924 200900 <b>meeting place:</b> Hatfield Hall, Aberford Road, Stanley, WF3 4JP	Men, women, children, members and non-members welcome – please contact for prices
<b>Rodillian Runners</b>	<b>Website:</b> <a href="http://www.rodillianrunners.co.uk">www.rodillianrunners.co.uk</a> <b>Meeting Place:</b> RUFC, Lee Moor Road, Stanley, WF3 3EF Contact via website or turn up at venue	<b>day:</b> Tuesday <b>time:</b> 6.30pm Small and friendly running club

## Stanley - Support Groups

Name	Contact	Details
<b>Wheelers and Wobblers</b>	<b>contact name:</b> John Leighton <b>phone:</b> 01924 367437	<b>day:</b> Thursday <b>time:</b> 1pm – 4pm <b>cost:</b> please enquire at time of booking a place <b>Please phone for location</b> Social / support group for people with physical disabilities, Indoor bowling, pool, bingo, table games, coffee, chat
<b>Slimming World</b>	<b>meeting place:</b> Stanley community centre , Lake Lock Road, Stanley, Wakefield, WF3 3HU	<b>day:</b> Wednesday <b>time:</b> 9am - 11am
<b>Alcoholics anonymous</b>	<b>phone:</b> 0800 9177 650 for details of nearest group	Peer support groups at various locations across Wakefield including Outwood



## College Grove - Hobbies and Social Groups

Name	Contact	Details
<b>Coffee Morning</b>	<b>contact name:</b> Margaret Dodd <b>phone:</b> 01924 382846 <b>meeting place:</b> Trinity Methodist Church, Norton Road (off Stanley Road and Jacobs Well Lane), Wakefield, WF1 3QG	<b>day and time:</b> 2 <sup>nd</sup> Saturday in month at 10am
<b>Thursday Social Group</b>	<b>contact name:</b> Margaret Dodd <b>phone:</b> 01924 382846 <b>meeting place:</b> Trinity Methodist Church, Norton Road (off Stanley Road and Jacobs Well Lane), Wakefield, WF1 3QG	<b>day:</b> 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of month <b>time:</b> 1pm – 3.30pm
<b>Sisterhood Group</b>	<b>contact name:</b> Margaret Dodd <b>phone:</b> 01924 382846 <b>meeting place:</b> Trinity Methodist Church, Norton Road (off Stanley Road and Jacobs Well Lane), Wakefield, WF1 3QG	<b>day:</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday of month <b>time:</b> 1pm – 3.30pm
<b>Hatfeild Court Bingo – Open to all</b>	<b>Contact name:</b> scheme manager <b>Phone:</b> 01924 361923 <b>Meeting place:</b> Hatfeild Court Independent Living Scheme, Howard street, Wakefield, WF1 3LD	<b>day and time:</b> 6pm Tuesday and Thursday
<b>Jazz nights and Jazz workshops</b>	<b>phone:</b> 01977 680542 <b>meeting place:</b> Wakefield sports club, Eastmoor Road, Wakefield, WF1 3RR  <b>website:</b> www.wakefieldsportsclub.org	<b>Tuesday</b> Jazz workshops 7:30pm - 9:30pm For anyone wanting to develop skills in Jazz contact Pete 07813967364  <b>Friday</b> Jazz nights 7:30pm



## College Grove - Physical Activity

Name	Contact	Details
<b>Wakefield Sports and social club</b>	<p><b>phone:</b> 01924 365007  <b>meeting place:</b> Wakefield sports club, Eastmoor Road, Wakefield, WF1 3RR</p> <p><b>website:</b> www.wakefieldsportsclub.org</p>	<p><b>Tuesday</b> – Children’s Dance – 1.15pm  <b>Wednesday</b> – band rehearsal,  <b>Friday Jazz</b>, Babies and Toddlers, Slimming World,  <b>Sunday</b> – Quiz night                      Please enquire for times</p>
<b>Crown Green Bowls</b>	<p><b>phone:</b> Sue 07948013352  <b>meeting place:</b> Wakefield sports club, Eastmoor Road, Wakefield, WF1 3RR</p> <p><b>website:</b> www.wakefieldsportsclub.org</p>	<p><b>Please enquire for days/times/cost</b>                      Crown green bowls all year                      Plus social activities such as whist, quiz nights and coffee mornings for members</p>
<b>Wakefield Squash Club</b>	<p><b>phone:</b> 01924 365007  <b>meeting place:</b> Wakefield sports club, Eastmoor Road, Wakefield, WF1 3RR  <b>email:</b> wsquash.members@gmail.com</p> <p><b>website:</b> www.wakefieldsportsclub.org</p>	<p><b>Please enquire for days/times/cost</b>                      Coaching for adults and children of all abilities                      Courts available to hire for members</p>
<b>Wakefield Walking Club</b>	<p><b>contact:</b> Walk co-ordinator  <b>phone:</b> 01924 366655  <b>meeting place:</b> Various</p> <p>www.wakefieldwalkingclub.org.uk</p>	<p><b>day:</b> Wednesday, Saturday, some evenings  <b>time:</b> various  <b>cost:</b> please enquire at time of booking</p> <p>Walks range from 5 mile to 18 mile</p>

## College Grove - Physical Activity

Name	Contact	Details
<b>Accessible Cycling</b>	<p><b>phone:</b> 01924 302385</p> <p><b>meeting place:</b> Thornes Park Stadium, Horbury Road WF2 8TY</p>	<p><b>Saturday</b> 10am – 11.30am (open to all)</p> <p><b>Monday</b> 10am – 12noon (stroke group)</p> <p>Group activities and accessible cycling for people with disabilities or with reduced mobility</p>
<b>Sun Lane Leisure Centre Fitness Sessions</b>	<p><b>phone:</b> 01924 306001</p> <p><b>meeting place:</b> Sun Lane Wakefield WF1 1JD</p> <p><b>website:</b> <a href="http://www.wakefield.gov.uk/sunlane">www.wakefield.gov.uk/sunlane</a></p>	<p>Please contact leisure centre for full time table of activities and pool times</p>

## College Grove - Support Groups

Name	Contact	Details
<b>Wakefield Hospice</b>	<p><b>contact name:</b> Carol Vaux</p> <p><b>phone:</b> 01924 213900</p> <p><b>meeting place:</b> Wakefield Hospice, Stanley Road, Wakefield, WF1 4TS</p>	<p><b>Monday</b> 1pm-7pm Bereavement Support</p> <p><b>Tuesday</b> 9.30am – 3.30pm and <b>Wednesday</b> 1pm – 7pm drop-in support unit for people with life threatening illnesses and their carers. You don't have to be linked to the hospice. Offer complementary therapies, music therapy and art activities. No referral needed.</p> <p><b>Thursday</b> 9:30am - 3:30pm Bereavement Support</p>

## Eastmoor - Hobbies and Social Groups

Name	Contact	Details
<b>Colourful Crafts</b>	<b>phone:</b> 01924 361212 <b>meeting place:</b> Eastmoor Community Project, St Swithun's Community Centre, Eastmoor, WF1 4RR	<b>day</b> Thursday <b>time:</b> 1pm - 2:30pm  Informal and friendly. Crafts, chat and a cuppa. All abilities welcome. £2 includes refreshments and materials
<b>Health and Wellbeing Courses</b>	<b>phone:</b> 01924 361212 <b>meeting place:</b> Eastmoor Community Project, St Swithun's Community Centre, Eastmoor , WF1 4RR  <b>website:</b> <a href="http://www.eastmoorcommunity.co.uk">www.eastmoorcommunity.co.uk</a>	Various course run throughout the year on topics concerning, mental and physical wellbeing; specialised crafts and learning a language.  Please visit the website or enquire for a full list of courses, dates and times.
<b>Fortnightly Thursday Club Over 60's</b>	<b>phone:</b> 01924 382846 <b>meeting place:</b> Trinity Wakefield Methodist Church, Eastmoor, WF1 4LH	<b>day:</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday of the month <b>time:</b> 1.00pm – 3:30pm  Social activities and speakers for retired people.
<b>Games and Giggles</b>	<b>contact name:</b> Emma <b>phone:</b> 01924 361212 <b>meeting place:</b> Eastmoor Community Project, St Swithun's Community Centre, Eastmoor, WF1 4RR	<b>day:</b> Tuesday <b>time:</b> 1pm – 3pm  Socialise and enjoy the company of others

## Eastmoor - Hobbies and Social Groups

Name	Contact	Details
<b>Incredible Edible Gardening Club</b>	<b>contact name:</b> Andy Austerfield <b>phone:</b> 07971 098510 <b>meeting place:</b> Eastmoor Community Garden, Park Hill Lane, WF1 4NJ	<b>day:</b> Friday 1pm – 12noon <b>time:</b> please call to confirm.
<b>Simply Leisure</b>	<b>contact name:</b> Maureen Rishworth <b>phone:</b> 01924 361212 <b>meeting place:</b> Eastmoor Community Project, St Swithun's Community Centre, Eastmoor , WF1 4RR	<b>day:</b> Monday <b>time:</b> 1pm – 3pm  Fun and relaxed group for ladies and gentlemen over 55 years old.

## Eastmoor - Lunch Clubs

Name	Contact	Details
<b>St Swithun's Community Cafe</b>	<b>phone:</b> 01924 361212 <b>meeting place:</b> Eastmoor Community Project, St Swithun's Community Centre, Eastmoor, WF1 4RR	<b>day:</b> Monday to Friday <b>time:</b> 8.30am – 2.30pm
<b>Your Space Cafe</b>	<b>phone:</b> 01924 255349 <b>meeting place:</b> St Andrews Church, Peterson Road, Eastmoor, WF1 4DZ	<b>day:</b> Monday - Thursday <b>time:</b> 10am – 2pm

## Eastmoor - Physical Activity

Name	Contact	Details
<b>Fit and Friendly</b>	<b>phone:</b> 01924 361212 <b>meeting place:</b> Eastmoor Community Project, St Swithun's Community Centre, Eastmoor, WF1 4RR	<b>day:</b> Friday <b>time:</b> 10am – 12noon  Social group for ladies over 55 years old. Weekly chair based exercise classes as well as occasional speakers, games and social events.
<b>Health Walk</b>	<b>phone:</b> 01924 361212 <b>meeting place:</b> Eastmoor Community Project, St Swithun's Community Centre, Eastmoor, WF1 4RR	<b>day:</b> Tuesday (second, third and fourth Tuesday of the month) <b>time:</b> 10am – 12noon

## Eastmoor - Support Groups

Name	Contact	Details
<b>Cookery Workshops</b>	<b>phone:</b> 01924 361212 <b>meeting place:</b> Eastmoor Community Project, St Swithun's Community Centre, Eastmoor , WF1 4RR	<b>day and time:</b> Please enquire  All levels of cooking ability welcome. Build on basic skills; prepare healthy and good value food. Socialize in a friendly group. £1:50

## Volunteering – for whole area

Name	Contact	Details
<b>NOVA</b>	<b>contact name:</b> Group co-ordinator <b>phone:</b> 01924 367418 <b>email:</b> volunteering@nova-wd.org.uk <b>website:</b> www.do-it.org.uk	Please see website for a list of volunteering opportunities in the local area. If you do not have access to a computer please contact NOVA by telephone.
<b>Age UK Wakefield District</b>	<b>contact name:</b> Service staff <b>phone:</b> 01977 552114 <b>email:</b> admin@ageukwd.org.uk <b>website:</b> www.ageuk.org.uk	Various volunteering roles supporting older adults in Wakefield. Please enquire for further details.

## Other useful contacts

Name	Contact	Details
<b>St Catherine's Church Centre</b>	<b>Contact Name:</b> Tracey Purchon <b>phone:</b> 01924 211130 <b>meeting place:</b> St Catherine's Centre Doncaster Road Wakefield, WF1 5HL	<b>day:</b> Monday to Friday <b>time:</b> 10am – 4pm <b>cost:</b> please enquire when booking a place  Day Care Service, transport and lunch included



## Other useful contacts

Name	Contact	Details
<p><b>Thornycroft Centre</b></p> <p><b>Day Centre with transport</b></p>	<p><b>phone:</b> 01977 703384  <b>meeting place:</b> Half Penny Lane, Pontefract</p>	<p>Social day centre with transport, 2 course home cooked meal plus activities including bingo, darts, pool, computer room, craft activities, table top games, coffee and chat. Open 5 days per week.</p> <p><b>cost:</b> £5.50 a day without transport  £11:00 a day including transport from anywhere in Wakefield</p>
<p><b>The Silver Line (helpline for older adults)</b></p>	<p><b>phone:</b> 0800 4 70 80 90  <b>website:</b> <a href="http://www.thesilverline.org.uk">www.thesilverline.org.uk</a></p>	<p>Free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.</p>
<p><b>Wakefield and 5 Towns Recovery College</b></p> <p><b>South West Yorkshire Partnership NHS Foundation Trust</b></p>	<p><b>phone:</b> 01924 316946  <b>meeting place:</b> Wakefield and 5 Towns Recovery College, Drury Lane Health And Wellbeing Centre, Drury Lane, Wakefield WF1 2TE</p>	<p>Providing courses that can help you on your recovery journey. Courses available include condition specific courses, such as living with anxiety and busting stress. In addition, a number of educational courses are available, including creative writing and IT for beginners</p>

## Other useful contacts

Name	Contact	Details
<b>WOFAG Wakefield Over 50s Action Group</b>	<b>contact name:</b> Margaret Dodd (Chair) <b>email:</b> Margaret@mdodd4.plus.com <b>meeting place:</b> Fire Station, Brunswick Street, Wakefield, West Yorkshire WF1 4PA	<b>day and time:</b> Forum group meets every second Tuesday of the month Please contact for further details
<b>Citizens Advice Bureau (CAB)</b>	<b>phone:</b> 03444 111 444 <b>address:</b> 27 King Street, Wakefield, WF1 2SR	A free service to support you with advice needed for the problems people face they also work to improve the policies and practices that affect people's lives
<b>Carers Wakefield and District</b>	<b>phone:</b> 01924 305544 <b>address:</b> 25 King St, Wakefield WF1 2SR  <b>website:</b> www.carerswakefield.org.uk	Support, information and advocacy for adult carers who are providing a caring role for relatives, friends etc.
<b>Access Bus</b>	<b>contact name:</b> Service staff <b>phone:</b> 0113 348 1903 <b>email:</b> accessbus@wypte.gov.uk <b>postal address:</b> Wellington House, 40-50 Wellington Street, Leeds LS1 2DE  <b>website:</b> www.wymetro.com/BusTravel/accessrural/AccessBus	A door-to-door service for people who have difficulty in using conventional public transport due to a disability. Operates on a number of free of charge Access Bus routes. Telephone for a registration form.

## Other useful contacts

Name	Contact	Details
<b>DIAL (Disability Information Advice Line)</b>	<b>contact name:</b> Centre staff <b>phone:</b> 01977 723933 / 01977 723934	Information on a range of issues for older adults or those with mobility / health needs. Supply RADAR Key's.
<b>Social Care Direct</b>	<b>contact name:</b> Social Workers <b>phone:</b> 0345 8503 503	A team of social workers who are a first point of contact for social care services in the Wakefield district
<b>Lightwaves Centre</b>	<b>phone:</b> 01924 360158  <b>website:</b> <a href="http://www.lightwaves.org.uk">www.lightwaves.org.uk</a>	Various activities to support health and wellbeing – please enquire with centre for details
<b>Thornes Park Stadium</b>	<b>phone:</b> 01924 302385 <b>meeting place:</b> Thornes Park Stadium, Horbury Road WF2 8TY	Various activities including gymnastics, athletics, running club, gym, exercise classes, crèche available.  Please enquire with centre for full details
<b>Sun Lane Leisure Centre Fitness Sessions</b>	<b>phone:</b> 01924 306001 <b>meeting place:</b> Sun Lane Wakefield WF1 1JD  <b>website:</b> <a href="http://www.wakefield.gov.uk/sunlane">www.wakefield.gov.uk/sunlane</a>	Please contact leisure centre for full time table of activities and pool times

## Other useful contacts

Name	Contact	Details
<b>Aspire Health and Fitness Membership</b>	<b>phone:</b> 01924 307820 <b>website:</b> www.wakefield.gov.uk	Access to multiple venues/activities across the district i.e. swimming, gym, fitness classes £23 a month
<b>Activate leisure card</b>	<b>phone:</b> 01924 307820 <b>email:</b> www.wakefield.mylocalofficer.org/activate-leisure-card <b>website:</b> www.wakefield.gov.uk	Available to people in receipt of certain benefits, students 16+ or those registered blind or deaf.  Price of yearly card provides 20% discount when shown on a wide range of sports and activities. Activities include swimming, gym, fitness classes, sauna, steam room, golf, badminton, table tennis and watersports.  Carers can participate in the same activity for free if support is needed.
<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