



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

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

Outwood – Hobbies and Social Groups

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

Outwood – Hobbies and Social Groups

Name	Contact	Details
Outwood Community Video	contact: Tony Banks phone: 01924 378527 meeting place: Outwood Memorial Hall, Outwood, Wakefield, WF1 2NE	day: 1st Tuesday of the month cost: please enquire when booking time: 7.30pm
Outwood Church Institute	contact name: Committee Secretary phone: 01924 826220 meeting place: 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
Outwood Community Choir	contact name: Antony Davis phone: 07876 267 267 meeting place: Outwood Church Institute, Leeds Road, Outwood, WF1 2DT	day: Monday time: 7.30 pm – 9.30 pm cost: £4 Informal group of local singers of all abilities who just want to sing together and enjoy music.

Outwood - Lunch Clubs

Name	Contact	Details
Outwood Church Institute	contact name: Centre staff phone: 01924 822170 / 01924 826220 meeting place: Outwood Church Institute, Leeds Road, Outwood, Wakefield, WF1 2DT	day: Wednesday (fortnightly) time: 12.30pm – 1.30pm cost: please enquire with centre

Outwood - Lunch Clubs

Name	Contact	Details
Lisa's Café and Bistro Meal delivery available	contact name: Lisa phone: 01924 827866	day: Everyday cost: 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
Tops Fitness and Rehabilitation Centre	contact name: Jodie Watson phone: 01924 823965 meeting place: 1 Cobham Parade, Leeds Road, Outwood, WF1 2DY website: www.tops.uk.com	day/time: Monday to Friday 8.30am – 8.30pm Saturday 8am – 4pm cost: £27 a month or £5 a session Gym offering adapted equipment for people with disabilities / wheelchair users. Neuro physiotherapists / rehabilitation instructors available.
Herries Sequence Dancing	contact name: Jeanette Herries phone: 01924 256624 / 07443651117 meeting place: Outwood Memorial Hall, Outwood, Wakefield, WF12 NE	day: Thursday time: 8pm – 10pm cost: £3.50 includes tea and biscuits

Outwood - Physical Activity

Name	Contact	Details
Scottish Dancing	contact name: Ms Chand phone: 01924 361493 meeting place: Kirkhamgate Village Hall, Kirkhamgate, Wakefield, WF2 0RS	day: Wednesday time: 7.30pm – 9.30pm day: Thursday time: 2.00pm – 4.00pm cost: please enquire at time of booking
Line Dancing	contact name: Ms Chand phone: 01924 361493 meeting place: Kirkhamgate Village Hall, Kirkhamgate, Wakefield, WF2 0RS	day: Tuesday time: 10am – 12noon cost: please enquire at time of booking
Health Walk New Southgate Surgery	contact name: Health improvement team phone: 01924 307348 meeting place: New Southgate Surgery, Buxton Place (off Leeds Road) WF1 3JQ	day: Tuesday time: 9.45am cost: free The walks are approximately 4 miles. Meet at surgery and then car share to open countryside
Wakefield Walking Club	contact: Walk co-ordinator phone: 01924 332740 meeting place: Various www.wakefieldwalkingclub.org.uk	day: Wednesday, Saturday, some evenings time: various cost: please enquire at time of booking Walks range from 5 mile to 18 mile
Line Dancing	contact: Mrs Nunns phone: 01924 373472 meeting place: Parkside Methodist Church, Outwood, Wakefield, WF1 2PN	day: Thursday (term time only) time: 7pm – 9pm cost: please enquire at time of booking

Outwood - Physical Activity

Name	Contact	Details
Cycling and Accessible Cycling	Phone: 01924 302385 Meeting Place: Thornes Park Stadium, Horbury Road WF2 8TY	day: Monday time: 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.
Sun Lane Leisure Centre Fitness Sessions	Phone: 01924 306001 Meeting Place: Sun Lane Wakefield WF1 1JD Website: www.wakefield.goc.uk/sunlane	Please contact leisure centre for full time table of activities and pool times
Rodillian Runners	Meeting Place: RUFC, Lee Moor Road, Stanley, WF3 3EF Website: www.rodillianrunners.co.uk Contact via website or turn up at venue	Small and friendly running club day: Tuesday time: 6.30pm
Bowling Outwood WMC	Phone: 01924 824156 Meeting Place: Ledger lane, Outwood, WF1 2NS	Outdoor bowling club
Stanley Rangers Rugby League	Phone: 01924 870508 or 07720098475 Meeting Place: Stanley sports and Social Club, Lee Moor Road, Wakefield, WF3 4EQ Website: www.stanleyrangers.org.uk	Adult and Child Rugby Team Stanley Rangers, Stanley sports and social club Please enquire for further details

Outwood - Physical Activity

Name	Contact	Details
Normanton Golf Club	Phone: 01924 200900 Meeting Place: Hatfeild Hall, Aberford Road, Stanley, WF3 4JP	Men, women, children, members and non-members welcome – please contact for prices

Outwood - Support Groups

Name	Contact	Details
Carers Support Group	contact name: Linda Blackburn phone: 01924 305544 meeting place: Bevin Community Centre, Bevin Close, Outwood, Wakefield, WF1 3ET	day: 2 nd Thursday of month time: 11am – 1pm cost: free Support group for people providing a caring role for a relative, friend etc.
Horticare Wakefield Horticultural and Lifeskills Training	contact: Rosemary Robertshaw phone: 01924 372433 – email: info@horticarewakefield.org.uk website: www.horticarewakefield.org.uk meeting place: Lindhill Nurseries at Batley Road, Kirkhamgate, WF2 0SH.	cost: 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.

Outwood - Support Groups

Name	Contact	Details
<p>Outwood Stroke Club</p>	<p>contact name: Chris Welch phone: 01924 373014 meeting place: Outwood Memorial Hall, Outwood, Wakefield, WF1 2NE</p>	<p>day: every other Thursday time: 10.30am – 3pm cost: please enquire at time of booking a place</p> <p>Support for people who have experienced a stroke. Social activities, Information and advice</p>
<p>Move Ahead</p>	<p>contact name: Shelia Smith phone: 07779636851 meeting place: Bevin Community Centre, Bevin Close, Outwood, Wakefield, WF1 3ET</p>	<p>day: Tuesday and Friday time: 10am – 3pm cost: free</p> <p>Support group for carers of people who have received a brain injury</p>
<p>Move Ahead Day Centre</p>	<p>contact name: Sheila phone: 07779636851 meeting place: Bevin Community Centre, Bevin Close, Outwood, Wakefield, WF1 3ET</p>	<p>day: Tuesday and Friday (school term time only) time: full day cost: 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>

Outwood - Support Groups

Name	Contact	Details
Wakefield Hospice	<p>contact name: Carol Vaux phone: 01924 213900 meeting place: Wakefield Hospice, Stanley Road, Wakefield, WF1 4TS</p>	<p>day and time: Tuesday 9.15am – 3.30pm day and time: Wednesday 1pm – 7pm day and time: Thursday Bereavement 9am – 12noon and 1pm – 4pm</p> <p>cost: 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>
Wakefield District Sight Aid	<p>phone: 01924 215555 meeting place: Parkside Centre, Leeds Road, Outwood, WF1 2PN (attached to church)</p>	<p>day and time: Monday to Wednesday 9:30am-1:30pm Thursday – appointment only</p> <p>Support for people with vision impairment advice, support, demonstration of specialized equipment, befriending service.</p>
Slimming World	<p>contact name: Centre staff phone: 01924 824108 / 01924 835776 meeting place: Lofthouse Working Mens Club, 12-14 Canal Lane, Lofthouse, Wakefield, WF3 3HN</p>	<p>Day and time: Thursday 6pm</p>
Alcoholics anonymous	<p>phone: 01132454567 for details of nearest group</p>	<p>Peer support groups at various locations across Wakefield including Outwood</p>

Wrenthorpe - Hobbies and Social Groups

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

Wrenthorpe – Lunch Clubs

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

Wrenthorpe – Physical Activity

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

Wrenthorpe – Physical Activity

Name	Contact	Details
Wrenthorpe Ballroom Dancing	contact name: Elaine Moorhouse phone: 07543466839 meeting place: Wrenthorpe Methodist, Wrenthorpe, WF2 0JR	day: Tuesday time: 7:30pm
Village Hall Kirkhamgate	phone: 07850000042 meeting place: Brandy Carr Road, Wakefield, WF2 0RS	Monday - Mums and Tots 9:30am -11:30am Line Dancing 7:30pm - 9:30pm Tuesday - U3A Line Dancing 1pm - 2:30pm, Aerobics 6:30pm - 7:30pm Wednesday - Coffee Morning (2 nd Weds in month) 10am -11:30am Scottish Dancing 7pm - 10pm Thursday – U3A Scottish Dancing, 2pm - 4pm Zumba 6pm - 7pm Sunday - Irish Dancing (3 rd Sunday of month) 5pm -7pm
Wrenthorpe Bowling Club	contact name: Dave White phone: 01924 240961 meeting place: Wrenthorpe Village Hall, Wrenthorpe Lane, Wrenthorpe, WF2 0NE	day: Monday time: Afternoon – Please call contact for exact times
Wrenthorpe Mature Movers Keep Fit	contact name: Gloria Lowry or Christine Sharpe phone: 01924 377903 or 01924 461821 meeting place: Wrenthorpe Methodist Hall, Wrenthorpe WF2 0JR	day and time: Tuesday 10:15am - 11:15am day and time: Thursday 2pm - 3 pm Exercise to music in a friendly atmosphere. The pace is suitable for more mature people (does not run in August)

Wrenthorpe – Physical Activity

Name	Contact	Details
Zumba	contact name: Sara phone: 07740196915 meeting place: Wrenthorpe Village Hall, Wrenthorpe lane, Wrenthorpe, WF2 ONE	day: and time: Wednesday 6:00pm - 6:45pm Friday 9:30am - 10:15am
Tea Dance	phone: 07507 625047 meeting place: Wrenthorpe Village Hall, Wrenthorpe lane, Wrenthorpe, WF2 ONE	day: Friday time: 1pm - 3pm

Wrenthorpe - Support Groups

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

Stanley - Hobbies and Social Groups

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

Stanley - Hobbies and Social Groups

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

Stanley - Hobbies and Social Groups

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

Stanley -Lunch Clubs

Name	Contact	Details
Stanley Lunch Club (includes meal and a range of activities)	contact name: Ellie phone: 01924 835746 meeting place: St Peters Church Centre, Lake Lock Road, Stanley, Wakefield, WF3 4HW	day: Tuesday time: 10.30am – 12noon cost: £5 – please call to book we have an activity at 11am – crafts, films, games
Lisa's Café and Bistro Meal delivery available	contact name: Lisa phone: 01924 827866	day: Everyday cost: 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
Zumba	phone: 01924 835094 meeting place: Stanley community centre , Lake Lock Road, Stanley, Wakefield, WF3 3HU	Day: Thursday time: 6:15pm - 7:15pm
Tango	phone: 01924 835094 meeting place: Stanley community centre , Lake Lock Road, Stanley, Wakefield, WF3 3HU	day: Monday time: 7pm - 9pm

Stanley - Physical Activity

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

Stanley - Physical Activity

Name	Contact	Details
Cycling and Accessible Cycling	phone: 01924 302385 meeting place: 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
Sun Lane Leisure Centre Fitness Sessions	phone: 01924 306001 meeting place: Sun Lane Wakefield WF1 1JD website: www.wakefield.goc.uk/sunlane	Please contact leisure centre for full time table of activities and pool times
Stanley Rangers Rugby League	phone: 01924 870508 or 07720098475 meeting place: Stanley sports and social club website: www.stanleyrangers.org.uk	Adult and Child Rugby Team Stanley Rangers, Stanley sports and social club Please enquire for further details
Normanton Golf Club	phone: 01924 200900 meeting place: Hatfield Hall, Aberford Road, Stanley, WF3 4JP	Men, women, children, members and non-members welcome – please contact for prices
Rodillian Runners	Website: www.rodillianrunners.co.uk Meeting Place: RUFC, Lee Moor Road, Stanley, WF3 3EF Contact via website or turn up at venue	day: Tuesday time: 6.30pm Small and friendly running club

Stanley - Support Groups

Name	Contact	Details
Wheelers and Wobblers	contact name: John Leighton phone: 01924 367437	day: Thursday time: 1pm – 4pm cost: please enquire at time of booking a place Please phone for location Social / support group for people with physical disabilities, Indoor bowling, pool, bingo, table games, coffee, chat
Slimming World	meeting place: Stanley community centre , Lake Lock Road, Stanley, Wakefield, WF3 3HU	day: Wednesday time: 9am - 11am
Alcoholics anonymous	phone: 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
Coffee Morning	contact name: Margaret Dodd phone: 01924 382846 meeting place: Trinity Methodist Church, Norton Road (off Stanley Road and Jacobs Well Lane), Wakefield, WF1 3QG	day and time: 2 nd Saturday in month at 10am
Thursday Social Group	contact name: Margaret Dodd phone: 01924 382846 meeting place: Trinity Methodist Church, Norton Road (off Stanley Road and Jacobs Well Lane), Wakefield, WF1 3QG	day: 1 st and 3 rd Tuesday of month time: 1pm – 3.30pm
Sisterhood Group	contact name: Margaret Dodd phone: 01924 382846 meeting place: Trinity Methodist Church, Norton Road (off Stanley Road and Jacobs Well Lane), Wakefield, WF1 3QG	day: 2 nd and 4 th Thursday of month time: 1pm – 3.30pm
Hatfeild Court Bingo – Open to all	Contact name: scheme manager Phone: 01924 361923 Meeting place: Hatfeild Court Independent Living Scheme, Howard street, Wakefield, WF1 3LD	day and time: 6pm Tuesday and Thursday
Jazz nights and Jazz workshops	phone: 01977 680542 meeting place: Wakefield sports club, Eastmoor Road, Wakefield, WF1 3RR website: www.wakefieldsportsclub.org	Tuesday Jazz workshops 7:30pm - 9:30pm For anyone wanting to develop skills in Jazz contact Pete 07813967364 Friday Jazz nights 7:30pm

College Grove - Physical Activity

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

College Grove - Physical Activity

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

College Grove - Support Groups

Name	Contact	Details
Wakefield Hospice	contact name: Carol Vaux phone: 01924 213900 meeting place: Wakefield Hospice, Stanley Road, Wakefield, WF1 4TS	Monday 1pm-7pm Bereavement Support Tuesday 9.30am – 3.30pm and Wednesday 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. Thursday 9:30am - 3:30pm Bereavement Support

Eastmoor - Hobbies and Social Groups

Name	Contact	Details
Colourful Crafts	phone: 01924 361212 meeting place: Eastmoor Community Project, St Swithun's Community Centre, Eastmoor, WF1 4RR	day Thursday time: 1pm - 2:30pm Informal and friendly. Crafts, chat and a cuppa. All abilities welcome. £2 includes refreshments and materials
Health and Wellbeing Courses	phone: 01924 361212 meeting place: Eastmoor Community Project, St Swithun's Community Centre, Eastmoor , WF1 4RR website: www.eastmoorcommunity.co.uk	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.
Fortnightly Thursday Club Over 60's	phone: 01924 382846 meeting place: Trinity Wakefield Methodist Church, Eastmoor, WF1 4LH	day: 2 nd and 4 th Thursday of the month time: 1.00pm – 3:30pm Social activities and speakers for retired people.
Games and Giggles	contact name: Emma phone: 01924 361212 meeting place: Eastmoor Community Project, St Swithun's Community Centre, Eastmoor, WF1 4RR	day: Tuesday time: 1pm – 3pm Socialise and enjoy the company of others

Eastmoor - Hobbies and Social Groups

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

Eastmoor - Lunch Clubs

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

Eastmoor - Physical Activity

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

Eastmoor - Support Groups

Name	Contact	Details
Cookery Workshops	phone: 01924 361212 meeting place: Eastmoor Community Project, St Swithun's Community Centre, Eastmoor , WF1 4RR	day and time: 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
NOVA	contact name: Group co-ordinator phone: 01924 367418 email: volunteering@nova-wd.org.uk website: 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.
Age UK Wakefield District	contact name: Service staff phone: 01977 552114 email: admin@ageukwd.org.uk website: www.ageuk.org.uk	Various volunteering roles supporting older adults in Wakefield. Please enquire for further details.

Other useful contacts

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

Other useful contacts

Name	Contact	Details
<p>Thornycroft Centre</p> <p>Day Centre with transport</p>	<p>phone: 01977 703384 meeting place: 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>cost: £5.50 a day without transport £11:00 a day including transport from anywhere in Wakefield</p>
<p>The Silver Line (helpline for older adults)</p>	<p>phone: 0800 4 70 80 90 website: www.thesilverline.org.uk</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>Wakefield and 5 Towns Recovery College</p> <p>South West Yorkshire Partnership NHS Foundation Trust</p>	<p>phone: 01924 316946 meeting place: 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>
<p>WOFAG Wakefield Over 50s Action Group</p>	<p>contact name: Margaret Dodd (Chair) email: Margaret@mdodd4.plus.com meeting place: Fire Station, Brunswick Street, Wakefield, West Yorkshire WF1 4PA</p>	<p>day and time: Forum group meets every second Tuesday of the month Please contact for further details</p>

Other useful contacts

Name	Contact	Details
Citizens Advice Bureau (CAB)	phone: 03444 111 444 address: 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
Carers Wakefield and District	phone: 01924 305544 address: 25 King St, Wakefield WF1 2SR website: www.carerswakefield.org.uk	Support, information and advocacy for adult carers who are providing a caring role for relatives, friends etc.
Access Bus	contact name: Service staff phone: 0113 348 1903 email: accessbus@wypte.gov.uk postal address: Wellington House, 40-50 Wellington Street, Leeds LS1 2DE website: 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.
DIAL (Disability Information Advice Line)	contact name: Centre staff phone: 01977 723933 / 01977 723934	Information on a range of issues for older adults or those with mobility / health needs. Supply RADAR Key's.
Social Care Direct	contact name: Social Workers phone: 0345 8503 503	A team of social workers who are a first point of contact for social care services in the Wakefield district

Other useful contacts

Name	Contact	Details
Lightwaves Centre	phone: 01924 360158 website: www.lightwaves.org.uk	Various activities to support health and wellbeing – please enquire with centre for details
Thornes Park Stadium	phone: 01924 302385 meeting place: 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
Sun Lane Leisure Centre Fitness Sessions	phone: 01924 306001 meeting place: Sun Lane Wakefield WF1 1JD website: www.wakefield.gov.uk/sunlane	Please contact leisure centre for full time table of activities and pool times
Aspire Health and Fitness Membership	phone: 01924 307820 website: www.wakefield.gov.uk	Access to multiple venues/activities across the district i.e. swimming, gym, fitness classes £23 a month

Other useful contacts

Name	Contact	Details
<p>Activate leisure card</p>	<p>phone: 01924 307820 email: www.wakefield.mylocalofficer.org/activate-leisure-card website: www.wakefield.gov.uk</p>	<p>Available to people in receipt of certain benefits, students 16+ or those registered blind or deaf.</p> <p>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.</p> <p>Carers can participate in the same activity for free if support is needed.</p>
<p>Alzheimer's Society</p>	<p>Name: Alzheimer's Society phone: 01924 373264 email: wakefield@alheimers.org.uk address: 21 King Street, Wakefield, WF1 2SR website: 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>