



Local Support and Social Groups to aid independence and healthy living

Wakefield North West - Ossett, Overton, Horbury, Middlestown Netherton and Lupset

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:

- ❖ **PONTEFRAC**T, 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** – Outwood, Wrenthorpe, Stanley, College Grove and Eastmoor

Ossett – Hobbies and Social Groups

| Name | Contact | Details |
|---|--|---|
| Monday Club | contact name: John Alfie phone: 01924 275418 meeting place: Kings Way Church, Wesley Street, Ossett WF5 5ET | day: Monday time: 10am – 12noon Newspapers, table games, chit chat Tea and coffee available for small contribution |
| Forget me Not Cafe (Alzheimer's Society) | contact name: Alzheimer's Society Wakefield phone: 01924 275418 email: wakefield@alzheimers.org.uk meeting place: Kings Way Church, Wesley Street, Ossett WF5 5ET | day: First Tuesday (Monthly) time: 1pm – 3pm A place for people with dementia, their carers, family and friends to relax, meet new people, share information or simply to have a cup of tea and a chat. |
| King's Way Singers | contact name: John Alfie phone: 01924 275418 meeting place: Kings Way Church, Wesley Street, Ossett WF5 5ET | day: Friday time: 6:30pm |
| Ossett Library | contact name: Librarian phone: 01924 303040 meeting place: Ossett Library, Station Road, Ossett, WF5 8AB | Ossett: Temporary Closed for Refurbishment Please contact the 01924 302 210 for re-opening information. |
| Coffee Morning Church Street | contact name: Reception phone: 01924 217667 meeting place: Church Street Surgery, 1 st floor health & wellbeing room, Kingsway, Ossett WF5 8DF | day: 1 st and 3 rd Tuesday of the month time: 10:00am -12 noon Cuppa, chat, crafts, exercise, games – join in as much or as little as you want |

Ossett – Hobbies and Social Groups

| Name | Contact | Details |
|-----------------------|---|--|
| Computer help | meeting place: Wellgate Café, Ossett Town Centre phone: Church Street Surgery 01924 217667 | day: 1 st Thursday time: 1:30pm – 2:30pm Bring your own laptop or tablet Register at Church Street Surgery reception to attend – as this group is run by one of the practice champions |
| Ukulele Club | contact name: Mark Ellerker phone: 01924 272006 meeting place: Eller Coffee Shop, Station Road, Ossett | day: Thursday (occasionally) call for dates and times |
| Art Group | contact name: Chris Gasteen phone: 01924 274838 meeting place: Ossett War Memorial Community Centre, Prospect Road, Ossett WF5 8AN | day: Monday time: 7pm-9pm day: Wednesday time: 10am – 12noon and 7pm - 9pm |
| Wednesday Club | contact name: Chris Gasteen phone: 01924 274838 meeting place: Ossett War Memorial Community Centre, Prospect Road, Ossett WF5 8AN | day: Wednesday (Alternating Wednesdays) time: 2pm – 4pm Please call to check monthly dates |
| Bridge Club | contact name: Chris Gasteen phone: 01924 274838 meeting place: Ossett War Memorial Community Centre, Prospect Road, Ossett WF5 8AN | day: Wednesday time: 7.00pm – 10pm |

Ossett – Hobbies and Social Groups

| Name | Contact | Details |
|--|---|---|
| Photographic Club | contact name: Chris Gasteen phone: 01924 274838 meeting place: Ossett War Memorial Community Centre, Prospect Road, Ossett WF5 8AN | day: Thursday time: 7.30pm – 9.30pm September – May Refreshments available |
| Book Club | contact name: Mark Ellerker phone: 01924 272006 meeting place: Eller Coffee Shop, Station Road, Ossett | day: 2 nd Tuesday of the month time: 7pm |
| Poetry Group | contact name: Mark Ellerker phone: 01924 272006 meeting place: Eller Coffee Shop, Station Road, Ossett | day: Thursday time: 1:30pm – 3:00pm |
| Art Group | contact name: Keith Oldroyd phone: 01924 262728 meeting place: Scout HQ, Manor Road. Ossett WF5 0LQ | day: Monday time: 7:30pm – 9:30pm |
| Kings Way Church Coffee Morning | contact name: John Alfie phone: 01924 275418 meeting place: Kings Way Church, Wesley Street, Ossett WF5 5ET | day: Saturday time: 10am |

Ossett – Hobbies and Social Groups

| Name | Contact | Details |
|---|---|---|
| Incredibly Edible gardening club | contact name: Andy Austerfield phone: 07971098510 meeting place: Ossett War Memorial Community Centre, Prospect Road, Ossett WF5 8AN | day: Thursday Mornings time: 10am Incredible Edible Gardening Club sessions are open to growers of all abilities and aim to bring together both experienced and novice gardeners wanting to develop their gardening skills. Sessions are free – “Veggie Vouchers” can be purchased each week and exchanged for club grown plants and produce. |
| Shared Craft | phone: 01924 263311 meeting place: Christ Church South Ossett, Vicar Lane, Ossett, WF5 0BE | day: Tuesday time: 2pm – 4pm |
| Community Drop In – Gawthorpe | Contact name: Shaun Bingham phone: 07724040887 meeting place: Salvation Army, Leeds Road, Ossett, WF5 9QW | day: Tuesday time: 10:15am – 12noon |
| Parents & Toddlers Group | contact name: John Alfie phone: 01924 275418 meeting place: Kings Way Church, Wesley Street, Ossett WF5 5ET | day: Wednesdays time: 9:30am Please check regarding costs |
| Gawthorpe Giggles Parent & Toddler group | Contact name: Shaun Bingham phone: 07724040887 meeting place: Salvation Army, Leeds Road, Ossett, WF5 9QW | day: Wednesday time: 10am – 11:30am |

Ossett – Hobbies and Social Groups

| Name | Contact | Details |
|---|--|---|
| New mums - Community Cafe | contact name: Tracy phone: 07580513605 meeting place: South Ossett Baptist Church, Junction Lane, Ossett, WF5 0HA | day: Friday time: 9am – 11am Refreshments, conversation with other mums, mutual support, baby weighing, breastfeeding advice and post natal depression support. |
| Thursday Friendly Club Overton | contact name: Margaret Bradley phone: 01924 262780 meeting place: St Luke's Church, Overton, Wakefield WF4 4RB | day: 2nd and 4th Thursday of month time: 2pm – 4pm cost: £1 subs and £1 bingo Quizzes, meals out, cup of tea and a chat |

Ossett - Lunch Clubs

| Name | Contact | Details |
|------------------------------------|--|--|
| South Ossett Lunch Club | phone: 01924 263311 meeting place: Christ Church Centre, Off Vicar Lane, Ossett WF5 0BE | day: Monday time: 11am – 1pm cost: £4.75 (price may vary) Vicar comes once a month for communion on 2 nd Monday of month and the 3 rd Monday play table games. |

Ossett - Lunch Clubs

| Name | Contact | Details |
|--|---|--|
| Ossett War Memorial Community Centre - Community Cafe | contact name: Chris Gasteen phone: 01924 274838 meeting place: Ossett War Memorial Community Centre, Prospect Road, Ossett WF5 8AN | day: Wednesday time: 11:30am – 1pm (lunch served at 12.15pm) cost: £4.50 Home cooked food |
| Park Square Fisheries Home meals | Phone: 01924 280278 Meeting place: Park Square, Ossett, WF5 0JU | day: Wednesday to Friday 11.30am – 1.30pm and 4.30pm – 8pm Saturday 11:30am – 1.30pm A Fish and Chip shop that will deliver for free within 2miles for a minimum spend for £5 |

Ossett - Physical Activity

| Name | Contact | Details |
|---------------------|---|--|
| Indoor Bowls | contact name: John Alfie phone: 01924 275418 meeting place: Kings Way Church, Wesley Street, Ossett, WF5 8ET | day & time: Wednesday 2.00pm Thursday 1.45pm Friday 10.00am |
| Keep Fit | contact name: John Alfie phone: 01924 275418 meeting place: Kings Way Church, Wesley Street, Ossett WF5 5ET | day: Thursday time: 10:30am Please check regarding costs |

Ossett - Physical Activity

| Name | Contact | Details |
|---|---|---|
| Sequence Dance | contact name: Jeanette phone: 07821 656839 meeting place: Primrose Hall, Green Park Avenue, Ossett, WF4 6EG | day: Wednesday time: 1.30pm – 3.30pm £3 cost per person (subject to change) No need to attend in couples |
| Chair Aerobics – Gentle Exercise | contact: Georgina phone: 07912 878536 meeting place: Primrose Hall, Green Park Avenue, Horbury, WF4 5DA | day: Wednesday time: 10.30am – 11.30am |
| Indoor Bowling | contact name: Chris Gasteen phone: 01924 274838 meeting place: Ossett War Memorial Community Centre, Prospect Road, Ossett WF5 8AN | day: Thursday time: 2pm – 4pm day: Friday time: 10am – 12 noon day: Monday time: 10am – 12 |
| Yoga | contact name: Jo Oldfield phone: 01924 262390 / 07855253139 meeting place: Ossett War Memorial Community Centre, Prospect Road, Ossett WF5 8AN | day: Monday time: 7pm – 8.30pm day: Thursday time: 9:30am – 11am cost: £6 each session |
| Retired Ladies Keep Fit | contact name: Chris Gasteen phone: 01924 274838 meeting place: Ossett War Memorial Community Centre, Prospect Road, Ossett WF5 8AN | day: Monday time: 2:00pm – 3:00pm |

Ossett - Physical Activity

| Name | Contact | Details |
|-------------------------|---|---|
| Chairobics | contact name: John Alfie phone: 01924 275418 meeting place: Kings Way Church, Wesley Street, Ossett WF5 5ET | day: Mondays time: 10am Please check regarding costs |
| Zumba | contact name: John Alfie phone: 01924 275418 meeting place: Kings Way Church, Wesley Street, Ossett WF5 5ET | day: Monday time: 6:00pm Please check regarding costs |
| Sequence Dancing | contact name: Chris Gasteen phone: 01924 274838 meeting place: Ossett War Memorial Community Centre, Prospect Road, Ossett WF5 8AN | day: Wednesday time: 7.30pm – 10pm |
| Cycling for All | contact name: Wayne at St. Georges phone: 01924 369631 meeting place: Thornes Park Athletics Stadium, Horbury Road, WF2 8TY | day: Monday time: 10am – 11:30am Cycling fun for adults unable to use conventional 2 wheeled bikes. Specially adapted cycles, trikes & quads £2.90 per session |
| Tea Dance | contact name: Chris Gasteen phone: 01924 274838 meeting place: Ossett War Memorial Community Centre, Prospect Road, Ossett WF5 8AN | day: Friday time: 2pm – 4pm |

Ossett - Physical Activity

| Name | Contact | Details |
|--|---|--|
| Ballroom Dancing | phone: 01924 302999 meeting place: Ossett Town Hall, Market Place, Ossett WF5 8BE | day: Tuesday time: 7pm – 11pm cost: £3 |
| Senior Citizens Support Group Fun & Fitness | contact name: Alan Hudders phone: 07938156087 meeting place: Horbury Working Men’s Club, Cluntergate, Horbury, WF4 5DB website: www.Scsg.co.uk | day: Tuesday time: 10-11:30am Varied Fitness – All abilities |
| Walking Group – Church Street Surgery | contact name: Reception phone: 01924 217667 meeting place: Church Street Surgery waiting room, Kingsway, Ossett, WF5 8DF | day: Saturday (call for dates) time: 10am Please register at reception |
| Chair Exercises | contact name: Reception phone: 01924 217667 meeting place: Church Street Surgery, 1 st floor health & wellbeing room, Kingsway, Ossett WF5 8DF | day: 2 nd & 4 th Thursday time: 10am – 11am Cost: £3 a session We all know that being physically active is good for us, but we can’t all take part in walking or cycling. If that is the case for you, you could try chair based exercise. Patients of the surgery have priority if spaces are limited |

Horbury - Hobbies & Social Groups

| Name | Contact | Details |
|---|--|--|
| Coffee Morning | contact name: Anita phone: 01924 302935 meeting place: Dovecote Lodge, Dovecote Lane, Horbury WF4 6DJ | day: Tuesday time: 10am – 11am Open to the public – Coffee, Cake and Raffle |
| Tuesday Fellowship Over 50's Group | contact name: Margaret Homes phone: 01924 280371 meeting place: Horbury St Peters Church, Northgate, Horbury WF4 6AS | day: Alternate Tuesdays of the month – please call for dates. time: 2pm – 4pm St. Peters Parish Room. Refreshments, chat, social contact. |
| Coffee Morning | contact name: Margaret Homes phone: 01924 280371 meeting place: Horbury St Peters Church, Northgate, Horbury WF4 6AS | day: Saturday time: 9.15am – 11.15am A weekly opportunity to call in to our parish room for refreshments, home baking and a chat. A weekly raffle takes place. |
| Horbury Community Choir | contact name: Tom Long phone: 07817256165 meeting place: Horbury Working Men's Club, Cluntergate, Horbury WF4 5DB Come and join a thriving choir who would welcome new members of all ages. | day: Thursday time: 1.45pm cost: free for the first week and £3 per week thereafter which includes song book, new songs, tuition and transport to performances. Performances free to Care Homes, fundraising and community events, contact Tom for more information |

Horbury - Hobbies & Social Groups

| Name | Contact | Details |
|---|---|---|
| Saxondale Court Coffee Morning | contact name: Lynn Scotland Phone: 01924 262985/387216 meeting place: Saxondale Court, Northgate, Horbury, WF4 6AX | day: Friday time: 10:15am – 12:00noon Refreshments, chat, raffle, various activities |
| St Mary's Music Group U3A | contact name: Karen Campbell phone: 01924 262664 meeting place: Parish Centre, (next to) St Mary's Church, Millfield Road, Horbury WF4 5EH | day: Friday time: 1:30pm – 3:30pm Bring your own instrument and play. Term time only, all abilities welcome. Annual U3A membership costs £12 |
| Singing It Out - Horbury | Contact name: Melanie Cossins Phone: 07904981504 meeting place: Cluntergate Centre, Horbury, WF4 5DA | day: Friday time: 1:30pm – 2:30pm (Children welcome too) Singing is known to reduce stress and improve and support Mental Health. Come along and make friends. No musical ability required. |
| Over 50's Group | contact name: Valerie Crowther phone: 01924 262614 meeting place: St Johns Church, Mission Street, Horbury Bridge, WF4 5PS | day: first and third Wednesday of the month time: 2-4pm Meet fortnightly for tea, chat, bingo and occasional lunches |

Horbury - Hobbies & Social Groups

| Name | Contact | Details |
|-----------------------------------|---|--|
| St Mary's Men's Group | contact name: Karen Campbell phone: 01924 339072 meeting place: Parish Centre, (next to) St Mary's Church, Millfield Road, Horbury WF4 5DU | day: Tuesday evenings once a month (Call for dates and times – Subject to change) Social group, trips out, various activities |
| Coffee Morning | contact name: Shaun Bingham phone: 07724040887 meeting place: Salvation Army, Horbury (Behind Co-op) WF4 5AT | day: Thursday time: 9am – 11am |
| Cameo Club | contact name: Shaun Bingham phone: 07724040887 meeting place: Salvation Army, Horbury (Behind Co-op) WF4 5AT | day: Thursday time: 1.30pm – 2.30pm Over 60's games, quizzes, tea / coffee |
| Horbury Library Activities | phone: 01924 303060 meeting place: Horbury Library, Westfield Road, Horbury, WF4 6HP | Computer help and advice Free computer advice and help at the library – covering Microsoft office and how to access the internet Sewing Group day: Tuesday time: 10am – 12noon Adult Crafts day: 2 nd Thursday month time: 10.30am – 12noon |

Horbury - Hobbies & Social Groups

| Name | Contact | Details |
|--|---|---|
| Senior Citizens Support Group Bingo | contact name: Alan Hudders phone: 07938156087 meeting place: Horbury Working Men's Club, Cluntergate, Horbury, WF4 5DB website: www.Scsg.co.uk | day: Last Tuesday in the month time: 2pm Join SCSG as a member |
| Senior Citizens Support Group – Social Morning | contact name: Alan Hudders phone: 07938156087 meeting place: Horbury Working Men's Club, Cluntergate, Horbury, WF4 5DB website: www.Scsg.co.uk | day: 2 nd and 4 th Wednesday time: 10:00am Join SCSG as a member |
| Incredibly Edible gardening club – Horbury Bridge | contact name: Andy Austerfield phone: 07971098510 meeting place: The Island, Horbury Bridge | day: Friday Mornings time: 10am |
| Senior Citizens Support Group Coffee Morning | contact name: Alan Hudders phone: 07938156087 meeting place: Horbury Working Men's Club, Cluntergate, Horbury, WF4 5DB website: www.Scsg.co.uk | day: 1st and 3rd Wednesday of the month time: 10am – 12noon Followed by light lunch (at small cost) Dementia Friendly Join SCSG as a member |

Horbury - Hobbies & Social Groups

| Name | Contact | Details |
|---|---|--|
| Horbury Historical Society | phone: 01924 280852 meeting place: The Band Room, Horbury Methodist Church, High Street, Horbury, WF4 5LE | day: first Wednesday of the month time: 7.30pm Annual subscription £10:00 – Visitors welcome £2.50 a meeting |
| Monthly coach trip - Senior Citizens Support Group | contact name: Alan Hudders phone: 07938156087 meeting place: Horbury Working Men's Club, Cluntergate, Horbury, WF4 5DB website: www.Scsg.co.uk | day: 2 nd Wednesday in month time: 9:30am cost: Varies – book in advance Must be a group member |
| Craft Meetings | contact name: Anne phone: 01924 263058 meeting place: Primrose Hall, Green Park Avenue, Horbury, WF4 5DA | day: Wednesday time: 11am – 1pm |
| Book Group | phone: 07873 544948 meeting place: The Cluntergate Centre, Cluntergate, Horbury, WF4 5DA | day: Wednesday - Approx. once every 6 weeks. Call for dates time: 3:30pm – 4:30pm |
| Ladies Group | Contact: Joan Sykes Phone: 01924 848454 Meeting place: Horbury Methodist Church, High Street, Horbury, WF4 5LE | day: 3 rd Tuesday of the month time: 7:30pm Speakers, meals and trips out |

Horbury - Hobbies & Social Groups

| Name | Contact | Details |
|--------------------------------|--|--|
| Coffee Morning | Phone: 01924 272616 Meeting place: Horbury Methodist Church, High Street, Horbury, WF4 5LE | day: Saturday time: 10am – 12noon |
| ABC Toddler Group | phone: 01924 262614 meeting place: St Johns Church, Mission Street, Horbury Bridge, WF4 5PS | day: Tuesday time: 9:00am |
| “Baby Mamas” Group | contact name: Julia phone: 07545 529122 meeting place: Primrose Hall, Green Park Avenue, Horbury, WF4 5DA | day: Wednesday time: 10:45 – 11:45 day: Thursday time: 11:45 – 12noon |
| Knit & Craft | contact name: Centre manager phone: 07873544948 meeting place: The Cluntergate Centre, Cluntergate, Horbury WF4 5DA | day: Tuesday time: 1.00pm – 3.00pm |
| Improvers Dancing Steps | contact name: Gary phone: 07914081680 meeting place: Primrose Hall, Green Park Avenue, Horbury WF4 5DA | day: Friday time: 7:30pm – 8.30pm |

Horbury - Hobbies & Social Groups

| Name | Contact | Details |
|--|--|---|
| Cycling for All | <p>contact name: Wayne at St. Georges phone: 01924 369631 meeting place: Thornes Park Athletics Stadium, Horbury Road, WF2 8TY</p> | <p>day: Monday time: 10am – 11:30am</p> <p>Cycling fun for adults unable to use conventional 2 wheeled bikes. Specially adapted cycles, trikes and quads £2.90 per session</p> |
| Senior Citizens Support Group – Walks | <p>contact name: Alan Hudders phone: 07938156087 meeting place: Horbury Working Men’s Club, Cluntergate, Horbury, WF4 5DB</p> <p>website: www.Scsg.co.uk</p> | <p>Day: Wednesday (4th in the month) Time: 10:00am</p> <p>Join SCSG as a member</p> |
| Senior Citizens Support Group Chair Exercise/Aerobics | <p>contact name: Alan Hudders phone: 07938156087 meeting place: Horbury Working Men’s Club, Cluntergate, Horbury, WF4 5DB</p> <p>website: www.Scsg.co.uk</p> | <p>day: Thursday time: 10am – 12noon cost: £2 plus a yearly membership fee</p> |
| Senior Citizens Support Group Fun & Fitness | <p>contact name: Alan Hudders phone: 07938156087 meeting place: Horbury Working Men’s Club, Cluntergate, Horbury, WF4 5DB</p> <p>website: www.Scsg.co.uk</p> | <p>day: Tuesday time: 10-11:30am</p> <p>Varied Fitness – All abilities</p> |

Horbury - Lunch Clubs

| Name | Contact | Details |
|--|--|---|
| The Old Cottage Tea Rooms | contact name: Reception phone: 01924 280801 meeting place: 32 Queen Street, Horbury, Wakefield WF4 6LP | day: Monday – Saturday (cold platter for Sunday delivered on Saturday) cost: £5 Horbury / £5.50 Ossett A café that will deliver hot meals to people living in Horbury, Ossett, Middlestown and Lupset |
| Salvation Army Horbury Lunch Club | contact name: Dianna phone: 01924 218325 meeting place: Salvation Army, Peel Street, (Behind Co-op) Horbury WF4 5AT | day: Friday time: 12:30noon – 1.30pm |
| Café Church | contact name: Dianna phone: 01924 218325 meeting place: Salvation Army (Behind Co-op) Horbury WF4 5AT | day: Thursday time: 12 noon – 1pm cost: £1.50 soup, bread roll and dessert (No need to book) |
| Meals on Wheels – Caring for you | phone: 01924 271132 meeting place: The Old Bakery, 158 Bridge Road, Horbury, WF4 5NR | Meal delivery service please call for details of prices and service area Meals are delivered by qualified carers, meal deliveries could include a 5minute welfare check/medication prompt if required |

Horbury - Lunch Clubs

| Name | Contact | Details |
|---|---|---|
| Senior Citizens Support Group - Lunch Day | contact name: Alan Hudders phone: 07938156087 meeting place: Horbury Working Men's Club, Cluntergate, Horbury, WF4 5DB website: www.Scsg.co.uk | day: 1 st & 3 rd Wednesday time: 12:30pm cost: Cost of food, please ask. Must be a group member |
| Senior Citizens Support Group – Lunch Trip Out | contact name: Alan Hudders phone: 07938156087 meeting place: Horbury Working Men's Club, Cluntergate, Horbury, WF4 5DB website: www.Scsg.co.uk | day: 3 rd Thursday of the month time: 12:00pm cost: please ask the group Must be a group member |

Horbury - Support Groups

| Name | Contact | Details |
|--------------------------------|--|---|
| Wheelers & Wobblers | contact name: John Leighton phone: 01924 367437 meeting place: The Cluntergate Centre, Cluntergate, Horbury WF4 5DA | day: Wednesday time: 1pm – 4pm cost: £1 donation The wheelers and wobblers are a small voluntary charity whose aim is to improve the life & wellbeing of their members, whatever the disability or age, through sports & social activities. |

Horbury - Support Groups

| Name | Contact | Details |
|---|--|--|
| Carers Group | contact name: Pauline Berrie phone: 01924 278705 meeting place: Horbury Community Centre, Cluntergate, Horbury WF4 5DA | day: 2 nd Tuesday of month (call for dates) time: 2pm – 4:00pm |
| Creative Carers Writing & Art workshop | Contact name: Carers Wakefield Phone: 01924 305544 Meeting place: Horbury Community Centre, Cluntergate, Horbury, WF4 5DA | Following dates: 28 th Feb, 28 th March, 27 th June, 26 th September, 19 th December Time: 1:30-3:30pm |
| Benefit & Work Advice Sessions | phone: 01924 369631 meeting place: St Georges Community Centre, Broadway, Lupset, WF2 8AA | day: Thursday time: 9.30am – 11:30am Please contact the centre to book an appointment |

Lupset - Hobbies & Social Groups

| Name | Contact | Details |
|-------------------------------|--|---|
| Over 55's Group | phone: 01924 332554 meeting place: Jubilee Hall, 5 Road Ends, Townley Road, Lupset, WF2 8NS | day: Tuesday time: 1pm – 3pm cost: £1.50 Cards, dominos, table tennis |
| Craft Session | phone: 01924 332554 meeting place: Jubilee Hall, 5 Road Ends, Townley Road, Lupset, WF2 8NS | day: Tuesday time: 12- 2pm cost: £3.00 Share ideas and learn techniques |
| Knit & Knatter | phone: 01924 332554 meeting place: Jubilee Hall, 5 Road Ends, Townley Road, Lupset, WF2 8NS | day: Thursday time: 6:30pm – 9pm cost: £3.00 Share ideas and learn techniques |
| Social Inclusion Group | contact name: Vanda Dunnachie, Group Co-ordinator phone: Age UK Wakefield District, 01977 552114 meeting place: Jubilee Hall Community Centre, Lupset WF2 8JS | day: Monday time: 11.30am – 2pm cost: £17.00 (includes transport) A nutritious 2 course meal and hot drink, with lots of fun whilst taking part in varied activities. |

Lupset - Lunch Clubs

| Name | Contact | Details |
|-------------------------------|---|--|
| St. Georges Lunch Club | contact name: Wayne phone: 01924 369631 meeting place: St. Georges Community Centre, Broadway, Lupset, WF2 8AA | day: Friday time: 12 noon cost: £5 Good company, Fun and home cooked food. Three courses and tea/coffee |

Lupset - Physical Activity

| Name | Contact | Details |
|---------------------------|--|---|
| Table Tennis | phone: 01924 332554 meeting place: Jubilee Hall, 5 Road Ends, Townley Road, Lupset, WF2 8NS | day: Monday & Thursday time: 10am – 12pm cost: £1.50 |
| Line Dancing | phone: 01924 332554 meeting place: Jubilee Hall, 5 Road Ends, Townley Road, Lupset, WF2 8NS | day: Once a month time: 7:30pm – 10pm Social line dancing – call for date details |
| New beginner Salsa | phone: 01924 332554 meeting place: Jubilee Hall, 5 Road Ends, Townley Road, Lupset, WF2 8NS | day: Monday time: 6pm – 7pm cost: £25 for 4 classes No experience necessary |

Lupset - Physical Activity

| Name | Contact | Details |
|-----------------------------------|--|--|
| Tea Dance | phone: 01924 332554 meeting place: Jubilee Hall, 5 Road Ends, Townley Road, Lupset, WF2 8NS | day: Friday time: 1pm – 3pm cost: £3.50 |
| Local Lupset Walk | contact: Diane Farrar phone: 01924 369631 meeting place: St Georges Community Centre, Broadway, Lupset, WF2 8AA | day: Thursday time: 10am Dogs included |
| Table Tennis | contact: Wayne phone: 01924 369631 meeting place: St Georges Community Centre, Broadway, Lupset, WF2 8AA | day: Monday time; 7pm – 8:30pm Over 50's welcome to come along and join in this fun, social evening. Its only £1 |
| Boccia Bowling | contact: Wayne phone: 01924 369631 meeting place: St Georges Community Centre, Broadway, Lupset, WF2 8AA | day: Tuesday time: 1:30pm – 3:30pm This is a seated team game and it's suitable for anyone. Its great fun. |
| Chair-based exercise class | contact: Wayne phone: 01924 369631 meeting place: St Georges Community Centre, Broadway, Lupset, WF2 8AA | day: Wednesday time: 10am – 10:30am cost: £2 Wheelchairs welcome, Friendly and Fun |

Lupset - Physical Activity

| Name | Contact | Details |
|---|---|--|
| Pilates | contact: Wayne phone: 01924 369631 meeting place: St Georges Community Centre, Broadway, Lupset, WF2 8AA | day: Monday time: 1:15pm – 2:15pm cost: £4 Improve posture and flexibility. Strengthens abdominal and back muscles. Reduces stress. All abilities |
| W.A.L.C. Wakefield Autism Leisure Club | phone: 07415708007 meeting place: Denhale Active Recreation Centre, Denhale Ave, Wakefield, WF2 9EF email: wakefieldautismleisureclub@gmail.com website: https://denhalearc.co.uk/denhale-user-groups/wakefield-autism-leisure-club/ | Sessions start for children aged 5 up to Adults of any age. Activities include Multi Sports, Swimming, Bowls and Football Offering inclusive sessions allowing siblings to attend too. Please visit website or phone for details of available sessions. |

Lupset - Volunteering

| Name | Contact | Details |
|--|---|---|
| Dragon Community Transport St Georges, Lupset | Contact: Centre Staff Phone: 01924 369631 Email: dragon@stgeorgeslupset.org.uk | Have your own vehicle and wanting to volunteer? Vacancies for drivers with their own cars to pick up individual members and take them to an agreed venue and then return them home. Example journeys – Supermarket, opticians, dentist and doctors. Volunteers can claim expenses |

Other Useful Contacts – area wide

| Name | Contact | Details |
|--------------------------------------|---|--|
| Senior Citizens Support Group | contact name: Alan Hudders phone: 07938156087 meeting place: Horbury Working Men’s Club, Cluntergate, Horbury, WF4 5DB website: www.Scsg.co.uk | day: Various days time: Various times |
| Building Ossett Better | email: buildingossettbetter@hotmail.co.uk meeting place: Café Wellgate, Wellgate Centre, Ossett, WF5 8NS | day: Tuesday or Thursday time: 5.30pm |
| Dragon Community Transport | Contact: Centre Staff Phone: 01924 369631 Email: dragon@stgeorgeslupset.org.uk | Provides accessible transport for charitable and non-profit groups across the whole of the Wakefield District. Hires minibus and insured driver £16 an hour – minimum hire time is 3 hours. Can also offer transport to individual members. Call to organise membership |
| Netherton Village Hall | contact name: Treasurer phone: (01924) 277375 meeting place: Netherton Village Hall, Coxley View, Netherton, WF4 4LT | Hosts physical activity and social sessions – please call for dates/times/prices of events. |
| Wakefield U3A | Website: http://www.wakefieldu3a.org.uk/ | Membership to the U3A gives access to many activity groups. See website for full details of activities, costs and venues. |

Other Useful Contacts – area wide

| Name | Contact | Details |
|----------------------------|---|---|
| Alzheimer’s Society | <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.</p> <p>Services include:</p> <ul style="list-style-type: none"> • The Dementia Support Service • Dementia Cafes • Singing for the Brain • Peer Support • Information Programmes • The Side by Side Project |