Local Support and Social Groups

to aid independence and healthy living

WAKEFIELD SOUTH AND RURAL - City Centre, Alverthorpe, Thornes, Agbrigg, Sandal, Crigglestone, Hall Green and Kettlethorpe

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

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

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

If you notice any errors or would like more information, please telephone our office on 01924 255363.

Live Well Wakefield, the Agbrigg and Belle Vue Community Centre, Montague Street, Agbrigg, Wakefield WF1 5BB

Updated October 2019
Areas covered in this Directory

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<td>Crigglestone, Hall Green and Kettlethorpe</td>
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Each area contains the following headings:

- Hobbies and Social Groups
- Lunch Clubs
- Physical Activity
- Support Groups
- Other Useful Contacts

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 NORTH – Outwood, Wrenthorpe, Stanley, College Grove and Eastmoor
- WAKEFIELD NORTH WEST - Ossett, Overton, Horbury, Middlestown Netherton and Lupset
## Wakefield City Centre, Alverthorpe and Thornes
### Hobbies & Social Groups

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>Aphasia Café Stroke Association</strong></td>
<td><strong>contact name:</strong> Kayleigh or Stacey</td>
<td><strong>day:</strong> 1&lt;sup&gt;st&lt;/sup&gt; Tuesday in the month</td>
</tr>
<tr>
<td></td>
<td><strong>phone:</strong> 01924 372525</td>
<td><strong>time:</strong> 10.30am – 12noon</td>
</tr>
<tr>
<td></td>
<td><strong>meeting place:</strong> Create Café, Burton Street, Wakefield, WF1 2DD</td>
<td>Boccia, chair based exercise, quizzes and outings</td>
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<tr>
<td><strong>Balne Lane Community Centre</strong></td>
<td><strong>contact name:</strong></td>
<td><strong>Monday</strong> <em>Exercise to Music</em> 9.30-10.30am. £37 10 weeks course £3.50 session</td>
</tr>
<tr>
<td>ACTIVITIES</td>
<td><strong>phone:</strong> 01924 373558</td>
<td><em>Chin Wags Club Over 50s</em> 12.30 - 3pm Bingo, chair based exercise, boccia and more.</td>
</tr>
<tr>
<td></td>
<td><strong>meeting place:</strong> Balne Lane Community Centre, Alverthorpe, Wakefield WF2 0DP</td>
<td><strong>Tuesday</strong> <em>Classical Guitars (Adults)</em> 6.30-8.30pm</td>
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<tr>
<td></td>
<td></td>
<td><strong>Wednesday</strong> <em>Little Gems Soft Play Session</em> 12noon – 3pm</td>
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<td></td>
<td></td>
<td><strong>Thursday</strong> <em>Coffee Club</em> (older people)* 10am-12noon</td>
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<td><em>Drama &amp; Dance</em> 10-15 yr old. 7.30pm <em>cost:</em> £2.25</td>
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<tr>
<td>Name</td>
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<td>Details</td>
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<tr>
<td>Colin Barnaby Court</td>
<td>contact name: Cath</td>
<td>Various community events and social activities</td>
</tr>
<tr>
<td></td>
<td>phone: 01924 298847 / 302706</td>
<td></td>
</tr>
<tr>
<td></td>
<td>meeting place: Colin Barnaby Court, Alverthorpe, Wakefield, WF2 0TT</td>
<td></td>
</tr>
<tr>
<td>Dementia Coffee Morning</td>
<td>phone: 01924 372382</td>
<td>day: Monday</td>
</tr>
<tr>
<td></td>
<td>Email: <a href="mailto:staff@disabilitysportyorkshire.org">staff@disabilitysportyorkshire.org</a></td>
<td>time: 10am – 11.30am</td>
</tr>
<tr>
<td></td>
<td>Meeting place: Denhale ARC, Denhale Avenue, Wakefield, WF2 9EF</td>
<td>Participate in the coffee morning and gentle exercise, carpet bowls, boccia, bingo and much more.</td>
</tr>
<tr>
<td>Lindale Methodist Church Coffee Mornings</td>
<td>contact: Rev Rob Drost</td>
<td>day: 1st Saturday of the month</td>
</tr>
<tr>
<td></td>
<td>phone: 01924 373287</td>
<td>time: 10am – 11:30am</td>
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<tr>
<td></td>
<td>meeting place: Brandy Carr Road, Kirkhamgate, Wakefield WF2 0RJ</td>
<td></td>
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<tr>
<td>Wakefield Cathedral Craft</td>
<td>contact name: Bev Howes</td>
<td>day: Tuesday</td>
</tr>
<tr>
<td></td>
<td>phone: 01924 373923</td>
<td>time: 2pm-4pm</td>
</tr>
<tr>
<td></td>
<td>meeting place: Wakefield Cathedral Centre, Westmorland Street, WF1 1PJ</td>
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## Hobbies & Social Groups

<table>
<thead>
<tr>
<th>Name</th>
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</table>
| **Board Games Club**                      | **contact name:** Bev Howes  
**phone:** 01924 373923  
**meeting place:** Treacy Hall, Wakefield Cathedral, Wakefield | **cost:** Free  
**time:** Thursday 1.30-3.30pm |
| **WOFAG Wakefield Over 50s Action Group** | **contact name:** Margaret Dodd (Chair)  
**email:** Margaret@mdodd4.plus.com  
**meeting place:** Fire Station, Brunswick Street, Wakefield, West Yorkshire WF1 4PA | **day and time:** Forum group meets every second Tuesday of the month |
| **Singing for Fun**                       | **contact name:** Bev Howes  
**phone:** 01924 373923  
**meeting place:** Wakefield Cathedral, 8-10 Westmorland Street, Wakefield WF1 1PJ | **day:** Thursday  
**time:** 7:30pm- 9:30pm |
| **St Michael's Coffee Club**              | **contact name:** Minister in Charge Gerry Sykes  
**phone:** 01924 383724  
**meeting place:** St Michael's Church, Westgate Common, Wakefield, WF2 9RW | **day:** Mondays  
**time:** 1pm – 3pm |
# Wakefield City Centre, Alverthorpe and Thornes
## Hobbies & Social Groups

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<tr>
<th>Name</th>
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</table>
| Free Lunchtime Concert        | **contact name:** Bev Howes  
phone: 01924 373923  
meeting place: Wakefield Cathedral, 8-10 Westmorland Street, Wakefield WF1 1PJ | day: Tuesdays  
time: 1pm - 2pm |
| St James Mens Society         | **contact name:** Kevin Viles  
phone: 01924 383564 / 787801  
meeting place: Denby Dale Road, Denby Dale Road, opposite Thornes Park., Thornes, West Yorkshire, WF2 8EB | day: Monday  
time: 7:30pm – 9:30pm |
| City Crafts                   | **contact:** Salvation Army  
phone: 01924 382430  
meeting place: Salvation Army, Vicarage Street, Wakefield, WF1 1QX | day: Friday  
time: 1pm-3pm |
| Bethany Healing Centre        | **phone:** 07596179140  
email: bethanytlc2@gmail.com  
meeting place: West Wakefield Methodist Church, Thornes Road, Wakefield, WF2 8QR | day: Monday (Except bank holidays)  
time: 2pm – 4pm  
**cost:** £2  
# Wakefield City Centre, Alverthorpe and Thornes
## Hobbies & Social Groups

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<tr>
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</table>
| **The Stride Theatre**        | phone: 01924 806024          | Classes: (Adults from 18+) Mon 10am – 11.30am, 12noon – 2pm Tues 12noon – 2pm  
Performing arts workshops designed to build communication and confidence, to drive motivate and develop self-esteem |
|                              | meeting place: Stride Theatre, Custom House, The Springs, Wakefield, WF1 1QA |                           |
|                              | email: Rebecca@stridetheatre.co.uk |                           |
|                              | website: www.stridetheatre.co.uk |                           |
| **Art & Craft**               | contact: Revd Kim Williams   | day: Thursday  
time: 1pm-3pm  
A relaxed informal gathering where people pursue their own art/craft work |
|                              | phone: 01924 365394          |                           |
|                              | meeting place: West Wakefield Methodist Church, Thornes Road, Wakefield, WF2 8QR |                           |
| **Inspiring Recovery**        | meeting place: Turning Point, Grosvenor House. 8-20 Union Street, Wakefield, WF1 3AE |  
Tues 10am – 12noon Reclaim Group  
10.30am – 12noon Alcohol & Wellbeing  
Wed 1pm – 2.30 Recovery Skills  
Thurs 2pm – 3pm Introduction to Change  
Fri 11am – 12.30pm Dependent Alcohol & Wellbeing Group |
| **Turning Point**             |                              |                           |
| **Lightwaves Leisure Centre** | phone: 01924 360158          | Please telephone for full timetable of activities |
|                              | meeting place: Lower York St Wakefield, WF1 3LJ |                           |
|                              | email: info@lightwaves.org.uk |                           |
## Wakefield City Centre, Alverthorpe and Thornes Hobbies & Social Groups

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</table>
| **Sun Lane Leisure Centre Fitness Sessions** | phone: 01924 306001  
meeting place: Sun Lane Wakefield WF1 1JD  
email: sunlaneleisure@wakefield.gov.uk  
website: www.wakefield.gov.uk | Please contact the Leisure Centre for full time table of activities and pool times. |
| **Yoga Club**                             | contact name: Wendy  
phone: 01924 381555  
meeting place: Balne Lane Community Centre, Alverthorpe, Wakefield WF2 0DP | day: Friday  
time: 9:30am – 10.30am |
| **Disability Activities – Thornes Park Stadium** | phone: 01924 302385  
meeting place: Thornes Park Stadium, Horbury Road Wakefield WF2 8TY  
*Please contact the stadium as some sessions need to be booked in advance and prices may vary. Call for more information.* | day and time: Disability Cycling:  
Monday 10am-12noon  
cost: £2.95  
Group Activities and disability cycling for people with disabilities or with reduced mobility |
# Wakefield City Centre, Alverthorpe and Thornes
## Hobbies & Social Groups

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</table>
| Thornes Park 5km Run | **meeting place:** Thornes Park, Horbury Road, Wakefield, WF2 8TY  
                      | **website:** www.parkrun.org.uk/wakefieldthornes/                      | Weekly free 5km Timed Run  
                      | **day and time:** Saturday 9am  
                      | | Please visit the website for more information on this and other park runs in the area.  
                      | **Please note:** There is also a Junior 2km Run                         |
| Mindful Movers     | **meeting place:** Thornes Park Stadium, Horbury Road, Wakefield, WF2 8TY  
                      | **email:** mindfulmovers@whitedgeevents.com  
                      | **facebook:** @MMrunwalktalk                                             | **day and time:** Thursday 5.30pm – 6.30pm and Friday 10am – 11am  
                      | **facilities:** Lockers, toilet, drink, facilities  
                      | Join our free run, walk and talk group and feel the physical and mental benefits of exercise. |
# Wakefield City Centre, Alverthorpe and Thornes Lunch Clubs

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<tr>
<th>Name</th>
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</table>
| West Wakefield Methodist Church | **contact:** Janette Firth  
**phone:** 01924 361886  
**meeting place:** Thornes Road, Wakefield, WF2 8QR | **day and time:** Last Wednesday in the month 12.30pm except for August  
**Cost:** £4.50 for lunch |
| St Johns Lunch Club         | **phone:** 01924 371029  
**meeting place:** St Johns Church, Wentworth Street, Wakefield, WF1 2QU | **day:** Wednesday  
**time:** 12noon -1pm  
**cost:** £3.50  
Soup, cold meat buffet, salad and pudding |
| U3A Luncheon Club           | **contact name:** Pauline Turney – for reservations  
**meeting place:** Gaskell’s Restaurant, Wakefield College, Margaret Street, Wakefield, WF1 2DH  
**website:** www.wakefieldu3a.org.uk | **day and time:** Thursday (periodically)  
12.00noon for 12.15pm  
Lunch £9.00 including tea and coffee  
Please note there is a joining fee £13 per year |
# Wakefield City Centre, Alverthorpe and Thornes Physical Activity

<table>
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<tr>
<th>Name</th>
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<th>Details</th>
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</table>
| Lightwaves Leisure Centre                 | **phone:** 01924 360158  
**meeting place:** Lower York St Wakefield, WF1 3LJ  
**email:** info@lightwaves.org.uk | Please telephone for full timetable of activities                      |
| Sun Lane Leisure Centre Fitness Sessions  | **phone:** 01924 306001  
**meeting place:** Sun Lane Wakefield WF1 1JD  
**email:** sunlaneleisure@wakefield.gov.uk  
**website:** www.wakefield.gov.uk/sunlane | Please contact the Leisure Centre for full time table of activities and pool times. |
| Yoga Club                                 | **contact name:** Wendy  
**phone:** 01924 381555  
**meeting place:** Balne Lane Community Centre, Alverthorpe, Wakefield WF2 0DP | **day:** Friday  
**time:** 9:30am – 10.30am |
| Disability Activities – Thornes Park Stadium | **phone:** 01924 302385  
**meeting place:** Thornes Park Stadium, Horbury Road Wakefield WF2 8TY  
*Please contact the stadium as some sessions need to be booked in advance and prices may vary. Call for more information.* | **day and time:** Disability Cycling: Monday 10am-12noon  
**cost:** £2.95  
Group Activities and disability cycling for people with disabilities or with reduced mobility |
# Wakefield City Centre, Alverthorpe and Thornes Physical Activity

<table>
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<tr>
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</table>
| **Thornes Park 5km Run** | **meeting place:** Thornes Park, Horbury Road, Wakefield, WF2 8TY <br>**website:** www.parkrun.org.uk/wakefieldthornes/ | Weekly free 5km Timed Run  
**day and time:** Saturday 9am  
Please visit the website for more information on this and other park runs in the area.  
**Please note:** There is also a Junior 2km Run |
| **Mindful Movers**    | **meeting place:** Thornes Park Stadium, Horbury Road, Wakefield, WF2 8TY  
**email:** mindfulmovers@whitedgeevents.com  
**facebook:** @MMrunwalktalk | **day and time:** Thursday 5.30pm – 6.30pm and Friday 10am – 11am  
**facilities:** Lockers, toilet, drink, facilities  
Join our free run, walk and talk group and feel the physical and mental benefits of exercise. |
# Wakefield City Centre, Alverthorpe and Thornes Support Groups

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</table>
| Sunshine & Showers          | Contact: Margaret Whittaker  | day and time: Every other Tuesday (please call for dates & times)  
                          | phone: 07766281255  
                          | email: magwhittaker@hotmail.co.uk  
                          | meeting place: 35 Peterson Road, Wakefield, WF1 4DU  | Peer support group for people suffering with depression & anxiety, includes social activities and outings |
| Forget me Not Cafe          | contact name: Alzheimer’s Society Wakefield | day: last Wednesday of the month  
                          | phone: 01924 373264  
                          | email: wakefield@alzheimers.org.uk  
                          | meeting place: New Wells (Anchor Housing), Thornhill Street, Wakefield, WF1 1NJ | time: 1pm – 3pm  
                          | cost: Free  
                          |                                                           | A social setting for people affected by Dementia to provide peer support within the community. This café is facilitated by a Dementia Support Worker and often informative guest speakers too. |
## Wakefield City Centre, Alverthorpe and Thornes Support Groups

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| **Battle Scars**                    | **phone**: For information only 07410380747  
| 18+                                 | **email**: info@battle-scars-self-harm.org.uk  
|                                     | **meeting place**: Wakefield Sea Cadet Building, Thornes Lane, Wakefield WF1 5QW  
|                                     | **website**: www.battle-scars-self-harm.org.uk                        | Please contact for more information or view the website for information  
|                                     |                                                                         | For those who have experienced Physical and psychological self-harm.                                                              |
| **Mesmac Wakefield Counselling**    | **phone**: 01924 211116  
| Service                             | **meeting place**: 12 Cheapside, Wakefield, WF1 2TP                        | Free short term counselling for people who are gay, bisexual or transgender.  
|                                     |                                                                         | Free confidential HIV support service  
|                                     |                                                                         | **day**: Monday – Friday 9.30am – 5.30pm                                                                                     |
| **S.M.a.S.H. Society**              | **phone**: 07392721475  
| Self-management for adults          | **meeting place**: West Wakefield Methodist Church, Thornes Road, Wakefield, WF2 8UR  
| living with a health condition.     | **email**: smashsociety@outlook.com                                     | **day**: 2nd Tuesday of the month  
|                                     |                                                                         | **time**: 10.00am – 12noon  
|                                     |                                                                         | **cost**: 50p for refreshments  
|                                     |                                                                         | Feeling isolated, or want to be a part in your community                                                                     |
## Wakefield City Centre, Alverthorpe and Thornes Support Groups

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</table>
| Memory Action Group   | contact: Jan – 07963568892 / Christine 07453952833  
meeting place: West Wakefield Methodist Church, Thorne Road, Wakefield, WF2 8QR | day and time: Wednesday 2pm – 4pm  
Friday 2pm – 4pm (except last Friday in the month)  
Peer support for people living with Dementia and their carers. |
| #Andy's Man Club      | meeting place: 5-5a Cheapside, Wakefield, WF1 2SD  
email: info@andymanclub.co.uk  
website: www.andymanclub.co.uk | Day and time: Monday 7pm |
| Right Steps (run by Turning Point) | phone: 01924 234860  
meeting place: 57 Kirkgate, Wakefield, WF1 1HX | Monday – Friday 8am – 8pm  
Saturday 9am – 6pm  
Sunday 10am – 4.30pm |
# Wakefield City Centre, Alverthorpe and Thornes Support Groups

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| Various Carers Group      | **contact**: Carers Wakefield & District  
|                           | **phone**: 01924 305544                      | For people caring for others - It is preferred that you are registered with Carers Wakefield but not necessary                             |
|                           | **meeting place**: Various Locations call phone number for details. |                                                                                                                                      |
|                           | **Wakefield Carers Group** – Meet at Quaker Meeting House,להות havill Street, Wakefield, WF1 1NQ |                                                                                                                                      |
|                           | **BAME Carers Group** – Meet at Meet at Lupset Pub, Horbury Road, Wakefield WF2 8JF |                                                                                                                                      |
|                           | **Mental Health Carers** – Meet at 25 King Street, Wakefield, WF1 2SR |                                                                                                                                      |
|                           | **Mens Group** – Meet at various locations |                                                                                                                                      |
|                           | **Working Carers Group** – Meet at Sainsbury’s Café, Trinity Walk, WF1 1QQ |                                                                                                                                      |
| Catch a Falling Star      | **meeting place**: Art House, Drury Lane, Wakefield, WF1 2TE  
|                           | **facebook**: catch a falling star wakefield | **day and time**: Alternate Wednesdays 5:15pm - 7:15pm (please enquire for exact dates)  
|                           |                                                                                       | Wakefield adult mental health support group                                                                                           |
# Wakefield City Centre, Alverthorpe and Thornes Support Groups

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| Richmond Fellowship - Peer support activities | contact: Caroline Gowers  
phone: 01924 339157  
meeting place: Various Places, Call for details of monthly activities | Open to anyone aged 17+ to provide people with the opportunity to improve their health & wellbeing.  
Groups can vary month to month - Managing stress & anxiety, Mindfulness, Aromatherapy, Board games & Quiz group, Walking and more |
| Community Drop-in Service  
Contact for details |                              |                                                                                                                                                   |
| Second Chance Headway Centre  
phone: 01924 366735  
email: janice@schc.co.uk  
meeting place: The Second Chance Headway Centre, Almshouse Lane, Wakefield, WF1 1DS  
website: http://www.schc.co.uk/  
Head Towards Work Programme – 12 or more Pre-vocational Workshops, held in the local community. | Offer support, advice for people who have had a brain injury and those around them.  
Day Centre is open 5 days a week, Monday to Friday 9:30am - 3:30pm |
# Wakefield City Centre, Alverthorpe and Thornes
## Other Useful Information

<table>
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<tr>
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</table>
| **South West Yorkshire Partnership NHS Foundation Trust Recovery College** | **phone**: 01924 316946  
**meeting place**: Wakefield and 5 Towns Recovery College, Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE  
Condition specific courses, such as living with anxiety and busting stress; including creative writing and IT for beginners. |
| **Wakefield Street Kitchen** | **address**: Trinity Cathedral Precinct, WF1 1HQ  
Information can be found on Facebook.  
No contact information available.  
**Please see Street Paws in Recreational and Specialist Activities** | Wednesday at 7pm. Run by Volunters – helping the homeless and less fortunate in Wakefield. Providing hot food and drinks plus a 'goody bag' of snacks etc. Clothing, tents and sleeping bags also available. |
| **U3A** | **contact**: Chair Shirley Dufton/ Group coordinator Elaine Machell  
**phone**: 01484534297/ 01924 277924  
**email**: e.machell@talktalk.net  
**website**: www.wakefieldu3a.org.uk | Various activities and groups please contact Chairperson |
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</table>
| St Austin’s Community Centre       | phone: 01924 372080  
meeting place: Wentworth Terrace, Wakefield, West Yorkshire, WF1 3QN | Various activities and events throughout the year                          |
| Citizens Advice Bureau (CAB)       | phone: 03444 111 444  
meeting place: 27 King Street, Wakefield, WF1 2SR | A free service to support you with advice needed for the problems people face. |
| Well Woman Centre                  | phone: 01924 211114                           | Courses and support available. No male adults are permitted on site.     |
| Spectrum Sexual Health Clinic –    | phone: 01924 327586  
Call us in confidence on 01924 311400 or email us at enquiries2@spectrum-cic.nhs.uk | Services include: all methods of contraception, emergency contraception, Hepatitis B vaccinations and screening and treatment for Sexually Transmitted Infections (STIs). Staff at the clinic will also be able to offer advice following a positive pregnancy test, menopause and other sexual health issues. |
| Trinity Walk Clinic                |                                             |                                                                         |
|                                    | Location: Trinity Walk Clinic, Unit LG1A, Trinity Walk Shopping Centre, Wakefield, WF1 1QS. |                                                                         |
# Agbrigg and Sandal - Hobbies & Social Groups

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<tbody>
<tr>
<td><strong>Asian Men’s Group</strong></td>
<td><strong>phone:</strong> 01924 303785</td>
<td><strong>day:</strong> Tuesday&lt;br&gt;<strong>time:</strong> 10.30am – 1.30pm&lt;br&gt;<strong>cost:</strong> Free&lt;br&gt;Social group with lunch aimed at men over 65 or diagnosed with a long term health condition</td>
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<tr>
<td></td>
<td><strong>meeting place:</strong> Agbrigg and Belle Vue Community Centre, Montague Street, Agbrigg, WF1 5BB</td>
<td></td>
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<tr>
<td><strong>Asian Women’s Group</strong></td>
<td><strong>phone:</strong> 01924 303785</td>
<td><strong>day:</strong> Thursday&lt;br&gt;<strong>time:</strong> 10.30am – 1.15pm&lt;br&gt;<strong>cost:</strong> Free&lt;br&gt;Social group with option to take part in exercise class and extra cost</td>
</tr>
<tr>
<td></td>
<td><strong>meeting place:</strong> Agbrigg and Belle Vue Community Centre, Montague Street, Agbrigg, WF1 5BB</td>
<td></td>
</tr>
<tr>
<td><strong>The Monday Club</strong></td>
<td><strong>contact name:</strong> Lorraine Bickerdyke&lt;br&gt;<strong>phone:</strong> 01924 211130</td>
<td><strong>day:</strong> Monday (Fortnightly)&lt;br&gt;<strong>time:</strong> 4.00pm – 6.00pm&lt;br&gt;A group for local people – bingo, activities and outings arranged. Refreshments provided.</td>
</tr>
<tr>
<td></td>
<td><strong>meeting place:</strong> St Catherine’s Church Centre, Doncaster Road, Wakefield WF1 5HL</td>
<td></td>
</tr>
</tbody>
</table>
### Agbrigg and Sandal - Hobbies & Social Groups

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sandal Library Activities</td>
<td><strong>contact name:</strong> Library Staff</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>phone:</strong> 01924 303355</td>
<td><strong>Active Minds</strong></td>
</tr>
<tr>
<td></td>
<td><strong>email:</strong> <a href="mailto:sandallibrary@wakefield.gov">sandallibrary@wakefield.gov</a></td>
<td><strong>day:</strong> Monday and Tuesday</td>
</tr>
<tr>
<td></td>
<td><strong>meeting place:</strong> Sandal Library, Sparable Lane, Off Barnsley Rd, Sandal WF1 5LJ</td>
<td><strong>time:</strong> Monday 11.00am – 12.00noon</td>
</tr>
<tr>
<td></td>
<td><strong>website:</strong> <a href="http://www.wakefield.gov.uk">www.wakefield.gov.uk</a></td>
<td><strong>Cost:</strong> free</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Weekly drop-in activity session – free refreshments</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Adult Crafts</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>day:</strong> Friday <strong>time:</strong> 11.00 – 12 noon</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Coffee and Chat</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>day:</strong> Friday <strong>time:</strong> 10am – 11am</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Gardening Club:: weekly during summer. Contact the Library</strong></td>
</tr>
<tr>
<td>Monday Club</td>
<td><strong>contact name:</strong> Sally Martin</td>
<td><strong>day:</strong> Monday</td>
</tr>
<tr>
<td></td>
<td><strong>phone:</strong> 07910558139</td>
<td><strong>time:</strong> 10.30am – 12.30pm</td>
</tr>
<tr>
<td></td>
<td><strong>email:</strong> <a href="mailto:sallymartinpcf@gmail.com">sallymartinpcf@gmail.com</a></td>
<td><strong>cost:</strong> £1.50 a session</td>
</tr>
<tr>
<td></td>
<td><strong>meeting place:</strong> Portobello Community Centre, Portobello Road, Portobello, WF4 7JJ</td>
<td>A group for local people, run by local people – includes bingo, raffles and outings – all welcome</td>
</tr>
</tbody>
</table>
### Agbrigg and Sandal - Hobbies & Social Groups

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
</tr>
</thead>
</table>
| **Craft and Camera Group**  | phone: 07910558139  
                          | email: communityphoto@hotmail.com  
                          | meeting place: Portobello Community Centre, Portobello Road, Portobello, WF4 7JJ | day: Tuesday  
                          | time: 12.30pm – 2pm  
                          | cost: £1 a session                                                   |
| **U3A (University of the third Age)** | website: www.wakefieldu3a.org.uk  
                          | meeting place: All activity groups meet in the daytime and many at Manygates Adult Education Centre, Sandal, and Wakefield (MACE). | Offers a variety of hobbies and activities such as foreign languages, dining clubs, keep fit and walking- various locations across Wakefield.  
                          | Annual membership fee payable (£12) – allows access to all activities and events. |
| **Men’s Circle**            | contact name: Rev Barry Lotz  
                          | phone: 01924 210974  
                          | email: smc2011@virginmedia.com  
                          | meeting place: Sandal Methodist Church, 253 Barnsley Road, Wakefield, WF1 5NU | day: 3rd Monday monthly  
                          | time: 7.30pm  
                          | Christian fellowship, interesting speakers and days out               |
## Agbrigg and Sandal - Hobbies & Social Groups

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
</tr>
</thead>
</table>
| **Open Door Coffee Morning**      | **contact name**: Rev Barry Lotz  | **day**: Wednesday  
**phone**: 01924 210974  
**email**: smc2011@virginmedia.com  
**meeting place**: Sandal Methodist Church, 253 Barnsley Road, Wakefield, WF1 5NU  
**website**: www.sandalmethodistchurch.org.uk  
**time**: 10am – 12 noon  
Join them for a social 'chit chat' with coffee, tea and biscuits |
| **The Community Singing Group**   | **contact name**: St Catherine’s Church Centre  
**phone**: 01924 211130  
**meeting place**: St Catherine’s Church, Doncaster Road, Wakefield  
**website**: www.stcatherines-wakefield.org.uk  
**day**: Thursday  
**time**: 6.30pm – 8.00pm  
**Cost**: free  
Free choir and music/singing group. All abilities welcome |
| **Meet and Eat**                   | **contact name**: St Catherine’s Centre  
**phone**: 01924 211130  
**meeting place**: St Catherine’s Church Centre, Doncaster Road, Belle Vue, Wakefield, Wf1 5HL  
**Day**: Tuesday  
**Time**: 6.30pm  
**Cost**: Free  
A free hot meal for vulnerable people in our community |
## Agbrigg and Sandal - Hobbies & Social Groups

<table>
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<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| **Wellbeing Wednesday**                   | contact name: St Catherine’s Church Centre  
phone: 01924 211130  
meeting place: St Catherine’s Church Centre, Doncaster Road, Wakefield WF1 5HL  
website: www.stcatherines-wakefield.org.uk | day last Wednesday in each month  
time: 12.30pm – 2.30pm  
cost: £1 per person  
Lunch time quiz session offers fun way to exercise your general knowledge brain and relax with friends. Come on your own and join one of our friendly teams or bring your own team. The session includes quizzes, puzzles and prizes. |
| **Young at Heart Leisure Group**          | contact name: Marie Codd  
phone: 01924 781395  
meeting place: Agbrigg Community Centre, Montague Street, Agbrigg, Wakefield WF1 5BB | day: Thursday  
time: 1.30pm – 3.30pm  
A volunteer led group offering friendship and activities |
| **Gardening Club**                        | contact name: St Catherine’s Church Centre  
phone: 01924 211130  
meeting place: St Catherine’s Church, Doncaster Road, Wakefield, WF1 5HL  
website: www.stcatherines-wakefield.org.uk | day: every other Wednesday  
time: 10.00 – 12.30pm  
cost: Free  
For novice or experienced gardeners alike. Links to local allotments |
## Agbrigg and Sandal - Hobbies & Social Groups

<table>
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<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| **Apple Tree Community Garden** | **phone:** 01924 307348  
**address:** off Agbrigg Road, Wakefield, WF1 5AE  
**email:** healthimprovement@wakefield.gov.uk  
**phone:** 01924 311400  
**website:** www.spectrumhealth.org.uk/spectrum-people/projects-and-activities/ | **day:** Tuesday, Wednesday and Friday  
**time:** 10am – 3pm  
Spectrum People in partnership with the Public Health Team at Wakefield Council.  
Meet new friends and, whatever your strengths, skills or abilities there are activities to suit **everyone**.  
**Please phone for more information** |
| **Knit & Natter**         | **contact name:** Viv Buckley  
**phone:** 01924 256966  
**meeting place:** The Springs, 229 Barnsley Road, Sandal, Wakefield, WF2 6EG | **day:** Thursday  
**time:** 2pm – 4pm  
Time for a cuppa and knit with like-minded people |
| **Creative Writing**      | **contact name:** St Catherine’s Centre  
**phone:** 01924 211130  
**meeting place:** St Catherine’s Church, Doncaster Road, Wakefield WF1 5HL  
**website:** www.stcatherines-wakefield.org.uk | **day:** Thursday  
**time:** 3.00pm – 5.00pm  
**cost** Free  
Free session open to all abilities. |
# Agbrigg and Sandal - Hobbies & Social Groups

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| **Arts and Craft Club** | **contact name:** St Catherine’s Centre  
**phone:** 01924 211130  
**meeting place:** St Catherine’s Church, Doncaster Road, Wakefield,  
WF1 5HL  
**website:** www.stcatherines-wakefield.org.uk |  
**day:** Tuesday  
**time:** 10.00am – 12 noon  
**cost:** Free  
Free session offering a range of craft activities |
| **Coffee Morning**    | **contact name:** Margaret Taylor  
**phone:** 01924 259157  
**meeting place:** Walton Methodist Church, Shay Lane, Walton,  
Wakefield WF2 6LA |  
**day:** Tuesday  
**time:** 10.00am – 11.30am  
Pop-in for tea, coffee and a chat  
Extra Coffee morning and sale of goods every 3rd Saturday in the month. |
## Agbrigg and Sandal - Lunch Clubs

<table>
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<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| **The Recovery Cafe** | **contact name**: St Catherine’s Centre  
**phone**: 01924 211130  
**meeting place**: St Catherine’s Church Centre, Doncaster Road, Belle Vue, Wakefield WF1 5HL | **day**: Thursday  
**time**: 3.00pm – 6.00pm  
**cost**: £2  
Mental health support group providing a chance to meet and share a two course meal |
| **Friendship Cafe**  | **contact name**: St Catherine’s Centre  
**phone**: 01924 211130  
**meeting place**: St Catherine’s Church Centre, Doncaster Road, Belle Vue, Wakefield WF1 5HL | **days**: Monday - Friday  
**time**: 8.00am – 3.00pm  
Come and join us in our café for a chance to meet new people, try some of our delicious homemade cakes or hot meals. |
| **Community Café**   | **contact**: Agbrigg and Belle Vue Community Centre  
**phone**: 01924 303337  
**meeting place**: Agbrigg and Belle Vue Community Centre, Montague Street, Wakefield WF1 5BB | **day**: Monday - Friday  
**time**: 9.30am – 2.30pm  
**cost**: various  
Café offers a variety of hot meals, drinks and snacks, along with daily specials |
# Agbrigg and Sandal - Lunch Clubs

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<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>The Springs Community Café and Shop</td>
<td><strong>contact</strong>: The Springs</td>
<td><strong>days</strong>: Tuesday to Friday 10am – 4pm</td>
</tr>
<tr>
<td></td>
<td><strong>phone</strong>: 01924 242593</td>
<td>Saturday 10am – 2pm</td>
</tr>
<tr>
<td></td>
<td><strong>meeting place</strong>: The Springs</td>
<td>Café offers variety of meals with all food sourced from local suppliers.</td>
</tr>
<tr>
<td></td>
<td>Community Café, Barnsley Road,</td>
<td>Free Wi-Fi available</td>
</tr>
<tr>
<td></td>
<td>Sandal, Wakefield, WF2 6EG</td>
<td></td>
</tr>
<tr>
<td>Sandal Castle School Lunch Club</td>
<td><strong>contact name</strong>: School Secretary</td>
<td><strong>day</strong>: Thursday</td>
</tr>
<tr>
<td></td>
<td><strong>phone</strong>: 01924 303525</td>
<td><strong>time</strong>: 12.00 – 1.00pm</td>
</tr>
<tr>
<td></td>
<td><strong>meeting place</strong>: Sandal Castle</td>
<td><strong>cost</strong>: £2.50</td>
</tr>
<tr>
<td></td>
<td>School, Barnsley Road, Sandal,</td>
<td>Available to anyone over 60 years of age 2 course meal including tea or</td>
</tr>
<tr>
<td></td>
<td>Wakefield</td>
<td>coffee</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Please contact school to book a meal</td>
</tr>
</tbody>
</table>
## Agbrigg and Sandal - Physical Activity

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| Sandal Crown Green Bowling | contact name: Mary Wood  
phone: 01924 257316  
meeting place: Behind The Castle Public House, Barnsley Road, Sandal, Wakefield, WF2 6AS | day: seasonal  
Crown green bowling club  
For more details contact Mary Wood |
| Walton Health Walk        | contact name: Health Improvement Team, Wakefield Council  
phone: 01924 307348  
email: healthimprovement@wakefield.gov.uk  
meeting place: Walton Social Club, Shay Lane, Walton WF2 6LA | day: Thursday (fortnightly)  
time: 10am  
cost: free  
Walk leader led |
| Table Tennis              | contact name: Rev Barry Lotz  
phone: 01924 210974  
email: smc2011@virginmedia.com  
meeting place: Sandal Methodist Church, 253 Barnsley Road, Wakefield, WF1 5NU  
website: www.sandalmethodistchurch.org.uk | day: Friday  
time: 7.30pm  
cost: £1  
Three full size tables with bats and balls supplied |
# Agbrigg and Sandal - Physical Activity

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Details</th>
<th>Details</th>
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</thead>
</table>
| Line Dancing  | **contact name:** Jeanette Herries  
**phone:** 07443651117  
**meeting place:** Walton Village Hall, Walton, Wakefield | **day:** Monday  
**time:** 1.00 – 2.30pm  
**cost:** £4 per session  
Free refreshments – suitable for all abilities |
| Heath Exercise| **contact name:** Mrs Parkin  
**phone:** 01924 256045  
**meeting place:** St Pauls Church, Walton, Wakefield | **day:** Tuesday  
**time:** 13.50 – 14.50  
**cost:** £2.00 per class plus joining fee |

# Agbrigg and Sandal - Support Groups

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Details</th>
<th>Details</th>
</tr>
</thead>
</table>
| Young Adult Carers Group    | **contact name:** Ruth O'Connor & Anna Bray  
**phone:** 01924 305544  
**email:** rutho@carerswakefield.org.uk  
**meeting place:** Various locations around Wakefield – please contact for more details  
**website:** www.carerswakefield.org.uk | Information and advice for young adult carers |
### Agbrigg and Sandal - Support Groups

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
</tr>
</thead>
</table>
| Men’s Carers Group                        | **contact name:** Wakefield Carers  
**phone:** 01924 305544  
**meeting place:** various locations around Wakefield – please contact for more details  
**website:** www.carerswakefield.org.uk | **day:** 4th Friday of each month  
For up to date details on activities and outings they group have planned please contact Wakefield Carers |
| Mental Health Carers Support Group        | **contact name:** Wakefield Carers  
**phone:** 01924 305544  
**meeting place:** Wakefield Carers, King Street, Wakefield, WF1 2SR  
**website:** www.carerswakefield.org.uk | **day:** 1st Tuesday of the month  
Offering support to those caring for someone with a mental health condition, supporting and exchanging ideas. |
| Thinking Forward for Mental Health       | **contact name:** Christine Bethell  
**phone:** 07925313467  
**meeting place:** St Catherine’s Church, Doncaster Road, Wakefield, WF1 5HL  
**contact the group for days and times of activities** | Promoting health and wellbeing and social inclusion through social activities and to raise awareness to the general public about mental health, aiming to stop the stigma associated with mental illness  
Activities for the group are: Monthly Meetings, Social Activities Health and Wellbeing Activities, All Day Events, Fundraising |
<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
</tr>
</thead>
</table>
| **Hall Green Young at Heart** | **meeting place:** Hall Green Community Centre, Painthorpe Lane, Hall Green, Wakefield, WF4 3JU | **day:** Thursday  
**time:** 1pm – 3pm  
Bingo and refreshments |
| **U3A (University of the third Age)** | **website:** www.wakefielddu3a.org.uk | Offers a variety of hobbies and activities such as foreign languages, dining clubs, keep fit and walking- various locations across Wakefield.  
All activity groups meet in the daytime and many at Manygates Adult Education Centre, Sandal, and Wakefield (MACE).  
Annual membership fee payable (£12) – allows access to all activities and events. |
| **Sherwood Court Coffee Morning** | **contact name:** Maria Milner  
**phone:** 01924 249474  
**email:** maria.milner@yorkshirehousing.co.uk  
**meeting place:** Sherwood Court, Sherwood Drive, Kettlethorpe, Wakefield, WF2 7JL | **day:** Monday and Thursday  
**time:** 10.30am – 11.45am  
Residents and non-residents welcome |
# Crigglestone, Hall Green and Kettlethorpe - Hobbies & Social Groups

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| Friendship Group| **Meeting place**: Standbridge Lane Community Centre, Standbridge Lane, Kettlethorpe | **day**: Wednesday  
**time**: 1.00 – 3.00pm |
| You and Me      | **Contact**: Jackie Craven 01924 252917  
**Email**: jackiecraven2@yahoo.com  
**Contact**: Cynthia Binns 01924 251544  
**Email**: binnscynthia@yahoo.co.uk  
**meeting place**: Hall Green Community Centre, Painthorpe Lane, Hall Green, Wakefield, WF4 3JU | Support for those who are caring for people living with Dementia. Qualified and experienced volunteers will be there to care for dependents. Activities will be provided for two hours.  
**Day**: Friday 10am – 12noon  
**Cost**: £8 per session, which includes light refreshments. |
| Singing for the Brain | **contact name**: Alzheimer’s Society Wakefield  
**phone**: 01924 373264  
**email**: wakefield@alzheimers.org.uk  
**meeting place**: Standbridge Community Centre, Standbridge Lane, Kettlethorpe (opposite crematorium)  
**website**: wakefield@alzheimers.org.uk | **day**: 1st and 3rd Thursday of month  
**time**: 1pm – 3pm  
**cost**: free  
Suitable for beginners and led by professionals. No previous experience needed just enthusiasm! Why not try a taster session? |
## Crigglestone, Hall Green and Kettlethorpe - Hobbies & Social Groups

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| Gardening Group           | contact name: Alzheimer’s Society Wakefield  
phone: 01924 373264  
email: wakefield@alzheimers.org.uk  
meeting place: Sugar Lane Allotments, Belle Vue, Wakefield  
website: wakefield@alzheimers.org.uk | day: Friday (fortnightly)  
time: 10.30am – 12.30pm  
cost: free  
Please contact for dates Apr – Nov only |
| Incredible Edible Gardening Club | contact: Andy  
phone: 07971 098510  
email: Andy@incredible-edible-wakefield.co.uk  
meeting place: Standbridge Community Centre, Standbridge Lane, Kettlethorpe | day: Wednesday  
time: 10.00 – 12.00 noon  
cost: free  
If you enjoy gardening and want to grow your own food then come along and meet others |

## Crigglestone, Hall Green and Kettlethorpe - Lunch Clubs

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| Hendal Lane Primary School  | contact name: School Secretary  
phone: 01924 259465  
meeting place: Hendal Lane Primary School, Hendal Lane, Kettlethorpe, WF7 7QW | day: Wednesday  
time: 11.30am – 12.30pm  
cost: £2.50  
Available to anyone over 60 years of age  
2 course meal including tea or coffee  
Please contact school to book a meal |
# Crigglestone, Hall Green and Kettlethorpe - Physical Activity

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Details</th>
<th>Details</th>
</tr>
</thead>
</table>
| Boccia & New Age Kurling    | **contact name:** Maria Milner  
                            **phone:** 01924 249474  
                            **email:** maria.milner@yorkshirehousing.co.uk  
                            **meeting place:** Sherwood Court, Sherwood Drive, Kettlethorpe, WF2 7LJ | **day:** various days  
                            **time:** varies  
                            **cost:** free  
                            For more details contact Maria Miller, Scheme Manager |
| Walking for Life Group      | **meeting place:** Standbridge Community Centre (formerly Standbridge Lane Primary School), Standbridge Lane. Kettlethorpe WF2 7NW | **day:** Monday (weekly except Bank Holidays  
                            **time:** 2.00pm.  
                            **cost:** free  
                            Short local walks are suitable for all ages and abilities and end with a cuppa and chat at the Community Centre |
| Chair Based Exercise        | **contact name:** Cynthia Binns  
                            **phone:** 01924 251544  
                            **meeting place:** Hall Green Community Centre, Painthorpe Lane, Hall Green, Wakefield, WF4 3JU | **day:** 3rd Thursday of month  
                            **time:** 1.30pm – 2.30pm  
                            **cost:** £2.50 |
# Crigglestone, Hall Green and Kettlethorpe - Lunch Clubs

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| Exercise Group      | **Contact name:** Cynthia Binns  
                      **Phone:** 01924 251544  
                      **Meeting place:** Hall Green Community Centre, Pinthorpe Lane, Hall Green, Wakefield WF4 3LB | **day:** Wednesday  
                      **time:** 2.00 - 3.00pm  
                      Instructor led session suitable for all abilities. |
| Nordic Walking      | **Contact name:** Health Improvement Team  
                      **Phone:** 01924 307348  
                      **Meeting place:** Pugneys Country Park, Pugneys, Wakefield | **day:** Thursday  
                      **time:** 1.30pm  
                      **cost:** Free  
                      Nordic Walking is one of the best cardiovascular and toning exercises.  
                      Walk leader led – all equipment provided  
                      Suitable for all levels and abilities |
### Crigglestone, Hall Green and Kettlethorpe - Support Groups

<table>
<thead>
<tr>
<th>Name</th>
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<th>Details</th>
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<tbody>
<tr>
<td>Wakefield Carers Group</td>
<td><strong>contact name:</strong> Kate Baker</td>
<td><strong>day:</strong> last Thursday of month&lt;br&gt;<strong>time:</strong> 10.30 am – 12 noon&lt;br&gt;<strong>cost:</strong> free&lt;br&gt;A support group for carers and those who are cared for, to come together and participate in a variety of social activities</td>
</tr>
<tr>
<td></td>
<td><strong>phone:</strong> 01924 305544</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>email:</strong> <a href="mailto:kateb@carerswakefield.org.uk">kateb@carerswakefield.org.uk</a></td>
<td></td>
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<tr>
<td></td>
<td><strong>meeting place:</strong> Carers’ Wakefield &amp; District, 25 King Street, Wakefield, WF1 2SR</td>
<td></td>
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<tr>
<td></td>
<td><strong>website:</strong> <a href="http://www.carerswakefield.org.uk">www.carerswakefield.org.uk</a></td>
<td></td>
</tr>
<tr>
<td>Rural Arthritis Group</td>
<td><strong>contact name:</strong> Cynthia Binns</td>
<td><strong>day:</strong> 1st Thursday of month&lt;br&gt;<strong>time:</strong> 10.00am – 12 noon&lt;br&gt;<strong>cost:</strong> £2&lt;br&gt;Includes subscription to Arthritis UK</td>
</tr>
<tr>
<td></td>
<td><strong>phone:</strong> 01924 251544</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>email:</strong> <a href="mailto:wakefieldarthritiscare@yahoo.com">wakefieldarthritiscare@yahoo.com</a></td>
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<tr>
<td></td>
<td><strong>meeting place:</strong> Hall Green Community Centre, Painthorpe Lane, Hall Green, WF2 3JU</td>
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<tr>
<td>Young Adult Carers Group</td>
<td><strong>contact name:</strong> Ruth O’Connor &amp; Anna Bray</td>
<td>Information and advice for young adult carers</td>
</tr>
<tr>
<td></td>
<td><strong>phone:</strong> 01924 305544</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>email:</strong> <a href="mailto:rutho@carerswakefield.org.uk">rutho@carerswakefield.org.uk</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>meeting place:</strong> Various locations around Wakefield – please contact for more details</td>
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<tr>
<td></td>
<td><strong>website:</strong> <a href="http://www.carerswakefield.org.uk">www.carerswakefield.org.uk</a></td>
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Crigglestone, Hall Green and Kettlethorpe - Support Groups

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact</th>
<th>Details</th>
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</thead>
</table>
| Men’s Carers Group          | contact name: Wakefield Carers  
phone: 01924 305544  
meeting place: various locations around Wakefield – please contact for more details  
website: www.carerswakefield.org.uk | day: 4th Friday of each month  
For up to date details on activities and outings they group have planned please contact Wakefield Carers |
| Mental Health Carers Support Group | Contact name: Wakefield Carers  
Phone: 01924 305544  
Meeting place: Wakefield Carers, King Street, Wakefield, WF1 2SR  
Website: www.carerswakefield.org.uk | day: 1st Tuesday of the month  
Offering support to those caring for someone with a mental health condition, supporting and exchanging ideas. |