



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

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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 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

Name	Contact	Details
Aphasia Café Stroke Association	contact name: Kayleigh or Stacey phone: 01924 372525 meeting place: Create Café, Burton Street, Wakefield, WF1 2DD	day: 1 st Tuesday in the month time: 10.30am – 12noon Boccia, chair based exercise, quizzes an outings
Balne Lane Community Centre ACTIVITIES	contact name: phone: 01924 373558 meeting place: Balne Lane Community Centre, Alverthorpe, Wakefield WF2 0DP	Monday <i>Exercise to Music</i> 9.30-10.30am. £37 10 weeks course £3.50 session <i>Chin Wags Club Over 50s</i> 12.30 - 3pm Bingo, chair based exercise, boccia and more. Tuesday <i>Classical Guitars (Adults)</i> 6.30-8.30pm Wednesday <i>Little Gems Soft Play Session</i> 12noon – 3pm Thursday <i>Coffee Club</i> (older people) 10am-12noon <i>Drama & Dance</i> 10-15 yr old. 7.30pm cost: £2.25

Wakefield City Centre, Alverthorpe and Thornes Hobbies & Social Groups

Name	Contact	Details
Colin Barnaby Court	contact name: Cath phone: 01924 298847 / 302706 meeting place: Colin Barnaby Court, Alverthorpe, Wakefield, WF2 0TT	Various community events and social activities
Dementia Coffee Morning	phone: 01924 372382 Email: staff@disabilitysportyorkshire.org Meeting place: Denhale ARC, Denhale Avenue, Wakefield, WF2 9EF	day: Monday time: 10am – 11.30am Participate in the coffee morning and gentle exercise, carpet bowls, boccia, bingo and much more.
Lindale Methodist Church Coffee Mornings	contact : Rev Rob Drost phone: 01924 373287 meeting place: Brandy Carr Road, Kirkhamgate, Wakefield WF2 0RJ	day: 1st Saturday of the month time: 10am – 11:30am
Wakefield Cathedral Craft	contact name: Bev Howes phone: 01924 373923 meeting place: Wakefield Cathedral Centre, Westmorland Street, WF1 1PJ	day: Tuesday time: 2pm-4pm

Wakefield City Centre, Alverthorpe and Thornes Hobbies & Social Groups

Name	Contact	Details
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

Name	Contact	Details
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 Social/Support Group. Everyone welcome.

Wakefield City Centre, Alverthorpe and Thornes Hobbies & Social Groups

Name	Contact	Details
The Stride Theatre	phone: 01924 806024 meeting place: Stride Theatre, Custom House, The Springs, Wakefield, WF1 1QA email: Rebecca@stridetheatre.co.uk website: www.stridetheatre.co.uk	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
Art & Craft	contact : Revd Kim Williams phone: 01924 365394 meeting place: West Wakefield Methodist Church, Thornes Road, Wakefield, WF2 8QR	day: Thursday time: 1pm-3pm A relaxed informal gathering where people pursue their own art/craft work
Inspiring Recovery Turning Point	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
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

Wakefield City Centre, Alverthorpe and Thornes Hobbies & Social Groups

Name	Contact	Details
Sun Lane Leisure Centre Fitness Sessions	phone: 01924 306001 meeting place: Sun Lane Wakefield WF1 1JD email: sunlaneleisure@wakefield.gov.uk website: www.wakefield.goc.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 <i>Please contact the stadium as some sessions need to be booked in advance and prices may vary. Call for more information.</i>	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

Name	Contact	Details
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

Name	Contact	Details
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

Name	Contact	Details
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.goc.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 <i>Please contact the stadium as some sessions need to be booked in advance and prices may vary. Call for more information.</i>	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

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

Wakefield City Centre, Alverthorpe and Thornes Support Groups

Name	Contact	Details
Sunshine & Showers	Contact: Margaret Whittaker phone: 07766281255 email: magwhittaker@hotmail.co.uk meeting place: 35 Peterson Road, Wakefield, WF1 4DU	day and time: Every other Tuesday (please call for dates & times) Peer support group for people suffering with depression & anxiety, includes social activities and outings
Forget me Not Cafe (Alzheimer's Society)	contact name: Alzheimer's Society Wakefield phone: 01924 373264 email: wakefield@alzheimers.org.uk meeting place: New Wells (Anchor Housing), Thornhill Street, Wakefield, WF1 1NJ	day: last Wednesday of the month 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

Name	Contact	Details
Battle Scars 18+	phone: For information only 07410380747 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 Service	phone: 01924 211116 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 Self-management for adults living with a health condition.	phone: 07392721475 meeting place: West Wakefield Methodist Church, Thornes Road, Wakefield, WF2 8UR email: smashsociety@outlook.com	day: 2 nd 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

Name	Contact	Details
Memory Action Group	contact : Jan – 07963568892 / Christine 07453952833 meeting place: West Wakefield Methodist Church, Thornes 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

Name	Contact	Details
<p>Various Carers Group</p>	<p>contact : Carers Wakefield & District phone: 01924 305544 meeting place: Various Locations call phone number for details.</p> <p>Wakefield Carers Group – Meet at Quaker Meeting House, Thornhill Street, Wakefield, WF1 1NQ</p> <p>BAME Carers Group – Meet at Meet at Lupset Pub, Horbury Road, Wakefield WF2 8JF</p> <p>Mental Health Carers – Meet at 25 King Street, Wakefield, WF1 2SR</p> <p>Mens Group – Meet at various locations</p> <p>Working Carers Group – Meet at Sainsbury's Café, Trinity Walk, WF1 1QQ</p>	<p>For people caring for others - It is preferred that you are registered with Carers Wakefield but not necessary</p> <p>day: Last Thursday of month time: 10:30am – 12pm</p> <p>day: Last Tuesday time: 10am - 12</p> <p>day: First Tuesday time: 10:30am – 12</p> <p>day: Fourth Friday time: 12:30pm – 2:30pm</p> <p>day: First Thursday of every month time: 5:30pm – 7:00pm</p>
<p>Catch a Falling Star</p>	<p>meeting place: Art House, Drury Lane, Wakefield, WF1 2TE</p> <p>facebook: catch a falling star wakefield</p>	<p>day and time: Alternate Wednesdays 5:15pm - 7:15pm (please enquire for exact dates)</p> <p>Wakefield adult mental health support group</p>

Wakefield City Centre, Alverthorpe and Thornes Support Groups

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

Wakefield City Centre, Alverthorpe and Thornes Other Useful Information

Name	Contact	Details
South West Yorkshire Partnership NHS Foundation Trust Recovery College	<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>Prospectus: http://www.southwestyorkshire.nhs.uk/wp-content/uploads/2014/05/Wakefield-recovery-college-Spring-Summer-2016-Prospectus.docx</p>	<p>Providing courses that can help you on your recovery journey. Recovery is a personal journey – it's about building lives, creating opportunities, taking control and instilling hope.</p> <p>Condition specific courses, such as living with anxiety and busting stress; including creative writing and IT for beginners.</p>
Wakefield Street Kitchen	<p>address: Trinity Cathedral Precinct, WF1 1HQ Information can be found on Facebook. No contact information available.</p> <p>Please see Street Paws in Recreational and Specialist Activities</p>	<p>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.</p>
U3A	<p>contact : Chair Shirley Dufton/ Group coordinator Elaine Machell phone: 01484534297/ 01924 277924 email: : e.machell@talktalk.net website: www.wakefieldu3a.org.uk</p>	<p>Various activities and groups please contact Chairperson</p>

Wakefield City Centre, Alverthorpe and Thornes Other Useful Information

Name	Contact	Details
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 – Trinity Walk Clinic	phone: 01924 327586 Call us in confidence on 01924 311400 or email us at enquiries2@spectrum-cic.nhs.uk Location: Trinity Walk Clinic, Unit LG1A, Trinity Walk Shopping Centre, Wakefield, WF1 1QS. website: www.spectrumhealth.org/services/sexual-health/findclinic/wakefield-district-clinics/	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.

Agbrigg and Sandal - Hobbies & Social Groups

Name	Contact	Details
Asian Men's Group	phone: 01924 303785 meeting place: Agbrigg and Belle Vue Community Centre, Montague Street, Agbrigg, WF1 5BB	day: Tuesday time: 10.30am – 1.30pm cost: Free Social group with lunch aimed at men over 65 or diagnosed with a long term health condition
Asian Women's Group	phone: 01924 303785 meeting place: Agbrigg and Belle Vue Community Centre, Montague Street, Agbrigg, WF1 5BB	day: Thursday time: 10.30am – 1.15pm cost: Free Social group with option to take part in exercise class and extra cost
The Monday Club	contact name: Lorraine Bickerdyke phone: 01924 211130 meeting place: St Catherine's Church Centre, Doncaster Road, Wakefield WF1 5HL	day: Monday (Fortnightly) time: 4.00pm – 6.00pm A group for local people – bingo, activities and outings arranged. Refreshments provided.

Agbrigg and Sandal - Hobbies & Social Groups

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

Agbrigg and Sandal - Hobbies & Social Groups

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

Agbrigg and Sandal - Hobbies & Social Groups

Name	Contact	Details
Open Door Coffee Morning	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: Wednesday 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

Name	Contact	Details
Wellbeing Wednesday	<p>contact name: St Catherine's Church Centre phone: 01924 211130 meeting place: St Catherine's Church Centre, Doncaster Road, Wakefield WF1 5HL</p> <p>website: www.stcatherines-wakefield.org.uk</p>	<p>day last Wednesday in each month time: 12.30pm – 2.30pm cost: £1per person</p> <p>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.</p>
Young at Heart Leisure Group	<p>contact name: Marie Codd phone: 01924 781395 meeting place: Agbrigg Community Centre, Montague Street, Agbrigg, Wakefield WF1 5BB</p>	<p>day: Thursday time: 1.30pm – 3.30pm</p> <p>A volunteer led group offering friendship and activities</p>
Gardening Club	<p>contact name: St Catherine's Church Centre phone: 01924 211130 meeting place: St Catherine's Church, Doncaster Road, Wakefield, WF1 5HL</p> <p>website: www.stcatherines-wakefield.org.uk</p>	<p>day: every other Wednesday time: 10.00 – 12.30pm cost: Free</p> <p>For novice or experienced gardeners alike. Links to local allotments</p>

Agbrigg and Sandal - Hobbies & Social Groups

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

Agbrigg and Sandal - Hobbies & Social Groups

Name	Contact	Details
Arts and Craft Club	<p>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</p>	<p>day: Tuesday time: 10.00am – 12 noon cost: Free</p> <p>Free session offering a range of craft activities</p>
Coffee Morning	<p>contact name: Margaret Taylor phone: 01924 259157 meeting place: Walton Methodist Church, Shay Lane, Walton, Wakefield WF2 6LA</p>	<p>day: Tuesday time 10.00am – 11.30am</p> <p>Pop-in for tea, coffee and a chat</p> <p>Extra Coffee morning and sale of goods every 3rd Saturday in the month.</p>

Agbrigg and Sandal - Lunch Clubs

Name	Contact	Details
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

Name	Contact	Details
<p>The Springs Community Café and Shop</p>	<p>contact : The Springs phone: 01924 242593 meeting place: The Springs Community Café, Barnsley Road, Sandal, Wakefield, Wf2 6EG</p>	<p>days: Tuesday to Friday 10am – 4pm Saturday 10am – 2pm</p> <p>Café offers variety of meals with all food sourced from local suppliers. Free Wi-Fi available</p>
<p>Sandal Castle School Lunch Club</p>	<p>contact name: School Secretary phone: 01924 303525 meeting place: Sandal Castle School, Barnsley Road, Sandal, Wakefield</p>	<p>day: Thursday time: 12.00 – 1.00pm cost: £2.50</p> <p>Available to anyone over 60 years of age 2 course meal including tea or coffee Please contact school to book a meal</p>

Agbrigg and Sandal - Physical Activity

Name	Contact	Details
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

Name	Contact	Details
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

Name	Contact	Details
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

Name	Contact	Details
Men's Carers Group	<p>contact name: Wakefield Carers phone: 01924 305544 meeting place: various locations around Wakefield – please contact for more details website: www.carerswakefield.org.uk</p>	<p>day: 4th Friday of each month</p> <p>For up to date details on activities and outings they group have planned please contact Wakefield Carers</p>
Mental Health Carers Support Group	<p>contact name: Wakefield Carers phone: 01924 305544 meeting place: Wakefield Carers, King Street, Wakefield, WF1 2SR website: www.careerswakefield.org.uk</p>	<p>day: 1st Tuesday of the month</p> <p>Offering support to those caring for someone with a mental health condition, supporting and exchanging ideas.</p>
Thinking Forward for Mental Health	<p>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</p>	<p>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</p> <p>Activities for the group are: Monthly Meetings, Social Activities Health and Wellbeing Activities, All Day Events, Fundraising</p>

Crigglestone, Hall Green and Kettlethorpe - Hobbies & Social Groups

Name	Contact	Details
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.wakefieldu3a.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.milnerr@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

Name	Contact	Details
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: binnsynthia@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: 1 st and 3 rd 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

Name	Contact	Details
Gardening Group	<p>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</p>	<p>day: Friday (fortnightly) time: 10.30am – 12.30pm cost: free Please contact for dates Apr – Nov only</p>
Incredible Edible Gardening Club	<p>contact : Andy phone: 07971 098510 email: Andy@incredible-edible-wakefield.co.uk meeting place: Standbridge Community Centre, Standbridge Lane, Kettlethorpe</p>	<p>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</p>

Crigglestone, Hall Green and Kettlethorpe - Lunch Clubs

Name	Contact	Details
Hendal Lane Primary School	<p>contact name: School Secretary phone: 01924 259465 meeting place: Hendal Lane Primary School, Hendal Lane, Kettlethorpe, WF7 7QW</p> <p>Please contact school to book a meal</p>	<p>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</p>

Crigglestone, Hall Green and Kettlethorpe - Physical Activity

Name	Contact	Details
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: 3 rd Thursday of month time: 1.30pm – 2.30pm cost: £2.50

Crigglestone, Hall Green and Kettlethorpe - Lunch Clubs

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

Criggleshstone, Hall Green and Kettlethorpe - Support Groups

Name	Contact	Details
Wakefield Carers Group	<p>contact name: Kate Baker phone: 01924 305544 email: kateb@carerswakefield.org.uk meeting place: Carers' Wakefield & District, 25 King Street, Wakefield, WF1 2SR website: www.carerswakefield.org.uk</p>	<p>day: last Thursday of month time: 10.30 am – 12 noon cost: free</p> <p>A support group for carers and those who are cared for, to come together and participate in a variety of social activities</p>
Rural Arthritis Group	<p>contact name: Cynthia Binns phone: 01924 251544 email: wakefieldarthritis@yaho.com meeting place: Hall Green Community Centre, Painthorpe Lane, Hall Green, WF2 3JU</p>	<p>day: 1st Thursday of month time: 10.00am – 12 noon cost: £2</p> <p>Includes subscription to Arthritis UK</p>
Young Adult Carers Group	<p>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</p>	<p>Information and advice for young adult carers</p>

Criggleshstone, Hall Green and Kettlethorpe - Support Groups

Name	Contact	Details
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: 4 th 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.careerswakefield.org.uk	day: 1 st Tuesday of the month Offering support to those caring for someone with a mental health condition, supporting and exchanging ideas.