For your community newsletter we have

3 issues a year

- Spring to cover Feb, March & April
- Summer to cover May August
- Winter to cover Sept Jan

This ties into the school terms so the newsletter can cover activities happening for families during school holidays.

Submission deadlines 2025

- Spring Monday 31th Jan Newsletter goes out 17st Feb
- Summer Monday 30th April Newsletter goes out 14th
 May
- Winter Monday 1st Sept– Newsletter goes out 15th Sept

If you'd like to submit anything for the newsletter, please email into theairedaler@gmail.com

Thank you ☺



Welcome to our 7th edition of The Airedaler – a community newsletter for Airedale, Ferry Fryston, Fryston & Townville.

We invite you to read on about your local community.

Our newsletter aims to offer you the latest news about community, education and health and wellbeing.

If you would like to get involved or feature in our community newsletter, please contact us via:

theairedaler@gmail.com







Young People

Volunteer, Gain Experience and Earn Rewards! Citizen Coin – The Home of Volunteering in Wakefield District.

Want to boost your confidence, make a difference, meet new people, or improve your job prospects? Citizen Coin is Wakefield's exciting new platform that connects you to lota of volunteering opportunities. Volunteer, develop valuable skills, and earn digital coins that give you discounts at local shops and businesses!

How It Works (It's Easy!)

- **1.Sign Up**: Join through the website or app. Visit www.citizencoin.uk or download the app to create an account get started.
- **2.Search**: Find volunteering activities you're interested in. If you already volunteer, check that your organisation is signed up.
- **3.Earn Coins**: Volunteer for activities like helping at local charities, supporting groups, tree planting, litter picking, and more!
- **4.Redeem Coins**: Use your coins for discounts at local businesses, including free swims, café deals, and lots of retailer offers.
- **5.Build Your Social CV**: Citizen Coin automatically creates a CV to show off your volunteering achievements—great for college/job applications or career progression!

Why Volunteering is Great!

- •Improves Well-being: Volunteering keeps you active, boosts mental health, reduces stress, and increases happiness.
- •Builds New Skills: Learn leadership, teamwork, and problem-solving skills.
- •Expands Your Network: Meet new people and build lasting relationships.
- •Creates a Positive Impact: Make a real difference in your community.
- •Boosts Career Opportunities: Volunteering looks great to employers and can help you stand out.

Join Citizen Coin and earn rewards here for the great things that you do! www.citizencoin.uk For more information, please email

citizencoin@wakefield.gov.uk



scar this code to sign up



Find out more at www.citizencoin.uk

Young People



Friends of The Hut have managed to secure national lottery funding in November to provide a sports coach to be based at The Hut Monday-Friday 5pm-8pm. This project is named Airedale Project. Those sessions are now taking place until end of October 2025 and are TERM TIME ONLY. Booking necessary via Elite kids coaching website -

https://elitekidscoaching.com/pages/community-camps



Additionally The Hut has an extra sports coach 2 nights a week 5pm-8pm (Monday and Wednesday's) from Sports England to do a separate session alongside around keeping active and healthy lifestyles. This session is called Active Airedale and takes place TERM TIME ONLY and are running until December 2025. Booking necessary via Elite kids coaching website - https://elitekidscoaching.com/pages/community-camps

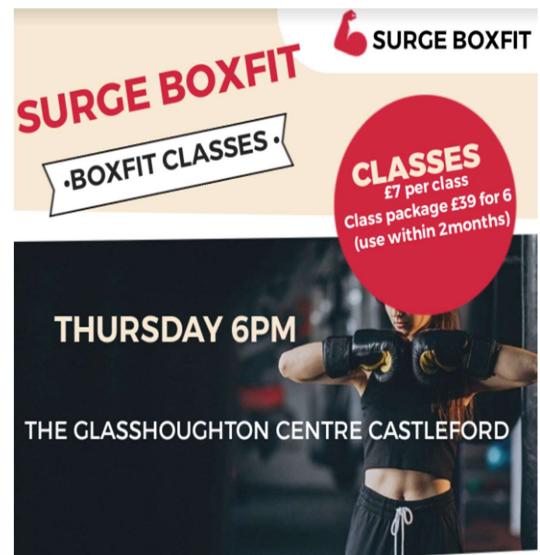
Young People



If you are aged between 11-18 years old why not come along to The Hut, Kershaw Avenue, Airedale, Castleford WF10 3ES on Friday evenings and play Football 5ives.

Starts 6pm till 8pm.

It's free! Just come along and play •



FUN, FAST & FITNESS

Stress reduction | Improve Flexibility | Burn fat Builds self-confidence | Increase your coordination Classes run by a Qualified England boxing coach/ Level 3 PT

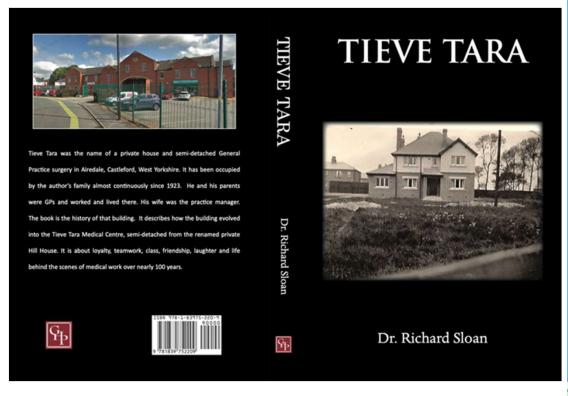
age 13 upwards
FOR MORE INFO CALL VICKY 07825432353
FACEBOOK Surgeboxfit
INSTAGRAM Surgeboxfit

Young People





Community



Local author Richard Sloan presents his book on Tieve Tara, his family's medical practice, and explores the history of this building and its impact on Airedale. The book is available for checkout at Airedale Library and can be purchased from Amazon and other outlets, with a Kindle edition also available.

All profits from the book will be donated to two deserving charities: Children of Peace and the Catholic Agency for Overseas Development.

Tieve Time

Most Saturdays, 10.30am - 1.00pm

Health and Wellbeing Awareness

Keep your eyes peeled for the programme of events

Meet people who work in Airedale who can help you

These are informal get-togethers to chat and
enjoy a cuppa



Tieve Tara Medical Centre
Park Dale, Airedale, Castleford WF10 2QP



Community

Free Community Café @ The Hut, Kershaw Avenue

10am and 12pm

17th January 7th February 28th February
21st March 11th April 2nd May
23rd May 13th June 4th July
25th July 15th August 5th September
26th September 17th October 7th November
28th November 9th December

Pop in for a cuppa and cake...everyone is welcome!





A community café offering drinks/cake/biscuits at no charge.

There will be a chance to speak with local partner agencies about anything you might need help with. If we can't help on the day, we can refer you to the right place.



Friends of The Hut



NEIGHBOURHOOD POLICING TEAMS





Contact Point @ Airedale Library

Wednesdays	Saturdays
5.30 - 6.30pm	10 - 11am
22™ January 2025	18th January 2025
12th February 2025	8th February 2025
5 th March 2025	1 st March 2025
26th March 2025	22 [™] March 2025
7 th May 2025	3 rd May 2025
28th May 2025	24th May 2025
18th June 2025	14th June 2025





Community

NEIGHBOURHOOD OPT OF THE PROPERTY OF THE PROPE

Contact Point @ The Hut Fridays 5 – 6pm

 10th January 2025
 19th July

 31st January 2025
 9th August

 21st February 2025
 30th August

 14th March 2025
 20th September

4th April 2025 11th October

25th April 2025 1st November 16th May 2025 22nd November

6th June 2025 13th December

27th June 2025



A free Council service to help you become smarter at managing your money and make the most of your income.

Why not get in touch with us to find out how we can help with...

- . Maximising your income
- Budgeting
- Managing your debt
- Dealing with mortgage arrears
- Reducing energy costs and debt
- . Getting in a position where you can start saving
- Accessing adult education, training and developing job skills

...and more!

We are open to all residents across the Wakefield district and all advice is free and impartial!

- www.wakefield.gov.uk/moneysmart
- **1 01924 305892**
- moneysmart@wakefield.gov.uk









Local Funding



Ferry Fryston Community Hub

A Chrysalis Youth & Community Project



Airedale Healthy & Sustainable Communities Fund

Seeking Support as a Local Group or Charity?

We are offering up to £1000 in funding to help you make a difference in Airedale.

Why Apply?

- Simple Application Process: No lengthy forms!
- Minimal Monitoring: We trust you to use the funds wisely.
- · Flexible Timing: Apply whenever you're ready.

Requirements:

- · Your organization must have a bank account.
- Provide a brief plan on how you'll use the funding.



Ready to make an impact?

Email **Spectrumpeople@spectrum-cic.nhs.uk** for your application form today!

Ferry Fryston Community Hub are now part of the Good Things Foundation National Databank, we can offer free SIM cards to adults who cannot afford to access the internet. Residents will normally receive data for up to 6 months

To be eligible to receive data from the National Databank, you must:

Be 18+ years old

And being from a low-income household

And qualify in one or several of the following statements:

Has no access or insufficient access to the internet at home

AND/OR has no or insufficient access to the internet when away from the home

AND/OR cannot afford their existing monthly contract or top-up

Claiming a means-tested benefit, Pension Credit, Universal Credit etc. (proof required)

Only one SIM per household

SIMs will be distributed from

Ferry Fryston Community Hub

3 Fairfield Close, Ferry Fryston Castleford WF10 2PD

Mondays 1pm - 3pm

Fridays 4.15pm - 6-15pm





ANMB

<u>Airedale Neighbourhood Management</u> <u>Board</u>

The Board is a volunteer community group run by the community for the community. It has been running in our area for nearly 16yrs and has been instrumental in bringing many services to our area.



We work with Health Authorities, Coalfield Regeneration trust, Spectrum People Local Schools, Local Doctors Surgeries, Yorkshire Sport, West Yorkshire Police, Methodist Homes for the Aged. and many other community groups in our area.

We are really pleased to work alongside our three Local Councillors Wakefield District Council and Wakefield District Housing.

The Board is made up 8 Community members and up to 21 associate members from the groups and agencies that we work with.

Over the years we have spearheaded many initiatives in our area that have brought much needed facilities and avenues of help to our community and its residents.

Each year we organise our Annual Funday on the Green Park and the Annual Christmas Lights switch on at the Airedale library.

Alongside this we have the lease on the Airedale Library Café which we use for networking events, space where other groups and agencies can use for community activities and workshops. We also run the Airedale Foodbank where we provide food and household goods by referrals to people of the Airedale area.

Airedale Methodist Church

Airedale Methodist Church is situated on the corner of Elizabeth Drive and Fryston Road. It has been a worshiping community church for 101 years and has always provided space for activities that can be used by the community. Our worshiping space is open every Sunday morning for worship at 10-30am and all are welcome.

We also have a spring, Summer and Christmas Fayre each year along with many activities throughout the year.

We as a church run the following activities for the community.

Monday

- Boys Brigade: at 6pm for ages 4yrs to 18yrs.
- Tai chi: at 10:30am.
- Lunch club: 12 Noon

Tuesday

- Girls Brigade: at 6pm aimed at ages 4yrs to 18yrs.
- Young at heart Exercise Group at 1-30pm.

Wednesday

- I dance Academy at 5pm.
- Lunch club: 12 Noon

Thursday

• Choir at 7pm.

Friday

Slimming World at 6-45 am.



Airedale Library: What's on?





Mondays

- Rhyme Time (9:30-10am)- stories and songs for under 5s and their grown ups
- Book club (first Monday of the month at 10:30am-12pm)- meet with our friendly group to discuss great books

Tuesdays

- Sewing Bee (10:30am-12:30pm)- our sewing group, with some machines provided. Please note it is not meeting during the summer holidays and will return on a yet to be decided date in September
- Coffee Morning 10:30-12

Wednesdays

- Rhyme Time (9:30-10am)- stories and songs for under 5s and their grown ups
- Knit and Natter (11am-1pm)- Bring along you latest knitting or crochet projects and have a natter with friends

Friday

Diamond Art Club (10am-1pm)- create beautiful art and make great friends

Saturdays

- Lego Club (9:30am-12pm)- come and see what you can make and do with Lego
- Active Minds (10am-12pm)- Join us for non-competitive quizzes, puzzles and refreshments





Company Registration: 03580792

Adults





NHS West Yorkshire

WELLBEING « CAFÉ

1

"COME AND JOIN US AT QUEENS MILL, CASTLEFORD"

4th Tuesday of every month

10.30am-12.30pm

Join us at Queen's Mill for a relaxed cuppa and a chat and meet our Health and Wellbeing Team





For more information contact:

Helen

Health and Wellbeing Coach 07543 315343

Queens Mill, Aire Street Castleford, WF10 1JL

Connecting people and improving the health and wellbeing of our community

Moving More

Our bodies are built to move. The more we move, the better our mental and physical health and wellbeing.

There are huge benefits to getting in your 10'000 steps a day and a lot that you might not have realised.

It helps with cardiovascular health, joint mobility, reduces pain, helps to regulate blood sugars and hormones, supports your immune system, maintains strong bones and muscle which makes us less prone to injury and is an important part of weight management.

The more you can get up and move throughout the day the better. At Coalfields Regeneration Trust our health Coaches can help you start to implement more exercise into your daily routine. To access the CRT Engage program, ask your GP to refer you or refer yourself by emailing the team on









Lifestyle

- Tailored 1 to 1 support
- Healthy habit building
- Anxiety & chronic pain management
- Build confidence
 € motivation
- Free exercise sessions & social groups
- Befriending & signposting to other services

Nutrition

- Weight management
- Healthy eating and dietary guidance.
- Manage conditions such as diabetes & cholesterol
- Improve Nutritional Knowledge



communitiesactive@coalfields-regen.org.uk

MHA





Free Membership

Fun, Food & Laughter

Join our activity group with bingo, games and a two course meal**.

10 am till 3 pm, every Wednesday

Lunch served: 12 noon

Airedale Libary, WF10 3JJ, In the snack & chat cafe area

2 Courses = £6.50







Booking is required Contact Office 01977 695006



for further information and Book your space

Spectrum



Your paragraph textorted by

Mayor of

Funded by

UK Government





Monday

Appletree

Women's Group 10:30am -12:30pm

Agbrigg Rd, WF1 5AE, follow the long drive opposite newland st

Wednesday

I.T Support Group 10.30 am - 12pm

Arts & Crafts Wakefield One Library, Group Burton Street, Wakefield, 2:00 pm - 4:00 pm WF1 2EB

> Foundation Housing WF1 1TX



Garden 10am-4pm Agbrigg Rd, WF1 5AE, follow the long drive opposite newland st

Appletree

Community

Tuesday

Outreach Drop In 1:00 pm - 3:00 pm Pontefract Library Shoemarket,

WF8 1BD

Newsletter Group 4:00 pm - 5:00 pm Online Via Teams

Creative Writing Group

Coming Back Soon!

Appletree Community Garden

9:30am-4pm Agbrigg Rd, WF1 5AE follow the long drive

Game On!

10am -12pm Airedale Library The Square, Castleford WF103.U

Thursday

Newmillerdam Walking Group

10:30 am - 12:30 pm Meet In Main Car Park. Newmillerdam Country Park, WF2 6QP

Craft & Chinwag

12:30pm - 2:30pm Tieve Tara Medical Centre Park Drive, Castleford WF102QP

4:00 pm - 6:00 pm Salvation Army Centre, 4 Vicarage St. South. WF1 1QX

Community

Outreach Drop In

Cook & Eat 10 am - 12pm

Foundation Housing, Trinity House, Trinity Church Gate, WF1 1TX

Friday

Hope Peer

Community Outreach Drop In 1pm - 3:00pm

Salvation Army, Booth Street, Castleford, **WF10 1SA**

Support Group 11.30 am - 1.30pm

Foundation Housing

Appletree Community Garden 9:30am-4pm Agbrigg Rd, WF1 5AE, follow the long drive opposite newland st

For further information contact Spectrum People on spectrumpeople@spectrum-cic.nhs.uk

Support

STARTING MONDAY 27TH JANUARY 2025

SLIMMER'S SOCIETY

Are you fed up with fad diets?

Are you wanting to lose weight and share your journey with like minded people?

Are you tired of paying for slimming clubs that aren't working?

Join us for our FREE weight loss group led by a registered nutritionist.

Mondays 4:30-6pm at the CRT Hub House, 26a Sloan Place, WF10 2QN

For more information contact the team on 07716202522 or communities.active@coalfields-regen.org.uk



CRT ENGAGE



OPENING HOURS

MON 4PM-6 30PM TUE 4PM-6.30PM SAT 10AM-2PM

PLEASE NOTE: OUR STAFF ARE
VOLUNTEERS SO HOURS MAY BE SUBJECT
TO CHANGE AT SURET NOTICE

WE ASSIST FAMILIES WITH A VAST RANGE OF PRE-LOVED BABY AND TODDLER ITEMS TOGETHER WITH CLOTHING AND FOOTWEAR FROM BIRTH TO 16.

WE ALSO HAVE TOYS, BOOKS AND BEDDING



AIREDALE BABY & CHILDRENS BANK, Stansfield Road, Airedale, WF10 3BY

Charity number 1202786

Support





Self Management Workshops

Open to anyone aged 18+, living in the Wakefield district, or registered with a Wakefield GP, and looking to improve their wellbeing

Workshops for 2025:

Coping with Pain

By learning practical tools and techniques together with others it could help you manage the impact of chronic pain, helping you to get more out of life and improve your wellbeing



Wednesday 19 March 2025, 10:00 - 11:00 AM



Managing Fatigue with Health Conditions

By learning practical tools and techniques together with others it could help you manage the way chronic fatigue makes you feel - helping you to feel more in control of your health and wellbeing

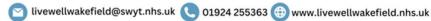
Tuesday 4 March 2025, 11:00 - 12:00 PM

Each workshop lasts for 1 hour, and you can take a break whenever you wish

Where do workshops take place, and what do I need to join?

All workshops take place online via the free Microsoft Teams app. You will need either a smartphone, computer or tablet, an email address, and an internet connection. We can support you to download and access Microsoft Teams

For more information please contact us: (Workshop dates are also available on our website)









Excluding Bank Holidays

10am-12pm







For more information contact:

Paige: 07543 315168 paige-shelton@nhs-net

Queens Mill, Aire Street Castleford, WF10 1JL

For anyone affected by dementia