



The Airedaler

Airedale, Ferry Fryston, Fryston & Townville

WELCOME TO OUR 11TH 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

Local groups and activities

Summer events and Moving More

Wide range of support available



**Coalfields
Regeneration
Trust**

BUILDING PROSPERITY & OPPORTUNITY



JULY 2026

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Support

3 issues a year

- Spring – to cover March–June
- Summer – to cover July– September
- Winter – to cover October– February

New Submission deadlines 2026

- Spring- 17th March (Newsletter goes out 24th March)
- Summer- 30th June (Newsletter goes out 2nd July)
- Winter- 2nd October (Newsletter goes out 6th October)

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

Thank you !





COMMUNITY CONNECTOR

IN PARTNERSHIP WITH HEALTHY AND
SUSTAINABLE COMMUNITIES

**FREE TO PEOPLE LIVING WITHIN AIREDALE AND FERRY
FRYSTON**



As the CRT Community Connector and editor of *The Airedaler*, my purpose is simple: to bring people in Airedale closer to the services, groups, and support that can make a real difference in their lives. Made in partnership with the Airedale Neighbourhood Management Board- this Newsletter is here to share local stories, highlight helpful resources, and celebrate the amazing work happening in our community. Whether you're looking for support, seeking connection, or just curious about what's going on locally- The Airedaler is for you.

I'm here to help you connect with the support you need.

What I Offer:

- I can guide you to health services, housing help, local charities, and other community resources. My job is to make sure you can easily find the right support for you.
- I work with local groups and services to give you the best advice. Whether you need help with a specific issue or just want to know what's groups and activities are available, If you're not sure where to turn, I'm here to help you find the right place.
- If you're feeling isolated or anxious about attending a group or meeting, I can go with you for that first step. You don't have to face it alone.

I'm here to listen, help, and make sure you have what you need to improve your life.



chloe.smith@coalfields-regen.org.uk



Bowling Alley



Sports Hall



THE HUT

What's On



3G Pitch



Monday

- 9:00–20:00 Ten Pin Bowling – Please contact The Hut (01977 722777)
- 10:00–14:00 Street League (Maths & English education) Bookable via Street League
- 13:30–15:30 Mad Monday's for over 55's (crafts, Games & bowling) – open access
- 15:30–17:00 After School Club (age 5–11) – open access
- 19:00–20:00 Clubbercise with Claire Castleford. Bookable with Claire (07955 848952)

Tuesday

- 9:00–20:00 Ten Pin Bowling – Please contact The Hut (01977 722777)
- 10:00–11:00 Castleford Tigers Foundation (over 60's movers dace with the tigers)
– open access
- 11:00–14:00 Over 50's club (free games and refreshments) – Open access
- 10:00–14:00 Street League (Maths & English education) Bookable via Street League
- 15:00–16:00 Street League football session – open access
- 17:30–19:30 Skateboarding (age 11–16) – open access
- 17:00–19:00 Pay & Play – 16 and overs session – see price list

Wednesday

9:00–20:00 Ten Pin Bowling – Please contact The Hut (01977 722777)
10:00–14:00 Street League (Maths & English education) Bookable via Street League
16:30–18:00 Fryston Scouts. Bookable with Fryston Scouts
19:15–20:15 Clubbercise with Claire Castleford. Bookable with Claire (07955 848952)

Thursday

19:00–20:00 Ten Pin Bowling – Please contact The Hut (01977 722777)
10:00–12:00 Walking cricket with Game On! – open access
10:00–14:00 Street League (education) Bookable via Street League
15:00–14.00 Pay & Play – Under 16's session – see price list
16:30–18:30 Skateboarding (age 11–16) Youth Hub

Friday

9:00–20:00 Ten Pin Bowling – Please contact The Hut (01977 722777)
10.00–12.00 Free Community coffee morning at The Hut – open access
10:30–12:30 Dementia friendly bowling. Please contact The Hut (01977 722777)
15:00:17.00 Pay & Play – Under 16's session – see price list
16:00–17:00 Under 12's Roller Disco. Bookable via [TicketSource](#).
17:15–18:15 Under 12's Roller Disco. Bookable via [TicketSource](#).
17:30–19:00 Young Persons' Mental Health Group – open access (last Friday of every month)
18:00–20:00 Game On! Football – open access
18:15–20:30 Over 12's Roller Disco. Bookable via [TicketSource](#).

Saturday

Reserved for Birthday parties



Tel: 01977 722777
Email: thehut@wakefield.gov.uk
Kershaw Avenue, Airedale,
Castleford, WF10 3ES



Volunteering



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 lots of volunteering opportunities. Volunteer, develop valuable skills, and earn digital coins that give you discounts at local shops and businesses!

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

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!



FRIENDS OF THE HUT



We aim to support 'The Hut' in the provision of services relevant to community well-being and cohesion for those living in neighbouring streets and the local area.

We meet no more than monthly at The Hut and we are joined by our Councillors and representatives from Wakefield District Housing (WDH) and Wakefield Council.

For further information please contact:

Email: Thehutfriends@gmail.com

Would You Like To Volunteer @ The Hut?

We're excited to tell you about new volunteer opportunities at The Hut in Airedale. Below are some of the roles coming available.

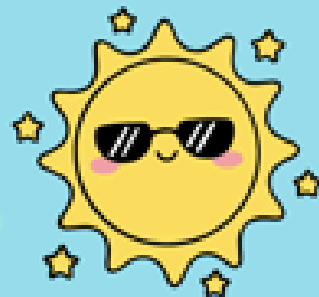
Event / Hospitality Assistant
Youth Club Support Volunteer
Play Session Volunteer
Gardener/Grounds Volunteer

All volunteers will be paid travel expenses and earn Citizen Coins. For more information visit www.citizencoin.uk

Scan our QR code for an application form.



For more information about the work we do and our hubs please visit www.wakefieldfamilies-together.co.uk

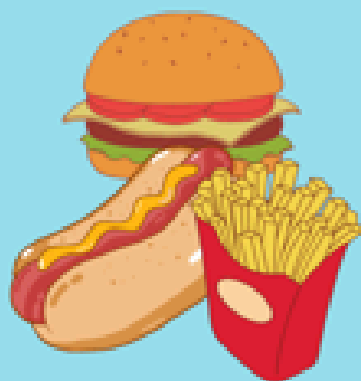


SUMMER FUNDAY

Wednesday 5th August
11am-3pm

GREEN PARK, AIREDALE

FREE ENTRY



JOIN US FOR LOTS OF FUN!

- bouncy castle •
- fairground rides •
- face painting •
- free activities •
- entertainment •
- market stalls •
- yummy food •
- and much more!



**FRIENDS OF
THE HUT
PRESENTS**

- LICENCED BY -
**WAKEFIELD
DISTRICT
MARKETS**



family **FUN DAY**

THE HUT YOUTH & COMMUNITY CENTRE

FRIDAY 21ST AUGUST
1PM – 4PM

Bring the whole
family for a day
filled with
laughter,
excitement, and
unforgettable
memories

Event Highlights

EXCITING GAMES & ACTIVITIES
FREE FARM ANIMAL ENCOUNTERS
FREE BOWLING & FACE PAINTING
ICE CREAM VAN
STALLS
MASCOT APPEARANCE

Join Us for a
Spectacular
Family Fun
Day!



FOR MORE INFORMATION: EMAIL – THEHUTFRIENDS@GMAIL.COM

**YOUNG
PEOPLE**



The Hut



**ROLLER DISCO
EVERY FRIDAY!**



**16.00 - 17.00 - session 1 - 12 years and
under - £2.00 per person**

**17.15 - 18.15 - session 2 - 12 years and
under - £2.00 per person**

**18.30 - 20.30 - session 3 - 12 years and over
£4.00 per person**

Anyone under 16 must be accompanied by an adult.

BOOKING IS ESSENTIAL

Payment will be taken in full at time of booking.

To book on to a session head to

www.ticketsource.co.uk/thehutcastleford

Kershaw Avenue, Airedale, Castleford, WF10 3ES

**PAY &
PLAY**

**ADULT - £4.50
CHILD - £2.50**

**New to 2026 pay and play
dedicated open sessions for
adults and children to pay one
price to have use of our 3G pitch**

Please see our whats on guide for dedicated times

**JOIN
NOW**



01977 722777



www.wakefield.gov.uk

UNDER 16'S

**THURSDAY 3PM-5PM
FRIDAY 3PM-5PM**

16'S & OLDER

TUESDAY 5PM-7PM

Are you looking for inclusive activities for children & young people with SEND in Wakefield?

**We have the following sessions
available exclusively for our
registered members.**



Not a registered member?

If you are a parent carer of a child/young person aged 0-25 years with SEND, & live within the Wakefield district, you can register for free on our website. Once registered you can request to join our private Facebook Chat Group, where you will get to hear about our events & activities first.

**We host activities for children & young people with SEND
Tuesday, Wednesday, Thursday & some Saturdays during term time**

- **SEND Soft Play - age 0 - 25 years**
- **Unplug & Play - Board Games - age 0 - 25 years**
- **Children's Crafts - age 0 - 25 years**
- **Lego Club - age 0 - 25 years**
- **Gaming Club - Digital Games - suggested age 4 - 25 years**
- **Singing Club - Junior Session suggested age upto 10 years (Saturday morning session)**
- **Singing Club - Advanced Session suggested age 11 years + (Saturday morning session)**
- **Silent Disco - age 0 - 25 years**
- **Laser Tag - age 7 - 25 years**
- **Youth Club - age 13 - 25 years**

Sessions are held at our unit in Castleford WF10 3ES,
A1 Football Factory, Pontefract, Red Roof Centre, Kinsley, or Glasshoughton Centre, Castleford
depending on the session

For more information see our website, email - events@wakefieldparentcarers.co.uk
weekly "What's On This Week" post in our private Facebook Chat Group or "Weekly Update"
emails

**Book your tickets here -
www.ticketsource.co.uk/wakefield-parent-carer-forum**

Wakefield Parent Carer Forum

Unit 2, Airedale Business Centre, Kershaw Avenue, Castleford WF10 3ES

FREE SUMMER ACTIVITIES

Youth Hub - Bubble Football @ The Hut
Wednesday 5th August 11am - 3pm

For Young People in school Years 6 to 11.

Join us for Bubble Football, multi sports, crafts and bowling. A free packed lunch will be provided for all young people that attend the session.

Bubble Football

Sports

Arts & Crafts

and more!



Find and book FREE activities by visiting:
<https://eequ.org/happyhealthyholidayswakefield>

or scan the QR Code



Funded by



Department
for Education

FREE SUMMER ACTIVITIES



**Youth Hub - Inflatable Fun @ The
Hut**

Wednesday 19th August 11am - 3pm

**For Young People in school Years 6 to 11.
Join us for the Ultimate Assault Course,
multi sports, bowling and arts and crafts.
A free packed lunch will be provided for
all young people that attend the session.**



Inflatable Fun

Sports

Arts & Crafts

and more!



Find and book FREE
activities by visiting:
<https://eequ.org/happyhealthyholidayswakefield>

or scan the QR Code



Funded by



Department
for Education

YOUNG PEOPLE

Skate It Yourself is a community-focused skateboarding initiative based in West Yorkshire, dedicated to promoting skate culture through events, lessons, and a skatepark aimed at benefiting the wider community.

At **The Hut Youth Club** in Airedale, Skate It Yourself offers **pop-up skate sessions every Tuesday and Thursday, 4:30pm-6:30pm**. Providing a welcoming environment for young people to learn and enjoy skateboarding. These sessions are designed for all skill levels, offering a chance to develop balance, coordination, and confidence. Whether you're a beginner or looking to improve your skills, these sessions are a great way to get active and have fun.

Spring edition



Street Club

**FRONT
SIDE**

#01

Fridays

2026

4:30pm-7:30pm

FREE



Weekly skatepark youth club

Castleford Skatepark
WF10 5RT

Skating, scooting, Bmx, ramp & more

SKATEITYOURSELF.CO.UK

Details

|

Fun,

Friends,

and

Laughter

Learn

Optim

Order

SI



SKATE JAM

2026

4:30pm - 6:30pm

Every Tuesday and Thursday

AT

The Hut
Airedale

* SKATEITYOURSELF.CO.UK *

Visit your local Family Hub

Best Start Family Hub Kendal Drive,
Kendal Drive, Airedale,
WF10 3SP
Tel: 01977 723543





A friendly and welcoming place for you and your family, offering free activities for young children. And support for parents and carers, including:

- Stay and play sessions
- Online and in-person parenting courses
- Baby massage groups
- Coffee mornings
- Infant feeding groups
- After school clubs



Find out more

wakefieldfamielstogether.co.uk/family-hubs



ADULTS



OVER 50'S CLUB



GAMES DROP IN SESSION

Every Tuesday
11:00am-2:00pm



Bring a Friend or Make new ones here!

JOIN US AT



The Hut, Kershaw Avenue
Airedale, Castleford, WF10 3ES

FREE GAMES

Card games, Scrabble, Pool, Table Tennis, 10 pin
bowling

FREE REFRESHMENTS

For more information email –
thehut@wakefield.gov.uk or call 01977 722777

Just turn up on the day!

Every Friday
10am-12pm

coffee

Morning

Free tea, coffee and biscuits every week.

On the 1st Friday of every month,
come and interact with local partners, get to know
your community and have your voice heard. Or simply
meet new people in your local area and access
free help and advice.

For more information please email:
thehutfriends@gmail.com

The Hut Youth &
Community Centre,
Kershaw Avenue
Airedale
WF10 3ES



Dance and Movement

The Hut, Airedale WF10 3ES
Tuesdays, 10-11am

For more information, contact
michaela@castigers.com

Sign up:





LIMITED SPACES
AVAILABLE

Coalfields Regeneration Trust

Join our FREE cooking sessions

Keep an eye out at the Hut or via our website
for future course and session dates

Nourish and Discover Together - A parent and child cooking session

Nourish and Thrive - Slow cooker cooking session, FREE slow cooker

Cooking in colour - 3 week cooking course, FREE stick blender

Spice up your life - 6 week cooking course, FREE spice rack

For further information or to book a space contact the team on the email below or by phone: 07716202522



Helen.ogg@coalfields-regen.org.uk



FUN FOOD AND LAUGHTER Lunch Group

£10.00

2 courses

SNACK AND CHAT CAFE

AIREDALE LIBRARY

THE SQUARE

AIREDALE

WF10 3JJ

EVERY WEDNESDAY

11.30AM - 1.30PM



CONTACT

MHA COMMUNITIES WAKEFIELD OFFICE 01977 695006

EMAIL: WAKEFIELD@MHA.ORG.UK

<https://mha.org.uk>



**MHA Communities Wakefield
Green & Blue space
4th Thursday
of each Month**

@

**Fryston Country Trail,
Castleford
WF10 2QL**

Refreshments available

Transport available,

Community coffee drop in

10.00am-12.00

Afternoon drop in

1.00pm- 3.00pm.

further details

contact

01977 695006



MHA Communities Wakefield

Office on 01977 695006 Wakefield@mha.org.uk.

<https://www.mha.org.uk>

Charity - No.1083995.



Coalfields
Regeneration
Trust



Free Slowcooker sessions with Helen

15TH JULY Wednesday

from
10.30AM

@

Snack and Chat
Airedale Library
The Square
Airedale

WF10 3JJ

Refreshment cost from £2.00

Booking is required

01977 695006

bringing the community together, giving members a chance
to experience something new and meet new friends



01977 695006



Wakefield@mha.org.uk



Registered with
FUNDRAISING
REGULATOR

Charity No: 1083995



WEEKLY DROP-IN SESSION AT TIEVE TARA MEDICAL CENTRE

Airedale, Castleford WF10 2QP

Every Monday 10:00 am - 12:00 pm

Free and confidential advice on:



✓ **Welfare Benefits & Income Maximisation** - Entitlement, challenging decisions, help with claim forms...



✓ **Consumer Issues** - Faulty goods, problem with services, scams, holidays, building work...



✓ **Housing** - Landlord and tenant disputes, disrepair, evictions...

✓ **Family & Personal** - Ending a relationship, looking after people...

✓ **Debt and Money** - Managing finances, dealing with arrears, fines...



✓ **Energy Advice** - Best deals, energy efficiency, grants, billing and meter issues...



✓ **Work** - Redundancy, pay, terms and conditions, dismissals...

✓ **And much more!**

At the drop-in session our adviser will assess how best to assist you and will arrange further follow up appointments if required, including referrals to our own in house Money, Debt and Energy specialists.

Citizens Advice Wakefield District is a registered charity. Although part of the national Citizens Advice network, we are independent and run locally for the residents of Wakefield District.

wakefelddistrictcab.co.uk

Spectrum People: What's on?



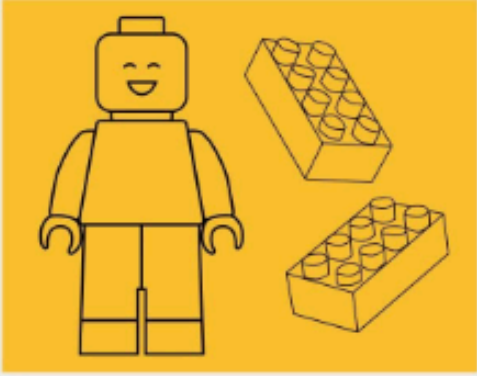
Lego Cafe

Every Tuesday from 1-3pm

Tieve Tara Medical Centre WF10 2QP

Open to 16 years and over
For more info or to sponsor our group email Spectrumpeople@spectrum-cic.nhs.uk

Ever wanted your name on a building?
If you sponsor our group we'll put the name of your business on the side of our lego buildings.
we're building an entire city so there's lots of opportunity to get your name on a building!



Spectrum People at the Tieve Tara Centre offer a variety of craft and support groups in a welcoming, creative space. It's a great place to connect, unwind, and find support in the heart of the community.

Craft & Chinwag

When?

Every Thursday 12pm - 2pm

**NEW
TIME!**

Where?

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



Free sessions
Open to everyone
Refreshments provided



Different craft option weekly
You can bring your own ideas
or do something different.



Have a natter, hot drink and
make new friends!



For more information,
email spectrumpeople@spectrum-cic.nhs.uk
or call 07720 899781



Morning Meet Up

Looking to start your day with a friendly chat?

When? Every other Wednesday 9.45 - 11.45am

Where? Tieve Tara Medical Centre, Park Dale,
Airedale, WF10 2QP

Sessions are flexible, welcoming and supportive,
with the opportunity to be creative and explore the local area.
The kettle is always on!

For more information contact Della on 07542 028297
or Helen on 07543 315343



CALICO DRESS GROUP

TIEVE TARA

STARTS: TUES 05TH MAY 2026

FROM: 1:30 TO 2:30

COME AND SHARE YOUR STORY



Contact : Lenka.kupkova@spectrum-cic.nhs.uk

Open Group

Are you looking to
join a friendly
group?

Lenka welcomes you
Tuesday's 1.30pm - 3pm



Just turn
up!

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

**MAN
MATTERS**



29

COFFEE MORNING

Every Friday - excluding Bank Holidays.

All who:
- Identify as male
- Are aged 18 and over
- Live in the Wakefield District
Are welcome to join us.

Room 5,
Airedale Library,
The Airedale Centre,
Castleford,
WF10 3JJ

10:00 - 12:00

CALL US: 01924 787507

If it is your first time attending, please call our line beforehand.



Charity: 1072174
Company Registration: 03580792



AIREDALE NEIGHBOURHOOD MANAGEMENT BOARD

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 Fun-day 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 worshipping community church for 101 years and has always provided space for activities that can be used by the community. Our worshipping 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.
- Lunch club: 12 Noon

Tuesday

- Girls Brigade: at 6pm aimed at ages 4yrs to 18yrs.
- CRT Young at heart Exercise Group at 2pm.

Wednesday

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

Thursday

- Choir at 7pm.

Friday

- Slimming World at 7am.



The Coalfield Regeneration Trust

What is CRT Engage?

CRT Engage is our health, skills and jobs programme. Our teams work with you to help you achieve your goals. You can sign up to CRT Engage through our website or other local organisations.



Health and wellbeing support

CRT Engage provide free Health and wellbeing and nutrition support through structured programmes, one off workshops and 1:1 appointments. Scan the QR code or contact us on the email below for more information.



Health & Wellbeing

- COPD 4 week course
- Chronic pain 4 week course
- Optimising sleep workshop
- Menopause Support session
- Dementia prevention
- Men's mental health
- Health and wellbeing workshop
- Unlock your confidence workshop
- Chair based exercise

Nutrition

- Eat well be healthy 6 week nutrition course
- Type 2 diabetes support session
- Cholesterol support session
- Hypertension support session
- PCOS support session
- Meal planning workshop
- Slow cooker cooking session
- Stick blender 3 week cooking course



communitiesactive@coalfields-regen.org.uk

Airedale's local coach is Helen:

helen.ogg@coalfields-regen.org.uk

What is CRT Game On?

CRT Game On uses the power of sport to change lives for the better in former coalfield communities.

Our free sessions allow everyone to get involved, get active and learn new skills.

Walking Cricket Five Towns

Airedale Walking Cricket
The Hut Kershaw Ave
Castleford WF10 3ES
Thursday Mornings
10am-12pm



Free Turn Up & Play Walking Cricket Session!

CRT GAME ON

Have your say for Airedale & Ferry Fryston

Just **two quick questions**- scan here

Takes 30 seconds and completely anonymous



Help bring new groups and activities to your area



MOVING MORE

Friday Night Football Five Towns

Airedale Football 5ives

The Hut
WF10 3ES
6-8pm

Free Turn Up & Play Football for 11-18 Year Olds!



CRT GAME ON

Are you bored? Looking for something to do now that the nights are lighter?

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

In Castleford, **SURGE BOXFIT** sessions are held at the Glasshoughton Centre every Thursday at 6:00 PM. These classes are open to all, providing a welcoming environment for both beginners and those looking to enhance their fitness journey.

Participants can expect a supportive atmosphere, expert guidance from Vicky and a community-focused approach to fitness.



SURGE BOXFIT

•BOXFIT CLASSES•

CLASSES
£7 per class
Class package £39 for 6
(use within 2months)

THURSDAY 6PM

THE GLASSHOUGHTON CENTRE CASTLEFORD

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



COMBAT KICKBOXING EVERY
TUESDAY 6PM THE HUT

■ SELF DEFENCE

■ HEALTH & FITNESS

■ SELF ESTEEM

■ PAY AS YOU TRAIN

**CALL STEVE ON 07872 441257
TO BOOK A FREE TRIAL**

WWW.LMACOMBATKICKBOXING.COM

The **Airedale Kickboxing Academy** offers dynamic martial arts training for all ages and skill levels. Their sessions at The Hut Youth Club in Castleford are held every Tuesday at 6:00 PM. These classes provide a supportive environment where participants can learn kickboxing techniques, improve fitness, and build confidence.



Local Spotlight: Airedale Food Bank

Why the need and how it operates

Airedale Food Bank was started in the early days of the Covid epidemic by a group of like-minded people in Airedale who were aware of the hardship that some residents in our area were beginning to experience.

This hardship was only going to increase as the government-enforced lockdown came into being, and the full realisation of what this would mean for residents, especially families with children and the older generation, became clear.

As furlough, low incomes and increased utility bills started to affect residents, it soon became apparent that we would have a situation in our community where people would quickly experience food poverty and struggle to cover their financial commitments.

Airedale Food Bank was started to try to alleviate this situation. Alongside this initiative came the awareness that families with young babies and children were struggling to provide essential goods. To combat this, we began supplying baby and young people's goods to families in need, and we were also able to provide some level of furniture to those most in need.

The Food Bank and Baby Bank have now been running for almost six years and continue to provide a high level of support to the community and its residents. Both banks are run by a band of volunteers who give their time and use their own vehicles, petrol and diesel to keep these organisations operating for the good of the community.

The Food Bank works by referrals from Social Services, housing associations, Schools, police and other statutory agencies. Stocks of food and other essential good are acquired through donations from local supermarkets, food wholesalers and the general public. Without these very regular donations of food and other essential goods we would not be able to continue to run the Bank and supply the vital services we currently provide to the families of our community.

We also spend a lot of time raising vital funding for the Food Bank by applying for grant aid, again this funding and the donations of money we get from generous donors allows the service to continue.

Due to the high level of volunteers that both banks need to operate, we now run as two organisations, but still retain a close level of working as the provision we give often overlaps and we both work from the same building in Airedale.

Airedale Food Bank comes under the umbrella of the Airedale Neighbourhood Management Board who would like to say a huge thankyou to the team of volunteers that keep the bank going through their hard work, their own time, cars, petrol and diesel.

Through the dedication of our volunteering team we manage to provide in excess of fifty food parcels and other essential goods and services to our community each week.

May the Donations, funding and grant aid allow us to continue this vital work in our area as long as it is needed.

Mike Chair of ANHMB.





SUPPORT

**Wakefield District
Bereavement Service**

Bereavement Support Group

Informal peer support
for anyone who has
suffered a loss.

01977 664865

bereavement@ageukwd.org.uk

Airedale Library

Tuesday 7th April

Tuesday 5th May

Tuesday 2nd June

Tuesday 7th July

Tuesday 4th Aug

Tuesday 1st Sept

Tuesday 6th Oct

Tuesday 3rd Nov

Tuesday 1st Dec

1.30-3pm

No need to book, just
come along and pull
up a chair.

 **Wakefield District
ageUK**

Dementia

Friendly *Cafe*



FREE
No booking
required, just
pop in

Join us to socialise and
participate in activities and
most importantly, have **FUN!**

**1st Monday
of every month**

Excluding Bank Holidays

10am-12pm



Wakefield North
Primary Care
Network



Alzheimer's
Society

NHS



For more information contact:

Paige: 07543 315168

paige.shelton@nhs.net

Queens Mill, Aire Street
Castleford, WF10 1JL

For anyone affected by dementia



WE

SEE

YOU.

Confidential **support group** for males who have been affected by domestic abuse.

At GASPED, we are dedicated to making sure we offer a discrete and confidential service. If you have been affected by domestic abuse and would like more information, please call or email us.

#WeSeeYou #FightTheStigma





Airedale Library
Community Stop Smoking Support:
Every Friday 9.30am—1.00pm

Contact us on: **01924 252174**
Or drop in to find how we can support you.

We offer:

- Weekly specialist support from Advisors Clare and Carol
- No waiting list!
- Access to stop smoking medications
- A FREE vape to help you quit tobacco!

STOP TOBER

Let's quit smoking together



Visit our website at: www.yorkshiresmokefree.nhs.uk

Facebook: Yorkshire Smokefree

Twitter: @YSmokefree

SELF-CONFIDENCE AND ME

Develop skills to increase self-esteem and overall wellbeing. Practical ways to navigate the challenges of low self-confidence.



THRIVING MINDS: YOUR PATH TO IMPROVED MENTAL WELLBEING

Explore practical strategies to maintain emotional wellbeing and build resilience to improve your quality of life.

COPING WITH CHRONIC PAIN

Practical strategies to help manage the impact of chronic pain, ways to improve wellbeing and get more out of daily life.



MANAGING FATIGUE WITH HEALTH CONDITIONS

Learn practical tools to help manage chronic fatigue and feel more in control of your health and wellbeing.

Wakefield Recovery and Wellbeing College Home of the Discovery College

NHS
South West
Yorkshire Partnership
NHS Foundation Trust



- *Find your skills*
- *Discover your strengths*
- *Explore volunteering*
- *Recognise yourself*

Our courses and
workshops are

FREE

Our free co-produced courses and workshops for people aged 16 and over provide a supportive environment to empower you to learn more about and take control of your health and wellbeing (or that of someone you support).

We offer specialised support on the path to wellness, learning from experts by experience and professionals, in a friendly, non-academic environment. Our courses and workshops are run with our local partners and take place at different venues across the community, as well as online.

✉ Wakefield Recovery College
The Workspace,
Space Station,
6 Denby Dale Road,
Wakefield
WF1 1HR
wakefieldrecoverycollege@swyt.nhs.uk
www.wakefieldrecoverycollege.nhs.uk

☎ 01924 316946
✕ @WF_RecoveryColl
📷 Wakefieldrecoverycollege
f facebook.com/Wakefieldrecoverycollege



If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.

With **all of us** in mind.

The logo is a green circle containing the text 'AIREDALE BABY & CHILDRENS BANK' in a stylized, green, outlined font. The word 'BABY' has a small illustration of a baby in a stroller, and 'CHILDRENS' has a small illustration of a child. The word 'BANK' has a small illustration of a bank building.

AIREDALE BABY & CHILDRENS BANK

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 SHORT 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 AND CHILDREN'S BANK



AIREDALEBABYANDCHILDRENSBANK@GMAIL.COM

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

Charity number 1202786



UNIFORM BANK

REDUCE, RE-USE, RECYCLE.

HERE TO HELP, NO REFERRAL REQUIRED.

We stock:

**Trousers, shorts, skirts,
dresses, shirts.**

logo jumpers, cardigans

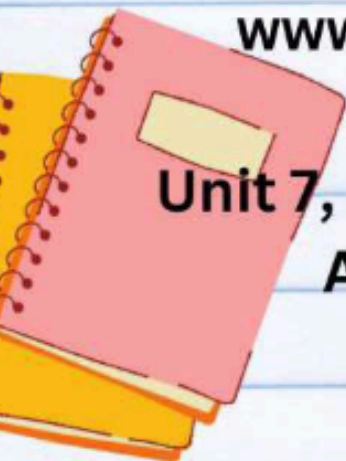
Pe kits and shoes.

Contact us:

Email :Smilesformilescastleford@gmail.com

www.smilesformilescastleford.co.uk

**Unit 7, Airedale Business Centre, Kershaw
Avenue, Castleford, WF10 3ES**



Here For You Wakefield & 5 Town

Struggling to Cope?
Feeling Overwhelmed?
You Are Not Alone.

Out of Hours Support in a Safe Space
Free urgent mental health support.

- No need for GP or hospital.
- Available to 16 years+



Call: 07776 962 815

We are open for support from 6pm to midnight every day of the year



Call: 07776 962 815

We are open for support from 6pm to midnight every day of the year

Refer online any time

Our teams will call you back within 24hours

Go to our website or scan the QR code to refer online.



Here For You

Out Of Hours Support In A Safe Space



If you are struggling to cope with your emotions, or have thoughts of self-harm or suicide, **You are not alone.**

Accessible Support

- Taxis can be provided if you feel unable to make your own way to us, or to support you to get home safely.
- You do not need a Wakefield GP or fixed postcode to access support.

1-to-1 Support

- Speak to one of our staff about how you're feeling.
- Support to help you make a plan to keep safe for the night.
- Information on other support available to you.

45minutes either in person, or over the phone

Social Space Support

- A calm, support space to be yourself and around other people.
- Free hot drinks and food available.



www.touchstonesupport.org.uk/hereforyou



HereForYouTS



Here For You

Out Of Hours Support In A Safe Space



Wakefield District
Health & Care
Partnership

