

Community Newsletter

SPRING EDITION

ISSUE 10



WELCOME TO OUR 10TH 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

Moving More, Easter and Summer events

Wide range of support available



**Coalfields
Regeneration
Trust**

BUILDING PROSPERITY & OPPORTUNITY

MARCH 2026

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3 issues a year

- Spring – to cover March, April, May
- Summer – to cover June – September
- Winter – to cover October– February

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

Submission deadlines 2026

- Spring- 17th March (Newsletter goes out 24th March)
- Summer- 16th June (Newsletter goes out 23rd June)
- Winter- 29th September (Newsletter goes out 6th October)

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

Thank you !

From The Editor



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.
- Free Vape starter kits for those 18+ who wish to stop smoking. No catch- all we ask is that we can contact you 4 weeks after receiving your vape kit to see if you've swapped.

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



3G Pitch



THE HUT

What's On

Monday

- 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
- 15:00-16:00 Street League - 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

- 10:00-14:00 Street League (Maths & English education) Bookable via Street League
- 10:00-11:00 Over 60's movers dance with the tigers (Castleford Tigers Foundation)- open access
- 11:00-12:00 Walk rugby with the tigers (Castleford Tigers Foundation) - open access
- 11:00-14:00 Over 50's club (free games and refreshments) - Open access
- 16:00-18:00 Skateboarding (age 11-16) - open access

Wednesday

10:00-14:00 Street League (Maths & English education) Bookable via Street League

16:30-18:00 Fryston Scouts. Bookable with Fryston Scouts

19:00-20:00 Clubbercise with Claire Castleford. Bookable with Claire (07955 848952)

Thursday

10:00-12:00 Walking cricket with Game On! - open access

16:00-18:00 Skateboarding (age 11-16) Youth Hub

17:00-20:00 Open Youth Access (age 11-16) - open access
- Restricted numbers

20:00-21:00 Womens rounders - open access

Friday

10:30-12:30 Dementia friendly bowling. Bookable via The Hut

16:00-17:00 Under 12's Roller Disco. Bookable via [Ticket Source](#)

17:15-18:15 Under 12's Roller Disco. Bookable via [Ticket Source](#)

17:30-19:00 Young Persons' Mental Health Group 19th December - open access

18:00-20:00 Game On! Football - open access

18:15-20:30 Over 12's Roller Disco. Bookable via [Ticket Source](#)

Saturday

SATURDAY LAUNCH 11th APRIL 2026



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

AIREDALE
BABY &
CHILDRENS
BANK

AIREDALE
FOOD BANK

Community
Family

GALA
DAY

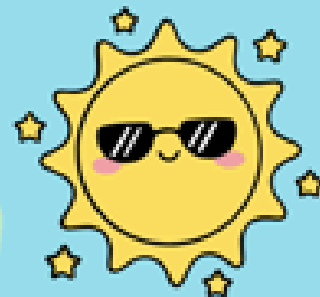
SATURDAY
27TH JUNE
2026

11AM TO 3PM

The Hut, Kershaw Avenue, Airedale WF10 3ES

DJ- LIVE ENTERTAINMENT -
ICE CREAM VAN -
CRAFT STALLS - PETTING
FARM - SMALL FUN FAIR -
FOOD AND REFRESHMENTS
AND MUCH MORE



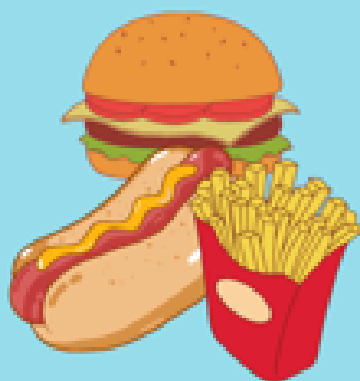


SUMMER FUNDAY

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!



**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

SEND Bikeability



The Hut, Kershaw Avenue, Castleford WF10 3ES

Friday 10 April

10am-12pm Beginners/Improvers

1pm-3pm Improvers/Skilled

**For young people with special educational needs aged
between 16 - 25**

**Friendly and qualified instructors will be available
at both sessions**

**This session is for young people only -
parents do not need to attend**

**To book a place or for more information
please ring 01977 727622**



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



#01

Fridays

2026

4:30pm-7:30pm

FREE

○ ● Weekly skatepark youth club

Skating, scooting, Bmx, ramps & more

Castleford Skatepark
WF10 5RT

SKATEITYOURSELF.CO.UK

Details

Fun

Friends

and

Laughter

Learn

System

Date

11



YOUNG PEOPLE

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

Free groups for parents and children (0–11),
including SEND:

- Stay & Play
- Coffee Mornings
- After-school Clubs
- Infant Feeding Support



Find out more

wakefieldfamilies.together.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!



CAS TIGERS

Over 60's Dance

(10am until 11am)

Walking Rugby

(11am until 12pm)

Every Tuesday

The Hut, Airedale Business Centre, Kershaw Avenue WF10 3ES

To book your place contact: Michaela@castigers.com

SCAN ME





**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
Office 8.00am– 4.30pm Mon– Thurs
8.00am-1.00pm Friday
Telephone 01977 695006 for further details
Weekly Activity Sessions

Day	Time and Cost	Details
Monday	1.30pm– 3.30pm Refreshments £2.00	Monday Madness Bowling @ The Hut, Kershaw Ave Airedale WF10 3ES
Tuesday	1.30pm– 3.30pm Craft Refreshments	Krafty Krafters Craft group Monument Mews The Circle Pontefract
Wednesday	9.30– 11.30am Starting soon Brunch £4.00	Craft session with a butty Airedale Library The Square Airedale WF10 3JJ
Wednesday	11.30– 2.30 pm 2 course lunch Refreshments Activities £10.00	Fun, Food & Laughter Airedale Library The Square Airedale WF10 3JJ
Thursday 1st and 3rd of the Month	11.00am - 3.30pm Refreshments £3.00 Bring your own lunch	Blue Sky , Clear mind, Wellness group, anything goes, Nostell Priory, Doncaster Rd, WF4 1QE
Thursday	Every 2nd Thursday	Meet up the pub lunch. Contact office for more details.
New sessions	9.30am– 11.30am	Working with Vico Homes. New ses- sions starting soon



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?

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.

Tieve Time



Starting Saturday 11th January

then every Saturday, same time
10.30am - 1.00pm

**Health and Wellbeing Awareness
Open Day**

**Don't feel alone
Everyone welcome
Come along for a chat**

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

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!

Creative Minds

Spectrum People

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



Supported by

**West Yorkshire
Combined Authority**

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

COMMUNITY

PUTTING
AIREDALE
ON THE MAP

STAY
TUNED! MORE INFO
COMING IN THE
NEXT AIREDALE

**COMING
SOON**

NEW!

AN OPPORTUNITY TO SHARE YOUR
EXPERIENCES AND HELP OTHERS IN
AIREDALE AND BEYOND TO DETECT
CANCER EARLIER.



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 goods 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.



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.



LOCAL AUTHOR

Community Event:

Readings by Richard

Thursday, 16th April 2026 • 11am to 1pm
Airedale Methodist Church, Elizabeth
Drive, Airedale, Castleford



Richard



Published 2012



Published 2020

Join us for readings from Richard's first two books,
The English Doctor and Tieve Tara.

An informal get-together with plenty of time to discuss
issues and reminisce about the people mentioned.

Please inform Richard if you can come
via email, Facebook Messenger Richard Sloan

✉ rsloan7798@aol.com • 07879663540

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



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

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.



Men's Creative Shed

What?

Workshops for anyone who **identifies as male**, is **18+** and **lives in the Wakefield District**. They are led by professional artists and supported by one of our support workers and member of staff at The Art House. Sessions are relaxed, friendly and adaptable to suit you. No prior experience is needed, all materials are provided and it's all free. There's even a cuppa if you want one!

When?

Running until summer 2026, get in touch to find out when the next course runs.

Where?

The Art House, Drury Lane, Wakefield, WF1 2TE

For more information or to register, call our office on **01924 787501**.



The Art House

The Baring Foundation



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.



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



For more information contact:

Paige: 07543 315168

paige.shelton@nhs.net

Queens Mill, Aire Street
Castleford, WF10 1JL



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



01924 787507

manmatters@gasped.co.uk

Charity: 1072174

Company Registration: 03580792



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.



MANAGING YOUR WELLBEING AT WORK

Are you interested in improving your wellbeing at work, and helping to promote a healthier, more supportive workplace?

Join us for a free, 1 hour, online wellbeing workshop

WHY PARTICIPATE?

The workshop encourages those who participate to focus on how they can proactively take greater control of their own health and wellbeing in and out of work settings, to prevent ill health and improve their general wellbeing

The workshops provides an opportunity to focus on developing self-management strategies to support wellbeing now and into the future

HOW TO REFER

- Self refer
- Refer someone else, with consent



TOPICS COVERED INCLUDE:

- Understanding what impacts on wellbeing both in work and outside of work
- Approaches on how to effectively communicate our needs at work
- Practice self-management techniques to help stay well at work
- Ways to create a more positive work-life balance
- Awareness of local support options available

WHO CAN ACCESS WORKSHOPS?

- Aged 18 - 66
- **And any of the following:**
 - Employed within the Wakefield district
 - Live within the Wakefield district
 - Registered with a Wakefield district GP

CONTACT US

📞 01924 255363

🌐 www.livewellwakefield.nhs.uk

Healthy Working Life

SCAN



Live Well Wakefield

Myth busting... with the team at the Wakefield Recovery & Wellbeing College



It's not for me, it's a college & will cost money...

We're only called a 'college' because everyone learns from each other's experiences & learns new skills. There's no tests or exams & it's **all free of charge!**

It's not for me, it's only for young people...

We're open to anyone aged 16+. Most of our attendees are 31-75 & our oldest attendee is in their 90s!

It's not for me, 'recovery' doesn't apply to me...



Our 'recovery' refers to the recovery model. It's not about 'recovering' from an illness, it's not about drug or alcohol 'recovery', it's about learning things together to live a good quality of life.

It's not for me, it's only in Wakefield



We deliver face to face sessions in venues, inside & outdoors, across the whole of the Wakefield District, as well as online via Microsoft Teams. **Anyone from anywhere in the world can attend our sessions.**

It's not for me, I'm not in to the topics on offer...

If there's something you'd like to learn about, let us know! We adapt to our communities & their needs. We like to think outside the box too. Did you know, for example, that you don't have to like or be any good at crafting to join a craft session - they're the best groups for social interaction & meeting people.

Get in touch



Find out more by calling us on 01924 316946, emailing wakefieldrecoverycollege@swyt.nhs.uk or by visiting our website at www.wakefieldrecoverycollege.nhs.uk.

Wakefield
Recovery and Wellbeing College
Home of the Discovery College

Wakefield Recovery and Wellbeing College Home of the Discovery College



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.

**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


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.



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





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