

EVENTS/ACTIVITIES – OCTOBER 2025 – ring/text Jan 07963 568892 if/when you no longer need this document.

01924 373264 - Alzheimer's Society

01924 316973 - Admiral Nurses, Memory Clinic, Drury Lane, Wakefield

01924 211114 - Well Women Centre, 24 Trinity Gate, Wakefield

01924 305544 - Carers Wakefield & District, 25 King Street, Wakefield

07963 568892 - Memory Action Group

01977 552114 - Age UK, 7 Bank Street, Castleford, WF10 1JD

01423 507227 or 07426 716677 - Open Country Yorkshire (Thornes Park Nursery Office - Simon Pedley) www.opencountry.org.uk

01924 369631 - St George's Community Centre, Broadway, Lupset

01977 695006 MHA Communities Wakefield & District, Thornycroft, Halfpenny Lane, Pontefract, WF8 4AY

01924 565859 - Senior Citizens' Support Group, Old Town Hall, Westfield Rd, Horbury, WF4 6HR. Website www.scsg.co.uk. Email Scsg66699@gmail.com

***IMPORTANT: If you are interested in any event/activity below please ring the telephone number shown to book and check availability*.**

Wednesday	1st October	09.30-11.30 Singing For Fun, Outwood Memorial Hall, Victoria Street, WF1 2NE. Tel: Antony 0787 6267267
	1	09.30-15.30 Wellbeing Wednesdays including health checks, Wakefield Exchange, Union Street, next to Wakefield Bus Station, WF1
		10.00 - SCSG Coffee morning, Horbury Working Mens Club, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859 or Moira 07960 029409
		10.00-11.00 Chair Exercises, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631
		10.00-11.00 Chair based exercises, Wakefield Exchange, Union Street, next to Wakefield Bus Station, WF1
		10.00-12.00 BCATS Mens Group, pool, table tennis, boccia. Smawthorne Community Church, Beancroft Rd, Castleford, WF10 5BP. Tel: Martin 07713 700723
		10.30-11.30- Health Walk, Havercroft & Ryhill Community Learning Centre car park, WF4 2BD. Email janejukes@wakefield.gov.uk
		10.30-14.30 Full Day at Airedale, lunch £10, activities + more, Library café area, Airedale, WF10 3JJ. Tel: MHA Communities Wakefield 01977 695006 to pre-order
		11.00-12.00 Open Goals: Seated Games, South Elmsall Social Centre, Westfield Lane, WF9 2EF. Email info@communitysport.co.uk , tel: 07912 934417
		11.00-12.00 WMDC Library Stroll, Pontefract Library, Shoemarket, Pontefract, WF8 1BD
		12.00-13.00 Knit & Natter, Ossett Town Hall, Market Place, Ossett, WF5 8BE
		12.00-13.00 Tai Chi with Kathryn Prybus, Wakefield Exchange, Union Street, next to Wakefield Bus Station, WF1
		13.30-15.00 Down Memory Lane, Ackworth Singing Group, All Saint's Church, Wakefield Rd, Ackworth, WF7 7DF. Tel: Julie Davis 07950 825094
		13.30-15.30 Knit & Natter group, St Peter's Church, Lake Lock Rd, Stanley, WF3 4HW. Tel: Ellie 01924 835746
		14.00-15.00 Merrie Movers Dance, Wakefield Exchange, Union Street, next to Wakefield Bus Station, WF1

14.00-16.00 Memory Action Group Drop in Centre, West Wakefield Methodist Church, Thornes, Wakefield, WF2 8QR. Tel: Jan 07963 568892 (Music & Movement)
 14.00-16.00 RVS Wednesday Club, Ossett Community Centre, Prospect Rd, Ossett, WF5 8AN. £3.50 Tel: Anne 07776 143974 or Catherine 07926 874451
 18.30-19.30 Women's only Walk & Talk Peer Support Group, meet outside Stadium, Thornes Park, Wakefield. Email Catherine@bringmetolife.co.uk

Thursday 2nd October

10.00-11.00 Chair Exercises, SCSG, Working Men's Club, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859
 10.00-11.00 WMDC Library Stroll, Hemsworth Library, Market St, Hemsworth, WF9 4JY
 10.00-11.00 Chair based exercises, Normanton Library, 16 Market Street, Normanton, WF6 2AR
 10.00-12.00 Coffee Morning, Stanley Library, & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130
 10.00-12.00 Time 4 U Café, St Michael's Church Hall, St Michael's Close, Castleford, WF10 4EY. Tel: Judith 07905 116957
 10.00-16.00 Rainbow Care Group Club, RDA, Pennine Community, Wood Lane, Chapelthorpe, Wakefield, WF4 3JL. Tel: 01924 683296
 10.30-11.30 Coffee Morning, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631
 10.00-12.00 Queen's Mill Coffee & Chat, Queen's Mill, Aire Street, Castleford, WF10 1JL. Tel: 01977 556741
 10.30-14.30 Outwood Stroke Club, Outwood Memorial Hall, Victoria St, Outwood, WF1 2NE. Tel: Chris 07775 603809 or Margaret 07796 930515
 11.00-12.00 Walking Football, Tavern Works, Skinner Lane, Pontefract, WF8 1HG. Tel: Simon Fletcher 01977 525545
 11.00-15.00 Walks, Crafting/Activities, Nostell Priory, Doncaster Rd, Wakefield, WF4 1QE. Tel: MHA 01977 695006. Access bus Tel: 0113 3481902
 11.45-12.45 Chair Exercises, Normanton Fire Station, 38 Princess Street, Normanton, WF6 1AB. Tel: Amanda 07779 870039
 12.30-14.30 Hemsworth & SESKU Carers Group, Hemsworth Methodist Church, Westfield Rd, Hemsworth, WF9 4QG. Tel: 01924 305544
 13.00-14.30 Crafty Chat, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631
 13.00-14.30 Leisure Club, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631
 13.00-15.00 Cuppa & Company at Nostell, Wragby, WF4 1QE (free to park and attend). Nationaltrust.org.uk/Nostell. Check in at the ticket office
 13.30-14.30 Chair Exercises, Your Space Pontefract, Park Road, Pontefract, WF8 4PR. To book tel: POW Hospice 01977 781451
 13.30-14.30 Singing for Fun, Jubilee Hall, Townley Rd, Lupset, WF2 8NS. Tel: St George's Community Centre 01924 369631
 13.30-15.30 Alzheimer's Society Singing for the Brain, Sacred Heart + St Josephs Church, Market St, Hemsworth, WF9 4LB. Tel: 01924 373264
 17.30-19.00 Evening Carers Group, Carers Wakefield, 25 King St, Wakefield, WF1 2SR Tel: 01924 305544
 18.00-19.00 Women's Only Walk & Talk Peer Support Group, outside Children's Play area, Pontefract Park, Park Rd. Email Catherine@bringmetolife.co.uk

Friday	3rd October	09.30-10.30 Community Breakfast, Cutsyke Christian Church, WF10 5HA. Tel: Laura/Kim 07912 861156/07401 001200
		10.00-12.00 Fit & Friendly chair exercises + activity, St Swithun's Community Centre, Arncliffe Rd, WF1 4RR. Tel: 01924 361212
		10.00-12.00 Age UK Time for Tea, Castleford Indoor Market, Castleford, WF10 1DE. Tel: Brenda Wardle 01977 552114
		10.00-12.00 Man Matters Coffee Morning, Room 5, Airedale Library, The Square, Castleford, WF10 3JJ. Tel: 01924 787507 if you wish to attend
		10.00-12.00 Mindful Morning, Stanley Library & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130
		10.00-12.00 Memory Lane Café, Smawthorne Community Church, Beancroft Rd, Castleford, WF10 5BP
		10.00-16.00 Rainbow Care Group Club, East Ardsley Cricket & Athletic Club, Jeffrey Field, Royston Hill, Wakefield, WF3 2HB. Tel: 01924 683296
		10.30-11.30 Chair based exercises, Castleford Library, Carlton Street, Castleford, WF10 1BB
		10.30-11.30 Family & Local History, Ossett Town Hall, Market Place, Ossett, WF5 8BE
		10.30-11.30 Seated Zumba, Wrenthorpe Village Hall, WF2 0QG. £5 per person. Tel: Sara 07740 196915
		10.30-12.30 Care Home Supporters Group, Normanton Town Hall, High St, Normanton (use Council High St car park WF6 2AQ). Tel: Carers Wakefield 01924 305544
		10.30-12.15 Coffee & Cake, Cutsyke Christian Church, WF10 5HA. Tel: Laura/Kim 07912 861156/07401 001200
		10.30-12.30 Craft Session, Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG. Tel: 01977 781451
		10.30-12.30 Dementia Friendly Bowling, The Hut, Kershaw Ave, Airedale, Castleford, WF10 3ES. Tel: 01977 722777 to book. £2 per person
		11.00-12.00 Food Pantry, Cutsyke Christian Church, WF10 5HA - all welcome, please bring a bag. Tel@ Laura/Kim 07912 861156/07401 001200
		12.30-14.00 Lunch Club, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631.
		14.00-16.00 Memory Action Group Drop in Centre, West Wakefield Methodist Church, Thornes, Wakefield, WF2 8QR. Tel: Jan 07963 568892 (Chair Exercises)
Saturday	4th October	10.00-11.30 Board Games, Normanton Library, 16 Market St, Normanton, WF6 2AR. Tel: 01924 302525.
		10.00-12.00 Radfield Coffee Morning, New Spring Centre, Illingworth Street, Ossett, WF5 8AL. Tel: 01924 271394
		10.00-13.00 Discover your Family History, Stanley Library & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130
		10.30-11.30 Men's Club, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE
		19.00-22.30 Antony's Autumn Concert, Memorial Hall, Victoria Street, Outwood, WF1 2NE (fundariser for Outwood Stroke Club and Memory Action Group)
Sunday	5th October	11.00-15.00 Age UK Silver Sunday, The Ridings, Wakefield, WF1 1DS. Lots of stalls, activities and information.
Monday	6th October	10.00-11.30 Dementia Coffee Morning + exercise, Denhale ARC, Denhale Ave, Wakefield, WF2 9EF. Tel: 01924 327382. Email info@disabilitysportyorkshire.org .

10.00-12.00 Age UK Time for Tea, Tesco Hemsworth Tel: Brenda Wardle 01977 552114

10.00-12.00 Queen's Mill Coffee & Chat, Queen's Mill, Aire Street, Castleford, WF10 1JL. Tel: Paige 07542 315168, email paige.shelton@nhs.net

10.00-16.00 Rainbow Care Group Club, Notton Sports Pavillion, George Lane, Notton, W4 2NE. Tel: 01924 683296; email wakefield@therainbowcaregroup.com

10.00-16.00 Rainbow Care Group Club, Wakefield Trinity RLFC, Doncaster Road, Wakefield, WF1 5EY. Tel: 01924 683296; email wakefield@therainbowcaregroup.com

10.30-14.30 Ossett Stroke Club, Ossett War Memorial Centre, Prospect Road, Ossett, WF5 8AN. Tel: Patricia Sutton 01924 274406

10.45-11.45 Seated Zumba, Crigglestone Village Institute, Crigglestone, WF4 3EB. £5 per person. Tel: Sara 07740 196915

11.00-12.00 'Cha Cha Chairs' exercises, St Luke's Church Hall, Overton, WF4 4RB. £4 + refreshments. Tel/Text Chris on 07796 960162

11.00-13.00 Early Onset Walk & Talk, Newmillerdam Country Park, Wakefield,, WF2 6PZ (meet at car park by Lakeside Methodist Centre) Booking required 01924 316973

11.30-12.30 Movers & Groovers seated exercises, Featherstone Community Centre, Victoria St, WF7 5BB. Tel: MHA Wfd & Dist 01977 695006

12.00-13.00 WMDC Library Stroll, Castleford Library, Carlton Street, Castleford, WF10 1BB

12.00-15.30 HomeInstead Friendship lunch, Silkwood Farm, Silkwood Business Park, Ossett, WF5 9TR. Tel: 01924 565330 to book

13.00-14.00 Stanley Community Choir Sing for Fun & make friends, St Peter's Church, Lake Lock Rd, Stanley, WF3 4HW. Tel Ellie 01924 835746

13.00-15.00 One Trinity (watch an old game, cuppa & chat), Trinity Stadium, Doncaster Rd, WF1 5EY. Tel: Jason 07590 041260 or email jason.talbot@wakefieldtrinity.com

13.00-15.00 Men's Creative Shed, The Art House, Drury Lane, Wakefield, WF1 2TE. Tel: Jen on 01924 787501. Please do not drop in.

13.00-15.00 Social Drop in, Featherstone Library, Victoria St, Off Station Lane, WF7 5BB. Tel PoW Hospice: 01977 781451

13.00-15.00 Simply Leisure, St Swithun's Community Centre, Arncliffe Rd, Wakefield, WF1 4RR. Tel: 01924 361212

13.00-15.00 Bingo, Stanley Library, & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130

13.30-14.30 Chair based exercises, Wakefield Library, Wakefield One, Burton Street, Wakefield, WF1 2DD

13.30-15.30 Afternoon at The Hut, Airedale Business Centre, Kershaw Ave, Castleford, WF10 3ES - Games & craft session. Tel: MHA 01977 695006

13.30-15.30 Bless Dementia Drop in, Upton Village Hall, Harewood Lane, Upton, WF9 1JB. Tel: Julie 07907 106360 or book online www.blesscommunityservices.co.uk

Tuesday 7th October

10.00-11.00 Fun & Fitness, Horbury Senior Citizens Support Group, Horbury WMC, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859

10.00-11.30 Stroke Association Support Drop-in, Create Café, Wakefield One, Burton St, Wakefield, WF1 2DD. Tel: Kayleigh 01924 372525

10.00-12.00 Craft and Chat, Stanley Library, & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130

10.00-12.00 BCATS social group for seniors, Smawthorpe Community Church, Beancroft Rd, Castleford, WF10 5BP. Tel: Martin 07713 700723

10.00-16.00 Rainbow Care Group Club, Dewsbury Rangers Football Club, Wakefield Rd, Dewsbury, WF12 8ET. Tel: 01924 683296 email wakefield@therainbowcaregroup.com

10.30-11.30 Chair Exercises. Stanley Library, Lake Lock Road, Stanley, WF3 4HU

10.30 Forget-me-not Café, MHA Warde Aldam care home, Westfield Lane, South Elmsall, WF9 2JX. Tel: 01977 643697 or email Joseph.Zulu@mha.org.uk

10.30-11.30 WMDC Library Stroll, Horbury Library, Westfield Road, Horbury, Wakefield, WF4 6HP

10.30-12.00 Mental Health Carers Group, Carers Wakefield, 25 King St, Wakefield, WF1 2SR. Tel: 01924 305544 (Ring for details)

10.30-12.00 Normanton Community Café, Normanton Library, Normanton, WF6 2AR. Tel: 01924 302525

10.30-13.30 Tuesday Lunch Club, St Peter's Church, Lake Lock Road, Stanley, WF3 4HW. Tel: 01924 835746

11.00-12.00 Adult Crafts, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE

11.30-12.30 Singing for Fun, Horbury WMC, Cluntergate, Horbury, WF4 5DB. £2. Tel: Peter 07885 306477

12.00-13.00 WMDC Library Stroll, Stanley Library, Lake Lock Road, Stanley, Wakefield, WF3 4HU

13.00-13.45 Free Lunchtime Concert, Wakefield Cathedral – James Bowstead, Organ

13.00-15.00 Altofts Community Group, Methodist Church, Altofts, WF6 2NJ. Tel: Linda Whittingham 07400 300461, email lindawhittingham@hotmail.com

13.00-15.00 Coffee & Char Drop In, The Café, Notcutts Garden Centre, Victoria Nurseries, Wakefield Rd, Featherstone, WF7 6BS. Tel: PoW Hospice 01977 781451

13.00-15.00 Krafty Krafters, The Circle, Monuments Mews, Pontefract, WF8 2BA. Tel: MHA Communities Wakefield 01977 695006

13.00-16.00 Crafts & Board Games - Treacy Hall, Wakefield Cathedral

13.30-15.30 Alzheimer's Society Singing for the Brain, Horbury Community Centre, Cluntergate, Horbury, WF4 5DB. Tel: 01924 373264

14.00-15.00 Complementary Therapy Group, Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG. To book Tel: 01977 781451

14.00-16.00 Memory Café, Memorial Hall, Outwood, 1-2 Victoria Street, Outwood, WF1 2NE. Tel: Nic Stansby 07802 176968

15.00-16.00 Chair based exercises, Sandal Library, Sparable Lane, Sandal Magna, Wakefield, WF1 5LJ

18.00-19.30 Gasped Domestic Abuse support group for men. Tel: 01924 787507 for venue and more information if you wish to attend.

Wednesday 8th October

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09.30-11.30 Singing For Fun, Outwood Memorial Hall, Victoria Street, WF1 2NE. Tel: Antony 0787 6267267

09.30-11.30 Free Community Café, The Hut, Kershaw Avenue, Castleford, WF10 3ES - speak to local partner agencies for help.

09.30-15.30 Wellbeing Wednesdays including health checks, Wakefield Exchange, Union Street, next to Wakefield Bus Station, WF1

10.00-11.00 Chair Exercises, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631

10.00 SCSG Social Quiz, Working Men's Club, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859

10.30-11.30- Health Walk, Havercroft & Ryhill Community Learning Centre car park, WF4 2BD. Email janejukes@wakefield.gov.uk

10.30-14.30 Full Day at Airedale, lunch £10, activities + more, Library café area, Airedale, WF10 3JJ. Tel: MHA Communities Wakefield 01977 695006 to pre-order

11.00-12.00 Open Goals: Seated Games, South Elmsall Social Centre, Westfield Lane, WF9 2EF. Email info@communitysport.co.uk, tel: 07912 934417

11.00-12.00 WMDC Library Stroll, Pontefract Library, Shoemarket, Pontefract, WF8 1BD

12.00-13.00 Knit & Natter, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE

12.00-13.00 Tai Chi with Kathryn Prybus, Wakefield Exchange, Union Street, next to Wakefield Bus Station, WF1

13.30-15.00 Down Memory Lane, Ackworth Singing Group, All Saint's Church, Wakefield Rd, Ackworth, WF7 7DF. Tel: Julie Davis 07950 825094

13.30-15.30 Knit & Natter group, St Peter's Church, Lake Lock Rd, Stanley, WF3 4HW. Tel: Ellie 01924 835746

14.00-15.00 Merrie Movers Dance, Wakefield Exchange, Union Street, next to Wakefield Bus Station, WF1

14.00-16.00 Memory Action Group Drop in Centre, West Wakefield Methodist Church, Thornes, Wakefield, WF2 8QR. Tel: Jan 07963 568892 (games, boccia etc)

18.30-19.30 Women's only Walk & Talk Peer Support Group, meet outside Stadium, Thornes Park, Wakefield. Email Catherine@bringmetolife.co.uk

Thursday 9th October

10.00-11.00 Chair Exercises, SCSG, Working Men's Club, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859

10.00-11.00 WMDC Library Stroll, Hemsworth Library, Market St, Hemsworth, WF9 4JY

10.00-11.00 Chair based exercises, Normanton Library, 16 Market Street, Normanton, WF6 2AR

10.00-12.00 Coffee Morning, Stanley Library, & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130

10.00-12.00 Age UK Cuppa Club, The Ridings (by glass lifts) Wakefield. Tel: Brenda Wardle 01977 552114

10.00-12.00 Time 4 U Café, St Michael's Church Hall, St Michael's Close, Castleford, WF10 4EY. Tel: Judith 07905 116957

10.00-16.00 Rainbow Care Group Club, RDA, Pennine Community, Wood Lane, Chapelthorpe, Wakefield, WF4 3JL. Tel: 01924 683296

10.30-11.30 Coffee Morning, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631

11.00-12.00 Walking Football, Tavern Works, Skinner Lane, Pontefract, WF8 1HG. Tel: Simon Fletcher 01977 525545

11.00-13.00 Outwood Carers Group, Bevin Community Centre, Bevin Close, Outwood. Tel: 01924 305544

11.45-12.45 Chair Exercises, Normanton Fire Station, 38 Princess Street, Normanton, WF6 1AB. Tel: Amanda 07779 870039

13.00-14.30 Crafty Chat, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631

13.00-14.30 Leisure Club, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631

13.00-15.00 Cuppa & Company at Nostell, Wragby, WF4 1QE (free to park and attend). Nationaltrust.org.uk/Nostell. Check in at the ticket office

13.30-14.30 Chair Exercises, Your Space Pontefract, Park Road, Pontefract, WF8 4PR. To book tel: POW Hospice 01977781451

13.30-14.30 Singing for Fun, Jubilee Hall, Townley Rd, Lupset, WF2 8NS. Tel: St George's Community Centre 01924 369631
 18.00-19.00 Women's Only Walk & Talk Peer Support Group, outside Children's Play area, Pontefract Park, Park Rd. Email Catherine@bringmetolife.co.uk

Friday	10th October	09.30-10.30 Community Breakfast, Cutsyke Christian Church, WF10 5HA. Tel: Laura/Kim 07912 861156/07401 001200
		10.00-12.00 Fit & Friendly chair exercises + activity, St Swithun's Community Centre, Arncliffe Rd, WF1 4RR. Tel: 01924 361212
		10.00-12.00 Open Heart Café, Sacred Heart Church, Market St, Hemsworth, WF9 4LB. Tel: 01977 610733
		10.00-12.00 Mindful Morning, Stanley Library & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130
		10.00-12.00 Man Matters Coffee Morning, Room 5, Airedale Library, The Square, Castleford, WF10 3JJ. Tel: 01924 787507 if you wish to attend.
		10.00-16.00 Rainbow Care Group Club, East Ardsley Cricket & Athletic Club, Jeffrey Field, Royston Hill, Wakefield, WF3 2HB. Tel: 01924 683296
		10.30-11.30 Chair based exercises, Castleford Library, Carlton Street, Castleford, WF10 1BB
		10.30-11.30 Family & Local History, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE
		10.30-11.30 Seated Zumba, Wrenthorpe Village Hall, WF2 0QG. £5 per person. Tel: Sara 07740 196915
		10.30-12.15 Coffee & Cake, Cutsyke Christian Church, WF10 5HA. Tel: Laura/Kim 07912 861156/07401 001200
		10.30-12.30 Craft Session, Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG. Tel: 01977 781451
		10.30-12.30 Dementia Friendly Bowling, The Hut, Kershaw Ave, Airedale, Castleford, WF10 3ES. Tel: 01977 722777 to book. £2 per person
		11.00-12.00 Food Pantry, Cutsyke Christian Church, WF10 5HA - all welcome, please bring a bag. Tel@ Laura/Kim 07912 861156/07401 001200
		12.30-14.00 Lunch Club, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631.
		13.30-15.00 Social Club, movies, quizzes, games etc, St George's Community Centre, Broadway, Lupset, WF2 8AA. Tel: 01924 369631
		14.00-16.00 Memory Action Group Drop in Centre, West Wakefield Methodist Church, Thornes, Wakefield, WF2 8QR. Tel: Jan 07963 568892
Saturday	11th October	10.00-13.00 Discover your Family History, Stanley Library & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130
		10.30-11.30 Men's Club, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE
Sunday	12th October	
Monday	13th October	10.00-11.30 Dementia Coffee Morning + exercise, Denhale ARC, Denhale Ave, Wakefield, WF2 9EF. Tel: 01924 327382. Email info@disabilitysportyorkshire.org.
		10.00-16.00 Rainbow Care Group Club, Notton Sports Pavillion, George Lane, Notton, W4 2NE. Tel: 01924 683296; email wakefield@therainbowcaregroup.com
		10.00-16.00 Rainbow Care Group Club, Wakefield Trinity RLFC, Doncaster Road, Wakefield, WF1 5EY. Tel: 01924 683296; email wakefield@therainbowcaregroup.com

10.45-11.45 Seated Zumba, Crigglestone Village Institute, Crigglestone, WF4 3EB. £5 per person. Tel: Sara 07740 196915

11.00-12.00 'Cha Cha Chairs' exercises, St Luke's Church Hall, Overton, WF4 4RB. £4 + refreshments. Tel/Text Chris on 07796 960162

11.30-12.30 Movers & Groovers seated exercises, Featherstone Community Centre, Victoria St, WF7 5BB. Tel: MHA Wfd & Dist 01977 695006

12.00-13.00 WMDC Library Stroll, Castleford Library, Carlton Street, Castleford, WF10 1BB

13.00-14.00 Stanley Community Choir Sing for Fun & make friends, St Peter's Church, Lake Lock Rd, Stanley, WF3 4HW. Tel Ellie 01924 835746

13.00-15.00 Men's Creative Shed, The Art House, Drury Lane, Wakefield, WF1 2TE. Tel: Jen on 01924 787501. Please do not drop in.

13.00-15.00 Simply Leisure, St Swithun's Community Centre, Arncliffe Rd, Wakefield, WF1 4RR. Tel: 01924 361212

13.00-15.00 Bingo, Stanley Library, & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130

13.30-14.30 Chair based exercises, Wakefield Library, Wakefield One, Burton Street, Wakefield, WF1 2DD

13.30-15.30 Afternoon at The Hut, Airedale Business Centre, Kershaw Ave, Castleford, WF10 3ES - Games & craft session. Tel: MHA 01977 695006

13.30-15.30 Bless Dementia Drop in, Upton Village Hall, Harewood Lane, Upton, WF9 1JB. Tel: Julie 07907 106360 or book online www.blesscommunityservices.co.uk

14.00-16.00 Age UK Time for Tea, Broken Bridge, Wetherspoons, 5 Horsefair, Pontefract, WF8 1PD. Tel: Brenda Wardle 01977 552114

Tuesday	14th October	<p>09.30-11.00 Active Minds Coffee Morning, 1A Charter House, Jacksons Court, Pontefract, WF8 1DE £3 help with benefits + form filling. Tel Jemma 07974 110745</p> <p>10.00-11.00 Fun & Fitness, Horbury Senior Citizens Support Group, Horbury WMC, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859</p> <p>10.00-12.00 Wakefield District Sight Aid Coffee Morning, Horbury Community Centre, Cluntergate, Horbury, WF4 5DA. Tel: 01924 215555</p> <p>10.00-12.00 Craft and Chat, Stanley Library, & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130</p> <p>10.00-12.00 BCATS social group for seniors, Smawthorpe Community Church, Beancroft Rd, Castleford, WF10 5BP. Tel: Martin 07713 700723</p> <p>10.00-16.00 Rainbow Care Group Club, Dewsbury Rangers Football Club, Wakefield Rd, Dewsbury, WF12 8ET. Tel: 01924 683296 email wakefield@therainbowcaregroup.com</p> <p>10.30-11.30 Chair Exercises. Stanley Library, Lake Lock Road, Stanley, WF3 4HU</p> <p>10.30-11.30 WMDC Library Stroll, Horbury Library, Westfield Road, Horbury, Wakefield, WF4 6HP</p> <p>10.30-12.00 Pontefract & Castleford Carers Group, Baileygate Court Sheltered Housing, North Baileygate, Pontefract. Tel: 01924 305544 (ring for details)</p> <p>10.30-12.00 Normanton Community Café, Normanton Library, Normanton, WF6 2AR. Tel: 01924 302525</p> <p>10.30-12.30 Age UK Time for Tea, Community Shop (Old Factory Shop), Knottingley. Tel: Brenda Wardle 01977 552114</p> <p>10.30-13.30 Tuesday Lunch Club, St Peter's Church, Lake Lock Road, Stanley, WF3 4HW. Tel: 01924 835746</p> <p>11.00-12.00 Adult Crafts, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE</p>
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11.30-12.30 Singing for Fun, Horbury WMC, Cluntergate, Horbury, WF4 5DB. £2. Tel: Peter 07885 306477

11.30-13.00 Tea & Tunes, Wrenthorpe Methodist Church, Wrenthorpe, WF2 0JR with Suzi Saperia Lost Chord

12.00-13.00 WMDC Library Stroll, Stanley Library, Lake Lock Road, Stanley, Wakefield, WF3 4HU

12.00-15.30 HomeInstead Friendship Lunch, The Bridge Inn, Bridge Street, Wakefield, WF1 5RT. Tel: 01924 565330 to book

13.00-13.45 Free Lunchtime Concert, Wakefield Cathedral –Louise Alp, Soprano

13.00-14.30 Dementia Support Café, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE.

13.00-15.00 Altofts Community Group, Methodist Church, Altofts, WF6 2NJ. Tel: Linda Whittingham 07400 300461, email lindawhittingham@hotmail.com

13.00-15.00 Coffee & Char Drop In, The Café, Notcutts Garden Centre, Victoria Nurseries, Wakefield Rd, Featherstone, WF7 6BS. Tel PoW Hospice 01977 781451

13.00-15.00 Krafty Krafters, The Circle, Monuments Mews, Pontefract, WF8 2BA. Tel: MHA Communities Wakefield 01977 695006

13.00-16.00 Silver Fishes Friendship Group (Netherton area), St Andrews Church, Church Lane, Netherton, WF4 4HE. Tel: Angela 01924 266145 (answerphone)

13.00-16.00 Crafts & Board Games - Treacy Hall, Wakefield Cathedral

13.30-15.30 Alzheimer's Society Singing for the Brain, St Mary's Community Centre, The Circle, Pontefract, WF8 2AY . Tel: 01924 373264

14.00-16.00 Age UK Time for Tea, Tilly's Kitchen & Coffee Lounge, Junction 32 Shopping Outlet, Glasshoughton, WF10 4FR.

14.00-15.00 Complementary Therapy Group, Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG. To book Tel: 01977 781451

15.00-16.00 Chair based exercises, Sandal Library, Sparable Lane, Sandal Magna, Wakefield, WF1 5LJ

18.00-19.30 Gasped Domestic Abuse support group for men. Tel: 01924 787507 for venue and more information if you wish to attend.

Wednesday 15th October

3

09.30-11.30 Singing For Fun, Outwood Memorial Hall, Victoria Street, WF1 2NE. Tel: Antony 0787 6267267

09.30-15.30 Wellbeing Wednesdays including health checks, Wakefield Exchange, Union Street, next to Wakefield Bus Station, WF1

10.00 SCSG Coffee Morning, Working Men's Club, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859

10.00-11.00 Chair Exercises, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631

10.00-11.00 Chair based exercises, Wakefield Exchange, Union Street, next to Wakefield Bus Station, WF1

10.00-12.00 BCATS Mens Group, pool, table tennis, boccea. Smawthorne Community Church, Beancroft Rd, Castleford, WF10 5BP. Tel: Martin 07713 700723

10.30-11.30- Health Walk, Havercroft & Ryhill Community Learning Centre car park, WF4 2BD. Email janejukes@wakefield.gov.uk

10.30-12.30 Wakefield District Sight Aid Cuppa & Connect, St Swithun's Community Centre, Arnccliffe Rd, Wakefield, WF1 4RR. Tel: WDSA 01924 215555

10.30-14.30 Full Day at Airedale, lunch £10, activities + more, Library café area, Airedale, WF10 3JJ. Tel: MHA Communities Wakefield 01977 695006 to pre-order

11.00-12.00 Open Goals: Seated Games, South Elmsall Social Centre, Westfield Lane, WF9 2EF. Email info@communitysport.co.uk, tel: 07912 934417

11.00-12.00 WMDC Library Stroll, Pontefract Library, Shoemarket, Pontefract, WF8 1BD

12.00-13.00 Knit & Natter, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE

12.00-13.00 Tai Chi with Kathryn Prybus, Wakefield Exchange, Union Street, next to Wakefield Bus Station, WF1

13.30-15.00 Down Memory Lane, Ackworth Singing Group, All Saint's Church, Wakefield Rd, Ackworth, WF7 7DF. Tel: Julie Davis 07950 825094

13.30-15.30 Knit & Natter group, St Peter's Church, Lake Lock Rd, Stanley, WF3 4HW. Tel: Ellie 01924 835746

14.00-15.00 Bingo, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE

14.00-15.00 Merrie Movers Dance, Wakefield Exchange, Union Street, next to Wakefield Bus Station, WF1

14.00-16.00 Memory Action Group Drop in Centre, West Wakefield Methodist Church, Thornes, Wakefield, WF2 8QR. Tel: Jan 07963 568892 – Admiral Nurse visiting)

14.00-16.00 RVS Wednesday Club, Ossett Community Centre, Prospect Rd, Ossett, WF5 8AN. £3.50 Tel: Anne 07776 143974 or Catherine 07926 874451

18.30-19.30 Women's only Walk & Talk Peer Support Group, meet outside Stadium, Thornes Park, Wakefield. Email Catherine@bringmetolife.co.uk

Thursday 16th October

10.00-11.00 Chair Exercises, SCSG, Working Men's Club, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859

10.00-11.00 WMDC Library Stroll, Hemsworth Library, Market St, Hemsworth, WF9 4JY

10.00-11.00 Chair based exercises, Normanton Library, 16 Market Street, Normanton, WF6 2AR

10.00-12.00 Coffee Morning, Stanley Library, & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130

10.00-12.00 Time 4 U Café, St Michael's Church Hall, St Michael's Close, Castleford, WF10 4EY. Tel: Judith 07905 116957

10.00-16.00 Rainbow Care Group Club, RDA, Pennine Community, Wood Lane, Chapelthorpe, Wakefield, WF4 3JL. Tel: 01924 683296

10.30-11.30 Coffee Morning, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631

10.30-14.30 Outwood Stroke Club, Outwood Memorial Hall, Victoria St, Outwood, WF1 2NE. Tel: Chris 07775 603809 or Margaret 07796 930515

11.00-12.00 Walking Football, Tavern Works, Skinner Lane, Pontefract, WF8 1HG. Tel: Simon Fletcher 01977 525545

11.00-15.00 Walks, Crafting/Activities, Nostell Priory, Doncaster Rd, Wakefield, WF4 1QE. Tel: MHA 01977 695006. Access bus Tel: 0113 3481902.

11.45-12.45 Chair Exercises, Normanton Fire Station, 38 Princess Street, Normanton, WF6 1AB. Tel: Amanda 07779 870039

13.00-14.30 Crafty Chat, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631

13.00-14.30 Leisure Club, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631

13.00-15.00 Cuppa & Company at Nostell, Wragby, WF4 1QE (free to park and attend). Nationaltrust.org.uk/Nostell. Check in at the ticket office

13.30-14.30 Chair Exercises, Your Space Pontefract, Park Road, Pontefract, WF8 4PR. To book tel: POW Hospice 01977781451

13.30-14.30 Singing for Fun, Jubilee Hall, Townley Rd, Lupset, WF2 8NS. Tel: St George's Community Centre 01924 369631

13.30-15.30 Alzheimer's Society Singing for the Brain, St Peter & Paul's Church, Standbridge Lane, Wakefield, WF2 7NR. Tel: 01924 373264

18.00-19.00 Women's Only Walk & Talk Peer Support Group, outside Children's Play area, Pontefract Park, Park Rd. Email Catherine@bringmetolife.co.uk

Friday	17th October	09.30-10.30 Community Breakfast, Cutsyke Christian Church, WF10 5HA. Tel: Laura/Kim 07912 861156/07401 001200
		10.00-12.00 Fit & Friendly chair exercises + activity, St Swithun's Community Centre, Arncliffe Rd, WF1 4RR. Tel: 01924 361212
		10.00-12.00 Mindful Morning, Stanley Library & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130
		10.00-12.00 Memory Lane Café, Smawthorne Community Church, Beancroft Rd, Castleford, WF10 5BP
		10.00-12.00 Free Community Cafe, The Hut, Kershaw Avenue, Castleford, WF10 3ES – speak to community partners for help.
		10.00-12.00 Man Matters Coffee Morning, Room 5, Airedale Library, The Square, Castleford, WF10 3JJ. Tel: 01924 787507 if you wish to attend.
		10.00-16.00 Rainbow Care Group Club, East Ardsley Cricket & Athletic Club, Jeffrey Field, Royston Hill, Wakefield, WF3 2HB. Tel: 01924 683296
		10.30-11.30 Chair based exercises, Castleford Library, Carlton Street, Castleford, WF10 1BB
		10.30-11.30 Family & Local History, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE
		10.30-11.30 Seated Zumba, Wrenthorpe Village Hall, WF2 0QG. £5 per person. Tel: Sara 07740 196915
		10.30-12.15 Coffee & Cake, Cutsyke Christian Church, WF10 5HA. Tel: Laura/Kim 07912 861156/07401 001200
		10.30-12.30 Craft Session, Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG. Tel: 01977 781451
		10.30-12.30 Dementia Friendly Bowling, The Hut, Kershaw Ave, Airedale, Castleford, WF10 3ES. Tel: 01977 722777 to book. £2 per person
		11.00-12.00 Food Pantry, Cutsyke Christian Church, WF10 5HA - all welcome, please bring a bag. Tel@ Laura/Kim 07912 861156/07401 001200
		12.30-14.00 Lunch Club, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631.
		13.30-15.30 Ackworth Carers Group, Ackworth Library, Bell Lane, Ackworth, WF7 7JH. Tel: Carers Wakefield 01924 305544 (Healthwatch)
		14.00-16.00 Memory Action Group Drop in Centre, West Wakefield Methodist Church, Thornes, Wakefield, WF2 8QR. Tel: Jan 07963 568892 (Chair Exercises)
Saturday	18th October	10.00-12.00 Radfield Coffee Morning, New Spring Centre, Illingworth Street, Ossett, WF5 8AL. Tel: 01924 271394
		10.00-13.00 Discover your Family History, Stanley Library & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130
		10.30-11.30 Men's Club, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE

Sunday	19th October	
Monday	20th October	<p>10.00-11.30 Dementia Coffee Morning + exercise, Denhale ARC, Denhale Ave, Wakefield, WF2 9EF. Tel: 01924 327382. Email info@disabilitysportyorkshire.org.</p> <p>10.00-12.00 Age UK Time for Tea, The Glassblower Wetherspoon, 15 Bank St, Castleford, WF10 1JD. Tel: Brenda Wardle 01977 552114</p> <p>10.00-16.00 Rainbow Care Group Club, Notton Sports Pavillion, George Lane, Notton, W4 2NE. Tel: 01924 683296; email wakefield@therainbowcaregroup.com</p> <p>10.00-16.00 Rainbow Care Group Club, Wakefield Trinity RLFC, Doncaster Road, Wakefield, WF1 5EY. Tel: 01924 683296; email wakefield@therainbowcaregroup.com</p> <p>10.30-12.00 Dementia Support Café, St Mary's Community Centre, The Circle, Chequerfield, Pontefract, WF8 2AY. Ring 01977 705341 to book. Email stmarys@stmaryscommunity.co.uk</p> <p>10.30-14.30 Ossett Stroke Club, Ossett War Memorial Centre, Prospect Road, Ossett, WF5 8AN. Tel: Patricia Sutton 01924 274406</p> <p>10.45-11.45 Seated Zumba, Crigglestone Village Institute, Crigglestone, WF4 3EB. £5 per person. Tel: Sara 07740 196915</p> <p>11.00-12.00 'Cha Cha Chairs' exercises, St Luke's Church Hall, Overton, WF4 4RB. £4 + refreshments. Tel/Text Chris on 07796 960162</p> <p>11.00-13.00 Early Onset Walk & Talk, Anglers Counrty Park, Haw Park Lane, Winterset, WF4 2EE (Meet at café) Booking required 01924 316973</p> <p>11.30-12.30 Movers & Groovers seated exercises, Featherstone Community Centre, Victoria St, WF7 5BB. Tel: MHA Wfd & Dist 01977 695006</p> <p>12.00-13.00 WMDC Library Stroll, Castleford Library, Carlton Street, Castleford, WF10 1BB</p> <p>13.00 Wakefield Trinity Step Ahead (walk + cuppa) various venues. For details tel Jason 07590 041260 or email jason.talbot@wakefieldtrinity.com</p> <p>13.00-14.00 Stanley Community Choir Sing for Fun & make friends, St Peter's Church, Lake Lock Rd, Stanley, WF3 4HW. Tel Ellie 01924 835746</p> <p>13.00-15.00 Men's Creative Shed, The Art House, Drury Lane, Wakefield, WF1 2TE. Tel: Jen on 01924 787501. Please do not drop in.</p> <p>13.00-15.00 Simply Leisure, St Swithun's Community Centre, Arncliffe Rd, Wakefield, WF1 4RR. Tel: 01924 361212</p> <p>13.00-15.00 Bingo, Stanley Library, & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130</p> <p>13.30-14.30 Chair based exercises, Wakefield Library, Wakefield One, Burton Street, Wakefield, WF1 2DD</p> <p>13.30-15.30 Afternoon at The Hut, Airedale Business Centre, Kershaw Ave, Castleford, WF10 3ES - Games & craft session. Tel: MHA 01977 695006</p> <p>13.30-15.30 Bless Dementia Drop in, Upton Village Hall, Harewood Lane, Upton, WF9 1JB. Tel: Julie 07907 106360 or book online www.blesscommunityservices.co.uk</p>
Tuesday	21st October	<p>10.00-11.00 Fun & Fitness, Horbury Senior Citizens Support Group, Horbury WMC, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859</p> <p>10.00-12.00 Craft and Chat, Stanley Library, & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130</p> <p>10.00-12.00 Age UK Café, Morrisons Dewsbury Road, Wakefield. Tel: Brenda Wardle 01977 552114</p> <p>10.00-12.00 Ladies Carers Group, Carers Wakefield, 25 King St, Wakefield, WF1 2SR. Tel: 01924 305544 (Recovery College)</p>

10.00-12.00 BCATS social group for seniors, Smawthorpe Community Church, Beancroft Rd, Castleford, WF10 5BP. Tel: Martin 07713 700723

10.00-16.00 Rainbow Care Group Club, Dewsbury Rangers Football Club, Wakefield Rd, Dewsbury, WF12 8ET. Tel: 01924 683296 email wakefield@therainbowcaregroup.com

10.30-11.30 Chair Exercises. Stanley Library, Lake Lock Road, Stanley, WF3 4HU

10.30-11.30 WMDC Library Stroll, Horbury Library, Westfield Road, Horbury, Wakefield, WF4 6HP

10.30-12.00 Normanton Community Café, Normanton Library, Normanton, WF6 2AR. Tel: 01924 302525

10.30-13.30 Tuesday Lunch Club, St Peter's Church, Lake Lock Road, Stanley, WF3 4HW. Tel: 01924 835746

11.00-12.00 Adult Crafts, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE

11.30-12.30 Singing for Fun, Horbury WMC, Cluntergate, Horbury, WF4 5DB. £2. Tel: Peter 07885 306477

12.00-13.00 WMDC Library Stroll, Stanley Library, Lake Lock Road, Stanley, Wakefield, WF3 4HU

13.00-13.45 Free Lunchtime Concert, Wakefield Cathedral – Stephen Muir, Tenor

13.00-15.00 Altofts Community Group, Methodist Church, Altofts, WF6 2NJ. Tel: Linda Whittingham 07400 300461, email lindawhittingham@hotmail.com

13.00-15.00 Coffee & Char Drop In, The Café, Notcutts Garden Centre, Victoria Nurseries, Wakefield Rd, Featherstone, WF7 6BS. Tel PoW Hospice 01977 781451

13.00-15.00 Krafty Krafters, The Circle, Monuments Mews, Pontefract, WF8 2BA. Tel: MHA Communities Wakefield 01977 695006

13.00-16.00 Crafts & Board Games - Treacy Hall, Wakefield Cathedral

14.00-15.00 Complementary Therapy Group, Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG. To book Tel: 01977 781451

15.00-16.00 Chair based exercises, Sandal Library, Sparable Lane, Sandal Magna, Wakefield, WF1 5LJ

18.00-19.30 Gasped Domestic Abuse support group for men. Tel: 01924 787507 for venue and more information if you wish to attend.

Wednesday 22nd October

4

09.30-11.30 Singing For Fun, Outwood Memorial Hall, Victoria Street, WF1 2NE. Tel: Antony 0787 6267267

09.30-15.30 Wellbeing Wednesdays including health checks, Wakefield Exchange, Union Street, next to Wakefield Bus Station, WF1

10.00-11.00 Chair Exercises, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631

10.00 SCSG Social Quiz, Working Men's Club, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859

10.30-11.30 Health Walk, Havercroft & Ryhill Community Learning Centre car park, WF4 2BD. Email janejukes@wakefield.gov.uk

10.30-14.30 Full Day at Airedale, lunch £10, activities + more, Library café area, Airedale, WF10 3JJ. Tel: MHA Communities Wakefield 01977 695006 to pre-order

11.00-12.00 Open Goals: Seated Games, South Elmsall Social Centre, Westfield Lane, WF9 2EF. Email info@communitysport.co.uk, tel: 07912 934417

11.00-12.00 WMDC Library Stroll, Pontefract Library, Shoemarket, Pontefract, WF8 1BD

12.00-13.00 Knit & Natter, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE

12.00-13.00 Tai Chi with Kathryn Prybus, Wakefield Exchange, Union Street, next to Wakefield Bus Station, WF1

12.00-15.30 HomeInstead Friendship lunch, Hampsons Plant World, Denby Dale Road, Durkar, WF4 3AZ Tel: 01924 565330 to book

13.30-15.00 Down Memory Lane, Ackworth Singing Group, All Saint's Church, Wakefield Rd, Ackworth, WF7 7DF. Tel: Julie Davis 07950 825094

13.30-15.30 Creative Café, The Hepworth Wakefield, Gallery Walk, Wakefield, WF1 5AW. Tel: 01924 247398 (parking free, give Registration No to welcome desk)

13.30-15.30 Knit & Natter group, St Peter's Church, Lake Lock Rd, Stanley, WF3 4HW. Tel: Ellie 01924 835746

14.00-15.00 Merrie Movers Dance, Wakefield Exchange, Union Street, next to Wakefield Bus Station, WF1

14.00-16.00 Memory Action Group Drop in Centre, West Wakefield Methodist Church, Thornes, Wakefield, WF2 8QR. Tel: Jan 07963 568892

18.30-19.30 Women's only Walk & Talk Peer Support Group, meet outside Stadium, Thornes Park, Wakefield. Email Catherine@bringmetolife.co.uk

Thursday 23rd October

10.00-11.00 Chair Exercises, Senior Citizens Support Group Working Men's Club, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859

10.00-11.00 WMDC Library Stroll, Hemsworth Library, Market St, Hemsworth, WF9 4JY

10.00-11.00 Chair based exercises, Normanton Library, 16 Market Street, Normanton, WF6 2AR

10.00-12.00 Wakefield Sight Aid Coffee Morning, The Broken Bridge Wetherspoons, 5 Horse Fair, Pontefract, WF8 1PD. Tel: 01924 215555

10.00-12.00 Age UK Time for Tea, The Ridings Centre (by glass lift), Wakefield. Tel: Brenda Wardle 01977 552114

10.00-12.00 Coffee Morning, Stanley Library, & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130

10.00-12.00 Time 4 U Café, St Michael's Church Hall, St Michael's Close, Castleford, WF10 4EY. Tel: Judith 07905 116957

10.00-16.00 Rainbow Care Group Club, RDA, Pennine Community, Wood Lane, Chapelthorpe, Wakefield, WF4 3JL. Tel: 01924 683296

10.30-11.30 Coffee Morning, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631

11.00-12.00 Walking Football, Tavern Works, Skinner Lane, Pontefract, WF8 1HG. Tel: Simon Fletcher 01977 525545

11.45-12.45 Chair Exercises, Normanton Fire Station, 38 Princess Street, Normanton, WF6 1AB. Tel: Amanda 07779 870039

13.00-14.30 Crafty Chat, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631

13.00-14.30 Leisure Club, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631

13.00-15.00 Afternoon games, De Lacy Gardens, Mill Hill Lane, Pontefract, WF8 4GY. Tel: MHA Communities Wakefield & Dist. 01977 695006

13.00-15.00 Cuppa & Company at Nostell, Wragby, WF4 1QE (free to park and attend). Nationaltrust.org.uk/Nostell. Check in at the ticket office

13.30-14.30 Chair Exercises, Your Space Pontefract, Park Road, Pontefract, WF8 4PR. To book tel: POW Hospice 01977781451

13.30-14.30 Singing for Fun, Jubilee Hall, Townley Rd, Lupset, WF2 8NS. Tel: St George's Community Centre 01924 369631

18.00-19.00 Women's Only Walk & Talk Peer Support Group, outside Children's Play area, Pontefract Park, Park Rd. Email Catherine@bringmetolife.co.uk

Friday	24th October	<p>09.30-10.30 Community Breakfast, Cutsyke Christian Church, WF10 5HA. Tel: Laura/Kim 07912 861156/07401 001200</p> <p>10.00-12.00 Fit & Friendly chair exercises + activity, St Swithun's Community Centre, Arncliffe Rd, WF1 4RR. Tel: 01924 361212</p> <p>10.00-12.00 Mindful Morning, Stanley Library & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130</p> <p>10.00-12.00 Man Matters Coffee Morning, Room 5, Airedale Library, The Square, Castleford, WF10 3JJ. Tel: 01924 787507 if you wish to attend.</p> <p>10.00-16.00 Rainbow Care Group Club, East Ardsley Cricket & Athletic Club, Jeffrey Field, Royston Hill, Wakefield, WF3 2HB. Tel: 01924 683296</p> <p>10.30-11.30 Chair based exercises, Castleford Library, Carlton Street, Castleford, WF10 1BB</p> <p>10.30-11.30 Family & Local History, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE</p> <p>10.30-11.30 Seated Zumba, Wrenthorpe Village Hall, WF2 0QG. £5 per person. Tel: Sara 07740 196915</p> <p>10.30-12.15 Coffee & Cake, Cutsyke Christian Church, WF10 5HA. Tel: Laura/Kim 07912 861156/07401 001200</p> <p>10.30-12.30 Craft Session, Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG. Tel: 01977 781451</p> <p>10.30-12.30 Dementia Friendly Bowling, The Hut, Kershaw Ave, Airedale, Castleford, WF10 3ES. Tel: 01977 722777 to book. £2 per person</p> <p>11.00-12.00 Food Pantry, Cutsyke Christian Church, WF10 5HA - all welcome, please bring a bag. Tel@ Laura/Kim 07912 861156/07401 001200</p> <p>12.30-14.00 Lunch Club, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631.</p> <p>13.30-15.00 Social Club, movies, quizzes, games etc, St George's Community Centre, Broadway, Lupset, WF2 8AA. Tel: 01924 369631</p> <p>14.00-16.00 Memory Action Group Drop in Centre, West Wakefield Methodist Church, Thornes, Wakefield, WF2 8QR. Tel: Jan 07963 568892 (Singalong)</p>
Saturday	25th October	<p>10.00-13.00 Discover your Family History, Stanley Library & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130</p> <p>10.30-11.30 Men's Club, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE</p>
Sunday	26th October	
Monday	27th October	<p>10.00-11.30 Dementia Coffee Morning + exercise, Denhale ARC, Denhale Ave, Wakefield, WF2 9EF. Tel: 01924 327382. Email info@disabilitysportyorkshire.org.</p> <p>10.00-12.00 Age UK Time for Tea, The Bluebell, Cross Hill, Pontefract, WF9 4LQ Tel: Brenda Wardle 01977 552114</p> <p>10.00-16.00 Rainbow Care Group Club, Notton Sports Pavillion, George Lane, Notton, W4 2NE. Tel: 01924 683296; email wakefield@therainbowcaregroup.com</p>

10.00-16.00 Rainbow Care Group Club, Wakefield Trinity RLFC, Doncaster Road, Wakefield, WF1 5EY. Tel: 01924 683296; email wakefield@therainbowcaregroup.com

10.30-12.00 Love to Move Seated Exercises, St Mary's Community Centre, The Circle, Chequerfield, Pontefract, WF8 2AY. Tel: Hannah Newton 07543 315420

10.30-12.00 Music Man Project, Wakefield Salvation Army, 4 Vicarage Street South, Wakefield, WF1 1QX

10.45-11.45 Seated Zumba, Crigglestone Village Institute, Crigglestone, WF4 3EB. £5 per person. Tel: Sara 07740 196915

11.00-12.00 'Cha Cha Chairs' exercises, St Luke's Church Hall, Overton, WF4 4RB. £4 + refreshments. Tel/Text Chris on 07796 960162

11.30-12.30 Movers & Groovers seated exercises, Featherstone Community Centre, Victoria St, WF7 5BB. Tel: MHA Wfd & Dist 01977 695006

12.00-13.00 WMDC Library Stroll, Castleford Library, Carlton Street, Castleford, WF10 1BB

13.00-14.00 Stanley Community Choir Sing for Fun & make friends, St Peter's Church, Lake Lock Rd, Stanley, WF3 4HW. Tel Ellie 01924 835746

13.00-15.00 Men's Creative Shed, The Art House, Drury Lane, Wakefield, WF1 2TE. Tel: Jen on 01924 787501. Please do not drop in.

13.00-15.00 Simply Leisure, St Swithun's Community Centre, Arncliffe Rd, Wakefield, WF1 4RR. Tel: 01924 361212

13.00 MHA Murder Mystery. Springhills ILS, Potovens Lane, Outwood, WF1 2NZ. To book Tel: MHA Communities Wakefield 01977 695006

13.00-15.00 Bingo, Stanley Library, & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130

13.30-14.30 Chair based exercises, Wakefield Library, Wakefield One, Burton Street, Wakefield, WF1 2DD

13.30-15.30 Afternoon at The Hut, Airedale Business Centre, Kershaw Ave, Castleford, WF10 3ES - Games & craft session. Tel: MHA 01977 695006

13.30-15.30 Bless Dementia Drop in, Upton Village Hall, Harewood Lane, Upton, WF9 1JB. Tel: Julie 07907 106360 or book online www.blesscommunityservices.co.uk

Tuesday 28th October

09.30-11.00 Active Minds Coffee Morning, 1A Charter House, Jacksons Court, Pontefract, WF8 1DE £3 help with benefits + form filling. Tel Jemma 07974 110745

10.00-11.00 Fun & Fitness, Horbury Senior Citizens Support Group, Horbury WMC, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859

10.00-12.00 Craft and Chat, Stanley Library, & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130

10.00-12.00 BCATS social group for seniors, Smawthorpe Community Church, Beancroft Rd, Castleford, WF10 5BP. Tel: Martin 07713 700723

10.00-16.00 Rainbow Care Group Club, Dewsbury Rangers Football Club, Wakefield Rd, Dewsbury, WF12 8ET. Tel: 01924 683296 email wakefield@therainbowcaregroup.com

10.30-11.30 Chair Exercises. Stanley Library, Lake Lock Road, Stanley, WF3 4HU

10.30-11.30 WMDC Library Stroll, Horbury Library, Westfield Road, Horbury, Wakefield, WF4 6HP

10.30-12.00 Normanton Community Café, Normanton Library, Normanton, WF6 2AR. Tel: 01924 302525

10.30-13.30 Tuesday Lunch Club, St Peter's Church, Lake Lock Road, Stanley, WF3 4HW. Tel: 01924 835746

11.00-12.00 Adult Crafts, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE

11.30-12.30 Singing for Fun, Horbury WMC, Cluntergate, Horbury, WF4 5DB. £2. Tel: Peter 07885 306477

12.00-13.00 WMDC Library Stroll, Stanley Library, Lake Lock Road, Stanley, Wakefield, WF3 4HU

13.00-13.45 Free Lunchtime Concert, Wakefield Cathedral – Jen Townsend, Flute

13.00-14.00 Bingo, Senior Citizens Support Group, Working Mens Club, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859

13.00-14.30 Admiral Nurses Post Diagnosis Support Group, Wakefield Library, Wakefield One, Burton St, WF1 2EB. No need to book. For more info tel: 01924 316973

13.00-15.00 Altofts Community Group, Methodist Church, Altofts, WF6 2NJ. Tel: Linda Whittingham 07400 300461, email lindawhittingham@hotmail.com

13.00-15.00 Coffee & Char Drop In, The Café, Notcutts Garden Centre, Victoria Nurseries, Wakefield Rd, Featherstone, WF7 6BS. Tel PoW Hospice 01977 781451

13.00-15.00 Krafty Krafters, The Circle, Monuments Mews, Pontefract, WF8 2BA. Tel: MHA Communities Wakefield 01977 695006

13.00-16.00 Silver Fishes Friendship Group (Netherton area), St Andrews Church, Church Lane, Netherton, WF4 4HE. Tel: Angela 01924 266145 (answerphone)

13.00-16.00 Crafts & Board Games - Treacy Hall, Wakefield Cathedral

14.00-15.00 Complementary Therapy Group, Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG. To book Tel: 01977 781451

14.30-16.00 Age UK Time for Tea, Sainsbury's Ings Road, Wakefield, WF1 1RS. Tel: Brenda Wardle 01977 552114

15.00-16.00 Chair based exercises, Sandal Library, Sparable Lane, Sandal Magna, Wakefield, WF1 5LJ

18.00-19.30 Gapsed Domestic Abuse support group for men. Tel: 01924 787507 for venue and more information if you wish to attend.

Wednesday 29th October

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09.30-11.30 Singing For Fun, Outwood Memorial Hall, Victoria Street, WF1 2NE. Tel: Antony 0787 6267267

09.30-11.30 Free Community Café, The Hut, Kershaw Avenue, Castleford, WF10 3ES - speak to local partner agencies for help.

09.30-15.30 Wellbeing Wednesdays including health checks, Wakefield Exchange, Union Street, next to Wakefield Bus Station, WF1

10.00-11.00 Chair Exercises, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631

10.00-12.00 BCATS Mens Group, pool, table tennis, boccia. Smawthorne Community Church, Beancroft Rd, Castleford, WF10 5BP. Tel: Martin 07713 700723

10.00-12.00 Age UK Time for Tea, Morrisons, Knottingley. Tel: Brenda Wardle 01977 552114

10.00-12.00 Ferrybridge & Knottingley Carers Group, Knottingley Club, 29 Hill Top, Knottingley, WF11 8EX. Tel: 01924 305544 (Wiltshire Farm Foods)

10.30-11.30 Health Walk, Havercroft & Ryhill Community Learning Centre car park, WF4 2BD. Email janejukes@wakefield.gov.uk

10.30-12.00 PoW Hospice Bereavement Support, (Soup 4 EM Bereavement Support Group, South Kirby, WF9 3LH

10.30-14.30 Full Day at Airedale, lunch £10, activities + more, Library café area, Airedale, WF10 3JJ. Tel: MHA Communities Wakefield 01977 695006 to pre-order

11.00-12.00 Open Goals: Seated Games, South Elmsall Social Centre, Westfield Lane, WF9 2EF. Email info@communitysport.co.uk, tel: 07912 934417

11.00-12.00 WMDC Library Stroll, Pontefract Library, Shoemarket, Pontefract, WF8 1BD

12.00-13.00 Knit & Natter, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE

12.00-13.00 Tai Chi with Kathryn Prybus, Wakefield Exchange, Union Street, next to Wakefield Bus Station, WF1

12.30 Theme Day - Janet J as Tina Turner, Horbury WMC, Cluntergate, Horbury, WF4 5DB. £2. Tel: Peter 07885 306477

13.30-15.00 Down Memory Lane, Ackworth Singing Group, All Saint's Church, Wakefield Rd, Ackworth, WF7 7DF. Tel: Julie Davis 07950 825094

13.30-15.30 Knit & Natter group, St Peter's Church, Lake Lock Rd, Stanley, WF3 4HW. Tel: Ellie 01924 835746

14.00-15.00 Merrie Movers Dance, Wakefield Exchange, Union Street, next to Wakefield Bus Station, WF1

14.00-16.00 Memory Action Group Drop in Centre, West Wakefield Methodist Church, Thornes, Wakefield, WF2 8QR. Tel: Jan 07963 568892

14.00-16.00 RVS Wednesday Club, Ossett Community Centre, Prospect Rd, Ossett, WF5 8AN. £3.50 Tel: Anne 07776 143974 or Catherine 07926 874451

18.30-19.30 Women's only Walk & Talk Peer Support Group, meet outside Stadium, Thornes Park, Wakefield. Email Catherine@bringmetolife.co.uk

Thursday 30th October

10.00-11.00 Chair Exercises, Senior Citizens Support Group Working Men's Club, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859

10.00-11.00 WMDC Library Stroll, Hemsworth Library, Market St, Hemsworth, WF9 4JY

10.00-11.00 Chair based exercises, Normanton Library, 16 Market Street, Normanton, WF6 2AR

10.00-12.00 Coffee Morning, Stanley Library, & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130

10.00-12.00 Time 4 U Café, St Michael's Church Hall, St Michael's Close, Castleford, WF10 4EY. Tel: Judith 07905 116957

10.00-16.00 Rainbow Care Group Club, RDA, Pennine Community, Wood Lane, Chapelthorpe, Wakefield, WF4 3JL. Tel: 01924 683296

10.30-11.30 Coffee Morning, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631

10.30-12.00 Bereavement Support, Soup 4 EM Bereavment Support Group, South Kirby, WF9 3LH. Tel: PoW Hospice 01977 708868

10.30-12.00 Wakefield Carers Group, New Wells Housing Complex, Thornhill St, Wakefield, WF1 1NJ Tel: 01924 305544

10.30-14.30 Outwood Stroke Club, Outwood Memorial Hall, Victoria St, Outwood, WF1 2NE. Tel: Chris 07775 603809 or Margaret 07796 930515

11.00-12.00 Walking Football, Tavern Works, Skinner Lane, Pontefract, WF8 1HG. Tel: Simon Fletcher 01977 525545

11.45-12.45 Chair Exercises, Normanton Fire Station, 38 Princess Street, Normanton, WF6 1AB. Tel: Amanda 07779 870039

13.00-14.30 Crafty Chat, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631

13.00-14.30 Leisure Club, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631

13.00-15.00 Cuppa & Company at Nostell, Wragby, WF4 1QE (free to park and attend). Nationaltrust.org.uk/Nostell. Check in at the ticket office

13.30-14.30 Chair Exercises, Your Space Pontefract, Park Road, Pontefract, WF8 4PR. To book tel: POW Hospice 01977781451

13.30-14.30 Singing for Fun, Jubilee Hall, Townley Rd, Lupset, WF2 8NS. Tel: St George's Community Centre 01924 369631

18.00-19.00 Women's Only Walk & Talk Peer Support Group, outside Children's Play area, Pontefract Park, Park Rd. Email Catherine@bringmetolife.co.uk

Friday	31st October	09.30-10.30 Community Breakfast, Cutsyke Christian Church, WF10 5HA. Tel: Laura/Kim 07912 861156/07401 001200
		10.00-12.00 Fit & Friendly chair exercises + activity, St Swithun's Community Centre, Arncliffe Rd, WF1 4RR. Tel: 01924 361212
		10.00-12.00 Mindful Morning, Stanley Library & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130
		10.00-12.00 Man Matters Coffee Morning, Room 5, Airedale Library, The Square, Castleford, WF10 3JJ. Tel: 01924 787507 if you wish to attend.
		10.00-16.00 Rainbow Care Group Club, East Ardsley Cricket & Athletic Club, Jeffrey Field, Royston Hill, Wakefield, WF3 2HB. Tel: 01924 683296
		10.30-11.30 Chair based exercises, Castleford Library, Carlton Street, Castleford, WF10 1BB
		10.30-11.30 Family & Local History, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE
		10.30-11.30 Seated Zumba, Wrenthorpe Village Hall, WF2 0QG. £5 per person. Tel: Sara 07740 196915
		10.30-12.15 Coffee & Cake, Cutsyke Christian Church, WF10 5HA. Tel: Laura/Kim 07912 861156/07401 001200
		10.30-12.30 Craft Session, Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG. Tel: 01977 781451
		10.30-12.30 Dementia Friendly Bowling, The Hut, Kershaw Ave, Airedale, Castleford, WF10 3ES. Tel: 01977 722777 to book. £2 per person
		11.00-12.00 Food Pantry, Cutsyke Christian Church, WF10 5HA - all welcome, please bring a bag. Tel@ Laura/Kim 07912 861156/07401 001200
		12.00-13.30 Men's Carers Group. Carers Wakefield Office, King St, Wakefield office, meet at King St. Tel: Carers Wakefield 01924 305544 (ring for details)
		12.30-14.00 Lunch Club, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631.
		14.00-16.00 Memory Action Group Drop in Centre, West Wakefield Methodist Church, Thornes, Wakefield, WF2 8QR. Tel: Jan 07963 568892

EARLY NOTICE -

Wednesday	5th November	Free Creative Wellbeing Mini-Project for unpaid carers, The Hepworth, Wakefield, WF1 5AW. To book tel: Wakefield & Dist Carers Assoc 01924 305544
Wednesday	12th November	Free Creative Wellbeing Mini-Project for unpaid carers, The Hepworth, Wakefield, WF1 5AW. To book tel: Wakefield & Dist Carers Assoc 01924 305544
Saturday	15th November	11.00-15.00 Christmas Fayre, Memorial Hall, Victoria Street, Outwood, WF1 2NE
Wednesday	19th November	Free Creative Wellbeing Mini-Project for unpaid carers, The Hepworth, Wakefield, WF1 5AW. To book tel: Wakefield & Dist Carers Assoc 01924 305544

Thursday	27th November	From 13.30 Christmas at De Lacy Gardens, Mill Hill Lane, Pontefract, WF8 4GY. To book Tel: MHA Communities Wakefield 01977 695006
Saturday	29th November	12.45 Christmas Dinner with Haley J, Singer, Memorial Hall, Victoria Street, Outwood, WF1 2NE - Price £12. To book Tel: Margaret 07796 930515
Monday	15th December	11.00-14.30 Christmas Lunch, Featherstone Community Centre @ the Library, Victoria St, WF7 5BB £20 pp. To Book Tel: MHA 01977 695006
Wednesday	17th December	10.30-14.30 Christmas Lunch, Airedale Library, The Square, Airedale, WF10 3JJ. £20 pp. To Book Tel: MHA 01977 695006

DAY/HOME CARE

Thornfield (Day Trips out), Tel: John 01709 798567 or 07740 256400 or Tracey 07894 194061. Collect in Wakefield + Five Towns area.

New Hope Elderly Day Care, 32 Victoria Street, Featherstone, WF7 5EZ. Tel: 07506 064214, email: info@newhopeelderlydaycare.co.uk (Mon, Wed, Thurs, Fri 8am to 4pm)

Radfield Home Care, Office A, 32 Bank St, Ossett, WF5 8NL. Tel: 01924 271394. mark.gillen@radfieldhomecare.co.uk. www.radfieldhomecare.co.uk

Flexicare at Home, 14 Appleton Court, Durkar, Wakefield, WF2 7AR. Tel: Ann or Kevin 01924 251166. www.flexicareathome.co.uk

Complete Care At Home, Somerset House, Sandal Castle Centre, Asdale Rd, Wakefield, WF2 7JE. Tel: 01924 274448

Rainbow Care Group (respite care), web: therainbowcaregroup.com; email: wakefield@therainbowcaregroup.com; Tel: 01924 683296

Active Minds Day Centre, 1A Charter House, Jackson Court, Pontefract, WF8 1DE. Tel: 01977 809871, Kully 07710 227384 or Jemma 07974 110745 to book. (Mon-Fri 11am-4pm)

Active Minds Day Centre, 19 Marsh Street, Rothwell, LS26 0AG Tel: 01977 809871, Kully 07710 227384 or Jemma 07974 110745 to book. (Mon-Fri 11am-4pm)

Wakefield Hospice, Full days (10.00-18.00) Mondays, Tuesdays and Wednesdays. Tel: The Dementia Team 01924 331400

St Catherine's Day Care, St Catherine's Church, Doncaster Rd, Wakefield, WF1 5HL. Tel: 01924 211130 or email socialcare@stcatherines-wakefield.org.uk

Home Companions Northern. Email: Shelli or Sarah homecompanionsnorthern@outlook.com. Tel: Shelli 07889 554660

FURTHER SUPPORT/EVENTS/ACTIVITIES -

DIAL Wakefield (Disability Advisory /service), advice@dialwakefield.co.uk. www.dialwakefield.co.uk, Help with everything!!!

Senior Citizen Support Group, 7 Old Town Hall, Westfield Rd, Horbury, WF4 6HR - Life Membership £10 - offer lots of activities, walks and day trips

Age UK By Your Side Support - to find our more or make a referral tel: 01977 664864 or email befriending@ageukwd.org.uk.

1:1 Family & Friends Carers Support Group, Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG, every day & most evenings. Tel: 01977 708868 to book

Bathing Service (Mon, Tues, Thurs, Fri), Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG. Cost £15 per session. Further info or to book tel: 01977 781451

Counselling & Wellbeing Centre, 5-7 Barden Road, Wakefield, WF1 4HR. info@turningmindsaround.com. Tel: 07419 202312

Tovertafel Magic Table for people living with dementia - available to use FOC at the following libraries: Pontefract (Tel: 01977 727692), Sandal (Tel: 01924 303355),

Normanton (01924 302525) and Wakefield One (01924 302104), Airedale (01977 724040), South Elmsall (01977 723220), Stanley (01924 303130) and Featherstone (01977 722745)

Ossett Town Hall market - every Friday - Memory Action Group has a stall - donations welcome - ring Jan on 07963 568892

Nordic Walking Activities - www.wakefield.gov.uk/walking for locations, dates and times.

Young Adult Carers Group. Tel: Carers Wakefield 01924 305544 for time and venue details.

Nature Force Group - Tel: Ella 07426 716677

Thursday Wildlife Walking Group - Tel: Simon 07426 716677

Adapted Cycling Group - Tel: Simon 07426 716677

Creative Age at the Arthouse, various activities for people living with dementia and their carers. Tel: Diane 01924 312000

Bereavement Support - Age UK - www.ageuk.org.uk. Tel: 01977 552114

St George's Community Centre, Broadway, Lupset, Wakefield, WF2 8AA Café - open Monday-Friday 09.00-13.00 good food, reasonable prices. Tel: 01924 369631