

For your community newsletter we have proposed the following edition schedule:

3 issues a year

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

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

Submission deadlines 2024

- Spring – Monday 15th Jan – Newsletter goes out 1st Feb
- Summer – Monday 15th April – Newsletter goes out 1st May
- Winter – Friday 30th August – Newsletter goes out 3rd Sept

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

Thank you 😊



Welcome to our 6th 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



Volunteering

We are a community group who support the services provided at The Hut for the benefit of our community in Airedale.

One key priority for this year is the recruitment of further volunteers to our 'Friends' group.

We would welcome new volunteers joining our group who have an interest in or have experience in working with multi-agencies to deliver services that place The Hut at the heart of our community.

Below you can read our overall aims and objectives as a Friends group for this year.

If you need any further information please feel free to email us at: thehutfriends@gmail.com

AIMS AND OBJECTIVES FOR 2024

1.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.

To achieve this aim the 'Friends group':

2.Hold consultations with the local community to determine service need.

3.Apply for funds to meet the Group's aim.

4.Work in partnership with relevant bodies such as Wakefield Council, Wakefield District Housing, schools, community groups and businesses.

5.Publicise the work of the Group, its projects and events using social media, newsletters etc.

Although our group has only been established for over 1 ½ years we have managed to support so much so far. Please see some examples below:

1.We successfully ran a consultation for young people in September 2022 and got plenty of feedback and ideas which has contributed to children and young people service provision.

2.We have supported the local youth club at The Hut and successfully applied for around £500 of funding which bought lots of equipment including rounders sets and board games.

3.We received funding for bike locks for young people to use free of charge when onsite at The Hut.

4.We bought some artificial hanging baskets to brighten the external appearance of the building.

5.We successfully ran an over 50's consultation which was attended by 23 residents from the local area. This provided us with feedback for services that The Hut is starting to offer to meet their needs.

6.We secured funding for new roller-skates to be used at the youth club and at the public roller discos which helps The Hut keep the price low as possible for our local residents.



Young People

Winter 2024

After School Club

5 - 11 years old

No booking required, but limited numbers, first come first served.

Every Monday (term time only)

3.30 - 5.00pm

at The HUT

Airedale Business Park, Kershaw Avenue,
Castleford, WF10 3ES



www.wakefieldfamilies.together.co.uk

wakefieldcouncil
working for you



HALLOWEEN FUN DAY



@ **THE HUT**
Tuesday 29th October

11am-3pm

Helping to raise funds for Friends of The Hut and Airedale Food and Baby Bank

The event is free but donations are welcome on the day!

FACE PAINTING
BOWLING
ROLLER DISCO
PUMPKIN CARVING
& MUCH MUCH MORE
(INCLUDING RAFFLE AND TOMBOLA)



Event organised by the Friends of The Hut with the help of many community partners/groups.



Kershaw Avenue, Airedale, Castleford, WF10 3ES

Young People

POP-UP SKATEPARK
SUMMER EDITION

10TH/09, 12TH/09
 17TH/09, 19TH/09
 24TH/09, 26TH/09
 1ST/10, 3RD/10
 8TH/10, 10TH/10
 15TH/10, 17TH/10
 22ND/10, 24TH/10
 29TH/10, 31ST/10

at 'the hut'

SKATEBOARDS ✦ SCOOTERS ✦ RAMPS
 FREE TUESDAYS & THURSDAYS 4-6PM
 SKATEITYOURSELF.CO.UK

In an article from www.skatereview.com, Robert Miles says:

If you're considering adopting a new physical activity that fuels your passion for adventure and offers incredible health benefits, look no further than skateboarding! It's not just a sport; it's a lifestyle that opens the door to a world of excitement and endless possibilities.

Skateboarding has its fair share of fantastic vibes and incredible stunts plastered all over social media, but it has so much more than just hype! Its physical benefits will keep you in shape and ready to take on any challenge life throws at you. On top of that, the mental boost and sense of accomplishment make skateboarding an all-around winner for your well-being.

Beyond its reputation for thrilling stunts and tricks, skateboarding offers many physical, mental, and social benefits contributing to an individual's overall well-being.

Skateboarding for Personal Growth



Skateboarding burns around 300-500 calories per hour



Due to its dynamic nature, skateboarding requires a wide range of body movements, thereby helping improve flexibility.



A study indicates that high levels of leisure-time physical activity, such as skateboarding, increase life expectancy by 4.2 years.



Researchers have found that practicing activities like skateboarding can significantly improve an individual's balance and coordination



Regular skateboarding can help maintain a healthy weight. According to the CDC, a healthy weight range is associated with a lower risk of developing various health problems, including heart disease and type 2 diabetes.



Young People

Winter 2024

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 👍

SURGE BOXFIT

 **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

INSTAGRAM Surgeboxfit

Winter 2024

Young People



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



Youth
DROP IN
4:30PM - 6:30PM
EVERY TUESDAY IN
TERM TIME

For secondary school age

Food, games, switch, PS4, table tennis, darts, music, craft and other activities.

Five Towns Christian Fellowship, Beancroft Street, WF10 5RR

For more information email us at contact@5tcf.org



FIVE TOWNS YOUTH

Funded by Wakefield Council
[wakefieldcouncil](http://wakefieldcouncil.gov.uk)

Airedale Library: What's on?



Mondays

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

Tuesdays

- Sewing Bee (10:30am-12:30pm)- our sewing group, with some machines provided.

Wednesdays

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

Friday

- Diamond Art Club (11am-1pm)- create beautiful art and make great friends

Saturdays

- Lego Club (9:30am-12pm)- come and see what you can make and do with Lego
- Active Minds (10.30am-12pm)- Join us for non-competitive quizzes, puzzles and refreshments

There are also non-library events which are held in the building on a regular basis...

- Each Friday at 9:30am-1pm we have a visit from an NHS Stop Smoking clinic. Drop ins are welcome from 9:30-10am, to make appointments call 01924 252 174.
- Each Wednesday at 10am-3pm MHA Communities Wakefield hold a pop up café session for over 55s, featuring hot meals, games and occasional raffles. Booking is required, to book call 01977 695 006.

Free Community Café @ The Hut, Kershaw Avenue

Every 3rd Friday between 10am and 12pm

Starting Friday 23rd August 2024

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



A community café offering drinks/cake/biscuits at no charge. There will be a chance to speak with local partner agencies about anything you might need help with. If we can't help on the day, we can refer you to the right place.



**Friends
of The Hut**



Community: Airedale Gala

Airedale Neighbourhood Managements Board Fun Day.

Wednesday the 7th August saw the Green Park in Airedale full of local people out with their families to enjoy the Fun Day on what was a really gorgeous summer day.

We estimate that the number of people attending would be between 500 and 600 people of all ages out to enjoy the activities that were on offer to them, most of which were free to experience.

This day was the 10th Annual Funday organised by the Airedale Neighbourhood Management Board. On offer on the day were Fairground Rides, Food stalls, Inflatables, Donkey Rides, Sports for young people.

These yearly Fun Days have always had two parts to them, As well as the fun activities on offer they are informative days of what is on offer in the wider community. This year the theme was Health and Wellbeing and a wide selection of NHS services; local housing services and emergency services were present on the day. Each stall also had activities for all to enjoy and take home the health message of the services available to the tenants and residents of our area.



Along side these were the Airedale Food Bank, Airedale Baby and Young Peoples Bank making people aware of their offer to the community.

For anyone walking round the park they would have experienced a huge level of enjoyment from so many people along with a strong sense of people wishing to know what is on offer in their local area to enhance their life styles.

Airedale Neighbourhood Management Borad would like to thank all who helped organise this event and all who took part in making it the huge success that it was.

We will be back next year on the 6th August 2025 where all will be welcome.

Mike Chair ANHMB.



Community

FOOD FOR THOUGHT & REFLECTION



FOR RESIDENTS OF THE AIREDALE AREA, THOSE WORKING FOR IMPROVING WELLBEING, AND **ANYONE WHO IS INTERESTED.**

A series of 6 bi-monthly discussion meetings

Airedale Methodist Church

11 am to 1 pm

Finger buffet lunch provided.

Dates of next two meetings

17th October

19th December

Topics in the first 4 meetings:

1. Hunger and food banks
2. Access to GPs
3. Social prescribing
4. Dementia

The topic for the meetings will be widely advertised

Any questions please contact Dr Richard Sloan rsloan7798@aol.com



Creative Art Therapy

**Tieve Tara
Medical Centre
Park Dale
WF10 2QP**

Slots available Monday's and Wednesday's

looking to improve your wellbeing



- **Suitable for all ages**
- **No experience of art needed**
- **It's not an art class**
- **Welcoming and safe**
- **Regular 1-1 sessions**
- **Each lasting an hour**
- **Free sessions**
- **Private and supportive**

Art Therapy uses art to help people express and resolve difficulties in their lives.

**For more information
email: spectrumpeople@spectrum-cic.nhs.uk
Call: 07720 899781**



Adults

Coffee Morning Drop-in

Every Monday (term time only)

9:30 - 11:30am

at Kendal Drive Family Hub

Kendal Drive, Castleford, WF10 3SP



Come along for a coffee and a chat. Meet other parents and make friends.

Have a look round the Family Hub.

Support, information and signposting available from staff.



The Connect to Support website for Wakefield District wakefield.connecttosupport.org is for people looking for social care support, either for themselves or as a carer.

You'll find information about keeping healthy, staying independent and connecting with others.

Sections include:

- I am a carer
- I need information on social care.
- I want to refer myself, or someone else, to adult social care services
- I want to connect with others, or find services, from community organisations

There is also a searchable directory for people to find local support from a wide range of organisations across the Wakefield District. The directory is searchable by postcode so you can find the right support near you.

If you run a group/service (or know anyone who does) please feel free to add to the community directory [Create event \(connecttosupport.org\)](http://connecttosupport.org). There is a guide to how to upload your own listing to the directory [here](#)

Moving More

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

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

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

The more you can get up and move throughout the day the better. At Coalfields Regeneration Trust our health Coaches can help you start to implement more exercise into your daily routine.

To access the CRT Engage program, ask your GP to refer you or refer yourself by emailing the team on communitiesactive@coalfields-regen.org.uk




Active For Life

Thursdays at 10.30am.
Lock lane sports centre.
WF10 2JU

Free circuit class



Health & Wellbeing Coaching

IN PARTNERSHIP WITH THE FIVE TOWNS PRIMARY CARE NETWORK

FREE to people living within the Five Towns area of Wakefield.

Lifestyle

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

Nutrition

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

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



communitiesactive@coalfields-regen.org.uk



What's on?

October

Silver Sunday

We are joining other organisations at the Ridings to Celebrate.

6th October 2024.

10.00am– 2.00pm



September

Call into the Fitzwilliam Centre on a Tuesday to try a new hobby, craft or just for a brew and a chat. Every sixth week a trip out to find something new for the next project.

Silk Painting

Lets get Cooking

Games

These are just some of the new activities that we have been trying over the last few months. If you wish to join us please feel free to contact the office.

MHA Communities Wakefield and District
Registered Charity Number: 1083995

TURKEY AND TINSEL BREAK AWAY
Monday-Friday 18th November,
4 night stay at the
Ruskin Hotel,
Blackpool
Evening Entertainment, Bingo and so much more.
2x excursions out
Reduced to £360.00 per person with a non-refundable deposit £60.00
Call our office 01977 695006 to book

Tel: 01977 695006

Email: Wakefield@mha.org.uk

Address: Thornycroft Centre, Halfpenny Lane, Pontefract, WF8 4AY

Date	Time	Details	Join us!
2nd Sept—6th Sept	From the start at all venues	Themed Week Back to school. School dinners, games and activities	
Wednesday 11th Sept 2024	10.30am	Guest Speaker (Coop.) Airedale Library The Square, Airedale WF10 3JJ	
Wednesday 18th Sept	10.30am	Pop Up Shop Airedale Library The Square, Airedale WF10 3JJ	
Tuesday 24th Sept	From 4pm TBC	Bridge through time unveiling Fitzwilliam Train Station WF9 5DA	
Wednesday 25th Sept	10.00am	Dancing/ Music with Spectrum Airedale Library The Square, Airedale WF10 3JJ	
Sunday 6th October	10.00– 2.00pm	Older Peoples Day The Ridings Wakefield	
24th October	From 9.30am	Mystery Trip ???? Pick up at Bradford and Pontefract	
Saturday 9th Nov	From 10.30am	Fitzwilliam Centre Remembrance Day	

Winter Events



Christmas lights switch on 2024.

On the 29th November 2024 Airedale Neighbourhood Management Board in partnership with the Friends of Airedale Library will be holding their annual Christmas Lights Switch on event from 3pm onwards.

During this event at the Library the Christmas Lights on the Square will be switched on giving some Christmas Cheer to the local shops and services.

Available to the community.

In the Library will be a wide range of activities to take part in and Santa will make an appearance to share gifts with our young people.

Why not put this date in your diary as a start to your Christmas celebrations.

Mike. Chair ANHMB.

Light Up Castleford

Tue 19 Nov 2024 - Tue 19 Nov 2024
12:00 - 18:00

[Castleford Precinct](#)

Free

Part of [Light Up 2024 Our Year 2024](#)

OUR YEAR
Wakefield District 2024

Kick off the festive season with a wholesome Christmas themed day out for all the family!

Join us from midday in Castleford to explore the speciality market with a festive twist, treat yourself to some street food and enjoy our family entertainment including a giant snow globe as well as fairground rides! The stage entertainment with local acts and community groups will kick off from 3pm and carry on throughout the afternoon until the main switch on of the towns lights at 5:30pm.

Don't forget to pop into the indoor market hall to place your festive orders and check out the North Pole Letter Box where you can post all your letters to Santa.

[Light Up Castleford | Experience Wakefield](#)



Support

Winter 2024



FREE INDEPENDENT ENERGY ADVICE SERVICE

Groundwork's Green Doctors help UK residents **stay warm, stay well, and save money** on household bills.

For more information or to arrange a free home visit* contact:

Phone: 0300 303 3292

Email: greendoctoryorkshire@groundwork.org.uk

www.groundwork.org.uk/greendoctor



*Subject to eligibility

GREEN DOCTORS CAN HELP YOU TAKE CONTROL OF YOUR ENERGY BILLS

+ Practical solutions to reduce your energy costs

- Using your heating system and controls efficiently
- Managing damp, mould and condensation
- Reducing energy usage and waste

+ We help with energy bills

- Fuel debt support
- Grants for boilers and insulation
- Water bills
- Money advice
- Energy bill health check

+ We can install

- Draught proofing
- LED light bulbs
- Reflective radiator panels
- And more

For more information, to arrange a home visit or to make a referral contact:

Phone: 0300 303 3292

Email: greendoctoryorkshire@groundwork.org.uk

www.groundwork.org.uk/greendoctor


 @GroundworkYorks

 @TheGreenDoctors

 @GroundworkYorkshire

 @groundworkyorkshire

 @Groundwork In The North

 @Groundwork Yorkshire



GREEN DOCTOR

Support

Winter 2024

Championing Our Carers This National Fitness Day – Wednesday, 18th September

Aspire Health dedicates National Fitness Day to Carers, Offering Free Access to Fitness Facilities and Classes

Aspire health is proud to announce a special initiative for National Fitness Day, set to take place on **Wednesday, 18th September**.

In a show of appreciation for the invaluable role carers play in our community, we are dedicating the day to supporting their well-being.

This unique event will offer carers free access to a range of fitness activities, including specialised classes, gym access, and swimming sessions, designed to give them some much needed 'me time.'

Carers often devote their lives to looking after others, sometimes at the expense of their own health and well-being. Recognising the importance of self-care, we have tailored this National Fitness Day to give carers an opportunity to focus on their own physical and mental health.

Whether it's taking part in a gentle yoga class, enjoying a swim, or simply spending time in the gym, carers will have access to a supportive environment where they can recharge.

After the activities, carers are invited to stay and connect with others in similar situations, an opportunity to share experiences, gain advice, and build a supportive community network.

Aspire encourages all carers in the community to take advantage of this free opportunity. It's a chance to invest in your own health, meet others who understand your journey, and enjoy a day dedicated to YOU.

For more information on the event or to register, visit www.wakefield.gov.uk/NationalFitnessDay



CARERS IT'S YOUR TIME

BOOK NOW

THIS NATIONAL FITNESS DAY FREE ACCESS TO ASPIRE FACILITIES AND MUCH MORE FOR CARERS
WWW.WAKEFIELD.GOV.UK/NATIONALFITNESSDAY

OUR YEAR
Wakefield District 2024

MOVING FESTIVAL
2024

Aspire
HEALTH

Support

Winter 2024



September

Let's Get Cooking

Wednesday 11th September

11am-1pm

To Book Call: 07933 099 445

Appletree Community Garden

Agbrigg Rd, WF1 5AE,

follow the long drive opposite Newland st.

OUR YEAR

Harvest Celebration

Tuesday 3rd September

11am-1pm

Free Event, All Welcome to Attend

Appletree Community Garden

Agbrigg Rd, WF1 5AE,

follow the long drive opposite Newland st.

OUR YEAR

Music & Movement workshops

23rd - 27th September - 2 hour workshops

To express interest contact

Spectrumpeople@spectrum-cic.nhs.uk

07720 899 781

Spectrum People AGM & Music & Movement Celebration

Friday 27th September

1:30pm-5pm

West Wakefield Methodist Church

Thornes Rd, Wakefield WF2 8QR

For further information or to host an event with us
contact Spectrum People on spectrumpeople@spectrum-cic.nhs.uk



What's on Guide

Sept
2024

Monday

Appletree
Women's Group
10:30am - 12:30pm
Agbrigg Rd, WF1 5AE,
follow the
long drive opposite
newland st

Tuesday

Community
Outreach Drop In
1:00 pm - 3:00 pm
Pontefract Library,
Shoemarket,
Pontefract,
WF8 1BD

Wednesday

I.T Support
Group
10.30 am - 12pm
Wakefield One Library,
Burton Street, Wakefield,
WF1 2EB

Arts & Crafts
Group
2:00 pm - 4:00 pm
Connections,
15a Westgate,
Wakefield,
WF1 1JZ

Community
Outreach Drop In
4:00 pm - 6:00 pm
St George's Community
Centre, Broadway,
Lupset, WF2 8AA

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

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

Creative
Writing Group
Fortnightly
10.30-12pm
Boogie Woogie Bagel Bar
59 Northgate,
WF1 3BP

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

Game On!
10am - 12pm
Airedale Library,
The Square,
Castleford
WF10 3JJ

Thursday

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

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

Craft &
Chinwag
12:30pm - 2:30pm
Tieve Tara Medical Centre
Park Drive, Castleford
WF10 2QP

Cook & Eat
10 am - 12pm
Foundation Housing,
Trinity House, Trinity
Church Gate,
WF1 1TX

Friday

Community
Outreach Drop In
1pm - 3:00pm
Salvation Army, Booth
Street, Castleford,
WF10 1SA

Hope Peer
Support Group
11.30 am - 1.30pm
Connections,
15a Westgate,
Wakefield,
WF1 1JZ

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

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

Support

Winter 2024

Craft & Chinwag

When? Every Thursday 12:30pm - 2:30pm

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



Welcome to the Community Craft Room

A welcoming space to chat, enjoy
a hot drink and crafting.
Craft materials provided free.

Where?

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

If you'd like to book this
room - whether for
yourself or an organisation,
contact Spectrum People
via phone or email

Email: spectrumpeople@spectrum-cic.nhs.uk
Call: 07720 899781

