# 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 15<sup>th</sup> Jan Newsletter goes out 1<sup>st</sup> Feb
- Summer Monday 15<sup>th</sup> April Newsletter goes out 1<sup>st</sup> May
- Winter Friday 30<sup>th</sup> August Newsletter goes out 3<sup>rd</sup>
   Sept

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

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.

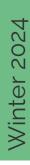
If you would like to get involved or feature in our community newsletter, please contact us via:

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.

Winter 2024

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: <u>thehutfriends@gmail.com</u>

#### 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**



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.wakefieldfamiliestonether.co.uk



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!



# HALLOWEEN

## 11am-3pm

# Young People

#### Winter 2024

#### 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 wellbeing.

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 burns around 300-500 calories per hour





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

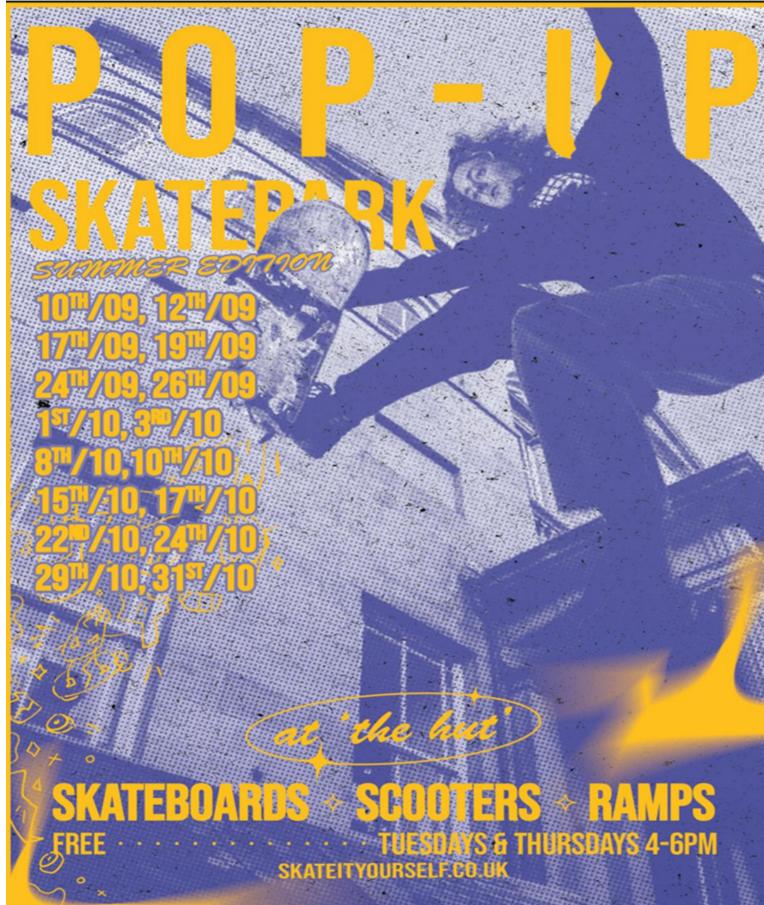


A study indicates that high levels of leisure-time physical activity, such as skateboarding, increase life expectancy by 4.2 years.



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

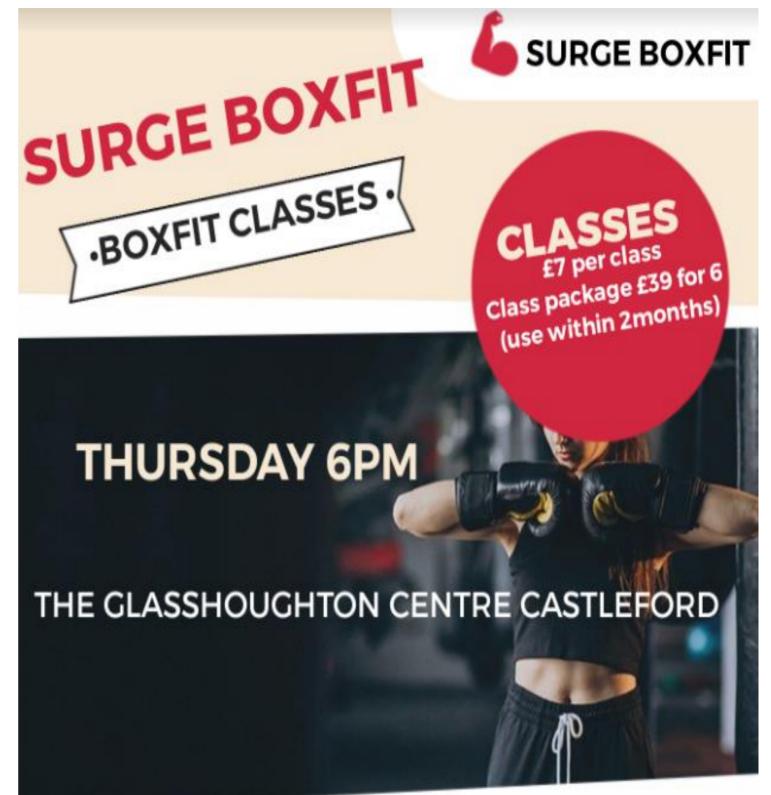


Are you bored? Looking for something to do now that the nights are lighter?

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 🐴



## **FUN, FAST & FITNESS**

Stress reduction | Improve Flexibility | Burn fat Builds self-confidence | Increase your coordination Classes run by a Qualified England boxing coach/ Level 3 PT age 13 upwards FOR MORE INFO CALL VICKY 07825432353 **FACEBOOK Surgeboxfit INSTAGRAM Surgeboxfit** 

# Young People

Winter 2024

# COMBAT KICKBOXING EVERY TUESDAY 6PM THE HUT ISELF DEFENCE IHEALTH & FITNESS ISELF ESTEEM IPAY AS YOU TRAIN

# CALL STEVE ON 07872 441257 TO BOOK A FREE TRIAL

WWW.LMACOMBATKICKBOXING.COM

## For secondary school age

4:30PM - 6:30PM

**EVERY TUESDAY IN** 

**TERM TIME** 

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



Funded by Wakefield Council

## Winter 2024 **Airedale Library: What's on?**



# **v/akefield**council

#### 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 guizzes, 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 3<sup>rd</sup> Friday between 10am and

12pm

Starting Friday 23<sup>rd</sup> 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 7<sup>th</sup> 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 10<sup>th</sup> 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 6<sup>th</sup> August 2025 where all will be welcome.

Mike Chair ANHMB.



# Community

# **FOOD FOR THOUGHT &**



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

17<sup>th</sup> October 19<sup>th</sup> 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



Fryston, Fryston, Fryston **Neighbourhood Management** 

# Creative **Art Therapy**

Slots available Monday's and Wednesday's



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

## **Tieve Tara Medical Centre Park Dale WFI0 2QP**

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





# 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
- 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). There is a guide to how to upload your own listing to the directory here

I want to connect with others, or find services, from community

# **Moving More**

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

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

It helps with cardiovascular health, joint mobility, reduces pain, helps to regulate blood sugars and hormones, supports your immune system,

maintains strong bones and muscle which makes us less prone to injury and is an important part of weight management.

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

## Walking Cricket Five Towns

ENGAGE

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

Free Turn Up & Play Walking Cricket Session!

Winter 2024

**Active For Life** 

Thursdays at 10.30am.

Lock lane sports centre.

**GAME ON** 

Free circuit class

WF102JU



# 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



communitiesactive@coalfields-regen.org.uk



## Nutrition

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



# MHA

What's on?

## October

## Silver Sunday

We are joining other organisations at the Ridings to Celebrate.

6th October 2024.

10.00am- 2.00pm



Call our office 01977 695006 to book



## 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

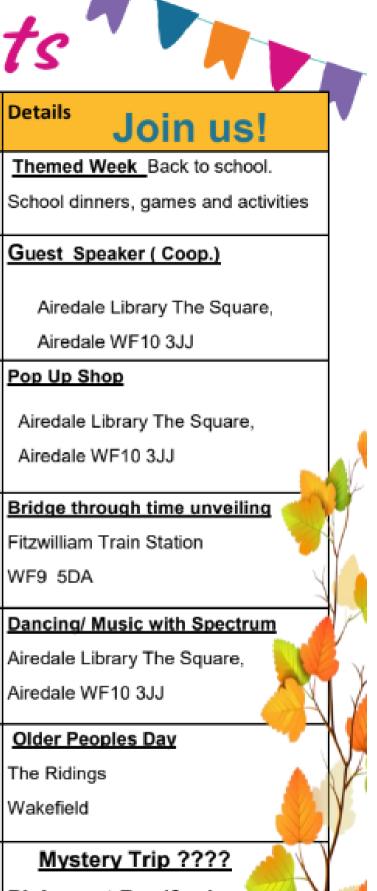
#### Games

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.

> Tel: 01977 695006 Email: Wakefield@mha.org.uk ,



Date	Time
2nd Sept—6th Sept	From the start at all venues
Wednesday 11th Sept 2024	10.30am
Wednesday 18th Sept	10.30am
Tuesday	From 4pm
24th Sept	твс
Wednesday	10.00am
25th Sept	
Sunday	10.00-
6th October	2.00pm
24th October	From 9.30am
Saturday 9th Nov	From 10.30am



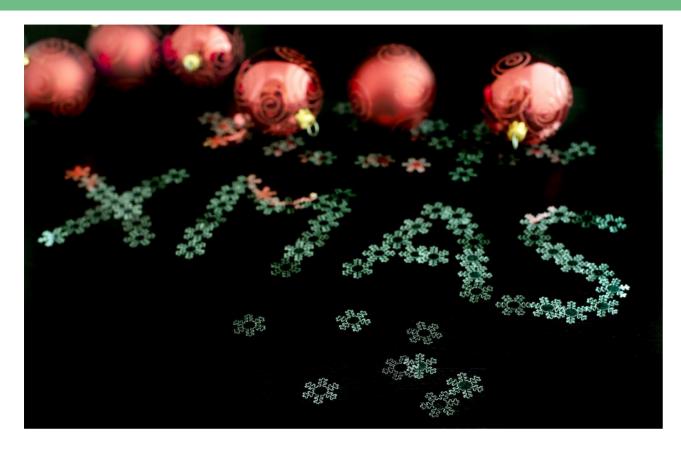
Pick up at Bradford and

Pontefract

Fitzwilliam Centre

Remembrance Day

# Winter Events



#### Christmas lights switch on 2024.

On the 29<sup>th</sup> 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**

**The Bart of Light Up 2024 Our Year 2024** Vick off the feeting Tue 19 Nov 2024 - Tue 19 Nov 2024

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



## **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





Winter 2024

\*Subject to eligibility

## GREEN DOCTORS CAN HELP YOU TAKE **CONTROL OF YOUR ENERGY BILLS**

## Practical solutions to reduce your energy costs

- · Managing damp, mould and condensation
- · Reducing energy usage and waste

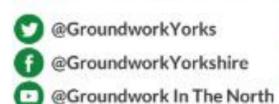
#### We help with energy bills

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

#### 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







Using your heating system and controls efficiently

## We can install

Draught proofing

- · LED light bulbs
- Reflective radiator panels
- And more

@TheGreenDoctors

@groundworkyorkshire

m @Groundwork Yorkshire



# Support

#### 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



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





CARERS IT'S



BOOK NOW

# Support



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.

arvest 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.

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

Winter 2024



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

Wednesday

I.T Support Group 10.30 am - 12pm Wakefield One Library, Burton Street, Wakefield, WF1 2EB Community Outreach Drop In 4:00 pm - 6:00 pm St George's Community Centre, Broadway, Lupset, WF2 8AA

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 10X** 

#### 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

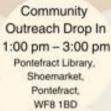
For further information contact Spectrum People on spectrumpeople@spectrum-cic.nhs.uk

Music &, Movement workshops

23rd - 27th September - 2 hour workshops To express interest contact Spectrumpeople@spectrum-cic.nhs.uk 07720 899 781



Tuesday



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

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

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

#### Game On!

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



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

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

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

# Support

Winter 2024



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



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



**Craft &** Chinwag



Every Thursday 12:30pm - 2:30pm



When?

**Tieve Tara Medical Centre** Park Dale, Castleford, WFI0 2QP



**Free sessions Open to everyone Refreshments provided** 

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



ctrum

Have a natter, hot drink and make new friends!

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

## Where?

**Tieve Tara Medical Centre** Park Dale, Airedale **Castleford, WFI0 2QP** 







