

# Community Newsletter

## SUMMER EDITION

ISSUE 08



WELCOME TO OUR 8TH 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](mailto:THEAIREDALER@GMAIL.COM)

Local groups and activities

Moving More and the Summer Gala

Wide range of support available



MAY 2025

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## **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 2025**

- Spring – Monday 31st Jan – Newsletter goes out 17st Feb
- Summer – Monday 30th April – Newsletter goes out 14th May
- Winter – Monday 1st Sept– Newsletter goes out 15th Sept

If you'd like to submit anything for the newsletter, please email into **[theairedaler@gmail.com](mailto:theairedaler@gmail.com)**

**Thank you !**





## COMMUNITY CONNECTOR

IN PARTNERSHIP WITH HEALTHY AND  
SUSTAINABLE COMMUNITIES

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



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

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

**What I Offer:**

- I can guide you to health services, housing help, local charities, and other community resources. My job is to make sure you can easily find the right support for you.
- I work with local groups and services to give you the best advice. Whether you need help with a specific issue or just want to know what's groups and activities are available, If you're not sure where to turn, I'm here to help you find the right place.
- If you're feeling isolated or anxious about attending a group or meeting, I can go with you for that first step. You don't have to face it alone.
- Free Vape starter kits for those 18+ who wish to stop smoking. No catch- all we ask is that we can contact you 4 weeks after receiving your vape kit to see if you've swapped.

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



[chloe.smith@coalfields-regen.org.uk](mailto:chloe.smith@coalfields-regen.org.uk)



# Volunteering



Volunteer, Gain Experience and Earn Rewards!  
Citizen Coin – The Home of Volunteering in Wakefield District.

Want to boost your confidence, make a difference, meet new people, or improve your job prospects? Citizen Coin is Wakefield's exciting new platform that connects you to lots of volunteering opportunities. Volunteer, develop valuable skills, and earn digital coins that give you discounts at local shops and businesses!

Join Citizen Coin and earn rewards here for the great things that you do!

[www.citizencoin.uk](http://www.citizencoin.uk)

For more information, please email [citizencoin@wakefield.gov.uk](mailto:citizencoin@wakefield.gov.uk)

## How It Works (It's Easy!)

1. Sign Up: Join through the website or app. Visit [www.citizencoin.uk](http://www.citizencoin.uk) or download the app to create an account get started.
2. Search: Find volunteering activities you're interested in. If you already volunteer, check that your organisation is signed up.
3. Earn Coins: Volunteer for activities like helping at local charities, supporting groups, tree planting, litter picking, and more!
4. Redeem Coins: Use your coins for discounts at local businesses, including free swims, café deals, and lots of retailer offers.
5. Build Your Social CV: Citizen Coin automatically creates a CV to show off your volunteering achievements—great for college/job applications or career progression!



## FRIENDS OF THE HUT



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

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

For further information please contact:

Email: [Thehutfriends@gmail.com](mailto:Thehutfriends@gmail.com)



# YOUNG PEOPLE



## The Hut WHAT'S ON 2025



### Monday

9.00-21.00 - 3G Pitch hire  
9.00-21.00 - Sport hall hire  
9.00-21.00 - Bowling ally open  
15.30-17.00 - After school club  
(age 5-11) Youth Hub  
17.00-20.00 - Airedale Project  
19.00-20.00 - Clubbercise with  
Claire—07955848952

### Tuesday

9.00-21.00 - 3G Pitch hire  
9.00-21.00 - Sport hall hire  
9.00-21.00 - Bowling ally open  
16.00-18.00 Skateboarding  
(age 11-16) Youth Hub  
17.00-20.00 - Airedale Project  
18.00-19.00 Lifestyle martial  
arts with Steve- 07872441257

### Wednesday

9.00-21.00 - 3G Pitch hire  
9.00-21.00 - Sport hall hire  
9.00-21.00 - Bowling ally open  
17.00-20.00 - Airedale Project  
19.15-20.15 - Clubbercise with  
Claire - 07955848952

### Thursday

9.00-21.00 - 3G Pitch hire  
9.00-21.00 - Sport hall hire  
9.00-21.00 - Bowling ally open  
10.00-12.00— Walking cricket  
with Game on - 01226272821  
17.00-20.00 - Airedale Project  
16.00-18.00 Skateboarding  
(age 11-16) Youth Hub

**Tel. 01977 722777**

**Email : [thehut@wakefield.gov.uk](mailto:thehut@wakefield.gov.uk)**

**Kershaw Avenue, Airedale, Castleford,  
WF10 3ES**

### Friday

9.00-21.00 - 3G Pitch hire  
9.00-21.00 - Sport hall hire  
9.00-21.00 - Bowling ally open  
16.00-17.00 - Under 12's roller  
disco - 01977 722 777  
17.00-20.00 - Airedale Project  
17.15-18.15 - Under 12's roller  
disco - 01977 722 777  
18.00-20.00 - Youth football  
with Game On - 01226272821  
18.15-20.30 over 12's  
roller disco - 01977 722 777

## Price list 2024/2025

**Open Monday - Friday from 9am - 9pm  
9am-5pm including school holidays**

<b>Bowling Adults</b>	<b>£3.00 per game</b>
<b>Bowling Children/ Concession</b>	<b>£2.00 per game</b>
<b>3G Pitch</b>	<b>£20.00 per hour</b>
<b>Sports Hall Hire</b>	<b>£20.00 per hour</b>
<b>Small Conference Room Hire</b>	<b>£10.00 per hour</b>
<b>Large Conference Room Hire</b>	<b>£15.00 per hour</b>

**5pm-9pm including school holidays**

<b>Bowling Adult</b>	<b>£5.00 per game</b>
<b>Bowling Children/ Concession</b>	<b>£3.00 per game</b>
<b>3G Pitch</b>	<b>£35.00 per hour</b>
<b>Sports Hall Hire</b>	<b>£35.00 per hour</b>
<b>Small Conference Room Hire</b>	<b>£15.00 per hour</b>
<b>Large Conference Room Hire</b>	<b>£25.00 per hour</b>





# YOUNG PEOPLE



## The Hut



# ROLLER DISCO EVERY FRIDAY!



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

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

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

Anyone under 16 must be accompanied by an adult.

## BOOKING IS ESSENTIAL

Payment will be taken in full at time of booking.

To book on to a session head to

[www.ticketsource.co.uk/thehutcastleford](http://www.ticketsource.co.uk/thehutcastleford)

Kershaw Avenue, Airedale, Castleford, WF10 3ES



## ACTIVE AIREDALE

COMMUNITY WELLNESS PROJECT

EVERY MONDAY & WEDNESDAY  
5PM-8PM

THE HUT, AIREDALE WF10 3ES  
AGES 8-15 YEARS

PHYSICAL ACTIVITY SESSIONS & WORKSHOPS TO  
PROMOTE FITNESS, TEAMWORK & FUN IN A POSITIVE  
SPORTING ENVIRONMENT WHILST GAINING KNOWLEDGE  
& UNDERSTANDING OF YOUR PHYSICAL & MENTAL  
WELLBEING.



## AIREDALE PROJECT

MONDAY- FRIDAY (EVERY WEEK)  
5pm-8pm

The Hut, Airedale WF10 3ES  
No sign up required

Starts Monday 4th November

Free activity session for children 5  
years & above



# YOUNG PEOPLE

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

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



**Skateboarding isn't just fun—it's good for you!**

For young people, skateboarding helps build balance, coordination, and core strength. It's a great way to stay active, boost confidence, and reduce stress. Plus, it encourages creativity and social connection. Come check out the pop-up skate sessions local to you—all skill levels welcome!





# SUMMER EVENTS

Mark your calendars for a fantastic day out in the heart of Airedale! The Airedale Management Board is hosting the Summer Fun Day on Wednesday 6th August at The Green Park—and it's set to be a brilliant event for the whole family.

Expect a fun-filled day packed with bouncy castles, fairground rides, face painting, free activities, live entertainment, and a great selection of market stalls and tasty food. Plus, there will be a variety of health and wellbeing stalls offering support and advice.

Don't miss this chance to enjoy the summer, connect with your community, and make some great memories!



A vibrant poster for the 2025 Fryston Gala. At the top left, a yellow sun icon contains the text 'FREE ENTRY'. To its right, a red banner reads 'SATURDAY 14TH JUNE 11AM TO 3PM'. The main title 'JOIN US FOR OUR 2025 FRYSTON GALA' is in large, bold, blue letters. Below it, 'FUN FOR THE WHOLE FAMILY' is written in red. A list of activities includes 'DJ • ENTERTAINMENT • BBQ • CAN BAR • ICE CREAM VAN • CRAFT STALLS • REPTILES PLUS MUCH MORE.....'. At the bottom, it says 'ASKHAM ROAD, CASTLEFORD WF10 2NY' and 'HTTPS://WWW.FACEBOOK.COM/FRYSTONCLUB'. The background features colorful balloons and a small illustration of people playing.

**FREE ENTRY**

**SATURDAY 14TH JUNE 11AM TO 3PM**

**JOIN US FOR OUR 2025 FRYSTON GALA**

**FUN FOR THE WHOLE FAMILY**

DJ • ENTERTAINMENT • BBQ • CAN BAR • ICE CREAM VAN  
CRAFT STALLS • REPTILES  
PLUS MUCH MORE.....

ASKHAM ROAD, CASTLEFORD WF10 2NY  
[HTTPS://WWW.FACEBOOK.COM/FRYSTONCLUB](https://www.facebook.com/frystonclub)

*Don't miss it!*



A colorful poster for Summer Funday. At the top, a banner reads 'SUMMER FUNDAY'. Below it, a yellow flower icon is next to the text 'Wednesday 6th August 11am-3pm'. The location 'GREEN PARK, AIREDALE' is listed. A red banner says 'FREE ENTRY'. A list of activities includes 'bouncy castle • fairground rides • face painting • free activities • entertainment • market stalls • yummy food • and much more!'. The background features a Ferris wheel, a carousel, and flowers. At the bottom, it says 'For more information contact Mike Dixon - 07956036437'.

Airedale, Ferry Fryston, Fryston and Townville Neighbourhood Management presents -

**SUMMER FUNDAY**

**Wednesday 6th August 11am-3pm**

**GREEN PARK, AIREDALE**

**FREE ENTRY**

JOIN US FOR LOTS OF FUN!

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

For more information contact  
Mike Dixon - 07956036437

Come along to the Fryston Gala on Saturday 14th June at the Fryston Welfare Club in Airedale for a great family day out! There'll be a DJ, live entertainment, a can bar, ice cream van, and even reptiles to see.

You can also enjoy craft stalls and lots more fun activities for all ages. It's a brilliant way to spend the day with family, friends, and the community.





# ADULTS



SNACK AND CHAT CAFE  
AIREDALE LIBRARY  
THE SQUARE  
AIREDALE  
WF10 3JJ



Fun Food and Laughter

2 course lunch

£10.00



RAFFLE AND REFRESHMENTS ARE  
ALSO AVAILABLE

EVERY WEDNESDAY

10.00AM - 2.30PM

FOR ANY MHA COMMUNITIES WAKEFIELD MEMBERS  
OR  
LOCAL COMMUNITY TO COME AND JOIN US

FOR FURTHER INFORMATION OR BOOKING  
CONTACT

MHA COMMUNITIES WAKEFIELD OFFICE 01977 695006  
EMAIL: WAKEFIELD@MHA.ORG.UK

## Trips

### Trip 2

WHITBY  
Tuesday 22nd July  
Bradford 8.30am pick up  
£25.00 PER PERSON

### Trip 3

CHESTER  
Tuesday 12th August  
Thorny Croft 8.30am Pick up  
£25.00 PER PERSON

### Trip 4

BLACKPOOL  
Thursday 6th November  
Thorny Croft tbc pick up  
Coach and trip through the lights  
£25.00 Per person

# Morning Meet Up

Looking to start your day with a friendly chat?

**When?** Every other Wednesday 9.45 - 11.45am

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

Sessions are flexible, welcoming and supportive,  
with the opportunity to be creative and explore the local area.

The kettle is always on!

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



# Spectrum People: What's on?

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

## Tieve Time



**Starting Saturday 11th January**

then every Saturday, same time  
10.30am - 1.00pm

**Health and Wellbeing Awareness  
Open Day**

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

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

A colorful poster for 'Lego Cafe'. At the top, the words 'Lego Cafe' are written in large, multi-colored letters (blue, red, yellow, green). Below this, there are two colored boxes: an orange one on the left and a red one on the right. The orange box contains the text 'Every Tuesday from 1-3pm' in blue. The red box contains the text 'Tieve Tara Medical Centre WF10 2QP' in white. Below these is a green box with the text 'Open to 16 years and over' in blue, followed by 'For more info or to sponsor our group email Spectrumpeople@spectrum-cic.nhs.uk' in white. To the right of this is a yellow box containing a drawing of a yellow Lego minifigure and two yellow Lego bricks. Below the green box is a blue box with the text 'Ever wanted your name on a building?' in white, followed by 'If you sponsor our group we'll put the name of your business on the side of our lego buildings.' and 'we're building an entire city so there's lots of opportunity to get your name on a building!' in white. At the bottom left is a black box with the 'Creative Minds' logo, which features a row of colorful faces. At the bottom right is a green box with the 'Spectrum People' logo, which features a colorful gear-like shape.





# What's on Guide 2025

## Monday

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

## Tuesday

**Newsletter Group**  
4:00 pm – 5:00 pm  
Online Via Teams

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

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

**Lego Cafe**  
1-3pm  
Tieve Tara  
Medical Centre  
WF10 2QP

## 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  
Foundation Housing  
WF1 1TX

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

**Morning  
Meet Up**  
9:45-11:45am  
Tieve Tara Medical Centre  
WF10 2QP  
Alternate weeks starting  
26th Feb 2025

## 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**  
12pm - 2pm  
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**  
1.30 am – 1.30pm  
Foundation Housing  
WF1 1TX

**Creative  
Writing Group**  
10 - 11:30am  
Wakefield Library,  
WF1 2EB  
Alternate weeks starting  
21st Feb 2025.

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

## Saturday

**Appletree  
Community  
Garden**  
10am-2pm  
Agbrigg Rd, WF1 5AE,  
follow the long drive  
opposite newland st

**Tieve Time**  
10:30am-1pm  
Tieve Tara  
Medical Centre  
WF10 2QP



# Craft & Chinwag

**NEW  
TIME!**

**When?**

**Every Thursday 12pm - 2pm**

**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](mailto:spectrumpeople@spectrum-cic.nhs.uk)  
or call 07720 899781**







# 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. Please note it is not meeting during the summer holidays and will return on a yet to be decided date in September
- Coffee Morning 10:30-12

## **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 (10am-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 (10am-12pm)- Join us for non-competitive quizzes, puzzles and refreshments



## COFFEE MORNING

Every Friday - excluding Bank Holidays.

All who:

- Identify as male
- Are aged 18 and over
- Live in the Wakefield District

Are welcome to join us.





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

**10:00 - 12:00**

**CALL US: 01924 787507**

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







NHS West Yorkshire  
Integrated Care Board

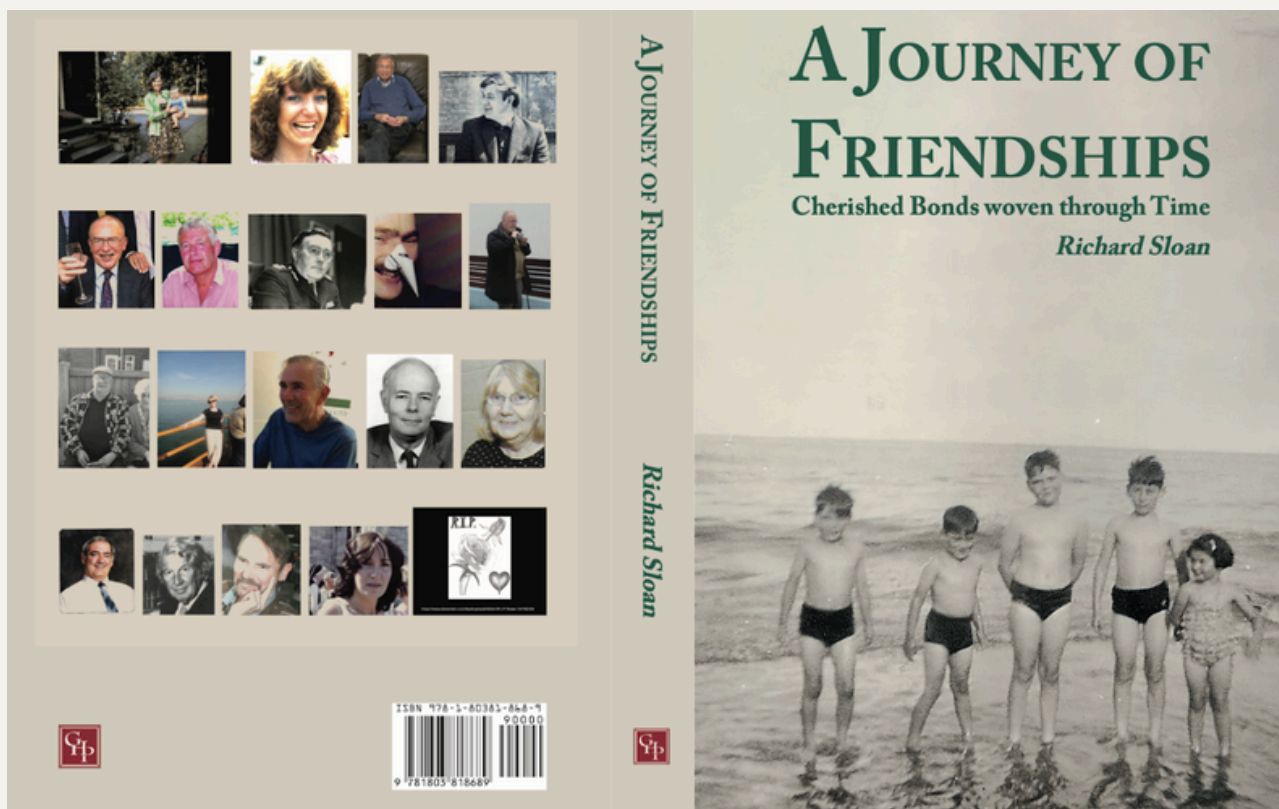


Charity: 1072174  
Company Registration: 03580792

# LOCAL AUTHOR

Local author and former GP Richard Sloan shares heartfelt reflections on friendship, community, and his life's journey through his years in Airedale. His book offers a personal look into his career and the people who shaped it. You can borrow it from Airedale Library or purchase it on Amazon, with a Kindle edition also available.

"I have published two previous books, *Tieve Tara* and *The English Doctor*, each of which had a strong theme throughout. In 2021, I decided to write a third book, with no theme whatsoever. It would be a collection of essays and reflections about diverse areas of my thoughts and experiences. I would be free to write about anything whatsoever. This freedom would be in addition to the freedom experienced by self-publishing. When I wrote the chapter on social class - "Bridging the Divide, I realised that the theme throughout was friendship. I wrote the chapter on friendship last. The chapter - "Politics and friendship intertwined" covers my involvement with the Social Democratic Party in Airedale in the early 1980s and more."



"It is a collection of my thoughts and experiences that have the thread of friendship throughout in my opinion. The reader might find other threads that I have not mentioned.

The book was published in 2024 and is available from Amazon as a hardback or Kindle edition. Also available from other booksellers. All profits are donated to charity."



## AIREDALE NEIGHBOURHOOD MANAGEMENT BOARD

**The Board is a volunteer community group run by the community for the community. It has been running in our area for nearly 16yrs and has been instrumental in bringing many services to our area.**

We work with Health Authorities, Coalfield Regeneration Trust, Spectrum People Local Schools, Local Doctors Surgeries, Yorkshire Sport, West Yorkshire Police, Methodist Homes for the Aged. and many other community groups in our area.

We are really pleased to work alongside our three Local Councillors Wakefield District Council and Wakefield District Housing.

The Board is made up 8 Community members and up to 21 associate members from the groups and agencies that we work with. Over the years we have spearheaded many initiatives in our area that have brought much needed facilities and avenues of help to our community and its residents.

Each year we organise our Annual Fun-day on the Green Park and the Annual Christmas Lights switch on at the Airedale library. Alongside this we have the lease on the Airedale Library Café which we use for networking events, space where other groups and agencies can use for community activities and workshops. We also run the Airedale Foodbank where we provide food and household goods by referrals to people of the Airedale area.

## Airedale Methodist Church

Airedale Methodist Church is situated on the corner of Elizabeth Drive and Fryston Road. It has been a worshipping community church for 101 years and has always provided space for activities that can be used by the community. Our worshipping space is open every Sunday morning for worship at 10-30am and all are welcome.

We also have a spring, Summer and Christmas Fayre each year along with many activities throughout the year.

We as a church run the following activities for the community.

### Monday

- Boys Brigade: at 6pm for ages 4yrs to 18yrs.
- Tai chi: at 10:30am.
- Lunch club: 12 Noon

### Tuesday

- Girls Brigade: at 6pm aimed at ages 4yrs to 18yrs.
- Young at heart Exercise Group at 1-30pm.

### Wednesday

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

### Thursday

- Choir at 7pm.

### Friday

- Slimming World at 7am.





# The Coalfield Regeneration Trust

## What is CRT Engage?

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

## Your local coach



## What is CRT Game On?

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

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



**Airedale and Castleford**

### Health & Wellbeing Coaching

IN PARTNERSHIP WITH THE FIVE TOWNS PRIMARY CARE NETWORK

FREE to people living within Airedale and Castleford



**I'm here to help you feel better.**

As a Health and Wellbeing Coach and Nutritionist, I work with people to improve their health. I offer personalised support to help you build healthier habits, feel more energetic, and boost your confidence.

**What I Offer:**

- Nutrition support: 8 sessions to help you make healthier food choices, plus 3 months of follow-up support to keep you on track.
- One-on-one coaching: Get personal guidance to reach your health goals.
- Group sessions: Join friendly groups in Airedale like Slimmer's Society and cooking workshops. You'll learn new skills, meet others, and get support to live healthier.

I can also create more group sessions based on what people need, so everyone can get the help they deserve.

 [helen.ogg@coalfields-regen.org.uk](mailto:helen.ogg@coalfields-regen.org.uk)





### 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





# FREE COOKING SESSIONS



**Nourish and Thrive:** Discover how to create tasty, low-cost meals using a slow cooker in this hands-on cooking session. We'll cover the essentials of food hygiene and safety, explore the basics of carbohydrates, proteins, and fats, and guide you through simple, effective meal planning techniques.

Every participant will receive a FREE slow cooker to take home!  
You'll also get information on how to access further learning opportunities, including accredited and non-accredited courses like Basic Food Hygiene and COSHH—plus more.

**Nourish and Discover:** A free monthly cooking session and lunch club where participants come together to explore global cuisines and cultures- one dish at a time. Each month offers a hands-on experience creating and sharing a meal from a different part of the world. This month, we're heading to Mexico!

Contact below to book on- booking mandatory!

 [philippa.priestley@coalfields-regen.org.uk](mailto:philippa.priestley@coalfields-regen.org.uk)

 [helen.ogg@coalfields-regen.org.uk](mailto:helen.ogg@coalfields-regen.org.uk)

Booking required

## NOURISH & THRIVE

### SLOW COOKER SESSION

Join us for our FREE monthly slow cooker cooking class and take home a FREE slow cooker

Second to last Friday of the month 9:30am-1pm

Friday 23<sup>rd</sup> May

Friday 20<sup>th</sup> June

Friday 18<sup>th</sup> July

Friday 22<sup>nd</sup> August

Booking required

## NOURISH & DISCOVER

### LUNCH CLUB

Join us for our FREE monthly cooking class and lunch club where each month we create a taste of some where new!

Last Friday of the month 11:30am-1pm

Friday 30<sup>th</sup> May: MEXICO 

Friday 27<sup>th</sup> June: GREECE 

Friday 25<sup>th</sup> July: SPAIN 



CRT ENGAGE



Coalfields  
Regeneration  
Trust

17

BUILDING PROSPERITY & OPPORTUNITY

# MOVING MORE

## Friday Night Football Five Towns

### Airedale Football 5ives

The Hut  
WF10 3ES  
6-8pm

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



## CRT GAME ON

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

If you are aged between 11-18 years old why not come along to The Hut, Kershaw Avenue, Airedale, Castleford WF10 3ES on Friday evenings and play Football 5ives.

Starts 6pm till 8pm.

It's free! Just come along and play

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

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

## SURGE BOXFIT

•BOXFIT CLASSES•

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

**THURSDAY 6PM**

THE GLASSHOUGHTON CENTRE CASTLEFORD

**FUN, FAST & FITNESS**

Stress reduction | Improve Flexibility | Burn fat  
Builds self-confidence | Increase your coordination  
Classes run by a Qualified England boxing coach/ Level 3 PT  
age 13 upwards

**FOR MORE INFO CALL VICKY 07825432353**  
**FACEBOOK Surgeboxfit**

## COMBAT KICKBOXING EVERY TUESDAY 6PM THE HUT

- SELF DEFENCE
- HEALTH & FITNESS
- SELF ESTEEM
- PAY AS YOU TRAIN

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

WWW.LMACOMBATKICKBOXING.COM

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



# LOCAL FUNDING



## Airedale Healthy & Sustainable Communities Fund

### Seeking Support as a Local Group or Charity?

We are offering up to £1000 in funding to help you make a difference in Airedale.

### Why Apply?

- Simple Application Process: No lengthy forms!
- Minimal Monitoring: We trust you to use the funds wisely.
- Flexible Timing: Apply whenever you're ready.

### Requirements:

- Your organization must have a bank account.
- Provide a brief plan on how you'll use the funding.



### Ready to make an impact?

Email [Spectrumpeople@spectrum-cic.nhs.uk](mailto:Spectrumpeople@spectrum-cic.nhs.uk) for your application form today!



## Ferry Fryston Community Hub

A Chrysalis Youth & Community Project

### Free Vodafone simcards

6 months free calls, texts and data for eligible customers



Ferry Fryston Community Hub are now part of the Good Things Foundation National Databank, we can offer free SIM cards to adults who cannot afford to access the internet. Residents will normally receive data for up to 6 months

To be eligible to receive data from the National Databank, you must:

- Be 18+ years old
- And being from a low-income household
- And qualify in one or several of the following statements:
  - Has no access or insufficient access to the internet at home
  - AND/OR has no or insufficient access to the internet when away from the home
  - AND/OR cannot afford their existing monthly contract or top-up
- Claiming a means-tested benefit, Pension Credit, Universal Credit etc. (proof required)
- Only one SIM per household
- SIMS will be distributed from Ferry Fryston Community Hub

3 Fairfield Close, Ferry Fryston Castleford WF10 2PD

Mondays 1pm-3pm

Fridays 4.15pm-6-15pm

### NEIGHBOURHOOD POLICING TEAMS

npt

### NEIGHBOURHOOD POLICING TEAMS

npt



#### Contact Point @ The Hut

Fridays 5 – 6pm

10 <sup>th</sup> January 2025	19 <sup>th</sup> July
31 <sup>st</sup> January 2025	9 <sup>th</sup> August
21 <sup>st</sup> February 2025	30 <sup>th</sup> August
14 <sup>th</sup> March 2025	20 <sup>th</sup> September
4 <sup>th</sup> April 2025	11 <sup>th</sup> October
25 <sup>th</sup> April 2025	1 <sup>st</sup> November
16 <sup>th</sup> May 2025	22 <sup>nd</sup> November
6 <sup>th</sup> June 2025	13 <sup>th</sup> December
27 <sup>th</sup> June 2025	

#### Contact Point @ Airedale Library

Wednesdays

5.30 – 6.30pm

22 <sup>nd</sup> January 2025
12 <sup>th</sup> February 2025
5 <sup>th</sup> March 2025
26 <sup>th</sup> March 2025
7 <sup>th</sup> May 2025
28 <sup>th</sup> May 2025
18 <sup>th</sup> June 2025

Saturdays

10 – 11am

18 <sup>th</sup> January 2025
8 <sup>th</sup> February 2025
1 <sup>st</sup> March 2025
22 <sup>nd</sup> March 2025
3 <sup>rd</sup> May 2025
24 <sup>th</sup> May 2025
14 <sup>th</sup> June 2025

### Free Community Café @ The Hut, Kershaw Avenue

10am and 12pm

17 <sup>th</sup> January	7 <sup>th</sup> February	28 <sup>th</sup> February
21 <sup>st</sup> March	11 <sup>th</sup> April	2 <sup>nd</sup> May
23 <sup>rd</sup> May	13 <sup>th</sup> June	4 <sup>th</sup> July
25 <sup>th</sup> July	15 <sup>th</sup> August	5 <sup>th</sup> September
26 <sup>th</sup> September	17 <sup>th</sup> October	7 <sup>th</sup> November
28 <sup>th</sup> November	9 <sup>th</sup> December	

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.





## AIREDALE'S NEW PARK!

We three Labour Councillors are delighted that the Play Area at Dunderdale has re-opened after a major upgrade that we have been able to support with our funding and support from local community engagement officers Jo and Lauren too.

Dunderdale Rec play area in Airedale was officially reopened, following a £100,000 upgrade. Now everyone can come along and enjoy the playground!

Work to transform the run-down playground began at the end of January, after consulting with local residents on how best to improve the area.

The play area has now been transformed. The old play area has been replaced with challenging equipment suitable for both younger children and junior school-aged children. It has also benefitted from new swings, multi play units with slides, a basket swing as well as rocking and spinning features.



A new safety surface is in place as well as a central pathway linking both access points. There's also new bins, signage and safety gates.

Street Scene Project Officers supported your Ward 2 Councillors Jackie Ferguson, Kathryn Scott and Les Shaw to secure funding from their Local Capital Grants programme which sees monies allocated, annually, to each of the Council's 21 wards to fund projects that will improve the lives of residents



# SUPPORT

## Here For You Wakefield & 5 Towns

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

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

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



**Call: 07776 962 815**

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



**Call: 07776 962 815**

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

### Refer online any time

Our teams will call you back within 24hours

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



## Here For You

Out Of Hours Support In A Safe Space



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

### Accessible Support

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

### 1-to-1 Support

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

45minutes either in person, or over the phone

### Social Space Support

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



[www.touchstonesupport.org.uk/hereforyou](http://www.touchstonesupport.org.uk/hereforyou)



HereForYouTS



## Here For You

Out Of Hours Support In A Safe Space



Wakefield District  
Health & Care  
Partnership







## Talk to **your** local health and care champion

Healthwatch Wakefield is your local health and social care champion.

Not just in Airedale, but from Overton to Knottingley, Altofts to South Kirkby, and everywhere in between across our district.

We make sure NHS leaders and other decision-makers hear your voice and use your feedback to improve care.

### How we can help

If you've recently used any health or care service, we want to hear from you. Your feedback — good or bad — helps us improve services for everyone.

We have the legal power to ensure NHS and care leaders listen, with a seat on key decision-making boards locally.

We also offer free, confidential advice on finding support, making complaints, or getting advocacy for NHS issues. We're independent, impartial, and here to help. Some of our recent projects include working with local veterans, parents and carers, pregnant women, those who use social care services, and those who use mental health services.

### Airedale and Castleford

We are currently meeting up with local organisations and groups across Airedale and Castleford. Get in touch with us if you'd like to meet up too! You'll be seeing more of us locally at community events and health and care services!

### How you can help

We need your voice to help improve local health and care.

Share your experiences, volunteer to visit services, or join our panels to shape how care is planned and delivered — from hospitals to mental health and social care. Every action you take helps create better services for everyone.

### How to get in touch

You can always contact us directly by telephone to speak to someone, email us, use the contact us form on our website, or chat through social media. You can also leave your experiences and review services on our Feedback Centre.

**01924 787379**

**07885 913396**

We also use the BSL Online Interpreting Service, SignLive

**[enquiries@healthwatchwakefield.co.uk](mailto:enquiries@healthwatchwakefield.co.uk)**

**[www.healthwatchwakefield.co.uk](http://www.healthwatchwakefield.co.uk)**

Office hours are Monday to Friday 9 – 5



# Dementia Friendly *Cafe*



**FREE**  
No booking  
required, just  
pop in

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

**1st Monday  
of every month**

Excluding Bank Holidays

**10am-12pm**



Wakefield North  
Primary Care  
Network



Alzheimer's  
Society



For more information contact:

**Paige: 07543 315168**

[paige-shelton@nhs.net](mailto:paige-shelton@nhs.net)

Queens Mill, Aire Street  
Castleford, WF10 1JL



## OPENING HOURS

MON 4PM-6 30PM

TUE 4PM-6.30PM

SAT 10AM-2PM

PLEASE NOTE: OUR STAFF ARE  
VOLUNTEERS SO HOURS MAY BE SUBJECT  
TO CHANGE AT SHORT NOTICE.

WE ASSIST FAMILIES WITH A VAST RANGE OF  
PRE-LOVED BABY AND TODDLER ITEMS TOGETHER  
WITH CLOTHING AND FOOTWEAR FROM BIRTH TO 16.

WE ALSO HAVE TOYS, BOOKS AND BEDDING



AIREDALE BABY AND CHILDREN'S BANK



AIREDALEBABYANDCHILDRENSBANK@GMAIL.COM

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

Charity number 1202786



# Money Smart

**A free Council service to help you become smarter at managing your money and make the most of your income.**

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**Why not get in touch with us to find out how we can help with...**

- **Maximising your income**
- **Budgeting**
- **Managing your debt**
- **Dealing with mortgage arrears**
- **Reducing energy costs and debt**
- **Getting in a position where you can start saving**
- **Accessing adult education, training and developing job skills**

**...and more!**

**We are open to all residents across the Wakefield district and all advice is free and impartial!**



**[www.wakefield.gov.uk/moneysmart](http://www.wakefield.gov.uk/moneysmart)**



**01924 305892**



**[moneysmart@wakefield.gov.uk](mailto:moneysmart@wakefield.gov.uk)**





**FREE  
courses and  
workshops**

# Wakefield Recovery and Wellbeing College Home of the Discovery College

## Interested in volunteering?



If you would like to volunteer at the College to help run one of the courses, help to develop a course or support learners taking part – let us know as there are lots of opportunities to get involved. Your skills to share could be anything from living with a health condition, to a crafting hobby, to a practical skill such as gardening, cooking, baking, flower arranging, we welcome your ideas.

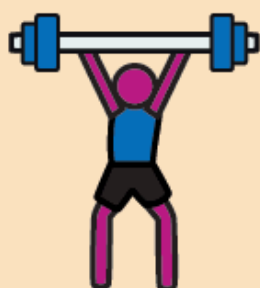
There are lots of reasons why you might want to volunteer – it could be to gain skills to help you in to employment, because you want to give something back to your community or because you want to become more active and improve your wellbeing.

Whatever your motivation – we can help you do it.

*Just get in touch and we'll let you know how you can get involved.*



EXPLORE YOUR POTENTIAL  
TO VOLUNTEER



DISCOVER YOUR STRENGTHS

## Our values



The Colleges and the courses that we support, have been co-produced with a non-clinical focus by people who have experience of health problems, health professionals, local people and partnership organisations - ensuring that courses offered support the needs and aspirations of people in our local communities.

We believe that people who have experience of health problems – whether that is personal experience or as a carer for someone – are the experts in their own lives. So we want your help to develop the Colleges and the courses on offer – sharing your ideas with us so that together we can create opportunities that will support people as they choose. This is co-production – and it's what the Colleges are all about!

We provide courses and workshops that can help you on your recovery journey.

Recovery is a personal journey! It's about building lives, creating opportunities, taking control and instilling hope.

Your journey may involve you becoming an expert in your own self care, finding new skills and interests or building on your strengths and inner resources – and our courses can support you to do all this!



FIND YOUR SKILLS

## Find the course for you



Our courses are free and available to anyone over the age of 18 for the Recovery and Wellbeing College and aged 16-25 for the Discovery College. If you want to improve your own wellbeing or knowledge in a particular area, enrol with us! You do not need to be in poor health to start your journey. You might want to support yourself or think that gaining knowledge and skills would benefit someone else, everyone is welcome.

We are not postcode restricted and no referral is required! You can enrol on our website, but if you have any issues getting online or with filling in forms, just give us a call and we can support you to do this over the phone.

When you enrol for the first time you will be invited to have a chat with a member of the team to complete an individual learning plan that will let us know how we can support you at the Colleges and to book you onto the courses you are interested in.

You can be part of our community for as long as you like but our aim is to support you to access community services when you feel ready. Many of the volunteers who facilitate our sessions were once students at the College, so in time and with growing confidence the opportunities are endless!

You can find out more details about the courses now on offer at both the Recovery and Discovery College on our website at:

[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

Courses are run in partnership with local and national partners, community organisations, charities, Trust staff and volunteers. The courses take place at different venues across the community and online.



## Get in touch

If you would like to find out more about the Wakefield Recovery and Wellbeing College, the home of the Discovery College, you can contact us at:

✉ **Wakefield Recovery and Wellbeing College**  
Drury Lane Health and Wellbeing Centre,  
Drury Lane,  
Wakefield  
WF1 2TE

☎ **01924 316946**

✉ **wakefieldrecoverycollege@swyt.nhs.uk**  
**wakefielddiscoverycollege@swyt.nhs.uk**

🌐 **[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)**

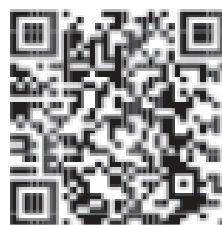
f **[facebook.com/wakefieldrecoverycollege](https://www.facebook.com/wakefieldrecoverycollege)**  
**[facebook.com/wakefielddiscoverycollege](https://www.facebook.com/wakefielddiscoverycollege)**

🐦 **@WF\_RecoveryColl**  
**@WakefieldDC**

📷 **@Wakefieldrecoverycollege**  
**@Wakefielddiscoverycollege**

### Our values – we believe:

- everyone has a wealth of knowledge and valuable expertise – which they can use to help us develop the college for the benefit of all
- everyone should be given the opportunity to reach their potential
- that the College will aim to be fully accessible for everyone
- in working together in the design and provision of the courses available
- everyone has the equal right to enjoy all the opportunities that life can provide
- that our work is based on the principle that hope, mental health and wellbeing are essential to every person



Scan the QR code  
to visit our website