

EVENTS/ACTIVITIES - June 2025

01924 373264 - Alzheimer's Society

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

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

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

07963 568892 - Memory Action Group

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

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

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

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

01924 565859 - Senior Citizens' Support Group, Old Town Hall, Westfield Rd, Horbury, WF4 6HR. Website www.scsq.co.uk. Email Scsq66699@gmail.com

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

Sunday 1st June

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Monday 2nd June

10.00-11.30 Dementia Coffee Morning + exercise, Denhale ARC, Denhale Ave, Wakefield, WF2 9EF. Tel: 01924 327382. Email info@disabilitysportyorkshire.org.

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

10.00-12.00 Wakefield District Coffee Morning, The Events Space, Middle Mall, The Ridings, WF1 1DS. Tel: 01924 215555

14.00-16.00 Age UK Time for Tea, Tesco Hemsworth Tel: Brenda Wardle 01977 552114

10.00-12.30 Movers & Groovers seated exercises, Featherstone Community Centre, Victoria St, WF7 5BB. Tel: MHA Wfd & Dist 01977 695006

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

10.30-14.30 Featherstone Foodies, Featherstone Community Centre, WF7 5BB. To book tel: MHA Wfd & Dist 01977 695006

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

11.00-13.00 Early Onset Walk & Talk, Pugneys Country Park, Asdale Rd, Off Denby Dale Rd, Wakefield, WF2 7EQ (meet at café) Booking required 01924 316973

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

12.30-15.30 HomeInstead Friendship lunch, Silkwood Farm, Silkwood Business Park, Ossett, WF5 9TR. Tel: 01924 565330 to book

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

13.00-14.00 Line Dancing, Walton Village Hall, WF2 6PA. Tel: Jeanette 01924 256624 or 0744 3651117

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

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

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

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

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

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

18.00-20.00 Man Matters Coffee Evening, Eastmoor Rugby Club, Wakefield, WF1 4RD. Tel: Sarah at GASPED - 01924 787501-01924 787507

19.00-21.00 Andys Man Club, Elite Training, Unit 3 Silcoates St, Wakefield, WF2 0DX (men only incl carers). Email: info@andysmanclub.co.uk

Tuesday 3rd June

09.30-11.00 Potter in Ponte walking group, Pontefract Racecourse & Hug a Mug Tel: MHA Wfd & Dist 01977 695006

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

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

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

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

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

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

10.30-11.30 Quiz, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE

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

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

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

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

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

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

13.00-13.45 Free Lunchtime Concert Wakefield Cathedral - Grace Middleton - Organ

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

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

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

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

13.30-15.00 Men's Creative Shed, The Art House, Drury Lane, Wakefield, WF1 2TE. Tel Jen at Gasped 01924 787501 (if new tel for assessment -not a drop in)

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

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

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

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

Wednesday 4th June

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

10.00 - SCSG Coffee Morning, Horbury Working Mens Club, Cluntergate, Horbury, WF4 5DB. Tel 01924 565859 or Moira 07960 029409

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

10.00-15.00 Full Day at Airedale, lunch £6.50, activities + more, Library café area, Airedale, WF10 3JJ. Tel: MHA Communities Wakefield 01977 695006 to pre-order

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

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

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

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

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

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

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

16.30-17.30 Female only Boxercise Fitness fun, St Swithun's Community Centre, Eastmoor. Email: paula@familyfituk.com

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

Thursday 5th June

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

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

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

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

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

10.00-12.00 Queen's Mill Coffee & Chat, Queen's Mill, Aire Street, Castleford, WF10 1JL. Tel: 01977 556741

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

11.00-14.00 Radfield Lunch & Natter, Ossett Cricket Club, Queen's Terrace, Dimple Wells Rd, Ossett, WF5 8JT. Tel: 01924 273618

11.00-15.15 Walks, Crafting/Activities, Nostell Priory, Doncaster Rd, Wakefield, WF4 1QE. Tel: MHA 01977 695006. Access bus Tel: 0113 3481902

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

11.00-13.30 Lunch & Natter, Ossett Cricket Club, Queen's Terrace, Dimple Wells Rd, Ossett, WF5 8JT. Tel: 01924 273618

11.30-12.30 SCSG CG Bowling, Working Mens Club, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859

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

12.30-14.30 Hemsworth & SESKU Carers Group, Hemsworth Methodist Church, Westfield Rd, Hemsworth, WF9 4QG. Tel: 01924 305544

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

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

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

13.30-14.30 Chair Exercises, Your Space Pontefract, Park Road, Pontefract, WF8 4PR. To book tel: POW Hospice 01977 781451

13.30-15.30 Alzheimer's Society Singing for the Brain, Sacred Heart + St Josephs Church, Market St, Hemsworth, WF9 4LB. Tel: 01924 373264

17.30-19.00 Evening Carers Group, Carers Wakefield, Tel: 01924 305544 ring for details of venue etc

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

Friday	6th June	09.30-10.30 Community Breakfast, Cutsyke Christian Church, WF10 5HA. Tel: Laura/Kim 07912 861156/07401 001200
		10.00-12.00 Fit & Friendly chair exercises + activity, St Swithun's Community Centre, Arncliffe Rd, WF1 4RR. Tel: 01924 361212
		10.00-12.00 Man Matters Coffee Morning, Room 5, Airedale Library, Castleford, WF10 3JJ. If new tel: Sarah on 01924 787507 for brief assessment - not a drop-in)
		10.00-12.00 Age UK Time for Tea, Castleford Indoor Market, Castleford, WF10 1DE. Tel: Brenda Wardle 01977 552114

10.00-12.00 Memory Lane Café, Smawthorne Community Church, Beancroft Rd, Castleford, WF10 5BP

10.00-12.00 Coffee morning, Crofton Medical Centre, Slack Lane, Crofton, WF4 1HJ. Tel: MHA Wfd & Dist 01977 695006

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

10.30-11.30 Chair based exercises, Castleford Library, Carlton Street, Castleford, WF10 1BB

10.30-11.30 Family & Local History, Ossett Library, Town Hall, Ossett, WF5 8BE

10.30-12.15 Coffee & Cake, Cutsyke Christian Church, WF10 5HA. Tel: Laura/Kim 07912 861156/07401 001200

10.30-12.30 Care Home Supporters Group, Normanton Town Hall, High St, Normanton (use Council High St car park WF6 2AQ). Tel: Carers Wakefield 01924 305544

10.30-12.30 Dementia Friendly Bowling, The Hut, Kershaw Ave, Airedale, Castleford, WF10 3ES. Tel: 01977 722777 to book. £2 per person

10.30-12.30 Craft Session, Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG. Tel: 01977 781451

11.00-12.00 Food Pantry, Cutsyke Christian Church, WF10 5HA - all welcome, please bring a bag. Tel@ Laura/Kim 07912 861156/07401 001200

12.30-14.00 Lunch Club, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631.

13.30-15.00 Social Club, movies, quizzes, games etc, St George's Community Centre, Broadway, Lupset, WF2 8AA. Tel: 01924 369631

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

Saturday 7th June

10.00-11.30 Board Games, Normanton Library, 16 Market St, Normanton, WF6 2AR. Tel: 01924 302525.

10.00-13.00 Discover your Family History, Stanley Library & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130

10.30-11.30 Men's Club, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE

Sunday 8th June
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Monday 9th June

10.00-11.30 Dementia Coffee Morning + exercise, Denhale ARC, Denhale Ave, Wakefield, WF2 9EF. Tel: 01924 327382. Email info@disabilitysportyorkshire.org.

10.00-12.30 Movers & Groovers seated exercises, Featherstone Community Centre, Victoria St, WF7 5BB. Tel: MHA Wfd & Dist 01977 695006

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

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

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

13.00-14.00 Line Dancing, Walton Village Hall, WF2 6PA. Tel: Jeanette 01924 256624 or 0744 3651117

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

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

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

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

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

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

18.00-20.00 Man Matters Coffee Evening, Eastmoor Rugby Club, Wakefield, WF1 4RD. Tel: Sarah at GASPED - 01924 787501-01924 787507

19.00-21.00 Andys Man Club, Elite Training, Unit 3 Silcoates St, Wakefield, WF2 0DX (men only incl carers). Email: info@andysmanclub.co.uk

Tuesday 10th June

09.30-11.00 Potter in Ponte walking group, Pontefract Racecourse & Hug a Mug Tel: MHA Wfd & Dist 01977 695006

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

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

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

10.00-12.00 Wakefield District Sight Aid Coffee Morning, Horbury Community Centre, Cluntergate, Horbury, WF4 5DA. Tel: 01924 215555

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

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

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

10.30-11.30 Quiz, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE

10.30-12.00 Pontefract & Castleford Carers Group, Baileygate Court Sheltered Housing, North Baileygate, Pontefract. Tel: 01924 305544

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

10.30-12.30 Age UK Time for Tea, Community Shop (Old Factory Shop), Knottingley. Tel: Brenda Wardle 01977 552114

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

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

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

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

12.00-13.00 Tea & Tunes, Wrenthorpe Methodist Church, Wrenthorpe, WF2 0JR with Suzi Saperia Lost Chord

12.30-15.30 HomeInstead Friendship Lunch, The Bridge Inn, Bridge Street, Wakefield, WF1 5RT. Tel: 01924 565330 to book

13.00-13.45 Free Lunchtime Concert, Wakefield Cathedral - Queen Elizabeth Grammar School

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

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

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

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

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

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

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

13.30-15.00 Men's Creative Shed, The Art House, Drury Lane, Wakefield, WF1 2TE. Tel Jen at Gaspd 01924 787501 (if new tel for assessment -not a drop in)

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

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

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

Wednesday 11th June

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

10.00 - SCSG Social Quiz, Horbury Working Mens Club, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859 or Moira 07960 029409

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

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

10.00-15.00 Full Day at Airedale, lunch £6.50, activities + more, Library café area, Airedale, WF10 3JJ. Tel: MHA Communities Wakefield 01977 695006 to pre-order

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

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

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

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

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

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

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

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

16.30-17.30 Female only Boxercise Fitness fun, St Swithun's Community Centre, Eastmoor. Email: paula@familyfituk.com

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

Thursday 12th June

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

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

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

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

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

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

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

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

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

11.00-13.00 Outwood Carers Group, Bevin Community Centre, Bevin Close, Outwood. Tel: 01924 305544 (Chair Based Exercises)

11.00-13.30 Lunch & Natter, Ossett Cricket Club, Queen's Terrace, Dimple Wells Rd, Ossett, WF5 8JT. Tel: 01924 273618

11.30-12.30 SCSG CG Bowling, Working Mens Club, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859

11.30-15.00 Pub lunches Tel: MHA Communities Wakefield 01977 695006 for details of venue & availability on access bus.

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

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

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

13.30-14.30 Chair Exercises, Your Space Pontefract, Park Road, Pontefract, WF8 4PR. To book tel: POW Hospice 01977 781451

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

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

Friday	13th June	<p>09.30-10.30 Community Breakfast, Cutsyke Christian Church, WF10 5HA. Tel: Laura/Kim 07912 861156/07401 001200</p> <p>10.00-12.00 Fit & Friendly chair exercises + activity, St Swithun's Community Centre, Arncliffe Rd, WF1 4RR. Tel: 01924 361212</p> <p>10.00-12.00 Open Heart Café, Sacred Heart Church, Market St, Hemsworth, WF9 4LB. Tel: 01977 610733</p> <p>10.00-12.00 Man Matters Coffee Morning, Room 5, Airedale Library, Castleford, WF10 3JJ. If new tel: Sarah on 01924 787507 for brief assessment - not a drop-in)</p> <p>10.00-12.00 Mindful Morning, Stanley Library & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130</p> <p>10.30-11.30 Chair based exercises, Castleford Library, Carlton Street, Castleford, WF10 1BB</p> <p>10.30-11.30 Family & Local History, Ossett Town Hall, Market Place, Ossett, WF5 8BE</p> <p>10.30-12.15 Coffee & Cake, Cutsyke Christian Church, WF10 5HA. Tel: Laura/Kim 07912 861156/07401 001200</p> <p>10.30-12.30 Craft Session, Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG. Tel: 01977 781451</p> <p>10.30-12.30 Dementia Friendly Bowling, The Hut, Kershaw Ave, Airedale, Castleford, WF10 3ES. Tel: 01977 722777 to book. £2 per person</p> <p>11.00-12.00 Food Pantry, Cutsyke Christian Church, WF10 5HA - all welcome, please bring a bag. Tel@ Laura/Kim 07912 861156/07401 001200</p> <p>12.30-14.00 Lunch Club, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631.</p> <p>14.00-16.00 Memory Action Group Drop in Centre, West Wakefield Methodist Church, Thornes, Wakefield, WF2 8QR. Tel: Jan 07963 568892</p>
Saturday	14th June	<p>10.00-12.00 Radfield Coffee Morning, New Spring Centre, Illingworth Street, Ossett, WF5 8AL. Tel: 01924 271394</p> <p>10.00-13.00 Discover your Family History, Stanley Library & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130</p> <p>10.30-11.30 Men's Club, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE</p> <p>19.00-21.30 Yorks Philharmonic Choir 'A Night at the Opera' - tickets available on Cathedral website.</p>
Sunday	15th June	
	3	
Monday	16th June	<p>10.00-11.30 Dementia Coffee Morning + exercise, Denhale ARC, Denhale Ave, Wakefield, WF2 9EF. Tel: 01924 327382. Email info@disabilitysportyorkshire.org.</p> <p>10.00-12.00 Age UK Time for Tea, The Glassblower Wetherspoon, 15 Bank St, Castleford, WF10 1JD. Tel: Brenda Wardle 01977 552114</p> <p>10.00-12.30 Movers & Groovers seated exercises, Featherstone Community Centre, Victoria St, WF7 5BB. Tel: MHA Wfd & Dist 01977 695006</p> <p>10.30-12.00 Dementia Support Café, St Mary's Community Centre, The Circle, Chequerfield, Pontefract, WF8 2AY. Ring 01977 705341 to book. Email stmarys@stmaryscommunity.co.uk</p>

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

10.30-14.30 Featherstone Foodies, Featherstone Community Centre, WF7 5BB. To book tel: MHA Wfd & Dist 01977 695006

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

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

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

13.00 Wakefield Trinity Step Ahead (walk + cuppa) various venues. For details tel Jason 07590 041260 or email jason.talbot@wakefieldtrinity.com

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

13.00-14.00 Line Dancing, Walton Village Hall, WF2 6PA. Tel: Jeanette 01924 256624 or 0744 3651117

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

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

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

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

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

18.00-20.00 Man Matters Coffee Evening, Eastmoor Rugby Club, Wakefield, WF1 4RD. Tel: Sarah at GASPED - 01924 787501-01924 787507

19.00-21.00 Andys Man Club, Elite Training, Unit 3 Silcoates St, Wakefield, WF2 0DX (men only incl carers). Email: info@andysmanclub.co.uk

Tuesday 17th June

09.30-11.00 Potter in Ponte walking group, Pontefract Racecourse & Hug a Mug Tel: MHA Wfd & Dist 01977 695006

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

10.00-12.00 Age UK Café, Morrisons Dewsbury Road, Wakefield. Tel: Brenda Wardle 01977 552114

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

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

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

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

10.30-11.30 Quiz, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE

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

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

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

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

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

13.00-13.45 Free Lunchtime Concert, Wakefield Cathedral - Th Big Strum

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

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

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

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

13.30-15.00 Men's Creative Shed, The Art House, Drury Lane, Wakefield, WF1 2TE. Tel Jen at Gasped 01924 787501 (if new tel for assessment -not a drop in)

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

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

Wednesday 18th June

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

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

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

10.00-12.00 Wakefield District Sight Aid Coffee Morning, Events Space, Middle Mall, The Ridings, Wakefield, WF1 1DS. Tel: 01924 215555

10.00-15.00 Full Day at Airedale, lunch £6.50, activities + more, Library café area, Airedale, WF10 3JJ. Tel: MHA Communities Wakefield 01977 695006 to pre-order

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

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

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

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

12.30-15.30 HomeInstead Friendship lunch, Hampsons Plant World, Denby Dale Road, Durkar, WF4 3AZ Tel: 01924 565330 to book

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

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

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

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

16.30-17.30 Female only Boxercise Fitness fun, St Swithun's Community Centre, Eastmoor. Email: paula@familyfituk.com

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

Thursday 19th June

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

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

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

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

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

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

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

11.00-13.30 Lunch & Natter, Ossett Cricket Club, Queen's Terrace, Dimple Wells Rd, Ossett, WF5 8JT. Tel: 01924 273618

11.00-15.15 Walks, Crafting/Activities, Nostell Priory, Doncaster Rd, Wakefield, WF4 1QE. Tel: MHA 01977 695006. Access bus Tel: 0113 3481902.

11.30-12.30 SCSG CG Bowling, Working Mens Club, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859

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

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

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

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

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

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

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

Friday 20th June

09.30-10.30 Community Breakfast, Cutsyke Christian Church, WF10 5HA. Tel: Laura/Kim 07912 861156/07401 001200

10.00-12.00 Fit & Friendly chair exercises + activity, St Swithun's Community Centre, Arncliffe Rd, WF1 4RR. Tel: 01924 361212

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

10.00-12.00 Memory Lane Café, Smawthorne Community Church, Beancroft Rd, Castleford, WF10 5BP

10.00-12.00 Man Matters Coffee Morning, Room 5, Airedale Library, Castleford, WF10 3JJ. If new tel: Sarah on 01924 787507 for brief assessment - not a drop-in)

10.30-11.30 Chair based exercises, Castleford Library, Carlton Street, Castleford, WF10 1BB

10.30-11.30 Family & Local History, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE

10.30-12.15 Coffee & Cake, Cutsyke Christian Church, WF10 5HA. Tel: Laura/Kim 07912 861156/07401 001200

10.30-12.30 Craft Session, Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG. Tel: 01977 781451

10.30-12.30 Dementia Friendly Bowling, The Hut, Kershaw Ave, Airedale, Castleford, WF10 3ES. Tel: 01977 722777 to book. £2 per person

11.00-12.00 Food Pantry, Cutsyke Christian Church, WF10 5HA - all welcome, please bring a bag. Tel@ Laura/Kim 07912 861156/07401 001200

12.30-14.00 Lunch Club, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631.

13.30-15.00 Social Club, movies, quizzes, games etc, St George's Community Centre, Broadway, Lupset, WF2 8AA. Tel: 01924 369631

13.30-15.30 Ackworth Carers Group, Ackworth Library, Bell Lane, Ackworth, WF7 7JH. Tel: Carers Wakefield 01924 305544

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

19.30-21.00 Wakefield Cathedral Choir Summer Concert. Tickets available on Cathedral website.

Saturday	21st June	10.00-13.00 Discover your Family History, Stanley Library & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130
		10.30-11.30 Men's Club, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE
Sunday	22nd June	
	4	
Monday	23rd June	10.00-11.30 Dementia Coffee Morning + exercise, Denhale ARC, Denhale Ave, Wakefield, WF2 9EF. Tel: 01924 327382. Email info@disabilitysportyorkshire.org .
		10.00-12.00 Age UK Time for Tea, The Bluebell, Cross Hill, Pontefract, WF9 4LQ Tel: Brenda Wardle 01977 552114
		10.00-12.30 Movers & Groovers seated exercises, Featherstone Community Centre, Victoria St, WF7 5BB. Tel: MHA Wfd & Dist 01977 695006
		11.00-12.00 'Cha Cha Chairs' exercises, St Luke's Church Hall, Overton, WF4 4RB. £4 + refreshments. Tel/Text Chris on 07796 960162
		12.00-13.00 WMDC Library Stroll, Castleford Library, Carlton Street, Castleford, WF10 1BB
		13.00-14.00 Stanley Community Choir Sing for Fun & make friends, St Peter's Church, Lake Lock Rd, Stanley, WF3 4HW. Tel Ellie 01924 835746

13.00-14.00 Line Dancing, Walton Village Hall, WF2 6PA. Tel: Jeanette 01924 256624 or 0744 3651117

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

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

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

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

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

18.00-20.00 Man Matters Coffee Evening, Eastmoor Rugby Club, Wakefield, WF1 4RD. Tel: Sarah at GASPED - 01924 787501-01924 787507

19.00-21.00 Andys Man Club, Elite Training, Unit 3 Silcoates St, Wakefield, WF2 0DX (men only incl carers). Email: info@andysmanclub.co.uk

Tuesday 24th June

09.30-11.00 Potter in Ponte walking group, Pontefract Racecourse & Hug a Mug Tel: MHA Wfd & Dist 01977 695006

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

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

10.00-12.00 Ladies Carers Group, Carers Wakefield, 25 King St, Wakefield, WF1 2SR. Tel: 01924 305544 (Live Well)

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

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

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

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

10.30-11.30 Quiz, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE

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

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

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

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

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

13.00-13.45 Free Lunchtime Concert Wakefield Cathedral -Carla Hay - Voice; Jason Ellis - Piano

13.00-14.00 Bingo, SCSG, Working Mens Club, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859

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

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

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

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

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

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

13.30-15.00 Men's Creative Shed, The Art House, Drury Lane, Wakefield, WF1 2TE. Tel Jen at Gasped 01924 787501 (if new tel for assessment -not a drop in)

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

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

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

Wednesday 25th June

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

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

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

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

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

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

10.00-15.00 Full Day at Airedale, lunch £6.50, activities + more, Library café area, Airedale, WF10 3JJ. Tel: MHA Communities Wakefield 01977 695006 to pre-order

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

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

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

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

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

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

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

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

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

16.30-17.30 Female only Boxercise Fitness fun, St Swithun's Community Centre, Eastmoor. Email: paula@familyfituk.com

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

Thursday 26th June

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

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

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

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

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

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

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

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

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

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

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

11.00-13.30 Lunch & Natter, Ossett Cricket Club, Queen's Terrace, Dimple Wells Rd, Ossett, WF5 8JT. Tel: 01924 273618

11.15-12.15 SCSG CG Bowling, Working Mens Club, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859

11.30-14.30 Fish & Chips, Huntwick Community Room, Huntwick Rd, Featherstone, WF7 5JD. To book tel MHA Wfd & Dist 01977 695006

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

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

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

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

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

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

Friday	27th June	<p>09.30-10.30 Community Breakfast, Cutsyke Christian Church, WF10 5HA. Tel: Laura/Kim 07912 861156/07401 001200</p> <p>10.00-12.00 Fit & Friendly chair exercises + activity, St Swithun's Community Centre, Arncliffe Rd, WF1 4RR. Tel: 01924 361212</p> <p>10.00-12.00 Mindful Morning, Stanley Library & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130</p> <p>10.00-12.00 Man Matters Coffee Morning, Room 5, Airedale Library, Castleford, WF10 3JJ. If new tel: Sarah on 01924 787507 for brief assessment - not a drop-in)</p> <p>10.30-11.30 Chair based exercises, Castleford Library, Carlton Street, Castleford, WF10 1BB</p> <p>10.30-11.30 Family & Local History, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE</p> <p>10.30-12.00 Men's Carers Group. Carers Wakefield Office, King St, Wakefield office, meet at King St. Tel: Carers Wakefield 01924 305544 (Games Day)</p> <p>10.30-12.15 Coffee & Cake, Cutsyke Christian Church, WF10 5HA. Tel: Laura/Kim 07912 861156/07401 001200</p> <p>10.30-12.30 Craft Session, Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG. Tel: 01977 781451</p> <p>10.30-12.30 Dementia Friendly Bowling, The Hut, Kershaw Ave, Airedale, Castleford, WF10 3ES. Tel: 01977 722777 to book. £2 per person</p> <p>11.00-12.00 Food Pantry, Cutsyke Christian Church, WF10 5HA - all welcome, please bring a bag. Tel@ Laura/Kim 07912 861156/07401 001200</p> <p>12.30-14.00 Lunch Club, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631.</p> <p>14.00-16.00 Memory Action Group Drop in Centre, West Wakefield Methodist Church, Thornes, Wakefield, WF2 8QR. Tel: Jan 07963 568892 (Singalong)</p>
Saturday	28th June	<p>10.00-12.00 Radfield Coffee Morning, New Spring Centre, Illingworth Street, Ossett, WF5 8AL. Tel: 01924 271394</p> <p>10.00-13.00 Discover your Family History, Stanley Library & Community Centre, Lake Lock Rd, WF3 4HU. Tel: 01924 303130</p> <p>10.30-11.30 Men's Club, Ossett Library, Town Hall, Market Place, Ossett, WF5 8BE</p>
Sunday	29th June	
	5	
Monday	30th June	<p>10.00-11.30 Dementia Coffee Morning + exercise, Denhale ARC, Denhale Ave, Wakefield, WF2 9EF. Tel: 01924 327382. Email info@disabilitysportyorkshire.org.</p> <p>10.00-12.30 Movers & Groovers seated exercises, Featherstone Community Centre, Victoria St, WF7 5BB. Tel: MHA Wfd & Dist 01977 695006</p> <p>10.30-12.00 Love to Move Seated Exercises, St Mary's Community Centre, The Circle, Chequerfield, Pontefract, WF8 2AY. Tel: Hannah Newton 07543 315420</p> <p>10.30-14.30 Ossett Stroke Club, Ossett War Memorial Centre, Prospect Road, Ossett, WF5 8AN. Tel: Patricia Sutton 01924 274406</p> <p>11.00-12.00 'Cha Cha Chairs' exercises, St Luke's Church Hall, Overton, WF4 4RB. £4 + refreshments. Tel/Text Chris on 07796 960162</p>

11.00-13.00 Early Onset Walk & Talk, Nostell Priory, Doncaster Road, Nostell, WF4 1QE (Meet at Visitors Centre) Booking required 01924 316973

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

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

13.00-14.00 Line Dancing, Walton Village Hall, WF2 6PA. Tel: Jeanette 01924 256624 or 0744 3651117

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

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

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

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

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

18.00-20.00 Man Matters Coffee Evening, Eastmoor Rugby Club, Wakefield, WF1 4RD. Tel: Sarah at GASPED - 01924 787501-01924 787507

19.00-21.00 Andys Man Club, Elite Training, Unit 3 Silcoates St, Wakefield, WF2 0DX (men only incl carers). Email: info@andysmanclub.co.uk

Early Notice:

Sunday 6th July 14.00 West Yorkshire Police Band Concert, St John's Catholic Church, Newlands Lane, Normanton, WF6 1BA. Tickets from church or pay on the door

DAY/HOME CARE

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

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

Home Instead, 3H The Gateway, Fryer's Way, Ossett, WF5 9TJ. Tel: 01924 565330, www.homeinstead.co.uk/wakefield

Home Instead Castleford & Selby, 1st Floor, Unit 10 Fleming Court, Castleford, WF10 5HW. Tel: David Taylor 01977 801070

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

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

(Flexicare at Home, 14 Appleton Court, Durkar, Wakefield, WF2 7AR. Drop in/Activity Centre (with lunch) for respite so carers can attend appointments /have a break etc Mon-Fri 9.30am - 4pm

Adult Day Care, a few hours or longer in a safe stimulating space, Calder Park, WF2 7AR, Tel: 01924 251166 or email enquiries@flexicareathome.co.uk for further details.

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

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

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

Wakefield Hospice, Half or Full days Mondays and Wednesdays. Tel: The Dementia Team 01924 331400

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

Theresa Care, 13 Cheapside, Wakefield, 07827 420656. Email: enquire@theresa-care.com. Website: www.theresa-care.com

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

FURTHER SUPPORT/EVENTS/ACTIVITIES -

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

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

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

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

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

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

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

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

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

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

Nature Force Group - Tel: Ella 07426 716677

Thursday Wildlife Walking Group - Tel: Simon 07426 716677

Adapted Cycling Group - Tel: Simon 07426 716677

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

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

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

