



This guide has been pulled together by the Wakefield Mental Health Alliance to give you information of services in Wakefield supporting mental health and wellbeing over the Winter months.

It includes information from members of the Positive Mental Health Network and Mental Health Alliance Stakeholder Group.

Winter Wellness

**A brief guide of what's
happening over November,
December 2024 and January
2025**



Community

Winter 2024



Supporting *healthy living* for the people of Wakefield

Are you or someone you know putting off getting their flu jab due to anxiety or forgetting their flu jab appointment? We can help! Our Peer Support Volunteers can support you in using public transport to get to your appointment, provide you with company to reduce anxieties while you wait or provide telephone prompts so you don't miss it.

For more information or to refer yourself or somebody else call our office 01924 255 363 or fill out the online referral form on our website

www.livewellwakefield.nhs.uk



Do you need support to attend your flu jab appointment?

Our support is free, and all our volunteers and staff are DBS checked

Are you forgetting your flu jab appointment due to memory issues?

Is anxiety in the waiting room making you avoid your flu jab?

Do you need support using public transport to get to your appointment?



If you have a vaccination appointment at your GP surgery or a pharmacy in the Wakefield district, our volunteers can provide support in attending your appointment

Contact us for more information, or to refer



www.livewellwakefield.nhs.uk



01924 255363

Community



Open as normal (Mon-Fri 9am-5pm) up to 5pm on Tuesday 24th December.

Office will then close and reopen at 9am on Thursday 2nd January 2025.

Online self-management workshops available over the winter period, which can be booked onto by calling 01924 255363 or visiting website

Available workshops:

Coping with Pain

Thursday 21 November 2024, 1:00pm - 2:00pm

Monday 6 January 2025, 10:00 am - 11:00 am

Managing Fatigue with Health Conditions

Tuesday 17 December 2024, 11:00 AM - 12:00 PM

Friday 31 January 2025, 11:00 AM - 12:00 PM



Our workshops provide an opportunity to share ideas in a small, friendly group, and learn practical skills for use in everyday life

Open to anyone aged 18+, living in the Wakefield district, or registered with a Wakefield GP, and looking to improve their wellbeing

Managing Fatigue with Health Conditions - Workshop

By learning practical tools and techniques together with others it could help you manage the way chronic fatigue makes you feel - helping you to feel more in control of your health and wellbeing



Focus of the workshop:

- Learning how to keep a fatigue/activity diary
- Managing symptoms such as 'brain fog'
- Looking at how fatigue can affect our mind and body
- Practising techniques to help conserve energy levels
- Challenging negative thinking and tools to stay positive

There's no writing involved and no pressure to speak out in front of others

When does the workshop take place?

Tuesday 17 December 2024, 11:00 AM - 12:00 PM.

Where do workshops take place, and what do I need to join?

Online via the free Microsoft Teams app. You will need either a smartphone, computer or tablet, an email address, and an internet connection.

For more information please contact us: (Workshop dates are also available on our website)

Community

Winter 2024



Our workshops provide an opportunity to share ideas in a small, friendly group, and learn practical skills for use in everyday life

Open to anyone aged 18+, living in the Wakefield district, or registered with a Wakefield GP, and looking to improve their wellbeing

Coping with Pain - Workshop

By learning practical tools and techniques together with others it could help you manage the impact of chronic pain, helping you to get more out of life and improve your wellbeing



Focus of the workshop:

- Tools to help manage pain setbacks
- Making plans to help manage pain at home
- Practising relaxation and distraction techniques
- Challenging negative thinking and staying positive

There's no writing involved and no pressure to speak out in front of others

How long do workshops last?

Each workshop lasts for 1 hour, and you can take a break whenever you wish

When does it take place?

Monday 6 January 2025, 10:00 - 11:00 AM

Where?

Online via the free Microsoft Teams app. You will need either a smartphone, computer or tablet, an email address, and an internet connection.

For more information please contact us: (Workshop dates are available on our website)



Do you need support to attend healthcare appointments?

Our support is free, and all our volunteers and staff are DBS checked



Is anxiety stopping you from attending your appointments?

Do you forget your appointments due to memory issues?

What support do we provide?

Peer Support Volunteers help people to access their healthcare appointments to improve their overall health

Social Prescribers help people to address their non-clinical needs, by linking them to local support options to improve their independence and wellbeing

Is finding your way around the hospital causing you to avoid appointments?

Do you need support using public transport to get to your appointment?

Who can we support?

Individuals finding it difficult to attend any healthcare appointments who are:

Aged 18+ and registered with a Wakefield district GP

Have a booked healthcare appointment taking place within the Wakefield District

Able to finance their own travel

Contact us for more information, or to refer

www.livewellwakefield.nhs.uk

01924 255363 (please inform us of the date, time, and location of the appointment)

Community

Our team of friendly Green Doctors are energy efficiency experts offering free, impartial advice to help people take control of their bills and save energy in the home.



Green Doctor service

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

A Green Doctor visit can help a household to:

- take control of their energy bills,
- provide practical solutions to reduce energy costs,
- support residents to use their heating system and controls efficiently,
- manage damp, mould and condensation,
- reduce energy usage and waste and more.

This can involve installing small measures to help save energy such as: LED lightbulbs/ Draft excluders/reflective radiator panels and provide Warm packs. As well as completing onward referrals so residents can access other appropriate services, such as grants for boilers & insulation and initiatives available to the residents.

Retrofit

For homeowners and private renters, our new Retrofit service is up and running. For those who have invalid/expired EPC's (energy performance certificates) we will carry out a **free** retrofit assessment in the home. Based on the results of the assessment, we will see if there is funding available for energy efficient measures.

This could include:

- Loft insulation
- Cavity walls
- Windows & doors
- Renewables (air and ground source heat pumps, solar and solar PV).

“Retrofit simply means adding something that was not originally present. In domestic retrofit this means insulation, ventilation and renewables that were not originally there when the property was built, to make the property more energy efficient. Groundwork Yorkshire aim to offer a complete service from advice right through to coordination of projects. “

For more information, email us at greendoctor@groundwork.org.uk



Community

Welcome to the Wakefield Recovery and Wellbeing College;

our growing, co-produced recovery college, covering the whole of the Wakefield District, from west to east, the five towns, the south east and much further beyond the district borders.

We'll be delivering courses as normal until the 10th December, but we will still be open until the 20th December (Monday to Friday, 8am-4pm service times).

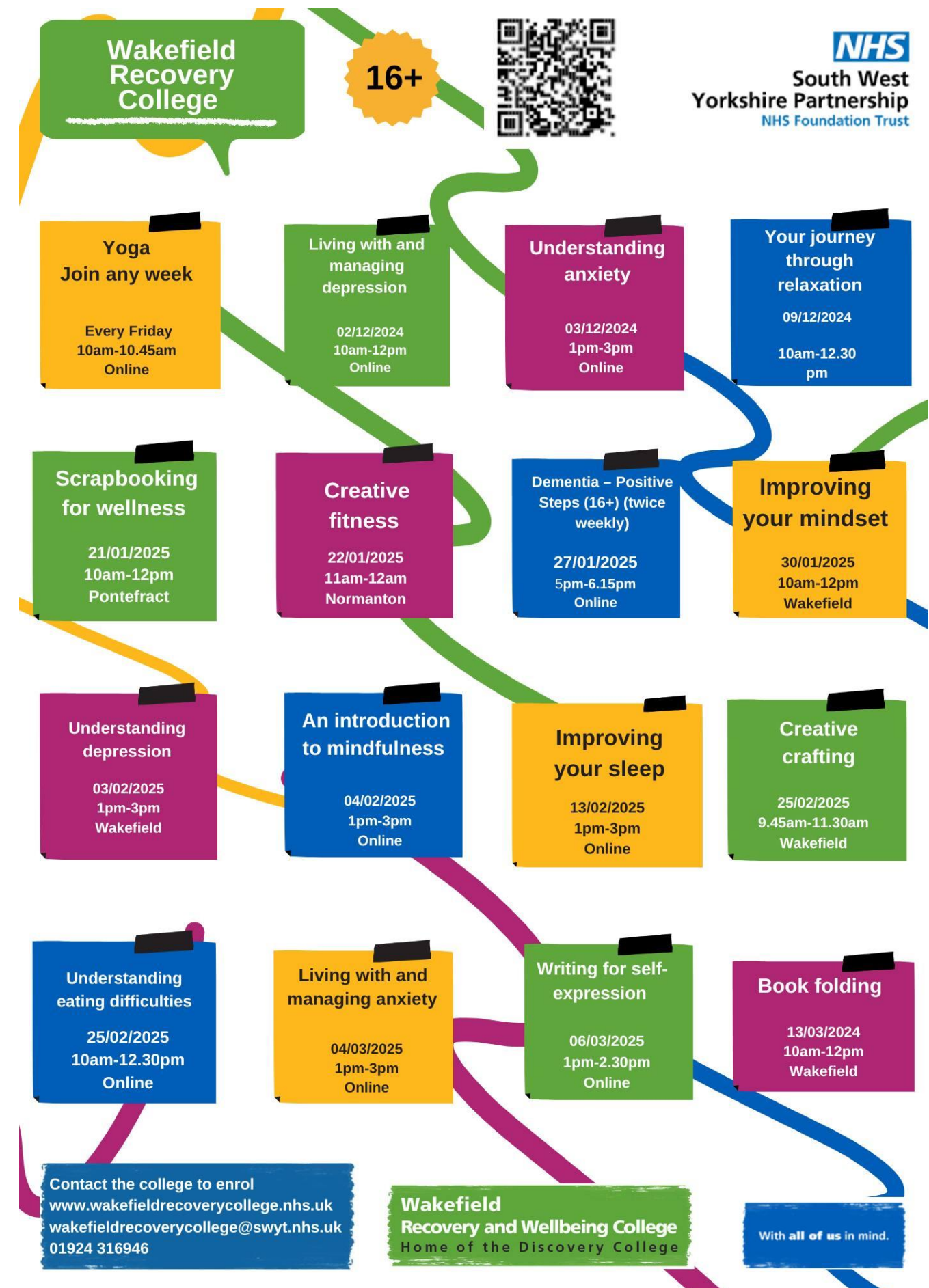
We'll then be closed to the public for two full weeks.

During the time the College is closed to the public, we will be doing our "Days of Christmas" series again on our social media platforms, giving people an activity a day to engage in and something to check in with daily. These will include things like mindfulness practices, craft activities, festive events to attend, etc.

Our website and resources pages have lots of self-help tools, videos and workbooks that people can always access, any time of day or night.

www.wakefieldrecoverycollege.nhs.uk

"Going to this fantastic place has improved my life in a very good way! Very supportive, friendly and professional...Thank you!"



Community



Second Chance Headway Centre supports people with Brain Injury and also their Carers and or Families.

We're here to help you begin your rehabilitation journey with therapy, advice and activities.

Our team can help you create your own personal improvement plan through a wide variety of support and assistance.

We're open Monday – Friday 9am -4pm.

We're open as normal over Christmas except Christmas Day, Boxing Day, and New Years Day when we will be closed.

Contact info:

Call 01924 366 735 or email rehab@schc.co.uk

Website is www.secondchancewakefield.com



We offer a range of therapy-led services with the aim of helping people with brain injury live better lives – not just through gaining or regaining skills and confidence, but also by providing a safe space where our members feel they can be themselves.

Our small, committed team all have lived experiences of brain injury, either through work or personal circumstances. We're proud of our interdisciplinary approach - by undertaking a holistic, person-centred assessment, tailored support plans can be delivered at home, in the community or at our centre.



Community



Future SELPH provides targeted support to young people aged 16 to 25 experiencing difficulties with their mental and emotional wellbeing.

Funded by the NHS in Wakefield District and delivered by the voluntary community sector, the service supports young people at risk of “falling between the gaps” of statutory services, such as those on waiting lists for other services or at the early stages of social, emotional or mental health challenges.

Through prevention and early intervention, the service has supported over 700 young people to date since its pilot project back in 2021 and full launch in 2022.

The Future SELPH Service includes:

- The Youth Association,
- Smash Society,
- Rycroft Leisure and
- St Georges

where we all deliver the programme slightly differently. This information can be found on the combined Future SELPH Website under About Us. <https://www.futureselph.co.uk/about-us/>

The Youth Association will be closed from Friday 20th December until Monday 6th January, we will continue to take referrals for Future SELPH, but these won't be actioned until our return on 06/01.

For other Future SELPH Service Closure times, feel free to contact- Nicola Malcolm for St George's closing times- nicola.malcolm@stgeorgeslupset.org.uk

Hillary Adamson for Rycroft Leisure's closing times- h.adamson@rycroftleisure.com

Darren Dooler for Smash Society closing times- Darren.Dooler@swyt.nhs.uk

Community



Care. Compassion. Community.

Criteria to access the community Wellbeing service:

Our Wellbeing Team provide support to anyone who is living with a Life Limiting Diagnosis, frailty conditions or experiencing isolation, or bereavements.

The offer extends to all people who are important to the person experiencing these life changing events.

We are here to support the Five Towns community but if in doubt contact us for a chat to see if we can help or link you to services that can.

ONE-TO-ONE OR SMALL GROUP SUPPORT

We offer a friendly listening ear with the experience to offer practical advice and support.

We support all those who meet our criteria and those important to them. This support can be face-to-face or by telephone, whichever suits you better. We offer late night appointments Monday-Friday for those who work.

COMPLEMENTARY THERAPY:

IS AVAILABLE EITHER INDIVIDUALLY OR AS PART OF A SMALL GROUP:

[Complementary therapy](#) sessions can help with relaxation and symptom management such as stress, poor sleep, anxiety and pain management. Our treatments should not be seen as a replacement for conventional medicines, but they can help to boost emotional wellbeing during difficult times. Booking is required.

ACCESIBLE BATHING SERVICE (AT THE PRINCE OF WALES HOSPICE)

Enjoy a relaxing bathing experience where your privacy and dignity will be maintained.

Our experienced staff are on hand to assist with the various transfer equipment to enable this to be safe and accessible to all. The bath can be accessed via a tracking hoist, bath lift or independently.

CRAFT GROUP (AT THE PRINCE OF WALES HOSPICE)

FRIDAY 10.30 AM - 12.30 PM

Activities and craft therapies with an emphasis on enablement. Art can be a distraction from everyday life, it can be an escape from stress and overwhelming situations. Crafts and diversional therapies help to keep attention on the present and help to relax the body and mind. Producing something gives a sense of self-worth and achievement. We make art accessible to all people. Booking is required.

Community



Care. Compassion. Community.

DROP-IN SESSIONS IN THE COMMUNITY

COFFEE & CHAT DROP-IN (FEATHERSTONE LIBRARY, WF7 5BB)

MONDAY, 1.00 – 3.00 PM

COFFEE & CHAT DROP IN (NOTCUTTS VICTORIA GARDEN CENTRE ,
WAKEFIELD ROAD, WF7 6BS)

TUESDAY 1.00 – 3.00 PM

Come and say hello and meet the Wellbeing team. You can't miss us, we have a big banner. It is a good place to find peer support and find out more about the various services the Hospice has to offer. All welcome, no booking involved. (Please, note this session will not be held on bank holidays.)

INFORMATION SESSIONS

Information sessions are delivered at the Hospice and in the community by various members of the Hospice Wellbeing Team. Booking is required.

- **'Putting your ducks in a row'** – This is a Future Planning information session. It can include information about Advance Care Plan, LPA's and will writing. These sessions will be friendly and are facilitated by a member of the Team and a local Solicitor. We have a "Ducks in a Row" document. You can find a downloadable version [here](#).
- **Managing breathlessness** – It is a practical advice session regarding managing the symptoms of breathlessness. The session will be presented by our hospice physiotherapist.
- **Reducing the risk of falling**- Information to help reduce your risk of falls at home and in the community. These sessions will be presented by our physiotherapist.
- **Nutrition and Wellbeing** - Practical advice about Nutrition and advice to help those who are experience poor appetite.

If you are interested in any of the above topics, please make contact and we will let you know when the next session will be happening.

REFERRALS: SELF/ OR PROFESSIONAL

- **Via Website – email link**

[The Prince of Wales Hospice - UK Charity Fundraising & Palliative Care](#)

- **Phone - 01977 781451.**

Community



MAN MATTERS NEW WEBSITE: www.manmatters.org

The **Man Matters** programme, run by Gasped, is a single point of contact for adult men, aged 18 and over, delivering a range of person-centred support across the district of Wakefield.

We work with anyone who identifies as male to improve self-worth and overcome challenges such as suicidal tendencies and low self-esteem.

Man Matters offer a variety of support delivering regular coffee groups, practical support sessions and person centred counselling.

GASPED Christmas Opening Hours 2024

Mon 23rd Dec	9am - 8pm
Tue 24th Dec	Closed
Wed 25th Dec	Closed
Thu 26th Dec	Closed
Fri 27th Dec	Closed
Sat 28th Dec	Closed
Sun 29th Dec	Closed
Mon 30th Dec	Office Closed
Tue 31st Dec	Closed
Wed 1st Jan	Closed
Thu 2nd Jan	9am - 5pm

Merry Christmas!

Our office is back to normal from Thursday 2nd January.



Community

Winter 2024

MAN MATTERS Christmas Coffee Group Openings

Wed 18th Dec	Ferrybridge Community Centre 13:00 - 15:00
Fri 20th Dec	Airedale Library 10:00 - 12:00
Mon 23rd Dec	Eastmoor Rugby Club 18:00 - 21:00
Wed 25th Dec	No Group
Fri 27th Dec	No Group
Mon 30th Dec	Eastmoor Rugby Club 18:00 - 21:00
Wed 1st Jan	No Group
Fri 3rd Jan	Airedale Library 10:00 - 12:00

Groups are back to normal from Friday 3rd January.

Merry
Christmas!



OUR SERVICES:

1-2-1 Support



Counselling



Coffee Groups



For all who identify as male, are 18+ and live in the
Wakefield District.

Call our line, open Monday-Friday, 9am-5pm, for a confidential referral.



5-5a Cheapside,
Wakefield,
WF1 2SD



01924 787507



Charity: 1072174
Company Registration: 03580792

Community

Winter 2024



COFFEE MORNING

Every Friday - excluding Bank Holidays.

**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

All who:
- Identify as male
- Are aged 18 and over
- Live in the Wakefield District
Are welcome to join us.





COFFEE AFTERNOON

Every Wednesday.

**Ferrybridge Community Centre,
The Square,
Ferrybridge,
Knottingley,
WF11 8PQ**

13:00 - 15:00

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

All who:
- Identify as male
- Are aged 18 and over
- Live in the Wakefield District
Are welcome to join us.





COFFEE EVENING

Every Monday - excluding Bank Holidays.

**Eastmoor Rugby Club,
Woodhouse Road,
Wakefield,
WF1 4RD**

18:00 - 21:00

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

All who:
- Identify as male
- Are aged 18 and over
- Live in the Wakefield District
Are welcome to join us.



Community

Winter 2024

MVDA

Offering a safe space for men, in the Wakefield District, who have been affected by Domestic Abuse, to talk openly.

- Practical & Emotional Support
- Person-Centred Counselling



GASPED



MVSA

Offering a West Yorkshire wide service for men who have been affected by Sexual Abuse, giving them a safe space to talk openly.

- Practical & Emotional Support
- Person-Centred Counselling



West Yorkshire
Combined
Authority



01924 787507

Charity: 1072174

Company Registration: 03580792



Funded by
UK Government

"Surely we belong to
Allah, and indeed to
him we return."

Quran; Surah Al-Baqarah 2:156

Muslim Bereavement Service

Free Support Available:

- 1-2-1 Practical & Emotional Support
- Counselling
- Chai & Chat with group activities

Group support for men, women and families.

For the Muslim Community in Wakefield who
are over the age of 16.



01924 787501

This project is funded by the UK Government through the UK Shared Prosperity Fund.



Supported by



West
Yorkshire
Combined
Authority

Tracy
Brabin
Mayor of
West Yorkshire

Community

Wakefield And 5 Towns

Struggling to cope, feeling down,
having thoughts of self-harm or
suicide?

You are not alone.
We are: **Here For You**

Out of Hours Support in a Safe Space

No need for a GP referral.

Call us from 6pm to Midnight.

 07776962815

 Prosper House,
Upper Warrengate,
Wakefield,
WF1 4JZ

 Hereforyou@touchstonesupport.org.uk



We Listen. When You Don't Know Where Else To Turn.

- Every Evening, All Year Round
- 6pm to Midnight.
- Anybody aged 16yrs+ From Wakefield and The 5 Towns Area.
- Contact us directly – no need for a GP referral
- Taxis can be provided when needed

Social Space Support

8pm to midnight.

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



1-to-1 Support

45minutes – last support starts at 10:30pm

- Speak to one of our staff about how you're feeling.
- Support to make a plan to keep you safe for the night.



   HereForYouTS



Community



Welcome



The warmest welcome to MHA Communities Wakefield and District Winter edition. As we move into the colder part of the year we can offer you the chance to join us at any of our activities for the warmest of welcome a brew, a chat and lots of fun. So come along and join us at new and old venues with new and old friends to celebrate festive activities and into the new year.

News What's new in Wakefield

As we are building and developing our activities across Wakefield we are setting up and starting new sessions through the week. With more group sessions and activities being arranged.

If you currently run or attend a group and wish for us to deliver a talk about our organisation and what services we deliver Contact the office, or drop in to a session and speak to a member of the staff who will be happy to help you with your enquiry.

Details can be found on the back page.

New Group.

1st Thursday of each month

you can find us from 2.30pm –4.00pm at

THE RESTAURANT HUB



Sainsbury Ings Rd Wakefield WF1



Last Thursday of each Month

You can find us from 11.30am—3.00pm at Huntwick Community Building Featherstone WF7 5JD, for fish and chip lunch and an afternoon of games, chat and fun.

Pop in to our mha Pop Up
Live later life well

Information about MHA Communities Wakefield and District. Who we are, What we do and most of all its for you

"the best is yet to come"

Thursday 14th November
10.30AM - 1.30PM
Trinity Church,
Church Street,
Ossett
WF5 9DW

FREE

For further details contact the Office on 01977 695006
MHA Communities part of Methodist Homes for the Aged
Registered as a Charity - No.1083995



**Volunteers
Wanted. Contact
the office for
details**

Community

Winter 2024

News

Help eligible older people claim pension credit for winter fuel payment

The Winter Fuel Payment is an annual payment to help eligible people with heating costs during the colder months.

For winter 2024/25, the government has introduced means-testing for this payment. To qualify, people must be of State Pension age, born before the qualifying date, and be receiving Pension Credit, Universal Credit, or other means-tested benefits. However, it's estimated that up to 850,000 eligible households are not claiming Pension Credit, leaving £1.7 billion in unclaimed benefits.

The deadline for submitting a backdated claim for Pension Credit to receive the Winter Fuel Payment is 21 December 2024.

Please encourage those who you care for and support that may be eligible to apply for Pension Credit so they can receive the Winter Fuel Payment this winter.

For more information on Pension Credit, eligibility, and how to claim, visit: <https://www.independentage.org/get-advice/money/benefits/pension-credit>

Fitzwilliam news

Our Tea Cozy group as undergone a little bit of a change. We have FREE craft workshops available, these will run for 6 weeks at a time. These sessions are held from 10am - 12.30pm each week.

Along with these we are also attending some workshops at Nostell Priory in December and into the New Year.

We also have other activities such as games and quizzes number to join in.

2 course lunch is on offer required for a small charge of £6.00.

The local fire service drop in so that safety checks can be arranged in your home. These can be arranged independently if you contact the service station to arrange a visit.



4th Thursday of the Month
11.30AM-2.30PM

New session
2 Course Fish & Chip Lunch
Coffee, activities & chat

Huntwick Bungalows
WDH Community Room
Huntwick Road,
Featherstone
WF7 5JD

BOOKING IS A MUST
£10.00 per person
contact the office on
01977 695006

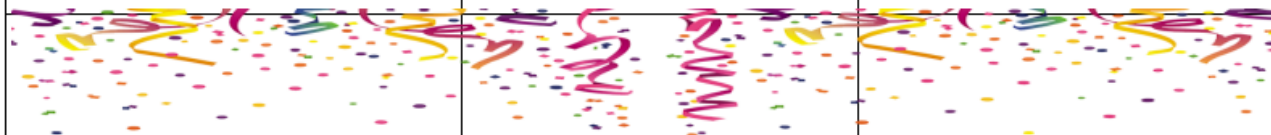
For further details contact the Office
MHA Communities part of Methodist Homes for the Aged
Registered as a Charity - No.1083995. Company Limited by Guarantee - No.4043124

WE
WANT
YOU



Events

Join us!

Date	Time and Place	Details
	11.00am—4.00pm Nostell Priory, Doncaster Road, Nostell, Wragby, Wakefield WF 4 1QE	MHA Communities Wakefield Christmas Party. @ Nostell Priory 3 COURSE CHRISTMAS MEAL, ENTERTAINMENT, £25.00 per person Book to avoid disappointment Transport is available. Raffle, Games and fun filled day
Thursday 12th December 2024	11.30am– 3.00pm The Bridge Inn Bridge Street, WAKEFIELD WF1 5RT	MHA Communities Wakefield Christmas Party. £15.00 per person Book to avoid disappointment Raffle, Games and fun filled day
MONDAY 16th December	10.30am-2.30pm Featherstone Community Centre WF7 5BB	Featherstone Foodies Christmas Special
		
2025		
Workshops in Nostell Priory In January T.B.C	Tuesday 10.00am– 12.30pm	More details to be confirmed Booking spaces required to avoid disappointment
FRIDAY—SUNDAY 21ST—23RD FEBUARY	RHURBARB FESTIVAL	WAKEFIELD Tbc
Monthly Themed Events January Chinese New Year	WEDNESDAY 29TH JANUARY	



Community

Winter 2024

Activity Calendar

Join us!

Day	Time & Place	Details
MONDAY Featherstone Foodies Lunch group 1st and 3rd Monday of the month (except for bank Holidays)	10.30am-2.30pm Featherstone Community Centre WF7 5BB	Warm Welcome Space Activity with refreshments @ £2.00 Two Course lunch @ £6.00, Bingo @ £1.50, Raffle @ £1.00
TUESDAY Potter Around Ponty	9.30am-11.00am Pontefract Race Course and Hug a Mug alternative areas available	FREE walking session around the race course for all abilities. Light exercise and the chance to access green spaces weather permitting. A chance to meet up for a chat and a brew.
Krafty Krafters 	1.00pm –3.00pm Monument Mews The Circle, Pontefract WF8 2BA	Our weekly craft group, making cards and future crafting projects to take your fancy are arranged to suit all abilities. Activity @ £1.50. Refreshment @ £1.50. Bingo @ £1.50 Raffle @ £1.00
You and Me Tea Cozy	10.00am– 1.00pm 1.00pm –3.00pm. Fitzwilliam Centre, Wakefield Road, Fitzwilliam, WF9 5AP	A variety of crafts, activity sessions to suit all. Lunch is available on booking through office. Activity with refreshments @£2.00. Two course lunch @£6.00, Raffle @ £1.00. Bingo @ £1.50
WEDNESDAY Fun, food & laughter	10.00am– 3.00pm 12.00-1.30pm Lunch Snack and chat, Airedale Library, The Square, Airedale. WF10 3JJ	Great group that delivers a full day with activities, games, guest speakers and so much more. Booking is essential for lunch. Activity with refreshments @ £2.00, lunch @ £6.00 Bingo @ £1.50, raffle @ £1.00.
THURSDAY Blue sky clear minds 1st and 3rd Thursday of each month	11.00am– 3.15pm. Nostell Priory, Doncaster Road, Nostell, Wragby, Wakefield WF 4 1QE	For wellness walks and all things nature, crafts available working with Nostell Priory on projects through the year. Access bus available on booking for spaces. Bring your own lunch or drop in to the café. Refreshment @ £1.50
		To book lunches contact office 01977 695006, To book access bus contract 0113 3481902, For information or booking on events contact 01977 695006.

Activity Calendar

Join us!

Day	Time & Place	Details
THURSDAY Brunch at the Bridge 2nd Thursday of the month	11.30am– 3.00pm The Bridge Inn Bridge Street, WAKEFIELD WF1 5RT	Meet at the Bridge Inn, for a fun filled lunch with games and so much more. 20% OFF all food for MHA members. Access bus is available for booking. Contact office 01977 695006.
NEW Fish and chip Lunch	11.30am– 3.00pm Huntwick Community room Huntwick Road, Featherstone WF7 5JD	New Group starting From November. Come and join in all the fun. Fish and chip lunch followed by an afternoon of games, crafts and entertainment. £10.00 Lunch Bingo £1.50 and Raffle £1.00 Guest speakers and special occasions to be arranged Contact office to book your lunch. 01977 695006



IMPORTANT NOTICES

Christmas Closures of groups sessions from 20th December 2024.

Office closure from 23rd December 2024

WE ARE BACK

Reopen office Friday 3rd Jan 2025

Groups Sessions From Monday 6th January 2025.

Phone line will be monitored so if urgent enquire is needed please call
and leave a message and a member of staff will get back to you as soon as possible



Community



Wakefield Libraries

Offering a Warm Space during the winter months.

We also offer a huge range of free events, both for children and adults – see Library events - Wakefield Council .

[Wakefield Library - Wakefield Council](#)

[Library events - Wakefield Council](#)



Grief support services for children and young people in the Wakefield District

Our vision is that all bereaved children and young people who live within the region will have access to the appropriate support they need to rebuild their lives when someone important to them has died.

We work proactively to support children, young people and their families when someone important has died, guiding them in their journey through grief and helping them to develop the necessary tools to be able to move forward in their lives.

[Events from November 15 – February 14, 2025 – Star Bereavement](#)

Community

St George's Church Activities

**St George's Road, Broadway, Lupset,
Wakefield, WF2 8AA. Tel: [01924 787801](tel:01924787801)**

Email: info@stgeorgeslupset.co.uk Website:
<https://www.stgeorgeslupset.co.uk/adults/>

Tuesday Lunch

Open lunch for people who use the foodbank, need a safe place to talk, or wish to access a Job Centre worker. This is run by trained volunteers.

Chatty Craft

This group meets to knit, crochet and sew together over a cup of tea or coffee. They meet between 1pm and 2.30pm on Thursdays

Saturday Night Group

A social group for vulnerable adults from the community and church members share friendship and fellowship with them. Saturday evening between 7.00pm and 8.30pm. The group provides an opportunity to chat and play games over a warm drink and cake.

Home Groups

Many people at St George's attend home groups. These meet in people's homes and offer time for to get to know each other over a cup of coffee. There are also discussions, generally based on the Bible.

Church services

The weekly services at St George's are on Sundays and Thursdays. Each Sunday morning there is a service at 10.45am. On a Thursday morning at 10:00am there is also a service of Holy Communion.



Tuesday 3rd December 2024

10.30am onwards

7 South Parade, Wakefield, WF1 1LR

Moving More

Winter 2024

Our regular events are free weekly walking and running groups across different areas of the district as follows. These are all beginner-friendly, everyone is welcome and nobody is ever left behind or alone.

Mondays

Walking Fit in Pontefract 6.30-7.30pm

Running Fit in Ossett 7-8pm

Tuesdays

Walking & Running Fit in South Kirkby/Moorthorpe 6.30-7.30pm

Wednesdays

Walking Fit in Ossett 6.30-7.30pm

Running Fit in Horbury 6.30-7.30pm

Female Only Fitness in South Kirkby 6.30-7.30pm

Thursdays

Walking Fit in Horbury 9.30-10.30am

Running for Beginners in Upton 6.30-7.30pm

Running for Beginners in Pontefract 6.30-7.30pm

Fridays

Walking Fit in Pontefract 09.30-10.30am

Running Fit in Ossett 6-7pm

We do do some other partnership/project work depending on funding etc which can usually be found on our Evergreen Active Facebook Page

All enquiries can come to us on this email hello@evergreenactive.co.uk or by phone on 01924 677123



MENS MOVEMENT AND FITNESS SESSION

DanceUnited
YORKSHIRE

FREE

Every Monday
from 2.15-3:30pm

The Hut, Airedale
Business Centre,
Castleford
WF10 3ES

Build strength, stamina,
flexibility and confidence
through a series of workout
routines whilst meeting new
people from the area...

To declare your interest, please contact
Helen 07775 334098 or just come along!



Moving More

Winter 2024



Care. Compassion. Community.

EXERCISE GROUPS:

CHAIR EXERCISES (YOUR SPACE PONTEFRAC, PARK RD, WF8 4PR)

Thursday 1.30 - 2.30 PM

Designed to be accessible for all. Exercises can be adapted to suit a varying level of fitness and physical ability.

No pressure to complete all exercises and offers peer support and time to chat with staff.

HIGH INTENSITY EXERCISE GROUP (THE TRAIN STATION GYM PONTEFRAC)

Wednesday 10.00 – 11.00

A more difficult exercise class designed for those who find chair-based exercises easy and would benefit from more cardio and strength training. Can be referred into but will be screened by Physiotherapist before admitting into class.

WALKING FOR WELLBEING (PONTEFRAC RACECOURSE, WF8 4QD) THURSDAY 11.00 AM - 12.00 PM

The walk allows everyone to enjoy the benefits that sociable walking provides for physical and mental wellbeing. Our walks are for people with varying levels of fitness and is wheelchair accessible. The session is dependant on the weather. Booking is required.

- Via Website – email link

[The Prince of Wales Hospice - UK Charity Fundraising & Palliative Care](#)

- Phone - 01977 781451.

**VETERANS
ALLOTMENT
WAKEFIELD
DISTRICT CIC**



Veterans Gardening Club
7th November
16th November

10am-12pm

Simpson Lane Allotments. Hazel Road, Knottingley, WF11 0LT

Email: Veteransallotmentwdcic@yahoo.com

In partnership with



Moving More

Monday 25th November

- 09.30-11.00 Singing For Fun, quiz & playing card bingo on Zoom. Tel: Antony 07876 267267 or email music4all72@gmail.com
- 10.00-11.30 Dementia Coffee Morning + exercise, Denhale ARC, Denhale Ave, Wakefield, WF2 9EF
- 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
- 11.00-12.00 'Cha Cha Chairs' exercises, St Luke's Church Hall, Overton, WF4 4RB. £4 + refreshments. Tel/Text Chris on 07796 960162
- 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

Tuesday 26th November

- 09.30-11.00 Potter in Ponte walking group, Tel: MHA Wfd & Dist 01977 695006 for meeting location (varies)
- 10.00-11.00 Fun & Fitness, Horbury Senior Citizens Support Group, Horbury WMC, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859

Wednesday 27th November

- 10.00-11.00 Chair Exercises, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631
- 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 Health Walk from Pontefract Library main room. Tel: 01977 727692
- 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

Moving More

Wednesday 27th November cont...

- 11.45-12.45 Chair Exercises, Normanton Fire Station, 38 Princess Street, Normanton, WF6 1AB. Tel: Amanda 07779 87003
- 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 708868
- 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

Thursday 28th November

- 10.00-11.00 Chair Exercises, SCSG, Working Men's Club, Cluntergate, Horbury, WF4 5DB. Tel: 01924 565859
- 10.00-11.00 Line Dancing, St George's Centre, Lupset Broadway, Wakefield, WF2 8AA. Tel: 01924 369631
- 10.15-12.00 Prince of Wales Hospice Walking Group (various venues), Tel Jo Lister 01977 781457 to book a place
- 11.00-12.00 Walking Football, Tavern Works, Skinner Lane, Pontefract, WF8 1HG. Tel: Simon Fletcher 01977 525545

Friday 29th November

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



Moving More



Helping People with Disabilities to Access and Enjoy the Countryside
#OutThereTogether

Open Country has over 30 years of experience in successfully organising and leading countryside activities and has enabled hundreds of people with a disability to access and enjoy the countryside.



Countryside Activities programme



KEY to features on activities:



WILD THINGS

Every Friday we spend time down at our polytunnel growing wildflowers and wood working, or visiting open gardens and nature reserves.

All of the above groups run between 10am- 4pm and are chargeable day services aimed at adults with learning disabilities or autism.

ADAPTED CYCLING

Our Tandem Clubs run between early April - mid October on Wednesday and Thursday evenings between 6-9pm.

End of Season Meal and Ride

When: Saturday 9th November

Where: Castleford Queen's Mill

WEEKEND OUTINGS, ADVENTURE CLUB, SCOOTER SOCIAL & WILD ABOUT WATER

Open first to anyone with a physical disability or sensory impairment, the outings visit a wide variety of wheelchair accessible locations, advertised over the next 3 pages. The accessible bus costs £10 and drops you off afterwards if you live locally.

Volunteer Winter Curry

Where: Amaan's Restaurant, Kirkgate

When: Friday 29th November, 6.30pm onwards

NATURE FORCE GROUP

Every Tuesday we carry out important nature tasks around the district like tree and wildflower planting.



TRAILBLAZER GROUP

Join in with helping make our district more accessible with path improvement and cut back work, as well as conservation projects, every Wednesday.

WILD WALKERS

Every Thursday we walk between 3-6 miles with lots of stops for nature study and to admire the views!

Moving More

At Open Country we spend our days in the great outdoors, having fun whilst looking after our health and wellbeing.

We have a dynamic team of staff, volunteers and trustees ready to welcome and support you.

Please get in touch to find out how you can join us, we're waiting to take your call: **01423 507227**



Wild about Wakefield

For bookings : 07426 716677

SCOOTER SOCIAL GROUP

Open to anyone who uses a mobility scooter or electric wheelchair, we meet up at a local green space for a day out and a catch up with like-minded friends.

The next Scooter Social dates are:

Sunday 13th October: Apples Galore

Join us at Thornes Park Nursery to celebrate all things pomme - with tasting, juicing, bobbing and bird feeder making.

Saturday 2nd November: Fungi Foray

Haw Park Wood to look for autumn mushrooms, followed by a café stop at Anglers Country Park

Saturday 7th December: Season's Scooting

A wheel around Thornes Park followed by a festive lunch at *The Holmfield Arms*.

WILD ABOUT WATER GROUP

Connecting people to blue spaces with creative activities.

October

Tuesday 1st: Accessible Fishing

An accessible fishing trip at Ladybower Reservoir. You will be able to have a go at fishing and driving the boat.

Tuesday 8th: Canal Boat Voyage

A lovely accessible barge ride along the canal with the *Safe Anchor Trust*.

Tuesday 15th: Yoga and Mindfulness

Another seated yoga and mindfulness session with Linzi Clarke Boyle in Thornes Park, followed by a local stroll.

Tuesday 22nd: Autumnal Photography

Autumnal photography session at Newmillerdam lake with Tom Marsh.



November

Tuesday 5th: Bead Sculpture

A beading session with Ania Grudna, making artistic flowers with beads in Anglers Country Park.

Tuesday 12th: Riverside Pottery

Making and decorating cups and mugs next to the river at Queens Mill.

Tuesday 19th: Painting Nature

An inspiring stroll at Pugneys followed by an indoor art workshop with Helen Thomas at *The Art House*.

Tuesday 26th: Hunt for Decorations

A winter stroll at Newmillerdam to collect materials to decorate Christmas cards with next week.

December

Tuesday 3rd: Card Making

Making and decorating our own festive cards with Ruth Fones at Wakefield Cathedral, and a visit to a local green space.

Tuesday 10th: Wreath Making

A stroll through Thornes Park to collect materials followed by a wreath making session in 'The Den'.

Tuesday 17th: Festive Walk and Lunch

A jolly good walk along the canal followed by a festive meal at the *Stanley Ferry Pub*.

Moving More

Winter 2024

Wild about Wakefield

For bookings : 07426 716677

OUTINGS

FEELING JAZZY

Saturday 12th October

Admission: FREE Trip: £10

Travel time: 1 hour

Let the music guide you as we head to Marsden moors for a stroll along the canal, live jazz music and parade.



TORSIDE

Sunday 20th October

Admission: FREE Trip: £10

Travel time: 1 ½ hours

Another one of the accessible routes in the Peak District Miles without Stiles book - Torside is a linear walk following the reservoir and old railway line, 2 miles in total with a café stop after.



ALL ABOARD!

Sunday 3rd November

Admission: £25 Trip: £10

Travel time: 1 ½ hours

A good one for all you train buffs—a steam train experience from Pickering to Goathland return courtesy of *North York Moors Railway*.



PONDEROSA

Sunday 17th November

Admission: £9 Trip: £10

Travel time: 30 minutes

A stroll along the Spen Valley

Greenway in it's autumn splendour and then a visit to Ponderosa

Rare Breeds Farm to laugh at lemurs and admire the Asian Otters!



SEALS O'CLOCK

Saturday 23rd November

Admission: FREE Trip: £10

Travel time: 2 hours

Wrap up warm as we head to the Lincolnshire coast for the sights and sounds (they are loud!) of the grey seal pups at Donna Nook.



FIVE TOWNS OUTING

Sunday 8th December

Admission: FREE Trip: £10

Travel time: 30 minutes

A trip solely for those living in Pontefract, Castleford, Knottingley, Normanton and Featherston - an outing to Ardsley Reservoir for a short accessible amble, then back to Thornes Park for willow weaving and hot cocoa in 'The Den'



Wild about Wakefield

For bookings : 07426 716677

OPEN COUNTRY'S GOT TALENT

Saturday 14th December

Admission: FREE Trip: £10

Travel time: 30 minutes

An afternoon stroll around Newmillerdam Country Park lake before heading to Outwood Memorial Hall to join our Harrogate and Barnsley friends at the Christmas party. Feel free to bring a dish if you wish, and we will have some live entertainment and games on offer to celebrate 2024.



ADVENTURE CLUB

GO APE

Saturday 19th October

Admission: £39 Trip: £10

Climb, scramble, swing and step between the trees at Temple Newsam on this 3 hour adventure.



THORPE PERROW

Sunday 10th

November

Admission: £13.95

Trip: £10 Travel: 2 hours

This private estate in Bedale hosts some spectacular trees and lakes, as well as a Bird of Prey experience.



WENTWORTH WOODHOUSE

Sunday 15th December

Admission: £14.50 Trip: £10

Travel time: 30 minutes

Heading back to Wentworth Woodhouse (recipients of our last *Good Access Scheme Award*) to spot their deer herd and have a mooch around the house and gardens.



STOODLEY PIKE

Saturday 16th November

Admission: FREE Trip: £10

Travel: 1 hour

Over to Hebden Bridge to start this 6 mile circular walk along the Pennine Way and Rochdale Canal, followed by a warm up and meal in The White House Pub.



A big thank you to all the National Lottery players for supporting our Wild about

Wakefield project.



SHOOTING

Sunday 24th November

Admission: £10 Trip: £10

Travel: 1 hour

Over to Swinefleet Hall for some accessible audio rifle shooting before we wrap up warm and amble around the rural village.



Wellbeing

Winter 2024



We are a friendly and welcoming wellbeing peer support charity based in Wakefield.

We offer a range of sessions including:

Friday 10-11am walk & talk @ Thornes Park, Wakefield (stadium side carpark)

Walks will be happening in December on:

- 6 / 13 & 27

January walks will be on:

- 3 / 10 & 24

Find us on Instagram @mindful_movers or Facebook @RunwalktalkMM

We are also delivering some longer wellbeing sessions working with the National Trust, including a walk at Nostell Priory on the following dates:

- 29th November
- 17th January
- 31st January

These free sessions run 10-1pm meeting in the stable courtyard at Nostell Priory.

We will have a walk in the grounds and complete a wellbeing activity such as nature art, creative writing etc.

Refreshments are available on arrival and a light lunch is being provided at the end of the session.

Email us to book your session space:
runwalktalkmm@gmail.com



Wellbeing

Winter 2024

Funded by
UK Government

LEVELLING
UP

manmatters.org
manmatters@gasped.co.uk

MAN MATTERS WELLBEING COURSE

A 6 week Wellbeing Workshop Programme, running throughout 2024, to teach self-management skills to men to empower them take control of their own wellbeing.

To find out
more OR to
book on
to our
Workshops,
call our line.



01924 787507

**ACTION
PLANNING**
**RELAXATION &
BREATHING
TECHNIQUES**
**MANAGING
EMOTIONS &
ANXIETY**
**EXERCISE, FOOD &
REST FOR
IMPROVED MOOD**
**EFFECTIVE
COMMUNICATION**

**MAN
MATTERS**

®



West
Yorkshire
Combined
Authority

Tracy
Brabin
Mayor of
West Yorkshire



Charity:
1072174
Company Registration:
03580792

FREE EMOTIONAL WELLBEING WORKSHOPS



Delivered by qualified therapists and co-produced by experts by experience, our informal workshop sessions have been designed to provide you with useful techniques and coping strategies to help improve your mental health and wellbeing.

As well as providing you with useful information about common mental health symptoms.



DECEMBER

To access you need to be aged 16+ and be registered with a Wakefield District GP.

For more information and to book your place onto any workshop, scan the QR code, or contact us on the below:

talking.turning-point.co.uk/workshops

01924 234 860

wakefield.talking@turning-point.co.uk

COMBATting LOW MOOD

Sun 1st Dec: 11:30am - 13:00pm

EXPLORING GRIEF AND DEPRESSION

Thurs 5th Dec: 13:30pm - 15:00pm

MANAGING ANXIETY & WORRY

Sun 1st Dec: 13:00pm - 14:30pm

KEEP MOVING FORWARD

Sun 8th Dec: 13:00pm - 14:30pm

WINTER WELLNESS

Sun 8th Dec: 11:30am - 13:00pm

*All are delivered via TEAMS, unless otherwise stated.



**TURNING POINT
TALKING THERAPIES**

Turning Point - Registered Charity - 234887



@TurningPointTalkingTherapies

@wakefieldtalkingtherapies

Creativity

Finding My Place Creative Project



Join us for 6 week creative exploration of how your local environment shapes & connects you to your community. By using different creative art activities, you will be able to tell your stories and see how this contributes to the local history of Wakefield. Perfect for anyone 16+ who loves creativity & wants to explore their place in the world and take part in Wakefield's Artwalk. Free to all & travel fares for those who need it. DM or email to book!

WHERE

Ossett Library, 1st Floor, Town Hall, WF5 8BE

WHEN

Saturdays 10:30am-12:30pm November 9th, 16th, 23rd, 30th, December 7th & 14th

shannonwishon@hotmail.com

OUR YEAR
Wakefield District 2024

Supported with funding by

wakefieldcouncil

New Art Group

Every Thursday

1 – 3 pm

All welcome!
Suitable for all levels
including beginners

Havercroft And Ryhill Community Learning Centre

01226 727824

Creativity

The Portobello Craft and Camera Group

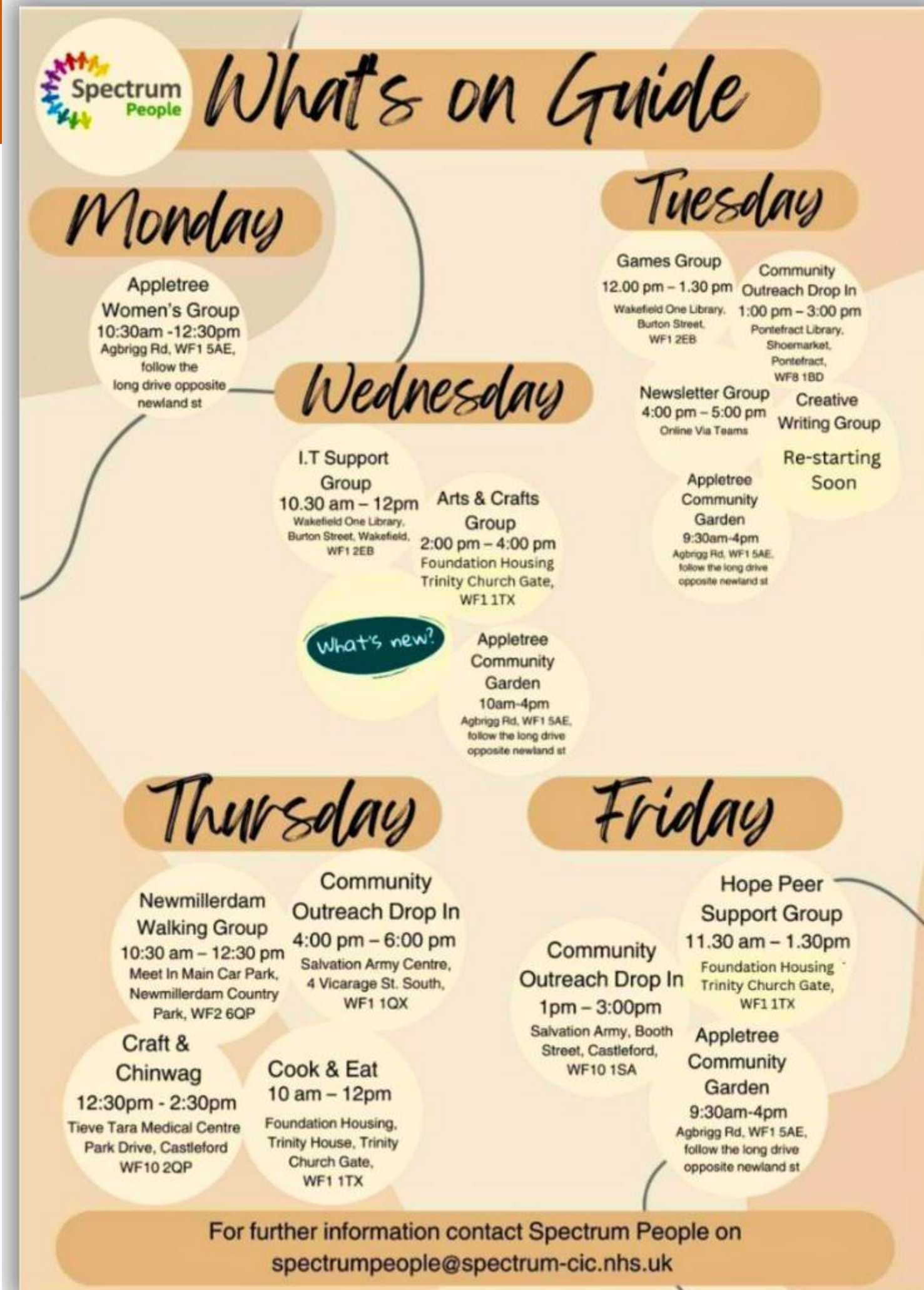
We meet every Tuesday 12.30 till 2.30 at the Portobello Community Centre, Wakefield, WF2 7JJ.

We are a welcoming adult group who pursue various craft and artistic projects. People mostly bring their own things to do but we have supplies of most crafts to get anyone started.

Its £2 per session and the only date we will be closed over the period is the 31st December.

More information on our Facebook page.

All the best
Bob



Creativity

Horbury District Men's Shed The Cluntergate Centre

**A space for men to
connect, converse and
create.**

To find out more visit
the Cluntergate Centre
on Tuesday 26
November 10am
[The Cluntergate Centre -
Horbury - Home](#)



Monday 25th November

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

Tuesday 26th November

10.00-11.30 Complementary Therapy Group, Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG. Tel: 01977 708868

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

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

13.00-13.45 Free Lunchtime Concert Wakefield Cathedral - Hanna Csermely, Piano

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

Wednesday 27th November

13.30-15.30 Creative Café, The Hepworth Wakefield, Gallery Walk, Wakefield, WF1 5AW. Tel: 01924 247398 (parking free, give car Registration Number to welcome desk)

13.30-15.30 Wakefield Hospice Creative Group, The Art House, Drury Lane, Wakefield, WF1 2TE. Tel Linda 07311 283964

Creativity

Friday 29th November

10.30-12.30 Craft Session, Prince of Wales Hospice, Halfpenny Lane, Pontefract, WF8 4BG. Tel: Jo 01977 781457, email Jlister@pwh.co.uk

13.00-14.30 Singing for Fun, Havercroft Community Centre/Parish Centre, Mulberry Place, Ryhill, WF4 2BD. Tel: Antony 07876 267267

Saturday 30th November

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



Healthwatch Wakefield: Your health and social care champion in Wakefield District

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

If you'd like to give feedback - positive or negative - about your experiences of health and social care in the Wakefield District, please get in touch. You can contact us on 01924787379, email at enquires@healthwatchwakefield.co.uk or visit our website: <https://www.healthwatchwakefield.co.uk/>.

We are also able to signpost you to relevant services in the area to help you find the right support.

We also host a monthly Mental Health Community Panel and we are always looking for new members to join. The panel is made up of people with lived experiences of mental health conditions, or caring for someone with a mental health condition, in Wakefield District. Our panel meetings are an opportunity to join a supportive team to give feedback on services, and to get involved in projects improving mental health services in the area. If you're interested in joining, please email ellie.beard@healthwatchwakefield.co.uk.

