



## Local Support and Social Groups to aid independence and healthy living Castleford and Airedale

This information has been compiled by the Live Well Wakefield Service  
South West Yorkshire Partnership NHS Foundation Trust.

We aim to provide accurate and useful information and every effort has been made to ensure this information is correct. This directory was updated on the date shown below. If that date is not within the last 6 months there will be a more up to date version available.

**Please note:** This directory is not exhaustive and inclusion is not an endorsement. No responsibility can be taken for advice or services provided by any support service or social group listed.

If you notice any errors or would like more information, please telephone our office on 01924 255363.  
Live Well Wakefield, The Agbrigg and Belle Vue Community Centre, Montague Street,  
Agbrigg, Wakefield WF1 5BB

Updated September 2018

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**Other Directories cover the following areas:**

- ❖ **PONTEFRACT, Carleton, Darrington, East Hardwick, Knottingley and Ferrybridge**
- ❖ **SOUTH EAST – Ackworth, South Elmsall, South Kirkby, Upton, Hemsworth, Ryhill, and Havercroft**
- ❖ **WAKEFIELD CENTRAL – Normanton, Altofts, Featherstone, Sharlston, Crofton, Walton and Nostell**
- ❖ **WAKEFIELD SOUTH AND RURAL – City Centre, Alverthorpe, Thornes, Agbrigg, Sandal, Crigglestone, Hall Green and Kettlethorpe**
- ❖ **WAKEFIELD NORTH – Outwood, Wrenthorpe, Stanley, College Grove and Eastmoor**
- ❖ **WAKEFIELD NORTH WEST - Ossett, Overton, Horbury, Middlestown Netherton and Lupset**

## Castleford - Hobbies & Social Groups

Name	Contact	Details
<b>Art Taster Workshop (with Dave Cawthorne)</b>	<p><b>phone:</b> 01977 556741  <b>email:</b> info@castlefordheritagetrust.org.uk  <b>meeting place:</b> Castleford Heritage Trust, Queen's Mill, Aire Street, Castleford WF10 1JL</p> <p><b>website:</b> <a href="http://www.castlefordheritagetrust.org.uk/">http://www.castlefordheritagetrust.org.uk/</a></p>	<p><b>day:</b> last Thursday of every month  <b>cost:</b> tuition and material £1  <b>time:</b> 10am – 4pm drop in</p> <p>For groups of three or more it is advisable to book places in advance.</p>
<b>BCats</b>	<p><b>contact:</b> Smawthorne Community Project office  <b>phone:</b> 01977 514477 Answerphone – checked several times weekly  <b>meeting place:</b> The Link Community Centre, Beancroft Road, Castleford WF10 5BP</p>	<p><b>day:</b> Tuesday  <b>time:</b> 10am – 12noon  <b>cost:</b> £2</p>
<b>Bike Club – Spectrum People</b>	<p><b>phone:</b> 01924 311439  <b>email:</b> spectrumpeople@spectrum-cic.nhs.uk  <b>meeting place:</b> Reflections, Station Road, Castleford, West Yorkshire WF10 1DL</p> <p><b>website:</b> <a href="http://www.spectrumhealth.org.uk/spectrum-people">http://www.spectrumhealth.org.uk/spectrum-people</a></p>	<p><b>day:</b> Thursday  <b>time:</b> 10am – 2pm</p> <p>Want to own a bike? To own a bike you need to go through the basic bike and build a bike courses. Bike repairs also undertaken.</p> <p>Anyone interested should contact by email.</p>
<b>Bingo</b>	<p><b>contact name:</b> Scheme office  <b>phone:</b> 01977 519074  <b>meeting place:</b> Falcon Drive Independent Living Scheme, Half Acres, Castleford WF10 5SA</p>	<p><b>day / time:</b> Monday 2pm – 3.30pm  <b>day / time:</b> Wednesday 2pm – 3.30pm  <b>day / time:</b> Friday 2pm – 3.30pm</p>

## Castleford - Hobbies & Social Groups

Name	Contact	Details
<b>Bingo</b>	<b>phone:</b> 01977 557622 <b>meeting place:</b> The Green Bowling Club, The Green, Castleford WF10 3SB	<b>day:</b> Thursday <b>time:</b> 1.30pm  <b>day:</b> Saturday and Sunday <b>time:</b> 8.30pm
<b>Bingo</b>	<b>contact name:</b> Scheme Manager <b>phone:</b> 01977 550899 <b>meeting place:</b> Wheldale Court Independent Living Scheme, Stansfield Road, Castleford WF10 3AS	<b>day:</b> Monday <b>time:</b> 6.30pm – 8.30pm
<b>Bingo</b>	<b>contact name:</b> Scheme Manager <b>phone:</b> 01977 555320 <b>meeting place:</b> West Mead Independent Living Scheme Community Centre, West Mead, Castleford WF10 3AF	<b>day:</b> Monday, Wednesday and Friday <b>time:</b> 6.30pm – 8.30pm
<b>Bingo - Lock Lane Residents Club</b>	<b>contact name:</b> Rod Rayner <b>phone:</b> 07951 974 174 <b>meeting place:</b> Lock Lane Community Centre, Back William Street, Castleford WF10 2LW	<b>day:</b> Tuesdays <b>time:</b> 7pm – 9pm
<b>Book folding and craft club</b>	<b>phone:</b> 01977 722085 <b>meeting place:</b> Castleford Library, Carlton Street, Castleford WF10 1BB  <b>website:</b> <a href="http://www.wakefield.gov.uk/">http://www.wakefield.gov.uk/</a>	<b>day:</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Monday of the Month <b>Time:</b> 10.30am – 12noon  <b>cost:</b> £1 donation to cover the cost of materials

## Castleford - Hobbies & Social Groups

Name	Contact	Details
<b>Busybodies Playgroup and Toddler Group</b>	<b>Phone:</b> 07951 256223 <b>meeting place:</b> Trinity Methodist Church, Powell Street, Castleford, WF10 1EL  <b>email:</b> ali.crompton@5tcf.org5Towns ChristianFellowship	<b>day:</b> Tuesday and Friday. Every week during school term time.  <b>time:</b> 9.30am – 11.30am
<b>CAMEO (Come and Meet Each Other)</b>	<b>contact name:</b> Salvation Army Officer <b>phone:</b> 01977 510636 <b>meeting place:</b> Salvation Army Hall, Booth Street, Castleford WF10 1SA  <b>website:</b> <a href="http://www.salvationarmy.org.uk/yks/castleford">http://www.salvationarmy.org.uk/yks/castleford</a>	<b>day:</b> Monday <b>time:</b> 1.30pm – 2.30pm  Christian group, guest speakers, occasional lunch and outings.
<b>Camera Club</b>	<b>contact name:</b> Janet Evans <b>phone:</b> 07972 074708 <b>email:</b> jevans11@hotmail.co.uk <b>meeting place:</b> The Glasshoughton Healthy Living Centre, Leeds Roads, Glasshoughton, Castleford WF10 4PF	<b>day:</b> Wednesday <b>time:</b> 7pm – 9pm  It is the vision of the GCC to help each other learn new skills and share ideas. We aim to develop members' knowledge and support each other towards our goals. All this within a friendly atmosphere, where members are encouraged to join in and ask for help whatever their level.

## Castleford - Hobbies & Social Groups

Name	Contact	Details
<b>Castleford Deaf Group</b>	<b>contact name:</b> Diane Toney / Pat Toney <b>text:</b> 07943406595 (text only) 01977 722950 <b>email:</b> diane.toney75@gmail.com <b>meeting place:</b> Holywell Lane Centre, Holywell Lane, Castleford, WF10 3HH	<p>Opportunity for deaf people and their carers to socialise. Also play bingo.</p> <p>Meet fortnightly. Please contact to confirm group meeting date.</p>
<b>Castleford Library Museum</b>	<b>phone:</b> 01977 722085 <b>meeting place:</b> Castleford Library, Carlton Street, , Castleford WF10 1BB	<p><b>Adult Morning:</b> First Monday of the month 11am -12noon (term-time only). Pop into the museum for the chance to try a new craft, no need to book.</p> <p><b>Meet the Curator:</b> Third Thursday of the month 10am -12noon Bring your objects to be identified and receive advice on their care and storage, no need to book.</p>
<b>Castleford Male Voice Choir</b>	<b>contact name:</b> Brian Dunderdale <b>phone:</b> 01977 702350 <b>meeting place:</b> Trinity Methodist Church Hall, Powell Street, Castleford WF10 1EL <b>email :</b> info@castlefordmvc.co.uk  <b>website:</b> www.castlefordmvc.co.uk	<p><b>day:</b> Friday  <b>time:</b> 7.30pm – 9.30pm</p> <p>Everyone welcome can either turn up on the evening or contact Brian first.</p>

## Castleford - Hobbies & Social Groups

Name	Contact	Details
<b>Castleford Men's Group</b>	<b>contact:</b> Smawthorne Community Project office <b>phone:</b> 01977 514477 Answerphone – checked several times a week. <b>meeting place:</b> The Link, Beacroft Road, Castleford, WF10 5BP <b>email:</b> information@ageukwkd.org.uk	<b>day:</b> Wednesday <b>time:</b> 10am-12pm  An informal social group for older men. Activities include quizzes, dominoes, pool, ten pin bowling, nature and health walks and trips to places of interest.
<b>C.A.V.E Over 50's Forum for Castleford</b>	<b>contact name:</b> Margaret Shillito <b>phone:</b> 01977 514477 <b>meeting place:</b> The Link Community Centre, Beacroft Road, Castleford WF10 5BP	<b>day:</b> last Wednesday of month <b>time:</b> 1pm – 3pm <b>cost:</b> free
<b>Choral Society</b>	<b>contact name:</b> Pam Stenton <b>phone:</b> 01977 641867 <b>meeting place:</b> The United Reformed Church, Back Bank Street, Castleford WF10 1DB  <b>website:</b> <a href="http://castlefordchoralsociety.co.uk/index.html">http://castlefordchoralsociety.co.uk/index.html</a>	<b>day:</b> Wednesday <b>time:</b> 7.30pm <b>cost:</b> £25 per term membership  There is no audition and you do not have to be able to read music.
<b>Coffee Afternoon/ Supermarket Sweep</b>	<b>contact name:</b> Scheme office <b>phone:</b> 01977 519074 <b>meeting place:</b> Falcon Drive Independent Living Scheme, Half Acres, Castleford WF10 5SA	<b>day:</b> Thursday <b>time:</b> 2pm – 3.30pm

## Castleford - Hobbies & Social Groups

Name	Contact	Details
<b>Coffee Club</b>	<b>phone:</b> 01977 519496 <b>meeting place:</b> Trinity Methodist Church, Powell Street, Castleford, WF10 1EL  <b>website:</b> <a href="http://www.trinitymethodistcastleford.org.uk/">http://www.trinitymethodistcastleford.org.uk/</a>	<b>day:</b> Saturday <b>time:</b> 11am – 12pm
<b>Coffee Morning</b>	<b>contact name:</b> Scheme Manager <b>phone:</b> 01977 555320 <b>meeting place:</b> West Mead Independent Living Scheme Community Centre, West Mead, Castleford WF10 3AF	<b>day:</b> Tuesday and Friday <b>time:</b> 10.45am – 12 noon
<b>Coffee Morning</b>	<b>contact name:</b> Scheme office <b>phone:</b> 01977 550899 <b>meeting place:</b> Wheldale Court Independent Living Scheme, Stansfield Road , Castleford WF10 3AS	<b>day:</b> Monday <b>time:</b> 9.30am - 10.30am  <b>day:</b> Thursday <b>time:</b> 9.30am - 10.30am
<b>Coffee Morning</b>	<b>phone:</b> 01977 797437 <b>meeting place:</b> Castleford United Reform Church, Carlton Street, Castleford WF10 1DB	<b>day:</b> Saturday <b>time:</b> 9.30am – 12 noon  Drop in. All welcome.
<b>Coffee Morning</b>	<b>contact name:</b> Scheme office <b>phone:</b> 01977 519074 <b>meeting place:</b> Falcon Drive Independent Living Scheme, Half Acres, Castleford WF10 5SA	<b>day:</b> Tuesday <b>time:</b> 9:30am – 11.30am



## Castleford - Hobbies & Social Groups

Name	Contact	Details
<b>Computer Help Session</b>	<b>phone:</b> 01977 722085 <b>meeting place:</b> Castleford Library, Carlton Street, , Castleford WF10 1BB  <b>website:</b> <a href="http://www.wakefield.gov.uk/">http://www.wakefield.gov.uk/</a>	<b>day:</b> Tuesday <b>time:</b> 9.30am – 12.30pm <b>cost:</b> free
<b>Flower Club</b>	<b>contact name:</b> Janet Lupton <b>phone:</b> 01977 512541 <b>meeting place:</b> Lock Lane Community Centre, Back William Street, Castleford WF10 2LW	<b>day:</b> 1st Tues of the month <b>time:</b> 7.30pm <b>cost:</b> pay via yearly subscription  Castleford flower arranging group, have regular demonstrators into the group.
<b>Friends of Queens Park Community Café</b>	<b>contact name:</b> Steve Hyde <b>phone:</b> 07878 550977 <b>meeting place:</b> Community Café, Queens Park, Ferrybridge Road, Castleford WF10 4JR  <b>website:</b> <a href="http://queenspark.btck.co.uk/">http://queenspark.btck.co.uk/</a>	Cafe and toilets open when volunteers are available.
<b>Friendship Group</b>	<b>contact name:</b> Maureen Day <b>phone:</b> 01977 705885 <b>meeting place:</b> The Link Community Centre, Beancroft Road, Castleford WF10 5BP	<b>day:</b> Friday (last Friday of the month) <b>time:</b> 12:30pm – 2.30pm  Friendship group open to all, if you're feeling lonely and would like to get out and meet new people this group is for you.

## Castleford - Hobbies & Social Groups

Name	Contact	Details
<b>Genealogy Session</b>	<b>phone:</b> 01977 722085 <b>meeting place:</b> Castleford Library, Carlton Street, Castleford WF10 1BB  <b>website:</b> <a href="http://www.wakefield.gov.uk/">http://www.wakefield.gov.uk/</a>	<b>day:</b> 2 <sup>nd</sup> & 4 <sup>th</sup> Monday of month <b>time:</b> 2pm – 4pm <b>cost:</b> Free  Come along if you would like help with doing your family tree.
<b>Glasshoughton Community Group</b>	<b>contact name:</b> Reception <b>phone:</b> 01977 511234 <b>meeting place:</b> The Glasshoughton Healthy Living Centre, Leeds Roads, Glasshoughton, Castleford WF10 4PF  <b>website:</b> <a href="http://www.glasshoughtoncentre.com/">http://www.glasshoughtoncentre.com/</a>	<b>day:</b> Tuesday <b>time:</b> 2pm – 4pm <b>cost:</b> 50p subscription  Local social group, tea and biscuits, a good chat, raffle bingo and outings.
<b>Half Acres Community Association</b>	<b>contact name:</b> Scheme office <b>phone:</b> 01977 519074 <b>meeting place:</b> Falcon Drive Independent Living Scheme, Half Acres, Castleford WF10 5SA	<b>day:</b> First Thursday of month
<b>Historical Society</b>	<b>contact name:</b> Mrs Barraclough <b>phone:</b> 01977 555392 <b>meeting place:</b> The United Reformed Church, Back Bank Street, Castleford WF10 1DB	<b>day:</b> 3rd Tuesday of month <b>time:</b> 7.30pm <b>cost:</b> £10 per year for members, non-members can attend for £1.50 per session

## Castleford - Hobbies & Social Groups

Name	Contact	Details
<b>Holy Cross Worship Group</b>	<b>contact name:</b> Rev Tracy Ibbotson <b>phone:</b> 01977 553157 <b>email:</b> <a href="mailto:ibbotson457@btinternet.com">ibbotson457@btinternet.com</a> <b>meeting place:</b> The Mount, Airedale, Castleford WF10 3JN  <b>website:</b> <a href="http://www.airedaleholycross.co.uk/index.html">http://www.airedaleholycross.co.uk/index.html</a>	<b>day:</b> Monday <b>time:</b> 7 pm
<b>Homemakers</b>	<b>contact name:</b> Alison <b>phone:</b> 01977 797437 <b>meeting place:</b> Castleford United Reform Church, Carlton street, Castleford WF10 1DB	<b>day:</b> 2 <sup>nd</sup> and 4 <sup>th</sup> Monday of month <b>time:</b> 7.15pm  Women's group, have a variety of talks, demonstrations and quiz nights. No meeting July or August.
<b>Knit and Natter</b>	<b>phone:</b> 01977 556741 <b>email:</b> <a href="mailto:info@castlefordheritagetrust.org.uk">info@castlefordheritagetrust.org.uk</a> <b>meeting place:</b> Castleford Heritage trust, Queen's Mill, Aire Street, Castleford WF10 1JL  <b>website:</b> <a href="http://www.castlefordheritagetrust.org.uk/">http://www.castlefordheritagetrust.org.uk/</a>	<b>day:</b> 1st and 3rd Thursday of month <b>time:</b> 1.00pm – 4.00pm <b>cost:</b> free.  Experienced and new knitters are welcome; the group has wool, needles and patterns to offer to all new members.  You can bring your own wool if you have it.

## Castleford - Hobbies & Social Groups

Name	Contact	Details
<b>Knit and Natter</b>	<p><b>phone:</b> 01977 722085  <b>email:</b> castlefordlibrary@wakefield.gov.uk  <b>meeting place:</b> Castleford Forum Library &amp; Museum, Carlton Street, Castleford, WF10 1BB</p>	<p><b>day:</b> 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month  <b>time:</b> 10.30am  <b>cost:</b> free  Learn to Knit or Crochet while chatting away to friends; other crafts are available on request.  Refreshments available</p>
<b>LADS Group</b>	<p><b>contact name:</b> Alison  <b>phone:</b> 01977 797437  <b>meeting place:</b> Castleford United Reform Church, Carlton Street, Castleford WF10 1DB</p>	<p><b>day:</b> Monday  <b>time:</b> 7.15pm</p> <p>This is what some churches may call their 'men's club'. It meets every Monday, except through July and August at 7.15pm for a variety of purposes including quiz nights, sponsored walks etc.</p>
<b>Let's Knit</b>	<p><b>contact name:</b> Reception  <b>phone:</b> 01977 511234  <b>meeting place:</b> The Glasshoughton Healthy Living Centre, Leeds Road, Glasshoughton, Castleford WF10 4PF</p> <p><b>website:</b> <a href="http://www.glasshoughtoncentre.com">http://www.glasshoughtoncentre.com</a></p>	<p><b>day:</b> Wednesday  <b>time:</b> 2.15pm-4.15pm  <b>cost:</b> £1</p> <p>The aim of the group is to 'knit and knatter'. Make friends, knit bits and just have a bit of fun.</p>

## Castleford - Hobbies & Social Groups

Name	Contact	Details
<b>Local and Family History Group</b>	<b>phone:</b> 01977 722085 <b>meeting place:</b> Castleford Library, Carlton Street, Castleford WF10 1BB  <b>website:</b> <a href="http://www.wakefield.gov.uk/">http://www.wakefield.gov.uk/</a>	<b>day:</b> First Monday of month <b>time:</b> 2pm – 3.30pm <b>cost:</b> Free  A different topic each month.
<b>Maypole Dancing Lock Lane Residents Club</b>	<b>contact name:</b> Rod Rayner <b>phone:</b> 07951 974 174 <b>email:</b> <a href="mailto:info@locklaneresidentsgroup.org.uk">info@locklaneresidentsgroup.org.uk</a> <b>meeting place:</b> Lock Lane Community Centre, Back William Street, Castleford WF10 2LW	<b>day:</b> Monday <b>time:</b> 5pm – 7pm
<b>The Monday Afternoon Art Group</b>	<b>phone:</b> 01977 556741 <b>email:</b> <a href="mailto:info@castlefordheritagetrust.org.uk">info@castlefordheritagetrust.org.uk</a> <b>meeting place:</b> Castleford Heritage Trust, Queen's Mill, Aire Street, Castleford WF10 1JL  <b>website:</b> <a href="http://www.castlefordheritagetrust.org.uk/">http://www.castlefordheritagetrust.org.uk/</a>	<b>day:</b> Monday <b>time:</b> 1pm – 3pm <b>cost:</b> £10 per month  Both organised and informal sessions. Organised sessions consist of regular demonstrations by local artists who give a master class by painting a subject of their choice then giving tips and advice to the participants.

## Castleford - Hobbies & Social Groups

Name	Contact	Details
<b>The Patchwork and Quilting Group</b>	<p><b>phone:</b> 01977 556741  <b>email:</b> info@castlefordheritagetrust.org.uk  <b>meeting place:</b> Castleford Heritage Trust, Queen's Mill, Aire Street, Castleford WF10 1JL</p> <p><b>website:</b> <a href="http://www.castlefordheritagetrust.org.uk/">http://www.castlefordheritagetrust.org.uk/</a></p>	<p><b>day:</b> Alternative Fridays  <b>time:</b> 1-4 pm  <b>cost:</b> free</p> <p>Learn how to patchwork, quilt or embroider. The group shares experience, ideas and work on inspiring new projects. For the experienced and beginners, everyone is welcome.</p>
<b>Pensioners Night Bingo, Dominoes etc.</b>	<p><b>phone:</b> 01977 557622  <b>meeting place:</b> The Green Bowling Club, The Green, Castleford WF10 3SB</p>	<p><b>day:</b> Tuesday  <b>time:</b> 8pm</p>
<b>Probus Club</b>	<p><b>contact name:</b> Malcolm Taylor  <b>phone:</b> 01977 558206  <b>meeting place:</b> Trinity Methodist Church, Powell Street, Castleford WF10 1EL</p> <p><b>website:</b> <a href="http://www.probus.org/ProbusUK-C.pdf">http://www.probus.org/ProbusUK-C.pdf</a></p>	<p><b>day:</b> Second and Fourth Friday of the month  <b>time:</b> 10am – 12 noon</p> <p>A meeting point for retired and semi-retired men, who appreciate the opportunity to meet with like-minded men.</p>
<b>Queens Mill</b>	<p><b>phone:</b> 01977 556741  <b>email:</b> info@castlefordheritagetrust.org.uk  <b>meeting place:</b> Castleford Heritage Trust, Queen's Mill, Aire Street, Castleford WF10 1JL</p> <p><b>website:</b> <a href="http://www.castlefordheritagetrust.org.uk/">http://www.castlefordheritagetrust.org.uk/</a></p>	<p>Throughout the year the Queens Mill have various additional opportunities on offer, this year they will be offering evening Yoga, Archaeology – Finding people in a historic landscape, and Reading Buildings: An Introduction to Buildings Archaeology. Saturdays will include Riverside Paint a Pot. Contact the Mill for further information.</p>

## Castleford - Hobbies & Social Groups

Name	Contact	Details
<b>Readers Group</b>	<b>phone:</b> 01977 722085 <b>meeting place:</b> Castleford Library, Carlton Street, Castleford WF10 1BB <b>website:</b> <a href="http://www.wakefield.gov.uk/">http://www.wakefield.gov.uk/</a>	<b>day:</b> 3 <sup>rd</sup> Monday of month <b>time:</b> 10am – 12noon
<b>Shoebox Wrap &amp; Chat - Operation Christmas Child</b>	<b>phone:</b> 01977 517652 <b>meeting place:</b> Five Towns Christian Fellowship, Beancroft Street, Castleford WF10 5RR .	<b>day:</b> First Thursday in the month <b>time:</b> 10am – 12pm
<b>Stride Theatre Group</b>	<b>phone:</b> 01977 517652 <b>meeting place:</b> Five Towns Christian Fellowship, Beancroft Street, Castleford WF10 5RR .	<b>day:</b> Thursday - every week during Term Time  <b>time:</b> 11am - 1.30pm Adults 4pm - 5.15pm 5-9 years 5.30pm - 6.45 10-15 year old 7pm - 8.15pm 15+ years
<b>Smawthorne Crafters</b>	<b>phone:</b> 01977 514477 <b>meeting place:</b> The Link Community Centre, Beancroft Road, Castleford WF10 5BP	<b>day:</b> Friday <b>time:</b> 10am – 12 noon
<b>Art Club</b>	<b>contact name:</b> Maureen Clayton <b>phone:</b> 01977 673812 <b>meeting place:</b> Trinity Methodist Church, Powell Street, Castleford WF10 1EL	<b>day:</b> Wednesday <b>time:</b> 1pm – 3pm  Contact Maureen to check class availability. Short courses available.

## Castleford - Hobbies & Social Groups

Name	Contact	Details
<p><b>The Thursday Evening Art Group</b></p>	<p><b>phone:</b> 01977 556741  <b>email:</b> info@castlefordheritagetrust.org  <b>meeting place:</b> Castleford Heritage trust, Queen's Mill, Aire Street, Castleford WF10 1JL   <b>website:</b> http://www.castlefordheritagetrust.org.uk/</p>	<p><b>day:</b> Thursday  <b>time:</b> 6pm – 8pm  <b>cost:</b> Small charge to cover room hire</p> <p>A small group of artists with a wide variety of subject interests and knowledge of many different media. Group members share their skills and regularly engage in a programme which gives everyone the opportunity to try something different. New members of all abilities are welcome to join us.</p>
<p><b>Whitwood Trefoil Guild</b></p>	<p><b>contact name:</b> Mary Burns  <b>phone:</b> 01977 676185  <b>meeting place:</b> Trinity Methodist church, Powell Street, Castleford WF10 1EL</p>	<p><b>day:</b> 3rd Monday of month  <b>time:</b> 7:15pm  <b>cost:</b> £2 per meeting                      Trefoil Guild is guiding for adults – fun, friendship and making a difference.</p>
<p><b>Youth Activities</b></p>	<p><b>contact name:</b> Alistair Crompton  <b>phone:</b> 07951 256223  <b>meeting place:</b> Five Towns Christian Fellowship, Beancroft Street, Castleford WF10 5RR .   <b>email:</b> ali.crompton@5tcf.org</p>	<p><b>GFORCE</b>                      7 – 12 year olds second Friday of the month                      7pm-9pm</p> <p><b>NEON YOUTH</b>                      Year 8 upwards every Friday apart from 2<sup>nd</sup> in the month. 7.30pm-9.30pm</p>



## Castleford – Lunch Clubs

Name	Contact	Details
<b>Falcon Drive</b>	<p><b>contact name:</b> Scheme Manager  <b>phone:</b> 01977 519074  <b>meeting place:</b> Falcon Drive Independent Living Scheme, Half Acres, Castleford WF10 5SA</p>	<p><b>day:</b> Last Friday of month  <b>time:</b> 12.30pm  <b>cost:</b> £5.50                      Two course and refreshments                      Phone in advance if you would like to go.                      Also play bingo afterwards.</p>
<b>The Glasshoughton Health Living Centre</b>	<p><b>contact name:</b> Reception  <b>phone:</b> 01977 511234  <b>meeting place:</b> The Glasshoughton Healthy Living Centre, Leeds Road, Glasshoughton, Castleford WF10 4PF   <b>website:</b> <a href="http://www.glasshoughtoncentre.com">http://www.glasshoughtoncentre.com</a></p>	<p><b>day:</b> Wednesday  <b>time:</b> 11.30am – 1.45pm  <b>cost:</b> £3                      transport available at £3 for minibus                      Village group – social / luncheon.</p>
<b>St Joseph's RC Primary</b>	<p><b>contact name:</b> Reception  <b>phone:</b> 01977 555780  <b>meeting place:</b> St Joseph's RC Primary School, Pontefract Road, Castleford WF10 4JB   <b>website:</b> <a href="http://www.bkcat.co.uk/">http://www.bkcat.co.uk/</a></p>	<p><b>day:</b> Thursday  <b>time:</b> 11:30am  <b>cost:</b> £3.00                      Two course and refreshments.                      Phone and let the school know a week in advance if you would like to go.</p>
<b>Salvation Army Lunch club</b>	<p><b>contact name:</b> Salvation Army Officer  <b>phone:</b> 01977 510636  <b>meeting place:</b> Salvation Army Hall, Booth Street, Castleford WF10 1SA  <b>website:</b> <a href="http://www.castleford-sa.org/index.html">http://www.castleford-sa.org/index.html</a></p>	<p><b>day:</b> Tuesday and Thursday  <b>time:</b> 11:30am – 1pm  <b>cost:</b> £4.50                      Three course and refreshments.</p>

## Castleford - Physical Activity

Name	Contact	Details
<b>Badminton</b>	<p><b>contact name:</b> The Hut  <b>phone:</b> 01977 550250  <b>meeting place:</b> The Hut, Kershaw Avenue, Airedale, Castleford WF10 3ES  <b>website:</b> <a href="http://thehutairedale.com/">http://thehutairedale.com/</a></p>	<p><b>day / time:</b> Monday to Friday 9am – 9pm  <b>day / time:</b> Saturday 10am – 7pm            (Saturday sessions must be pre booked)</p> <p><b>cost:</b> £10 per hour per court before 5pm  <b>cost:</b> £12 per hour per court after 5pm            Need to book in advance.</p>
<b>BCats</b>	<p><b>contact:</b> Smawthorne Community Project office  <b>phone:</b> 01977 514477 Answerphone – checked several times weekly  <b>meeting place:</b> The Link, 51 Beancroft Road, Castleford WF10 5BP</p>	<p><b>day:</b> Alternate Tuesdays  <b>time:</b> 10am – 12 noon  <b>cost:</b> £2</p> <p>Social group, have gentle exercise alternative weeks, coffee morning, trips organised.</p>
<b>Boccia</b>	<p><b>contact name:</b> Scheme Manager  <b>phone:</b> 01977 554491  <b>meeting place:</b> Ings View Independent Living Scheme, Stansfield Road, Airedale, Castleford WF10 3DX</p>	<p><b>day:</b> Monday and Wednesday  <b>time:</b> 11am – 1pm</p> <p><b>day:</b> Friday  <b>time:</b> 1.30pm – 3.30pm</p> <p>Boccia is a chair based game similar to bowls played indoors.</p>

## Castleford - Physical Activity

Name	Contact	Details
<p><b>Boot Camp</b></p>	<p><b>contact name:</b> James  <b>phone:</b> 07711 806345  <b>email:</b> james@xceed-fitness.com  <b>meeting place:</b> The Glasshoughton Healthy Living Centre, Leeds Road, Glasshoughton, Castleford WF10 4PF   <b>website:</b> <a href="http://www.glasshoughtoncentre.com">http://www.glasshoughtoncentre.com</a></p>	<p><b>day:</b> Thursday  <b>time:</b> 8.00pm – 9.00pm  <b>cost:</b> £4.50 per session</p> <p>Wide range and mix of work-outs. Nutritional help and guidance given. Homework work-outs given weekly.            Contact James to pre-book a place</p>
<p><b>Burlesque Fitness</b></p>	<p><b>contact name:</b> Sarah  <b>phone:</b> 07870 528 554  <b>email:</b> sarah@mystiqueburlesque.co.uk  <b>meeting place:</b> The Glasshoughton Healthy Living Centre, Leeds Roads, Glasshoughton, Castleford WF10 4PF   <b>website:</b> <a href="http://www.glasshoughtoncentre.com/">http://www.glasshoughtoncentre.com/</a></p>	<p><b>day:</b> Monday  <b>time:</b> 7:45pm – 8:45pm  <b>cost:</b> £5</p> <p>Burlesque is a specific style of dance; mischievous, cheeky, sensual, tantalizing and most of all FUN.</p> <p>Inclusive for all levels, giving beginner, intermediate and advanced level options to many moves within routines.</p>
<p><b>Castleford Lock Lane RL and Sports Centre</b></p>	<p><b>contact name:</b> Reception  <b>phone:</b> 01977 510200  <b>email:</b> info@locklanesport.com  <b>meeting place:</b> Lock Lane Sports Centre, Lock Lane, Castleford WF10 2JU   <b>website:</b> <a href="http://www.locklanesport.com/">http://www.locklanesport.com/</a></p>	<p>Sports centre – ladies and gents gym various classes available.</p>

## Castleford - Physical Activity

Name	Contact	Details
<b>COPD Gentle Exercise Group</b> <b>Age UK Wakefield District</b>	<b>contact name:</b> Tarek Hassan <b>phone:</b> 01977 552114 <b>meeting place:</b> The Link, 51 Beancroft Road, Castleford WF10 5BP <b>website:</b> <a href="http://www.ageuk.org.uk/wakefielddistrict/">http://www.ageuk.org.uk/wakefielddistrict/</a>	<b>day:</b> Tuesday <b>time:</b> 12.30pm – 2.00pm <b>cost:</b> £2
<b>GEMS (Gentle Exercise to Music for Seniors)</b>	<b>contact name:</b> Sue <b>phone:</b> 01977 661761 <b>meeting place:</b> Five Towns Christian Fellowship, Beancroft Street, Half Acres Castleford WF10 5RR <b>website:</b> <a href="http://5tcf.org/">http://5tcf.org/</a>	<b>day:</b> Wednesday <b>time:</b> 10am – 12noon <b>cost:</b> exercise is free, but small contribution for hot drinks  Gentle exercises to music for the over 55's
<b>Gently Does It</b>	<b>contact name:</b> Carrie Marsh <b>phone:</b> 07526 721461 <b>email:</b> <a href="mailto:carrie099@gmail.com">carrie099@gmail.com</a> <b>meeting place:</b> The Glasshoughton Healthy Living Centre, Leeds Roads, Glasshoughton, Castleford WF10 4PF <b>website:</b> <a href="http://www.glasshoughtoncentre.com/">http://www.glasshoughtoncentre.com/</a>	<b>day:</b> Monday <b>time:</b> 2pm – 3pm <b>cost:</b> £4  Gentle exercise session, perfect for beginners or those looking for low-impact exercise. Trainers are essential footwear and mats are available dependent on numbers.
<b>Health Walk – Glasshoughton Healthy Living Centre</b>	<b>phone:</b> 01924 307348 <b>email:</b> <a href="mailto:healthimprovement@wakefield.gov.uk">healthimprovement@wakefield.gov.uk</a> <b>meeting place:</b> Glasshoughton Healthy Living Centre, Leeds Road, Castleford WF10 4PF <b>website:</b> <a href="http://www.wakefield.gov.uk/residents/sport-and-leisure/walking/health-walks">http://www.wakefield.gov.uk/residents/sport-and-leisure/walking/health-walks</a>	<b>day:</b> Monday <b>time:</b> 10.30am <b>cost:</b> free  Typical walks last for about two hours, are fairly flat and for any fitness level. Occasional days out to different locations.

## Castleford - Physical Activity

Name	Contact	Details
<b>Health Walk - Lock Lane</b>	<p><b>phone:</b> 01924 307348  <b>email:</b> healthimprovement@wakefield.gov.uk  <b>meeting place:</b> Lock Lane Sports Centre, Castleford WF10 2JU</p> <p><b>website:</b> <a href="http://www.wakefield.gov.uk/residents/sport-and-leisure/walking/health-walks">http://www.wakefield.gov.uk/residents/sport-and-leisure/walking/health-walks</a></p>	<p><b>day:</b> Friday  <b>time:</b> 10am  <b>cost:</b> free</p> <p>Walk starts from Lock Lane Sports Centre, Castleford, WF10 2JU.</p> <p>Health walk lasting approx. 1 – 1½ hours.</p>
<b>Karate for Beginners</b>	<p><b>contact name:</b> Tracy Kite 07909706208  <b>phone:</b> 07909706208  <b>meeting place:</b> The Glasshoughton Healthy Living Centre, Leeds Roads, Glasshoughton, Castleford WF10 4PF</p> <p><b>website:</b> <a href="http://www.glasshoughtoncentre.com">http://www.glasshoughtoncentre.com</a></p>	<p><b>day:</b> Friday  <b>time:</b> 5.45pm – 6.45pm  <b>cost:</b> £4</p> <p>Open to adults and children.</p>
<b>Kickboxing (Freestyle)</b>	<p><b>phone:</b> 07909706208  <b>Contact:</b> West Yorkshire Black Belt Kickboxing Academy – <a href="mailto:kickboxingacademy@neemaf.co.uk">kickboxingacademy@neemaf.co.uk</a> or call 07909 706208  <b>meeting place:</b> The Glasshoughton Healthy Living Centre, Leeds Road, Glasshoughton, Castleford WF10 4PF</p>	<p><b>day:</b> Monday  <b>time:</b> 5.45pm - 6.30pm</p> <p>Class format includes a mix of fitness, kicking, punching, striking and self-defence moves. Suitable for all ages and abilities.</p> <p><b>cost:</b> £4.and £7 for 1 adult 1 child</p>

## Castleford - Physical Activity

Name	Contact	Details
<b>Line Dancing</b>	<p><b>contact name:</b> The Link  <b>phone:</b> 01977 514477</p> <p><b>meeting place:</b> The Link, 51 Beancroft Road, Castleford WF10 5BP</p>	<p><b>day:</b> Thursday  <b>time:</b> 12.45pm – 2.30pm  <b>cost:</b> £2</p>
<b>Lite Weighters</b>	<p><b>contact name:</b> Reception  <b>phone:</b> 01977 511234  <b>meeting place:</b> The Glasshoughton Healthy Living Centre, Leeds Roads, Glasshoughton, Castleford WF10 4PF</p> <p><b>website:</b> <a href="http://www.glasshoughtoncentre.com/">http://www.glasshoughtoncentre.com/</a></p>	<p><b>day:</b> Monday  <b>time:</b> 6pm – 7pm  <b>cost:</b> joining fee of £2 and £1. per session (includes free drink)</p> <p>Lite weighters doesn't meet every week; check with reception first.</p>
<b>Lock Lane Walking Group</b>	<p><b>contact name:</b> Margaret Shilito (walk leaders)  <b>phone:</b> 01977 510200  <b>meeting place:</b> Lock Lane Sports Centre, Lock Lane, Castleford WF10 2JU</p> <p><b>website:</b> <a href="http://www.locklanesport.com/index.html">http://www.locklanesport.com/index.html</a></p>	<p><b>day:</b> Friday  <b>time:</b> 10am – 12 noon  <b>cost:</b> free but often stop for a drink along the way</p> <p>Normally two walks available one long and one shorter.</p>
<b>Monday Dance Lock Lane Residents Association</b>	<p><b>contact name:</b> Frank and Joyce Ramshaw</p> <p><b>meeting place:</b> Lock Lane Community Centre, Back William Street, Castleford WF10 2LW</p>	<p><b>day:</b> Monday  <b>time:</b> 1pm – 3.30pm  <b>cost:</b> £1.50</p> <p>Turn up on the day tea and biscuits included (Christmas party every year).</p>

## Castleford - Physical Activity

Name	Contact	Details
<p><b>Pilates</b></p>	<p><b>contact name:</b> Reception  <b>phone:</b> 01977 511234  <b>meeting place:</b> The Glasshoughton Healthy Living Centre, Leeds Roads, Glasshoughton, Castleford WF10 4PF   <b>website:</b> <a href="http://www.glasshoughtoncentre.com/">http://www.glasshoughtoncentre.com/</a></p>	<p><b>day:</b> Thursday  <b>time:</b> 9.30am  <b>cost:</b> £5</p>
<p><b>Rugby for All</b></p>	<p><b>contact name:</b> Steve Ball  <b>phone:</b> 07707927090  <b>email:</b> <a href="mailto:stephenball85@live.com">stephenball85@live.com</a>  <b>meeting place:</b> Castleford RUFC, Willowbridge Lane, Castleford WF10 5PD   <b>website:</b>  <a href="http://www.pitchero.com/clubs/castlefordrugbyunion/news/rugby-for-all-inclusive-rugby-1222008.html">http://www.pitchero.com/clubs/castlefordrugbyunion/news/rugby-for-all-inclusive-rugby-1222008.html</a></p>	<p><b>day:</b> Thursday  <b>time:</b> 2pm – 3.30pm  <b>cost:</b> £2</p> <p>Inclusive sessions that are open to all players with a learning or physical disability. Cuppa and a catch up to start with and then outside for a gentle warm up before rugby skills sessions and then a game.</p>
<p><b>Stretch and Strengthen with Stroke</b></p>	<p><b>contact name:</b> Stacey Taylor  <b>phone:</b> 01924 372525 / 07538794086  <b>email:</b> <a href="mailto:stacey.taylor@stroke.org.uk">stacey.taylor@stroke.org.uk</a>  <b>meeting place:</b> The Salvation army, Booth Street, Castleford, WF10 1SA</p>	<p><b>day:</b> Thursday  <b>time:</b> 10.30am</p> <p>A free course of exercise sessions specifically tailored for Stroke Survivors. The chair based sessions last approx. 40mins with the remainder of time for questions and refreshments.</p>

## Castleford - Physical Activity

Name	Contact	Details
<b>Tea Dance Lock Lane Residents Association</b>	<b>contact name:</b> John Potts <b>meeting place:</b> Lock Lane Community Centre, Back William Street, Castleford WF10 2LW	<b>day:</b> Wednesday <b>time:</b> 1.30pm – 4pm <b>cost:</b> £2  Turn up on the day, tea and biscuits.
<b>Yoga</b>	<b>contact name:</b> Reception <b>phone:</b> 01977 511234 <b>meeting place:</b> The Glasshoughton Healthy Living Centre, Leeds Roads, Glasshoughton, Castleford WF10 4PF  <b>website:</b> <a href="http://www.glasshoughtoncentre.com/">http://www.glasshoughtoncentre.com/</a>	<b>day:</b> Wednesday <b>time:</b> 7.00pm – 8.30pm <b>cost:</b> £5 drop in or £4 per week if paid half termly.
<b>Yoga for Health</b>	<b>contact name:</b> Sally Turner <b>phone:</b> 01977 703196 <b>meeting place:</b> Castleford United Reformed Church, Carlton Street, Castleford WF10 1DB  <b>website:</b> <a href="http://yh.wea.org.uk/">http://yh.wea.org.uk/</a>	<b>day:</b> Monday <b>time:</b> 1.30pm – 3.00pm & <b>day:</b> Tuesday <b>time:</b> 10.30am  <b>cost:</b> £52.50 for 10 sessions  People need to arrive before start time to gain entry to building.



## Castleford - Physical Activity

Name	Contact	Details
Zumba	<p><b>contact name:</b> Reception  <b>phone:</b> 01977 511234  <b>meeting place:</b> The Glasshoughton Healthy Living Centre, Leeds Roads, Glasshoughton, Castleford WF10 4PF  <b>website:</b> <a href="http://www.glasshoughtoncentre.com/">http://www.glasshoughtoncentre.com/</a></p>	<p><b>day:</b> Tuesday  <b>time:</b> 7.30pm – 8.30pm  <b>cost:</b> £4</p>

## Castleford - Support Groups

Name	Contact	Details
Age UK Wakefield District Bereavement Advice and Support (BASS)	<p><b>contact name:</b> Age UK  <b>phone:</b> 01977 552114  <b>email:</b> <a href="mailto:admin@ageukwd.org.uk">admin@ageukwd.org.uk</a>  <b>meeting place:</b> Age UK Wakefield District, Lock Lane Centre Back William Street, Castleford WF10 2LW  <b>website:</b> <a href="http://www.ageuk.org.uk/wakefielddistrict/">http://www.ageuk.org.uk/wakefielddistrict/</a></p>	<p><b>day:</b> Tuesday  <b>time:</b> 10.30am – 12pm</p> <p>An opportunity for you to meet people in a similar position for an informal chat.</p> <p>Can be accessed either as a drop-in or by referral from a health professional.</p>
Bowel Cancer Support Group	<p><b>contact name:</b> John Whelpton  <b>phone:</b> 07974 657146  <b>email:</b> <a href="mailto:john.whelpton1@outlook.com">john.whelpton1@outlook.com</a>  <b>meeting place:</b> Lock Lane Community Centre, Back William Street, Castleford, WF10 2LW</p>	<p><b>day:</b> 3rd Thursday of every month  <b>time:</b> 7 pm</p>

## Castleford - Support Groups

Name	Contact	Details
<b>Castleford Dementia Support Group</b>	<b>contact name:</b> Jill O'Connell <b>phone:</b> 01924 305544 or 07469 158433 <b>meeting place:</b> Trinity Methodist Church, Powell Street, Castleford WF10 1EL <b>website:</b> <a href="http://www.carerswakefield.org.uk/">http://www.carerswakefield.org.uk/</a> <b>Email:</b> <a href="mailto:info@carerswakefield.org.uk">info@carerswakefield.org.uk</a>	<b>day:</b> 2 <sup>nd</sup> Wednesday of every month <b>time:</b> 1pm-3pm  Support group for carers and those living with dementia run by Wakefield Carers Wakefield & district in partnership with Alzheimer's Society.
<b>Councillors for the Castleford area.</b>	c/o County Hall, Bond Street, Wakefield, WF1 2QW <a href="mailto:committeeservices@wakefield.gov.uk">committeeservices@wakefield.gov.uk</a> <b>phone:</b> 01924 305051 For details of your local councilors contact committee services. Committee Services, Room 52, County Hall, Wakefield, WF1 2QW	Offer advice to constituents.  Councillor surgeries also available
<b>Fibromyalgia Support Help Line</b>	<b>contact name:</b> Castleford Support Group: Yvonne <b>phone:</b> 01977 555547 <b>national contact:</b> 0844 887 2444  <b>website:</b> <a href="http://www.fmauk.org/">http://www.fmauk.org/</a>	Please contact for details
<b>GASPED (Greater Awareness and Support for People Encountering Drugs)</b>	<b>phone:</b> 01977 517 652 <b>meeting place:</b> Five Towns Christian Fellowship, Beancroft Street, Half Acres, Castleford WF10 5RR	<b>day:</b> Second Tuesday of every month <b>time:</b> 5.30pm – 7pm  Community-based parent, family and carer group led by specially trained parent/carers volunteers. Members come together to talk, listen, learn, share experiences and give support to one another.

## Castleford - Support Groups

Name	Contact	Details
<b>Memory Lane Cafe</b>	<b>contact name:</b> Janet or Maureen <b>phone:</b> 01977 514477 <b>meeting place:</b> The Link Community Centre, Beancroft Road, Castleford WF10 5BP	<b>day:</b> 1 <sup>st</sup> and 3 <sup>rd</sup> Friday of every month <b>time:</b> 10am - midday  For people with dementia, their families and carers to socialize in a supportive and friendly atmosphere.
<b>Richmond Fellowship - Wakefield Mental Health Community Support Service Drop In</b>	<b>phone:</b> 01924 339157 <b>meeting place:</b> Castleford Heritage Trust, Queen's Mill, Aire Street, Castleford WF10 1JL Community Based Services, Peer Support Service, and Volunteer enquiries <b>Email:</b> Wakefieldsupport@richmondfellowship.org.uk Employment Support Service <b>Email:</b> WakefieldEmployment@RichmondFellowship.org.uk  <b>website:</b> <a href="http://www.richmondfellowship.org.uk/yorkshire/wakefield-mental-health-support-service/">http://www.richmondfellowship.org.uk/yorkshire/wakefield-mental-health-support-service/</a>	<b>day:</b> Tuesday <b>time:</b> 10am – midday  Drop in.  Provide support, advice and guidance to anyone with experience of mental health problems.
<b>Slimming World</b>	<b>website:</b> <a href="http://www.slimmingworld.co.uk/joining-a-group/nearest-group-details.aspx?classcode=0ggYNmTMvUI">http://www.slimmingworld.co.uk/joining-a-group/nearest-group-details.aspx?classcode=0ggYNmTMvUI</a>	There are numerous slimming world groups operating from community venues, throughout Castleford – for the most update information on where these groups meet, the times and membership information. Please use the website for information.

## Castleford - Support Groups

Name	Contact	Details
<b>Weight Watchers</b>	<b>website:</b> <a href="http://www.weightwatcherslocal.co.uk/location/town/castleford">http://www.weightwatcherslocal.co.uk/location/town/castleford</a>	There are numerous weight watcher groups operating from community venues, throughout Castleford – for the most update information on where these groups meet, the times and membership information. Please use the website for information.
<b>Smawthorne Community Project Bereavement Support</b>	<b>contact name:</b> Janet Sherratt <b>phone:</b> 01977 514477, 07518 675851 <b>email:</b> bereavement@smawthorne.org.uk <b>meeting place:</b> The Link Community Centre, 51 Beancroft Road, Castleford WF10 5BP	<b>day:</b> Friday <b>time:</b> 12.30pm – 2.30pm  Bereavement support – providing advice and support to bereaved people in the Castleford area. Coffee lounge, drop in sessions.
<b>Stop Smoking Service</b>	<b>contact name:</b> Yorkshire Smokefree – Wakefield <b>phone:</b> 01977 465449  <b>website:</b> <a href="http://wakefield.yorkshiresmokefree.nhs.uk/">http://wakefield.yorkshiresmokefree.nhs.uk/</a>	<b>Learning Centre Castleford, 1 York St, Castleford, West Yorkshire, WF10 1RB</b> <b>day:</b> Wednesday 1:00pm - 4:00pm, Thursday 9:15am – 12:30pm Appointments only. Please call 01924 252 174 to book.  <b>Boots Chemist, 20-21 Carlton Lanes Shopping Centre Castleford WF10 1AN</b> Please call 01977 552093 or drop in during regular opening times for further information.

## Castleford - Support Groups

Name	Contact	Details
<b>Trinity Methodist Church: Open House – social group</b>	<b>contact name:</b> Trinity Methodist Church <b>phone:</b> 01977 519469 <b>email:</b> Info@TrinityMethodistCastleford.org.uk <b>meeting place:</b> Trinity Methodist Church, Powell Street, Castleford WF10 1EL  <b>website:</b> <a href="http://www.trinitymethodistcastleford.org.uk/">http://www.trinitymethodistcastleford.org.uk/</a>	<b>day:</b> Wednesday <b>time:</b> 1.30pm – 3.30pm  Initially set up as bereavement support but people have kept coming week after week, so has a social aspect too.

## Airedale - Hobbies & Social Groups

Name	Contact	Details
<b>Airedale &amp; Ferry Fryston Neighbourhood Management Board</b>	<b>contact name:</b> Mike Dixon <b>phone:</b> 01977 550911  <b>website:</b> <a href="https://www.facebook.com/pages/Airedale-Ferry-Fryston-Fryston-Townville-Neighbourhood-Management-Board/130270967028793?fref=ts">https://www.facebook.com/pages/Airedale-Ferry-Fryston-Fryston-Townville-Neighbourhood-Management-Board/130270967028793?fref=ts</a>	<p>By working with the community and service providers, the Neighbourhood Management Board aims to facilitate improvements and organize events within the area. The Board would like to hear from you if you are interested in the work of the Board or becoming a volunteer.</p>
<b>Crossword and Conversation – Airedale Library</b>	<b>phone:</b> 01977 724040 <b>meeting place:</b> The Airedale Library, The Square, Airedale, Castleford, WF10 3JJ	<b>day:</b> Tuesday <b>time:</b> 10.30am – 12noon  <p>Meet new friends and enjoy chatting over a crossword and a cuppa. For people living locally and anyone else who would like to join us for a leisurely morning.</p>
<b>Bingo</b>	<b>contact name:</b> Scheme Manager <b>phone:</b> 01977 554491 <b>meeting place:</b> Ings View Independent Living Scheme, Stansfield Road, Airedale, Castleford WF10 3DX	<b>day:</b> Monday and Thursday <b>time:</b> 7pm – 8.30pm  <b>day:</b> Wednesday <b>time:</b> 2pm – 3.30pm
<b>Bingo</b>	<b>phone:</b> 01977 557622 <b>meeting place:</b> The Green Bowling Club, The Green, Airedale WF10 3SB	<b>day:</b> Thursday <b>time:</b> 1.30pm  <b>day:</b> Saturday and Sunday <b>time:</b> 8.30pm

## Airedale - Hobbies & Social Groups

Name	Contact	Details
<b>Coffee Morning</b>	<p><b>contact name:</b> Tracy Ibbotson  <b>phone:</b> 01977 553157  <b>email:</b> ibbotson457@btinternet.com  <b>meeting place:</b> Holy Cross Church, Fryston Road, Airedale WF10 3LJ</p> <p><b>website:</b> <a href="http://www.airedaleholycross.co.uk/index.htm">http://www.airedaleholycross.co.uk/index.htm</a></p>	<p><b>day:</b> 1<sup>st</sup> Saturday of month  <b>time:</b> 10am - noon</p>
<b>Coffee Morning</b>	<p><b>contact name:</b> Scheme Manager  <b>phone:</b> 01977 554491  <b>meeting place:</b> Ings View Independent Living Scheme, Stansfield Road, Airedale, Castleford WF10 3DX</p>	<p><b>day:</b> Monday and Wednesday  <b>time:</b> 10am – 11am</p> <p>Also play bingo.</p>
<b>Friends of Fryston Woods</b>	<p><b>contact name:</b> Steve Wright / Jacqui Yates  <b>email:</b> frystonwoodfriends@gmail.com</p> <p><b>website:</b> <a href="http://frystonwoods.co.uk/index.php">http://frystonwoods.co.uk/index.php</a></p>	<p><b>day:</b> 2<sup>nd</sup> Monday of month  <b>time:</b> 10am</p> <p>A local community group who work in the Airedale and Fryston area and undertake small projects in Fryston &amp; Well Woods with the local community. We are also seeking volunteers to help out on our community allotment and beekeeping.</p>
<b>Gardening Club – Airedale Library</b>	<p><b>phone:</b> 01977 724040  <b>meeting place:</b> The Airedale Library, The Square, Airedale, Castleford, WF10 3JJ</p>	<p>Do you have any interest in gardening with time to spare? We have a lovely garden that needs your help.</p> <p>We would like you to be part of our Gardening Club, come along and socialize, with new people and watch your creations bloom.</p> <p>Register your interest – contact the Library.</p>

## Airedale - Hobbies & Social Groups

Name	Contact	Details
<b>Guitar / Ukulele lessons</b>	<b>contact name:</b> The Hut <b>phone:</b> 01977 550250 <b>meeting place:</b> The Hut, Kershaw Avenue, Airedale, Castleford WF10 3ES  <b>website:</b> <a href="http://thehutairedale.com/">http://thehutairedale.com/</a>	<b>day:</b> Wednesday <b>time:</b> 1pm-2pm  <b>cost:</b> Please enquire on booking
<b>Holy Cross Companionship Group</b>	<b>contact name:</b> Rev Tracy Ibbotson <b>phone:</b> 01977 553157 <b>email:</b> <a href="mailto:ibbotson457@btinternet.com">ibbotson457@btinternet.com</a> <b>meeting place:</b> The Mount, Airedale, Castleford WF10 3JN  <b>website:</b> <a href="http://www.airedaleholycross.co.uk/index.html">http://www.airedaleholycross.co.uk/index.html</a>	<b>day:</b> Tuesday <b>time:</b> 1pm-3pm <b>cost:</b> free  A place to come and have a chat with others or participate in the activities on offer.
<b>Ladies Bright Hour</b>	<b>contact name:</b> Sharon Arnold <b>phone:</b> 01977 513652 <b>meeting place:</b> Airedale Methodist Church, Elizabeth Drive, Airedale, Castleford, WF10 3SD	<b>day:</b> Wednesday <b>time:</b> 2pm – 3.30pm
<b>Pensioners Night Bingo, Dominoes etc.</b>	<b>phone:</b> 01977 557622 <b>meeting place:</b> The Green Bowling Club, The Green, Castleford WF10 3SB	<b>day:</b> Tuesday <b>time:</b> 8pm



## Airedale - Hobbies & Social Groups

Name	Contact	Details
<b>Singing for Pleasure</b>	<b>phone:</b> 07834 270341 <b>meeting place:</b> Airedale Methodist Church, Elizabeth Drive, Airedale, Castleford WF10 3SD  <b>website:</b> <a href="https://www.facebook.com/s4pyorkshire">https://www.facebook.com/s4pyorkshire</a>	<b>day:</b> Thursday <b>time:</b> 7.15pm  Fun choir for everyone. You don't have to be able to read music or have sung in a choir before. Sing songs from every decade from The Beatles to Bruno Mars. First session free, following sessions £4.50
<b>Snooker Night</b>	<b>phone:</b> 01977 557622 <b>meeting place:</b> The Green Bowling Club, The Green, Castleford WF10 3SB	<b>day:</b> Thursday <b>time:</b> 7.30pm
<b>St Edmund's Close Social Group</b>	<b>phone:</b> 01977 557622 <b>meeting place:</b> The Green Bowling Club, The Green, Castleford WF10 3SB	<b>day:</b> Thursday <b>time:</b> 1pm – 3.30pm
<b>5 Towns Radio</b>	<b>contact name:</b> The Hut <b>phone:</b> 01977 550250 <b>meeting place:</b> The Hut, Kershaw Avenue, Airedale, Castleford WF10 3ES  <b>website:</b> <a href="http://thehutairedale.com/">http://thehutairedale.com/</a>	Opportunities to support / present local radio shows

## Airedale - Lunch Clubs

Name	Contact	Details
<b>Airedale Junior School</b>	<b>contact name:</b> Reception <b>phone:</b> 01977 556946 <b>email:</b> admin@airedale-jun.wakefield.sch.uk <b>meeting place:</b> Airedale Junior, Fryston Road, Castleford WF10 3EP  <b>website:</b> <a href="http://www.airedalejuniorschool.co.uk/">http://www.airedalejuniorschool.co.uk/</a>	<b>day:</b> Thursday <b>time:</b> 11:30am <b>cost:</b> £2.46  Two course and refreshments Please contact the school beforehand if you wish to attend.
<b>Airedale Methodist Church</b>	<b>meeting place:</b> Airedale Methodist Church, Elizabeth Drive, Airedale, Castleford WF10 3SD	<b>day:</b> Monday <b>time:</b> midday <b>cost:</b> £4 <b>day:</b> Wednesday <b>time:</b> 11.30am – 2pm (lunch served at noon) Set menu consisting of main meal, dessert and refreshments. Please call in if you would like to know more.
<b>Oyster Park Primary School</b>	<b>contact name:</b> Reception <b>phone:</b> 01977 515994 <b>email:</b> headteacher@oysterpark.co.uk <b>meeting place:</b> Oyster Park Primary, Watling Road, Ferry Fryston WF10 3SN  <b>website:</b> <a href="http://oysterpark.co.uk/">http://oysterpark.co.uk/</a>	<b>day:</b> Wednesday <b>time:</b> 11:15am <b>cost:</b> £2.50  Two course and refreshments. Phone and let the school know in advance if you would like to go.

## Airedale - Physical Activity

Name	Contact	Details
<b>Adizone Outdoor Gym</b>	<b>contact name:</b> The Hut <b>phone:</b> 01977 550250 <b>meeting place:</b> The Hut, Kershaw Avenue, Airedale, Castleford WF10 3ES  <b>website:</b> <a href="http://thehutairedale.com/">http://thehutairedale.com/</a>	<b>cost:</b> 50p entry.
<b>Badminton</b>	<b>contact name:</b> The Hut <b>phone:</b> 01977 550250 <b>meeting place:</b> The Hut, Kershaw Avenue, Airedale, Castleford WF10 3ES  <b>website:</b> <a href="http://thehutairedale.com/">http://thehutairedale.com/</a>	<b>day / time:</b> Monday to Friday 9am – 9pm <b>day / time:</b> Saturday 10am – 7pm (Saturday sessions must be pre booked)  <b>cost:</b> £10 per hour per court before 5pm <b>cost:</b> £12 per hour per court after 5pm Need to book in advance.
<b>Airedale Amateur Boxing Club</b>	<b>meeting place:</b> Kershaw Business Centre, Kershaw Avenue, Castleford WF10 3ES <b>email:</b> <a href="mailto:airedaleabc@hotmail.com">airedaleabc@hotmail.com</a>  <b>website:</b> <a href="https://www.facebook.com/pages/Airedale-Amateur-Boxing-Club/143428839197795">https://www.facebook.com/pages/Airedale-Amateur-Boxing-Club/143428839197795</a>	<b>day:</b> Weekday evenings, Saturday mornings  Sessions for all. Kids - £2 per session, Adults - £3 per session.  Visit centre or consult website for details.
<b>Dancing with Claire</b>	<b>contact name:</b> The Hut <b>phone:</b> 01977 550250 <b>meeting place:</b> The Hut, Kershaw Avenue, Airedale, Castleford WF10 3ES  <b>website:</b> <a href="http://thehutairedale.com/">http://thehutairedale.com/</a>	day: Thursday time: 4.15pm -5.15pm  cost: Please enquire on booking

## Airedale - Physical Activity

Name	Contact	Details
<b>Karate</b>	<b>contact name:</b> The Hut <b>phone:</b> 01977 550250 <b>meeting place:</b> The Hut, Kershaw Avenue, Airedale, Castleford WF10 3ES  <b>website:</b> <a href="http://thehutairedale.com/">http://thehutairedale.com/</a>	<b>Day/time:</b> Tuesday 6pm-7pm Thursday 6.30pm-8pm Saturday 10am-11am <b>cost:</b> Please enquire on booking
<b>Kickboxing</b>	<b>contact name:</b> Steve Penistone <b>phone:</b> 07872 441257 <b>meeting place:</b> The Hut, Kershaw Avenue, Airedale, Castleford WF10 3ES  <b>website:</b> <a href="http://www.itsalifestylemartialarts.co.uk">www.itsalifestylemartialarts.co.uk</a>	<b>day:</b> Tuesday <b>time:</b> 6pm – 7pm  <b>day:</b> Saturday <b>time:</b> 10am  Open to all ages.
<b>Roller Skating</b>	<b>phone:</b> 01977 550250 <b>meeting place:</b> The Hut, Kershaw Avenue, Airedale, Castleford WF10 3ES  <b>website:</b> <a href="http://thehutairedale.com/">http://thehutairedale.com/</a>	<b>day:</b> Sunday – 6.30pm – 10.30pm (Roller disco) <b>cost:</b> £5 person with own skates; £6 per person without skates (skates will be provided)  Family fun days available throughout the summer holidays contact The Hut for more information

## Airedale - Physical Activity

Name	Contact	Details
<b>Ten Pin Bowling</b>	<p><b>contact name:</b> The Hut  <b>phone:</b> 01977 550250  <b>meeting place:</b> The Hut, Kershaw Avenue, Airedale, Castleford WF10 3ES</p> <p><b>website:</b> <a href="http://thehutairedale.com/">http://thehutairedale.com/</a></p>	<p><b>day:</b> –Available all day every day when centre is open  <b>cost:</b> £4 per person per game £3 concessions £2 for a 2nd and subsequent games</p>
<b>Walk Rugby</b>	<p><b>contact name:</b> Neil Barnaby  <b>phone:</b> 07904234159  <b>email:</b> <a href="mailto:neil@castigers.com">neil@castigers.com</a>,  <b>meeting place:</b> The Hut, Kershaw Avenue, Airedale, Castleford WF10 3ES</p>	<p><b>day and time:</b> Monday 8pm-9pm and Thursday 7pm-8pm</p> <p>Touch rugby played at walking pace. Suitable for anyone. No experience necessary.</p>
<b>Young at Heart</b>	<p><b>contact name:</b> Doreen Youngman  <b>phone:</b> 01977 513652  <b>meeting place:</b> Airedale Methodist Church, Elizabeth Drive, Airedale, Castleford WF10 3SD</p>	<p><b>day:</b> Tuesday  <b>time:</b> 2pm – 3pm  <b>Cost:</b> £2.50 – first class free, pay one month in advance</p> <p>Keep fit for the over 55's. Participants exercise within their own range of movement with the support of a chair. Includes tea and biscuits. Turn up on the day; please arrive around 1.40pm on your first visit.</p>

## Airedale - Support Groups

Name	Contact	Details
<b>Councillors for the Castleford area.</b>	c/o County Hall, Bond Street, Wakefield, WF1 2QW committeeservices@wakefield.gov.uk <b>phone:</b> 01924 305051 For details of your local councillors contact committee services. Committee Services, Room 52, County Hall, Wakefield, WF1 2QW	Offer advice to constituents.  Councillor surgeries also available
<b>Slimming World</b>	<b>website:</b> <a href="http://www.slimmingworld.co.uk/joining-a-group/nearest-group-details.aspx?classcode=0ggYNmTMvUI">http://www.slimmingworld.co.uk/joining-a-group/nearest-group-details.aspx?classcode=0ggYNmTMvUI</a>	There are numerous slimming world groups operating from community venues, throughout Castleford and Airedale – for the most update information on where these groups meet, the times and membership information. Please use the website for information.
<b>Weight Watchers</b>	<b>website:</b> <a href="http://www.weightwatcherslocal.co.uk/location/town/castleford">http://www.weightwatcherslocal.co.uk/location/town/castleford</a>	There are numerous weight watcher groups operating from community venues, throughout Castleford and Airedale – for the most update information on where these groups meet, the times and membership information. Please use the website for information.
<b>Stop Smoking Service</b>	<b>contact name:</b> Yorkshire Smoke free – Wakefield <b>phone:</b> 01977 465449  <b>website:</b> <a href="http://wakefield.yorkshiresmokefree.nhs.uk/">http://wakefield.yorkshiresmokefree.nhs.uk/</a>	<b>Lloyds Pharmacy, 25 The Square, Airedale, Castleford, West Yorkshire WF10 3JJ</b> <b>day:</b> Tuesday time: 1.30pm – 4.30pm  <b>By appointment only</b>

## Airedale - Support Groups

Name	Contact	Details
<p><b>Well Woman Centre Community Counselling</b></p>	<p><b>phone:</b> 01924 211114  <b>meeting place:</b> Airedale Children's Centre, The Square, Castleford WF10 5NS  <b>website:</b> <a href="http://www.wellwomenwakefield.org.uk/community-counselling-service/">http://www.wellwomenwakefield.org.uk/community-counselling-service/</a></p>	<p><b>day:</b> Monday  <b>time:</b> 10.30am - 1.30pm  <b>By appointment only.</b></p> <p>Counselling offers a weekly time and space to help you to explore your difficulties in a safe, private and confidential environment. This may be helpful in freeing you up to talk more openly and honestly than is sometimes possible with friends and family.            To self-refer, please contact the Well Woman Centre.</p>

## Airedale - Volunteering

Name	Contact	Details
<p><b>Sea Cadets</b></p>	<p><b>phone:</b> 07455 519119  <b>email:</b> <a href="mailto:aglastonbury@googlemail.com">aglastonbury@googlemail.com</a>  <b>meeting place:</b> The Active Centre, Stansfield Road, Airedale, Castleford WF10 3UA  <b>website:</b> <a href="http://www.sea-cadets.org/CASTLEFORD/home.aspx">http://www.sea-cadets.org/CASTLEFORD/home.aspx</a></p>	<p><b>Sea Cadet volunteers:</b></p> <ul style="list-style-type: none"> <li>• Support young people</li> <li>• Encourage them to take part in challenging and aspirational activities</li> <li>• Work as part of a team</li> <li>• Meet new people, make new friends</li> <li>• Experience adventure and learn new skills</li> <li>• Gain valuable and externally recognised qualifications.</li> </ul>

## Airedale - Volunteering

Name	Contact	Details
<b>Snack and Chat</b>	<p><b>meeting place:</b> Airedale Library, The Square, Castleford WF10 3JJ</p> <p><b>website:</b> <a href="https://www.facebook.com/Snack-Chat-483208518514314/?fref=nf">https://www.facebook.com/Snack-Chat-483208518514314/?fref=nf</a></p>	<p>Community social enterprise, run by Airedale Neighbourhood Management Board. Family friendly cafe serving good home cooked food and snacks.</p> <p>Open Monday, Wednesday and Friday 8:30am - 4pm.</p>

## Castleford and Airedale - Other Useful Contacts

Name	Contact	Details
<b>Adult &amp; Community Learning in the Wakefield District</b>	<p><b>contact name:</b> Manygates Education Centre</p> <p><b>phone:</b> 01924 303302</p> <p><b>email:</b> <a href="mailto:aces@wakefield.gov.uk">aces@wakefield.gov.uk</a></p>	<p>Various courses available in Castleford at The Airedale Centre and Five Towns Resource Centre, as well as other locations across the Wakefield District.</p>
<b>Airedale Gospel Church</b>	<p><b>Phone:</b> 01977 559469</p> <p><b>meeting place:</b> Royds Avenue, Airedale, Castleford WF10 3LQ</p>	<p>Please contact for details</p>



## Castleford and Airedale - Other Useful Contacts

Name	Contact	Details
<b>Allotments</b>	<p><b>contact name:</b> Wakefield Council  <b>phone:</b> 01924 307332  <b>email:</b> streetsceneestates@wakefield.gov.uk  <b>meeting place:</b> Street Scene Services, Normanton Town Hall, Block C (2nd Floor) WF6 2DZ</p> <p><b>website:</b> www.wakefield.gov.uk</p>	Please contact for details
<b>Castleford Community Learning Centre</b>	<p><b>contact name:</b> Reception  <b>phone:</b> 01977 511581  <b>fax:</b> 01977 603158  <b>email:</b> info@cclc.co.uk  <b>meeting place:</b> 1 York Street, Castleford WF10 1RB</p> <p><b>website:</b> http://www.cclc.co.uk/</p>	<p><b>day:</b> Monday – Friday  <b>time:</b> 9am – 4pm</p> <p>Provides adults with new opportunities to make a real difference in their lives.</p>
<b>Castleford and District Cancer self-help group</b>	<p><b>Phone:</b> 01977 675644</p>	Contact for details of group.
<b>Citizens Advice Bureau</b>	<p><b>contact name:</b> Reception  <b>phone:</b> 03444 111 444  <b>meeting place:</b> Thornycroft, Halfpenny Lane, Pontefract WF8 4AY</p> <p><b>website:</b> www.citizensadvice.org.uk / www.wakefielddistrictcab.co.uk</p>	<p><b>day:</b> Wednesday to Friday  <b>time:</b> 10am – 1pm</p>

## Castleford and Airedale - Other Useful Contacts

Name	Contact	Details
<b>Five Towns Resource &amp; Technology Centre</b>	<b>contact name:</b> Reception <b>phone:</b> 01977 723940 <b>email:</b> fivetowns@wakefield.gov.uk <b>meeting place:</b> Welbeck Street, Castleford WF10 1DP  <b>website:</b> <a href="http://www.wakefield.gov.uk">http://www.wakefield.gov.uk</a>	Adult education centre.
<b>Food Bank - Smawthorne Community Church</b>	<b>contact name:</b> Foodbank Coordinator, Tim Weeks <b>phone:</b> 07544 943862 <b>email:</b> info@smawthornecommunitychurch.org.uk <b>meeting place:</b> The Link Community Centre, Beancroft Road, Castleford WF10 5BP	<b>day:</b> Friday <b>time:</b> 6pm – 8pm
<b>Holy Cross Church</b>	<b>contact name:</b> Rev Tracy Ibbotson <b>phone:</b> 01977 553157 <b>email:</b> ibbotson457@btinternet.com <b>meeting place:</b> The Mount, Airedale, Castleford WF10 3JN  <b>website:</b> <a href="http://www.airedaleholycross.co.uk/index.htm">http://www.airedaleholycross.co.uk/index.htm</a>	In addition to regular church services, the church is open every Tuesday between 10am and 4pm for peace, quiet, prayer, a look around etc.
<b>Popsis Café</b>	<b>contact name:</b> Tracy Roberts <b>phone:</b> 01977 551555 <b>meeting place:</b> Popsis Café, Popular Avenue, Airedale WF10 3QJ	Local café offering a hot meal delivery service £4 main meal, £ 5 main meal and pudding. Order before 10.30am Monday - Friday. Monday - Friday pensioners special inside the café £3 hot meal or £4 with pudding. Deliver throughout Airedale.

## Castleford and Airedale - Other Useful Contacts

Name	Contact	Details
<b>Snack and Chat</b>	<p><b>meeting place:</b> Airedale Library, The Square, Castleford WF10 3JJ</p> <p><b>website:</b> <a href="https://www.facebook.com/Snack-Chat-483208518514314/?fref=nf">https://www.facebook.com/Snack-Chat-483208518514314/?fref=nf</a></p>	<p>Community social enterprise - run by Airedale Neighbourhood Management Board. Family friendly cafe serving good home cooked food and snacks.</p> <p>Open Monday, Wednesday and Friday 8:30am - 4pm.</p>
<b>Soup Kitchen</b>	<p><b>contact name:</b> Salvation Army Officer</p> <p><b>phone:</b> 01977 510636</p> <p><b>meeting place:</b> Salvation Army Hall, Booth Street, Castleford WF10 1SA</p> <p><b>website:</b> <a href="http://www.castleford-sa.org/index.html">http://www.castleford-sa.org/index.html</a></p>	<p><b>day:</b> Thursdays</p> <p><b>time:</b> 6.00pm – 7.30pm</p> <p><b>cost:</b> free</p> <p>Two course meal; food parcels also available (not Wednesdays or Thursdays).</p>
	<p><b>phone:</b> 01977 722085</p> <p><b>meeting place:</b> Castleford Library, Carlton Street, , Castleford WF10 1BB</p> <p><b>website:</b> <a href="http://www.wakefield.gov.uk/">http://www.wakefield.gov.uk/</a></p>	<p><b>day:</b> Tuesday</p> <p><b>time:</b> 9.30am – 12.30pm</p> <p><b>cost:</b> free</p>