Local support near you

GP CARE WAKEFIELD

Free local services and groups. Most let you refer yourself. Not sure where to start? Call Live Well Wakefield on **01924 255363**.

If you need help now

In immediate danger, call 999

Mental Health Helpline (24 hours)	**0800 183 0558**	Samaritans (24 hours)	**116 123**
NHS 111, mental health option	**111**	Here For You Wakefield, 6pm to midnight	**07776 962815**
Domestic Abuse Support Service (weekdays)	**0800 915 1561**	National Domestic Abuse Helpline (24 hours)	**0808 2000 247**

Mood, anxiety and sleep

Turning Point Talking Therapies

Free NHS talking therapy and workshops. Age 16+. Refer yourself online or call **01924 234 860**

Live Well Wakefield

A link worker helps you find local groups and practical support. **01924 255363**

Wakefield Recovery and Wellbeing College

Free wellbeing courses. Age 16+. wakefieldrecoverycollege.nhs.uk

Meeting other women

Queen's Mill, Castleford

Community hub with weekly groups, activities and advice. Aire Street, WF10 1JL. **01977 556741**

The Well Project, Normanton

Free coffee mornings, craft clubs and walking football. Haw Hill Park, WF6 2DP. **01924 892410**

Age UK Time for Tea

Social groups across the district, age 50+. **01977 552114**

Connect to Support Wakefield

The Council's online directory of local groups. Search "Connect to Support Wakefield"

Being active

Health walks and Nordic walking

Over 25 free, led walks a week. Nordic poles provided. Search "walking groups" at wakefield.gov.uk

EvergreenActive Walking Fit

Friendly group walks. Ask the facilitator at your session. evergreenactive.co.uk

Parkrun

Free 5k, Saturdays at 9am. Walk, jog or run at Pontefract Racecourse, Nostell or Thornes Park. parkrun.org.uk

Aspire leisure centres

Fitness classes, swimming and Aspire on Demand at home. wakefield.gov.uk

Healthy lifestyle and smoking

Aspire Health and Wellbeing

Free 12-week lifestyle groups, including at Queen's Mill and The Brig, and Slimming World places. Age 18+. wakefield.gov.uk/aspirehealth

Yorkshire Smokefree Wakefield

Free stop smoking support and medication. **0800 612 0011**

Joints, bones and pelvic floor

Physio Wakefield

NHS physiotherapy. Refer yourself, age 16+. **01924 898784**

Pelvic health physiotherapy

For leaking, urgency or prolapse. Ask the clinician at your session or your GP

Royal Osteoporosis Society

Free bone health nurse helpline. **0808 800 0035**

Local support near you

Close to home

Normanton, Altofts and Castleford

Normanton Health Walk

Free, led walk. Meets at The Well Project, Haw Hill Park, WF6 2DP. Check the Council walking groups timetable

Castleford Hikes and Walks

Free, friendly evening walks of about 90 minutes, three nights a week. Search "Castleford Hikes and Walks" on Facebook

Normanton Leisure

Pool, gym and over 40 classes a week. Market Street, WF6 2AR. **01924 302475**

Chair exercises, Normanton Library

Gentle seated exercise. 16 Market Street, WF6 2AR. **01924 302525**

The Brig, Altofts

Community hub with groups and activities. 1 St Mary's Road, WF6 2JH. **01924 217766**

Glasshoughton Centre

Community centre with local groups. Leeds Road, WF10 4PF. **01977 511234**

Wakefield and District Ramblers

Countryside walks, some from Castleford railway station. ramblers.org.uk

Citizens Advice, Normanton

Drop in at Normanton Town Hall, High Street, WF6 2DZ

Recommended by our groups

EvergreenActive

Local activity sessions to help you and your family move more. evergreenactive.co.uk

Menopause and Me, Live Well Wakefield

Free 6-week group to help you manage menopause symptoms at work. Online or in person, age 18+. **01924 255363** livewellwakefield.nhs.uk

Yorkshire Smokefree Wakefield, Stop Smoking Advisor

Free one-to-one support to stop smoking. **claire.anderton@swyt.nhs.uk**

Sexual health and contraception

Spectrum Sexual Health

Free contraception and sexual health checks, Trinity Walk, Wakefield. **0800 121 4860**

Money, work and caring

Wakefield District Citizens Advice

Benefits, debt, housing and rights at work. **0808 812 7134**

Carers Wakefield and District

Support and My Time grants for unpaid carers. **01924 305544**

Age UK Wakefield District

Advice, befriending and social groups, age 50+. **01977 552114**

Safety and drinking

Rape and Sexual Abuse Centre (RASAC)

Confidential support, whenever the abuse happened. rasac.co.uk

Turning Point Inspiring Recovery

Free support to cut down or stop drinking, age 25+. **0300 123 1912**

Grief and loss

Wakefield District Bereavement Service

Support and counselling from Age UK, age 18+. **01977 664865**

Menopause helpsheets

- Menopause: what it is, symptoms, treatment and support
- How to treat hair loss during the menopause
- How can you start strength training at home?
- The best exercises for menopause symptoms
- How to help your menopause sleep problems
- Why does the menopause trigger anxiety?
- Menopause diet: what to eat to help ease symptoms

Free to read at **patient.info**. Search the title, or tap the link in the digital copy.