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

Appletree Women's Group, Agbrigg

Weekly garden group to grow, share food and talk. Many members are Muslim women. **07933 099445**

Age UK Time for Tea

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

The Cluntergate Centre, Horbury

Over 50 groups and classes, including fitness and wellbeing. cluntergate.org.uk

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 Thornes Park, Pontefract, Nostell or Frickley. 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 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

Hemsworth, Ackworth, South Kirkby, South Elmsall and Upton

Hemsworth Health Walk and Upton Nordic Walk

Free, led walks. Hemsworth walk meets at the library, WF9 4JY. Check the Council walking groups timetable

Walking and Running Fit

Group walking and running in South Elmsall, South Kirkby and Upton. Ask the EvergreenActive facilitator

Red Roof Centre, Kinsley

Keep fit, community café, blood pressure checks, stop smoking support and a weekly walking club. Wakefield Road, WF9 5BP

Minsthorpe Leisure, South Elmsall

Pool, gym, Pilates, Aqua Fit and mobility sessions. **01977 722301**

Hemsworth Community Centre

Fitness and dance classes. **01977 617617**

Wakefield and District Ramblers

Countryside walks, some from Bell Lane car park, Ackworth. ramblers.org.uk

Havercroft and Ryhill Community Learning Centre

Weekday coffee mornings, courses and groups in Ryhill

Citizens Advice, South Elmsall

Drop in Tuesdays 10am to 12pm, Westfield Centre, WF9 2PU

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.