

# REVEAL UP!



Red Roof Centre  
01977 610931  
Website: [www.redroofcentre.com](http://www.redroofcentre.com)  
Facebook: Red Roof Kinsley



Havercroft and Ryhill Community Learning Project  
01226 727824  
Facebook: Havercroft and Ryhill Community Learning Centre



# EY UP! & Welcome

## WELCOME

to the second joint newsletter covering the 4 villages of Havercroft, Ryhill, Kinsley and Fitzwilliam.

Havercroft and Ryhill Community Learning Centre and Red Roof Centre are continuing to work together across all our communities to bring you facilities, activities and services directly and to give you as much information about what is happening near you through working with others and sharing their information too.

This is also enabling us to address the health inequalities across our areas to support you, and this is where we are focussing

- Mental health
- Maternity
- COPD
- Early cancer diagnosis
- Hypertension

It is important that people living across our areas have the same access to health services as anyone else regardless of where they live or their personal circumstance.

You will see as you look through the newsletter the different initiatives and the ways we are working to give everyone the best access to information and support.

Details of on-going initiatives are also included in the following pages including the work with our primary school colleagues on cooking initiatives, mental health first aid training, blood pressure taking and much more. We have also included some case studies so you can see the impact of our work together. All of which is helping us build healthy and sustainable communities.

We hope you find this newsletter both enjoyable and beneficial.

If you would like any further information about the project or wish to be part of our upcoming Community Forum, being held at Havercroft and Ryhill Community Learning Project on Thursday 11th September at 4pm, please contact us if you wish to attend – all are welcome!

### Kinsley and Fitzwilliam

Rachael - [rdarley@kinsley-fitzwilliam.org.uk](mailto:rdarley@kinsley-fitzwilliam.org.uk)  
01977 610931

### Havercroft and Ryhill

Katherine [katherine@rycroftcommunity.co.uk](mailto:katherine@rycroftcommunity.co.uk)  
Faith [faith@rycroftcommunity.co.uk](mailto:faith@rycroftcommunity.co.uk)  
Chloe [chloe@rycroftcommunity.co.uk](mailto:chloe@rycroftcommunity.co.uk)  
01226 727824

Havercroft and Ryhill Community Learning Centre, Mulberry Place, Ryhill  
Call 01226 727824 for more information

## Activities & Groups

### Monday

Flower Arranging 10 – 12 noon (weekly)  
Lunch Club 12.30 – 2 pm (weekly)  
Chair Exercise 2 – 3 pm (first Monday in the month every month)  
Lego Club 3.30 – 4.15 pm (weekly)

### Tuesday

Your Space 9 – 11.30 am (weekly)  
Slimming World Groups 9am, 5pm and 7 pm (weekly)  
DAB and GAB 1.30 – 3 pm (weekly)  
Blood pressure checks 1 – 2.30pm (weekly)

### Wednesday

Sewing 10 – 12 noon (weekly)  
Brunch 9.30 – 11.30 (weekly)  
Crocheting 1 – 3 pm (weekly)  
Walking group meet at 10.30 (every two weeks)

### Thursday

Beauty 9.30 – 11.30 (sessions held throughout the year)  
Citizens Advice 10 – 12 noon (weekly)  
Art 1 – 3 pm (weekly)

### Friday

Playgroup 9.15 – 11 am (weekly) includes monthly visits from FAB (families and babies) for support and advice  
Singing for fun 1 – 2.30 pm (first Friday in the month every month)  
The Community library, community cabin and access to IT and photocopying facilities is available Monday to Friday 9 am – 4 pm

# RED ROOF CENTRE CIC

## WEEKLY ACTIVITIES AND GROUPS



WAKEFIELD ROAD, KINSLEY, WF9 5BP TEL: 01977 610931

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### MONDAY CAFE 10-2PM

Step Up - Career Advice 9-4pm  
(2nd Monday of the month)  
Citizens Advice - 10-12pm  
Keep Fit Aerobics - 10-11am  
Leeds Credit Union - 9.30-3.00pm  
Healthwatch Wakefield - Monthly

### TUESDAY CAFE 10-2PM

Stay, Play & Weigh - 9.30-11.15am  
Family First Wellbeing Course - 4.30-6pm  
Karate - 7-9pm

### WEDNESDAY CAFE 10-2PM

Yoga - 11.30-12.30pm  
The Exodus Project - Kidz Klub (Term Time Only)  
Beginners Running Group - 6.30pm-7.30pm

### THURSDAY CAFE 10-2PM

Blood Pressure Checks 12-3pm  
Swap2Stop 12-3pm  
Neighbourhood Watch Contact Point - Monthly

### FRIDAY CAFE 10-2PM

Buggy Walk - 10am-11am





Ryhill J&I School are proud to be part of the Building Healthy and Sustainable Communities Project. Ryhill J&I School has hosted a variety of fun and engaging

activities over the last term that brings the whole community together. One of the highlights was Sports Day, where students competed in races, relays, and team games, cheering each other on in a vibrant, energetic atmosphere. We also organised some Parent Quiz Sessions, which are a great way for families to bond while testing their knowledge on fun and interesting topics. Perhaps the most exciting event was the Guinness World Record cooking challenge, where students and teachers collaborated to prepare a pasta dish, setting a new record and creating unforgettable memories. These events not only promote teamwork and school spirit but also ensure everyone has a fantastic time.

**Emma Jones** – Head Teacher



At **Fitzwilliam Primary School**, we're proud to offer a nurturing and inspiring Early Years Foundation Stage (EYFS) setting that puts your child at the heart of everything we do. Over the past 12 months, we've made significant investments in our EYFS environment — and we're excited to announce the **launch of our brand-new 2-Year-Old Provision in September 2025!**

#### Why choose us?

- A beautiful, calm and thoughtfully designed learning space
- A child-centred curriculum focused on wellbeing, curiosity and discovery
- A caring, experienced team committed to early development
- Welcoming and inclusive for all families

We warmly invite you to come and see the transformation for yourself!

For more information or to arrange a visit, please contact our school office:

**Phone: 01977 624490**

**Email: [fw-enquiries@inspirepartnership.org.uk](mailto:fw-enquiries@inspirepartnership.org.uk)**

**Mrs Lynsey Whalley** – Head Teacher



At Crofton Academy, we take great pride in being at the heart of our local community, providing

high-quality secondary education to children and young people. As a school dedicated to nurturing future generations, we believe in fostering not only academic success but also healthy, sustainable lifestyles that benefit both individuals and the wider community. We are proud to support the Building Healthy & Sustainable Communities Project



Outwood Academy Hemsworth is an aged 11-18 academy focused on providing a challenging and enriching curriculum that helps every student succeed. Since joining the Outwood Family in 2018, we've prioritised raising standards and transforming lives.

Under the leadership of Principal James Pape, we are proud to have earned a Good rating from Ofsted. Our supportive, student-centered approach creates a positive learning environment where all students can thrive and reach their full potential.

Together, we are shaping a brighter tomorrow for all our students at Outwood Academy Hemsworth

A group of Post-16 students from Outwood Academy Hemsworth recently visited Malta for a two week-long work experience placement made possible by the government Turing Scheme.

A key highlight was meeting President Myriam Spiteri Debono at the of Palace of St Anton., where she shared inspiring advice on education, leadership, and the role of young people in shaping the future.

Principal James Pape praised the experience, saying, "Meeting the President was a powerful moment, highlighting the importance of global connections and leadership."

This international opportunity reflects Outwood Academy Hemsworth's commitment to preparing students by developing valuable skills and enhancing their employability and personal growth in a globalised world.



Outwood Primary Academy Newstead Green

Wraparound - We now offer a wraparound service to the families at Newstead Green. There is a Breakfast Club 7.45 - 8.45am at a cost of £3.50 per day and an After School Club available 3.15 - 6.00pm prices vary due to length of stay, both run Monday - Friday, term time only.

We have Nursery and Reception places available from September. If any families would like to

## Nursery & Reception places available

have a look around school, please contact the school office on 01226 722484 to arrange a visit. We warmly welcome everyone, embrace every student and their needs and pride ourselves in offering a high quality education.

Family Fun Day at Newstead Green in partnership with The Hub and Happy Healthy Holiday scheme. Drop in between 10am - 2pm on Wednesday 13th August. Lots of activities for everyone to enjoy.



It is a pleasure to be part of the Building Healthy and Sustainable Communities Project. We have built up a good relationship with other primary schools and local community groups through the Community Forums. We held our first meal session at school this

term that was greatly received by all that attended. The upgrades to our outside play areas have been enjoyed by all pupils along with the use of our secure bike sheds to promote healthier ways to travel to school.







### The Red Roof Children's Day Nursery

This community focussed nursery was rated OUTSTANDING in March 2025! It highlighted the inspirational care offered to children through a highly ambitious curriculum which enables all children to thrive.

The nursery is open 8am - 6pm Monday to Friday for 51 weeks a year for children using either funded or private places. Nursery sessions can also be arranged on an all year round or term time basis to suit the varying needs of families in the area.

There is a great staff team who have varying

qualifications and experience to ensure the nursery is a friendly and welcoming place for all children to feel safe and secure. We have dedicated play rooms for our toddler and preschool children to ensure the environment suits their needs through exciting activities and experiences based on their ages and stages of development.

If you would like more information or are interested in a place for your child please contact us on: **Tel - 01977 610 931 / Mob - 07877486954** / **Email - cstephenson@kinsley-fitzwilliam.org.uk** / **Website - www.redroofcentre.com/projects-8**

## SUPPORTING OUR YOUNG PEOPLE AND THEIR FAMILIES

Havercroft and Ryhill Community Learning Project, Red Roof Centre, Ryhill Junior Infant and Nursery School, Outwood Primary Academy Newstead Green, Kings Meadow Academy, Fitzwilliam Primary School and Families launched a partnership approach to cooking on a budget, meal planning and nutrition as part of the Building Healthy and Sustainable Communities Project (BHSCP).

Representatives from all the above settings attended training at Newstead Green Academy which each organisation took back to their own setting to deliver to families within our school communities.

The equipment was purchased through funding from the BHSC Project and is available for all project schools to use. This part of the project is on-going. We are evaluating how it is working and hope to continue to look at how this can be developed.



Training session at Newstead Green Academy



Meal sessions at Fitzwilliam Primary School



Families from Newstead Green Academy



Families from Kings Meadow Academy



## MENTAL HEALTH FIRST AID COURSE

As part of the building healthy and sustainable communities project St Johns Ambulance recently delivered a mental health first aid course to people working across our communities.

Here our staff and volunteers at Red Roof Centre, Kings Meadow Academy and Havercroft and Ryhill Community Learning Project receiving their certificates



Celebrating the 80th Anniversary of VE day with children from Ryhill Junior and Infant School and the centres lunch club



# S.E.N.D MORNING

## INFORMATIVE DROP IN SESSION

Thursday 25th September 2025  
9:00 AM - 11:00 AM  
Red Roof Centre, Wakefield Road, Kinsley

We're thrilled to invite parents and guardians to a morning dedicated to caring for children with SEND

**Visiting professionals include:**

- Childrens Therapy Services
- WISENDSS Team
- Portage Team
- Family Hubs
- Kings Meadow Academy
- Fitzwilliam Primary School

**Raffle**  
to be held during the session including the chance to win:

- family play pass to little fishes
- tickets to Gootopia (Xscape / Leeds)
- A bike - donated by Reverse The Cycle plus much more!!!

**For more information or if professionals wish to be a part of the session:**  
**Contact our Nursery Manager Carly Stephenson on 01977 610931 (opt 2)**



It's a busy time at Hemsworth Dragons at the moment as we are currently in the process of renovating our cabins into shower and changing facilities for all our teams down at Kinsley Coronation WMC 'Ping'. To try and support this we have been accepted for the Tesco blue token Community Grants scheme allowing customers to vote for local community projects. These tokens are given out at the checkout after a purchase and can be placed in designated boxes for the chosen project. PLEASE vote Hemsworth Dragons during your next shopping trip this could help us complete the changing facilities. We have also started up a ladies Team after much demand so if you're at a loose end come down and meet new friends and get fit every Thursday 6pm-7pm. Other training days are Open age Tuesday's and Fridays 6:30-7:30pm Under 10s Tuesdays and Friday 6pm-7pm Cubs ages 5-7 Fridays 6pm-6:45pm all on Gorton Street Fields, Kinsley



All matches and community events at Kinsley Boys Football Club will be advertised for you on the following platforms:

**Fulltime APP**

**Our Facebook page search – Kinsley Boys Football Club**

**and**

**Instagram page search – Kinsleyboysafc**

Thanks to funding from 'Point North' Kinsley Boys Football Club will be offering movie day/nights to our residents, keep an eye on our Facebook Page for dates/times.

Our 1st team were promoted at the end of last season to the higher League:

Central Midlands Alliance

Camper UK Premier Division North,

**Well Done Lads.**



## KINSLEY LADIES FC

### PRESEASON TRAINING

We are Back!! on Monday 7th July 2025,  
Gorton street playing fields  
Outside The Kinsley Boys FC stadium.  
At 18:00 - 19:00. All new players welcome.  
If current players know any potential players that may want to join please invite them along.  
Be apart of our team this upcoming season 25/26!!!  
Thankyou Kinsley Ladies FC

### RECRUITING NOW

CONTACT: KEVIN CONWAY  
MOBILE: 07500438484

kinsley ladies play in west riding league every Sundays ko 2.00 home And away





### Celebrate 10 Years of E360 Fitzwilliam!

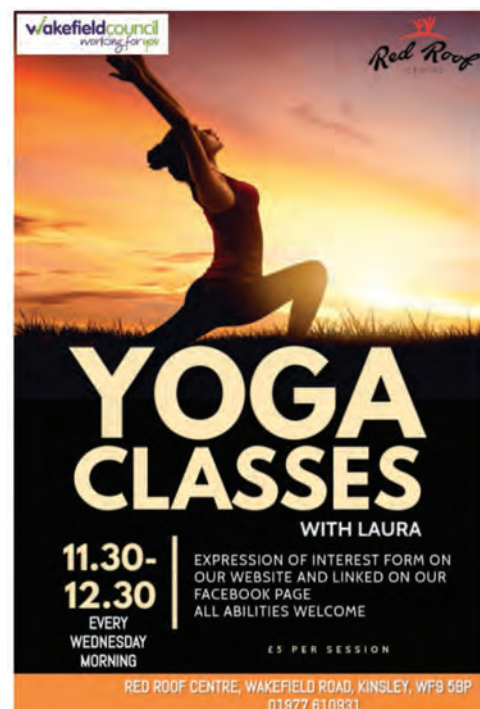
This summer, E360 Fitzwilliam proudly marks a decade of transforming lives in our community! Who would have imagined that our humble facility in Fitzwilliam would become a beacon of health and fitness for so many? Conveniently located, we are easily accessible for residents of Hemsworth, Kinsley, Havercroft, Ryhill, Havercroft and beyond.

Our dedicated team of professionals are here to support you at every step of your fitness journey. What We Offer: - Body Transformation Plan: Tailored strategies to help you achieve your health and body goals. - Bootcamp Plan: Energizing sessions designed to challenge and motivate you. - Personal Training: Customized

workouts focusing on individual needs. - Performance Training for Events: Preparing you to excel in your upcoming competitions.

Exciting news! This summer, we're launching a FREE Outdoor Family Bootcamp in Havercroft. Gather your loved ones and engage in fun, fitness-filled activities together. Contact us to secure your spot and find out more! Additionally, we are introducing a new session aimed at men and women seeking a steady, relaxed pace for weight loss. The first 10 weeks of this program will also be FREE! Reach out to us for more details.

Connect with us on Facebook or call us directly at 07834223684. Join us in celebrating our journey, and let's continue to improve lives together! Craig E360



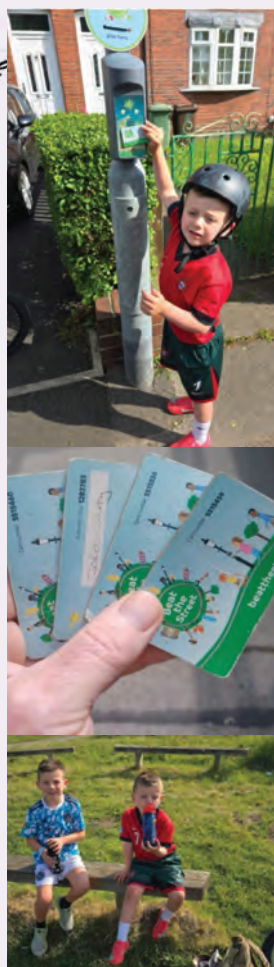
Havercroft and Ryhill Community Learning Project and Red Roof work in partnership with other organisations to bring activities and services to all of our villages. This has recently included the Beat the Street Project.

#### Case Study from Swaby Family

Beat the Street was a great event that got all the family out together. We did a few walks with the kids but they predominantly went on their bikes while us adults walked/ran. This event helped us set up days out with the kids during the May half term ie. one day we did a walk from Fitzwilliam to Kinsley and took snacks and a picnic which meant getting the kids out and active while spending zero money!

Grandad Les loved being the oldest leader and although he had already started his health kick in early April 2025 by the time beat the street ended, he had lost 1 stone which beat the street helped him to achieve.

All in all we loved it and can't wait for it to be on again! The Swaby Family





Red Roof Centre and Havercroft & Ryhill Community Learning Project offer events throughout the year. Both Facebook pages advertise upcoming events and sessions that our residents can enjoy for free or may incur a small charge.

**Havercroft Facebook Page – Search ‘Havercroftandryhillcommunitylearningcentre’**

**Or call us on 01226 727824**

**Red Roof Facebook Page – Search ‘Red Roof Kinsley’**

**Or call us on 01977 610931**



## • What is the offer?

A wellness check to screen for any areas of health and wellbeing risk factors, supported by very brief advice on how to reduce future ill health, and referral or sign posting to onward support services where required. Where employment support is required referrals into StepUp employment support will be made to support the attendee holistically both around physical wellbeing end to support with workability.

## • What will it Cover?

- ☐ Blood Pressure Check
- ☐ Smoking status, physical activity levels. Diet and nutrition advice, drug and alcohol screening.
- ☐ And any other areas of concern that the individual may want to discuss.
- ☐ Support to access health and wellbeing and employment support if required.

# Community Wellness Champions

## • Who can receive a check?

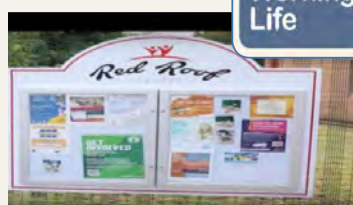
- ☐ The checks are open to anyone living in the areas below.
- ☐ Checks are also targeted at those at risk of or who are unemployed, but also who are in employment, and those living in deprived areas.



## • Locations where the checks are being offered

3 sites are involved:

1. Kinsley and Fitzwilliam via Redroof
2. Havercroft and Ryhill via the Havercroft and Ryhill Community Learning Project
3. Pontefract and Knottingley via St. Mary's Community Centre



## Friends of Vale Head Park

Vale Head Park  
Awarded Green Flag for 2025!

We are absolutely thrilled to announce that Vale Head Park has been awarded the prestigious Green Flag Award for 2025! This is a monumental achievement and a first for our beloved park.

This award isn't just a flag; it's a testament to the hard work, dedication, and passion of everyone involved. For Vale Head Park, it means we're officially recognised as one of the very best green spaces in the country, meeting the highest standards for management, conservation, and community involvement. For our community, it

means you have a truly exceptional park to enjoy, a place that's vibrant, well-maintained, and plays a vital role in local life.

A huge, heartfelt thank you goes out to every single person who contributed to this success – our incredible Friends Group, our dedicated Parks and Green Spaces colleagues, and of course, all of you who visit and cherish Vale Head Park. Your support makes all the difference!

## What is the Green Flag Award?

The Green Flag Award is an international benchmark for quality green spaces. It recognises and rewards well-managed parks and green spaces, setting the standard for the management of recreational outdoor spaces across the United Kingdom and beyond.

The Council's Corporate Communications Team will be sharing more official external communications very shortly, so keep an eye out for that!

We can't wait to celebrate this incredible milestone with you all.

Here's to many more years of a fantastic Vale Head Park!







WAKEFIELD FAMILIES TOGETHER  
happy, healthy, safe

# YOUTH CLUB

Outdoor Games | Indoor Activities  
Nintendo Switch | Arts & Crafts  
Table Tennis | Pool | Tuc Shop  
Cooking Sessions

Platform One Youth Hub, Wakefield Road, Hemsworth  
Term-Time, Tuesday 4pm-6pm | 11-16 year olds | Free entry!  
For more information, contact youthhubplatform1@wakefield.gov.uk

**healthwatch**  
Wakefield

Your health and care champion across Wakefield District

Share your experiences and get advice

**Monday 8 September**  
**Monday 6 October**  
**Monday 10 November**  
**Monday 8 December**



**at Red Roof Centre, Kinsley**

01924 787379  
07885 913396  
enquiries@healthwatchwakefield.co.uk  
www.healthwatchwakefield.co.uk

Registered Company No. 09907848 and Charity No. 1046797 Registered in England and Wales



## Neighbourhood Policing Team



PCSO 206 Liddle and PCSO 290 Sturgess are from the local neighbourhood policing team based at South Kirkby Police Station. They are both community support officers for the South-East Ward and cover Hemsworth, Kinsley, Fitzwilliam and South Hiendley. They currently hold a contact point at Red Roof Centre for anyone to drop by and raise any community issues they have or if they need any crime prevention advice, or simply just a chat and a brew.

**NEIGHBOURHOOD POLICING TEAMS** **npt**



**WEST YORKSHIRE POLICE NPT CONTACT POINT**

LOCATION: Red Roof Café

DATE: Thursday 11<sup>th</sup> September,  
Thursday 2<sup>nd</sup> October,  
Thursday 13<sup>th</sup> November,  
Thursday 4<sup>th</sup> December

TIME: 10am – 11am



## Case Study from Fitzwilliam Resident

I'm so glad I was able to attend the Liver Buddies session held at the Kinsley Dog Track Car Park in June 2025. It was easy to book and being local and in walking distance from where I live and work made it much more accessible.

All the staff was warm and welcoming which put me at ease. It was good to know my body is

ageing in the right way and receiving my results immediately with advice and guidance on how to continue to look after my liver was really beneficial.

This is definitely something I would recommend to people to have done as the process was quick, painless and free.

**Here to help with your family's finances**



**Every Monday 9am-3pm @ Red Roofs**

- **Loans** Borrow from £500 - £20,000 with our Personal Loan, or if you get Child Benefit, you could borrow up to £2,000 without a credit check with our Family Loan.
- **Savings** Christmas Club, Regular Saver and Young Saver accounts – helping you build a financial safety net.
- **Money help & guidance**



We offer rates from 6.8% APR to 42.6% APR dependent on circumstances, loan amounts and our lending policy. It's easy to apply and we aim to provide a quick, fair, affordable decision. Loans are available to UK residents and over 18s only. Leeds City Credit Union Ltd is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority



The Neighbourhood Policing Team support Havercroft and Ryhill Community Learning Project across all events taking place throughout the year. You can also find them at the CONTACT POINT EVERY THIRD TUESDAY FROM 9.30 AM TO 11 AM AT THE CENTRE





Citizens Advice Bureau offer a drop in service on the following days and times at Red Roof Centre and Havercroft and Ryhill

**Red Roof Centre**  
Citizens Advice  
Mondays 10-12noon

**Havercroft and Ryhill**  
**Community Learning Centre**  
Citizens Advice - Thursdays 10-12noon

**citizens  
advice**



**Need to Talk About Your Mental Health?**  
Access support, get advice, meet new people

**Group Support Session**  
Starts Wednesday the 8th of January 2025

**WED** The Fitzwilliam Centre  
3pm - 5pm

Friendly and informal, arrive or leave at any time  
Staff are on hand to provide support and advice  
...or just to listen

Want to know more?  
Call Martin on 01977 610931  
or email: martin@havercroftandryhill.org.uk

Spectrum People



**QUICK & EASY**

**PRINTING & COPYING**

OPENING TIMES VARY AT EACH CENTRE  
PLEASE CALL US ON:

**HAVERCROFT & RYHILL**  
**COMMUNITY LEARNING PROJECT**  
:01226 727824

**RED ROOF CENTRE**  
:01977 610931

**A4 BLACK 10P**  
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**A3 BLACK 20P**  
**A3 COLOUR 35P**

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**WAKEFIELD COUNCILS**  
**FOOD VOUCHERS**

**HELP HUB** The New Service in your area to help you



**Red Roof CENTRE**

**OUR CAFE IS OPEN!**  
FOOD, HOT/COLD DRINKS & HOMEMADE CAKES/BAKES AVAILABLE

**MONDAY - FRIDAY**  
**Open 10am-2pm**  
**TERM TIME ONLY**

☎ 01977 610931 EXT 3

Wakefield Road,  
Kinsley WF9 5BP



## St James Church Ryhill



We deliver a range of support to our local communities including a place of welcome on a Monday lunchtime where people can come

together in the warmth and have a meal, hot drink, and a catch up, as well as a community Coffee morning on a Friday morning where people are welcome to come and spend time with one another.

St James also supports our local food pantry and is available as a Collection Centre for anyone who lives in the locality to drop food off so it can be taken and deposited at the Pantry.

All of these opportunities to come together are available to all people regardless of Faith, and of course we offer the usual church services as you would expect.

You can contact the Church which is now part of a group of churches called the Priory Benefice on 01226 107705 or 01977 805705.



**National Trust**

**Cuppa & Company at Nostell**

**A relaxed, friendly drop-in group**

Every Thursday | Free to park and attend  
1pm - 3pm

Enjoy a cuppa, biscuits, comfy chairs, good company, books, jigsaws, and board games - all in a peaceful setting. Everyone's welcome - come as you are, bring a friend, or just drop in for a chat. See you at the Ticket Office.

[nationaltrust.org.uk/Nostell](http://nationaltrust.org.uk/Nostell)



# STEP-UP

**FREE** one-to-one support to help you:

- Find work
- Build your career
- Learn new skills

**STEP-UP** is a **FREE** service available in your area **NOW**

Whether you're employed, unemployed or facing redundancy we can help you with:

- Changing career
- Learning new skills
- Finding work
- Building confidence
- Finding courses to match your interests and hobbies
- Connecting with local groups and events
- Claiming benefits
- Volunteering
- Wellbeing
- Mental health and disabilities
- Money and debt
- Substance misuse
- and much more!

Get in touch today to speak with one of our friendly advisors.  
01924 303334  
stepup@wakefield.gov.uk  
www.wakefield.gov.uk/stepup

**wakefieldcouncil**

**West Yorkshire**

**Tracy Brabin Mayor of West Yorkshire**

Call in to see an advisor at Red Roof Centre 2nd Monday of the month 9-4pm



Officers from the Neighbourhood Police Teams are working alongside WMDC to launch the Safe Zone scheme across the Wakefield district.

A Safe Zone is a place where a person can go if they feel threatened, unsafe, scared or need help in contacting someone.

The current Safe Place scheme (a place where someone with learning difficulties/ autism etc can access) will be replaced with Safe Zones.

Both Red Roof Centre and Havercroft & Ryhill Community Learning Project are part of the scheme

Havercroft And Ryhill Community Learning Centre

# FOOD PANTRY

**DO YOU NEED SOME EXTRA HELP AND SUPPORT?**

**Please ask about our Food Pantry at reception or contact us on ....**  
**01226 727824**

Mulberry Place, Ryhill, Wakefield, WF4 2BD

**IN Kinsley/Fitzwilliam**

### Your Club Information

We are now running our exciting and educational activity club for children aged 7 to 10 in Kinsley/ Fitzwilliam.

Venue - Red Roof Centre  
Day - Wednesday  
Time - 5:00pm - 6:30pm

Subs are just £1.50 per week but don't let that put you off  
Free places are always available ... just ask!

### How to book!

You can either book on electronically using the details below or fill in and return the consent form letter attached. We have a limited number of places so booking your child on in essential.

Contact Jack on 01226718899 or via email  
jack@exodusproject.org.uk for more details and to book a place for your child/children.

## STAY, PLAY & WEIGH

Our weekly playgroup for ages 0-3 (baby to toddlers)

Come weigh and measure your baby in a private room.

Red Roof Centre Kinsley, WF9 5BP  
Contact: BIANCA - 07742004901 or greg@frickleyathletic.co.uk

NO NEED TO BOOK STAFF ARE DBS CHECKED

EVERY TUESDAY 9:30am - 11:15am

ACTIVITIES - Toys & Games

**BACK SEPTEMBER 2025**

£1 PER FAMILY

Working in partnership Red Roof Centre CIC & Frickley Athletic Community Foundation

## KINSLEY & FITZWILLIAMS' BUGGY WALK

Everyone Welcome

Meeting point Red Roof Centre reception area  
Bicycle helmets available to hire on request

RETURNING MAY 2025

EVERY Friday 10am-11am May-September

01977 610931

Red Roof Centre CIC Wakefield Road Kinsley, WF9 5BP

Frickley Athletic Community Foundation are pleased to work in partnership with Red Roof Centre for the Buggy Walk and Stay, Play & Weigh both at Red Roof Centre

## HAVERCROFT AND RYHILL COMMUNITY LEARNING CENTRE

is home to the local community library. The library is open Monday to Friday 9 am to 4 pm.

It is free to join with a range of books available.

Our local primary schools visit the library on a regular basis with Outwood Primary Academy Newstead Green attending on a weekly basis.









# Beginner's Running Group

**EVERGREEN ACTIVE** **Red Roof CENTRE** **RUNNINGFIT**


**Wednesdays**


**6:30–7:30pm**


**Red Roof Centre, Wakey Rd, WF9 5BP**


**It's FREE**

### What we do

We teach the techniques and skills for running but we focus on chatting and having a laugh

***"Everyone is welcome, nobody is left behind"***

**email**  
hello@evergreenactive.co.uk

**call**  
01924 677123

Scan **QR Code** to **BOOK ON**





## Family First – 12 Week Wellbeing Course

Starting 22<sup>nd</sup> July 2025


**Tuesdays 4.30–6pm**  
**The Red Roof Day Nursery**  
**Kinsley WF9 5BP**



**Call 01924 677 123**  
**Text 07948 623270**



**BOOK NOW**

Delivered by



Funded by



## Red Roof and Havercroft and Ryhill Community Learning Project

Our fully trained staff and volunteers are out and about across our communities providing free blood pressure checks and Swap2Stop vape kits.

**Please contact Katherine at Havercroft & Ryhill Community Learning Project or Rachael at Red Roof Centre for more information.**



initially to help in the library and from then despite my advancing years I was offered places on a First Aid course, Data Protection and a Safeguarding Adults course. I have also recently trained as a Blood Pressure Champion, which means I am able to check people's blood pressure and give appropriate advice.

The blood pressure training I have found especially enjoyable as I was a trained state enrolled nurse at Barnsley General Hospital, then a state registered nurse with learning difficulties during the 1980's-1990.

Along with other volunteers and Katherine from the Centre we have held blood pressure sessions at Newstead Academy and Ryhill Junior and Infant School. St James Church, Solid Rock and St Paul's Chapel, Ryhill.

We have also attended the local group Young at Heart and other community events taking people's blood pressure and offering advice and information learnt through our training. We also link in with our local pharmacist.

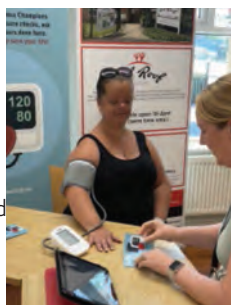
At each of these sessions at least one person often male have had dangerously high readings.

I have telephoned the local gp surgery for people whose blood pressure was well above the normal reading, and they were very accommodating giving the people same day appointments.

So at the age of 80 years, I give a big "Thank you" to all the staff and fellow volunteers at Havercroft and Ryhill Community Learning Project for their relaxing, warm welcoming environment and making this old lady feel useful and not redundant.

## Case Study

**Lucy** came in for her blood pressure checking by Community Champion Rachael whilst attending Red Roofs Stay, Play and Weigh session. The NHS blood checker tool advised she contact her pharmacy or GP within 2 working days to have her blood pressure checked again by a healthcare professional. Lucy attended her local pharmacy who signposted her straight to her GP for an appointment. Lucy is now on blood pressure medication and has her blood pressure checked regularly. Since being on the medication Lucy's high blood pressure readings are starting to reduce.



**Lucys Comment** – I would have never known I had high blood pressure if I wouldn't have had a quick check at the centre. I now feel much better knowing I'm on the road to a more healthy blood pressure reading due to medication and improving my health and wellness.

## Gladys' Story in her own words...

I moved to Ryhill at the age of 74 to be closer to my youngest son and my daughter who were helping my husband and myself as his health deteriorated.

When he became bedridden, he enjoyed watching all kinds of sport on the television, so I sat with him and read my books.

I found the people in the village very pleasant and informative and was directed to Havercroft and Ryhill Community Learning Project as the library was there.

All the staff at the Centre were welcoming and made time for people's needs, despite what other tasks they had to complete.

After my husband passed away, knowing the Centre needed volunteers, I offered my services





# MACMILLAN CANCER SUPPORT RIGHT THERE WITH YOU

The Mid Yorkshire Hospitals   
NHS Trust

**AFFECTED  
BY CANCER?**

**WE ARE  
MACMILLAN  
CANCER SUPPORT**

**WE CAN  
HELP**

**Macmillan Information and Support Centre  
at Pinderfields Hospital**

**Our service offers free, confidential information and support for everyone.**

We offer:

- information about all aspects of cancer
- benefits advice and support
- patient support group information
- signposting to other sources of support
- advice on reducing your financial outgoings
- assistance in claiming any grants you may be eligible for
- space and time for someone to listen to your worries.

**We offer time to listen, time to talk and time to make sense of it all.**

## Using our service

Location: D floor in Pinderfields Hospital

We're open weekdays, 10am – 4pm  
(closed bank holidays)

Call us on **01924 546072** for information and support or to arrange an appointment (you can arrange to be seen at Dewsbury and Pontefract Hospitals).

Or email: [Macmillan.Infocentre@midyorks.nhs.uk](mailto:Macmillan.Infocentre@midyorks.nhs.uk)

If you need to speak to someone and we're not available, call the Macmillan Support Line free on **0808 808 00 00**, Mon-Fri, 9am – 8pm. [macmillan.org.uk](http://macmillan.org.uk)

Printed using sustainable material. Please recycle.  
Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). November 2017, EMNE 161 (v3)

Additionally, The Rosewood Centre at Dewsbury is now open Monday to Friday from 8am-4pm. The address and contact details are show below. The Rosewood Centre Dewsbury and District Hospital Halifax Road, Dewsbury WF13 4HS Telephone: 01924 512204 Email: [midyorks.macmillan.infocentre@nhs.net](mailto:midyorks.macmillan.infocentre@nhs.net) \*A new Macmillan Centre is also due to open at the end of 2025 in Pontefract Hospital\*



Havercroft and Ryhill Community Learning Project and Red Roof are both out and about across our communities promoting the Ey Up newsletter and the building healthy and sustainable communities project



## Updates from Reverse The Cycle

We are currently busy in the workshop with our school provision students up to the school break. We are also busy providing bicycle repairs in the community due to the great weather we are experiencing. Please bear this in mind if you are looking for bike servicing or repairs. We are still in communication with WMDC regarding our bike track build up at Fitzwilliam country park and are still waiting on planning to be passed so we can get the bike track build up and running. If you require any information on the track build you can see it on our Facebook page. This will be a great asset to the community so hopefully we will have positive news soon.

You can contact us through Facebook search for "Reverse The Cycle" and it will give you information regarding opening times and means of contact.

Lee Farmer – Founder of Reverse the Cycle



## Brownies

At Brownies, we welcome all girls aged 7-10 years old who would benefit from joining our group. The Brownie programme is aimed at confidence building, skills acquisition, team building etc through games, activities, and badges. We address issues on healthy lifestyles, appropriate behaviour, self-esteem etc through our fun games and activities.

We meet Mondays 6:00pm-7:30pm at the Church of Resurrection, Fitzwilliam, WF9 5BP

"We have really benefited at Brownies from being part of the Building Healthy and Sustainable Communities Project and being showcased in the EYUP Newsletter that has been hand delivered to all households in Kinsley, Fitzwilliam, Havercroft & Ryhill. The publicity has helped us enrol 8 new members so we are really pleased.

Wendy Freer – Brownie Leader





## What is Citizen Coin?

Citizen Coin is a free app and website that helps you find local volunteering opportunities and rewards you for the time you give. Volunteers earn Citizen Coins, which can be spent with local businesses as a thank you for doing something positive in the community. There are lots of ways to spend coins from free swims at leisure centres, offers at cafes and coffee shops, discounts off holidays and general retail.



**CC citizen coin**

**Calling all volunteers and those who would like to get involved!**

Join the app and earn Citizen Coins for completing volunteering activities.

You can use your Citizen Coins to get discounts at participating local shops, services and businesses.

Find out more and sign up [www.citizencoin.uk](http://www.citizencoin.uk)  
For more information, please email [citizencoin@wakefield.gov.uk](mailto:citizencoin@wakefield.gov.uk)

Wakefield District Health & Care Partnership | wakefieldcouncil

**Join Citizen Coin and earn rewards here for the great things that you do!**

[www.citizencoin.uk](http://www.citizencoin.uk)

For more information, please email [citizencoin@wakefield.gov.uk](mailto:citizencoin@wakefield.gov.uk)

**CC citizen coin** scan this code to sign up

## Why Volunteer?

Volunteering is one of the most valuable ways you can give back to your community but it brings real benefits to you as well:

- Make a real difference where you live
- Meet new people and build friendships
- Learn new skills or use your experience to help others
- Improve your wellbeing and sense of purpose
- Be recognised and rewarded for your time

Volunteers like Sarah and Danny are already seeing the value of Citizen Coin—not just for themselves, but for the community as a whole.

“At every opportunity, I talk about Citizen Coin. I know a few people who have since joined—it is a great way of giving back to the people supporting the community.”

— Sarah, Citizen Coin Volunteer

**Danny, Director at Red Roof Centre CIC, said:**  
“I love volunteering—the sense of achievement I get from using my skills and time to benefit my local community is hugely rewarding in itself. I did not start volunteering for the rewards, but they are a nice extra.

I use the Citizen Coins I have earned to take my family swimming for free, which is a lovely way to make the most of it.”

## Why should I volunteer?

Volunteering benefits everybody. It can:

- bring communities together
- improve health and wellbeing
- reduce social isolation
- help you gain skills for employment or your career
- give people confidence
- enhance community life, from culture to the environment.

The best bit is...  
We'd love to reward you for helping others and doing good in your local area.

Sign up to Citizen Coin today to begin your journey in the wonderful world of volunteering.



With Citizen Coin, all kinds of volunteering can be recognised—whether you help at local events, run activities, support a community group, or give your time as a school governor or PTA member.

## Already Volunteering? Get Your Organisation Involved.

If you already volunteer but your organisation is not yet part of Citizen Coin, let them know. It is completely free to join, and it means your time and effort can be recognised and rewarded.

Local Businesses: Give Back to Your Community.

Citizen Coin also helps businesses get involved by offering small rewards to people who volunteer. It is a simple, cost-free way to give back, attract new customers, and show you care about your community.

## How to Get Involved:

- Download the Citizen Coin app or visit: [www.citizencoin.uk](http://www.citizencoin.uk)
- Browse local volunteering opportunities
- Start earning rewards for the time you give

If you are a community group or business and would like to be part of Citizen Coin, please get in touch with the team at [citizencoin@wakefield.gov.uk](mailto:citizencoin@wakefield.gov.uk)

As part of the Building Healthy and Sustainable Communities Project, Red Roof Centre and Havercroft & Ryhill Community Learning Centre are working together to encourage more people to give their time to help their local community—and to make sure they feel recognised and rewarded for it.



FAB offers breastfeeding support at local groups, in your home, online, and over the telephone. Support is free to anyone who pays their council tax to Wakefield Council.

Our peer supporters have all breastfed and are fully trained to help you understand;

- The benefits of breastfeeding
- How to hold and help your baby latch to the breast
- Signs that your baby is feeding well
- All about expressing breastmilk
- How to safely store breastmilk
- What partial breastfeeding means and how to maximise breastmilk
- The benefits of keeping your baby close
- What to expect in the early days
- How to stop breastfeeding

You can access our service before and after your baby is born  
For more information and breastfeeding support call our 24-hour helpline 01924 851901



**Havercroft and Ryhill Community Learning Project and Red Roof offer a range of volunteer opportunities.** Contact the centre that you would like to volunteer at for more information.

Celebrating National Volunteers week to say a HUGE THANK YOU with our great team of volunteers at Havercroft and Ryhill Community Learning Project.

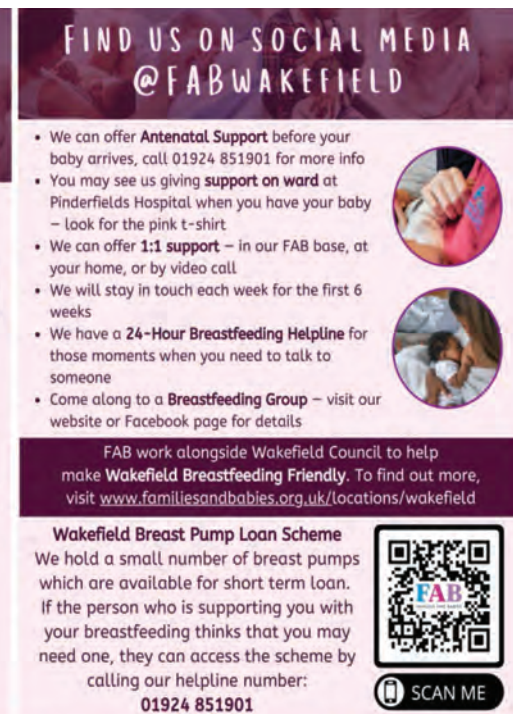
Havercroft and Ryhill Community Learning Centre's Community Garden is looked after by one of the centre's volunteers. This is just one area where volunteers are welcome. The fruit and vegetables grown support the centres lunch club, food pantry and community cabin.

**F.A.B** (Families and Babies) offer a 24-hour breastfeeding helpline, so you have access to a peer supporter at any time on 01924 851901. For breastfeeding peer support groups where you can chat to peer supporters and other parents, visit: [www.familiesandbabies.org.uk/locations/Wakefield](http://www.familiesandbabies.org.uk/locations/Wakefield)

**ICON Cope** provides information about infant crying, including how to cope, support for parents/carers, how to reduce stress and prevent abusive head trauma in babies. [www.iconcope.org](http://www.iconcope.org)

## Healthy Start Vouchers

The Healthy Start Voucher can be used to buy milk, fruit and vegetables (fresh, frozen or tinned). Eligible pregnant women can claim from 10 weeks, and eligible parents with at least one child under 4 years of age. You can apply by email, phone or online. [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



**FIND US ON SOCIAL MEDIA @FABWAKEFIELD**

- We can offer **Antenatal Support** before your baby arrives, call 01924 851901 for more info
- You may see us giving **support on ward** at Pinderfields Hospital when you have your baby – look for the pink t-shirt
- We can offer **1:1 support** – in our FAB base, at your home, or by video call
- We will stay in touch each week for the first 6 weeks
- We have a **24-Hour Breastfeeding Helpline** for those moments when you need to talk to someone
- Come along to a **Breastfeeding Group** – visit our website or Facebook page for details

FAB work alongside Wakefield Council to help make Wakefield Breastfeeding Friendly. To find out more, visit [www.familiesandbabies.org.uk/locations/wakefield](http://www.familiesandbabies.org.uk/locations/wakefield)

**Wakefield Breast Pump Loan Scheme**  
We hold a small number of breast pumps which are available for short term loan. If the person who is supporting you with your breastfeeding thinks that you may need one, they can access the scheme by calling our helpline number: **01924 851901**

SCAN ME



## Hemsworth Food Pantry

- Food Bank - Fellowship House - Southmoor Road - Hemsworth - WF9 4LX

Providing emergency food parcels to the communities of Hemsworth, South Hiendley, Fitzwilliam, and Kinsley.

"A wonderful young girl from Kinsley & Fitzwilliam Brownies, Abigail, visited us and generously donated a fantastic collection of food she gathered from her family and friends for her Charities Badge. Her kindness is truly inspiring, and we're confident this thoughtful gesture will help her achieve her award. Thank you very much" Hemsworth Pantry.



**Providing Emergency Food Support for people living in Hemsworth, South Hiendley, Fitzwilliam & Kinsley**

**Donations welcome**  
**Please contact the food bank**

07907 104687  
hemsworthfoodbank@yahoo.com  
hemsworthfoodpantry.org.uk  
hemsworthfoodbank  
hemsworthfoodbank

**Hemsworth Food Pantry**  
Community Food Bank

### Join your local Family Hub!

Scan the QR Code:



### Wakefield's Start for Life Offer

Find out more about the support for new and expectant parents by scanning the QR code:



### Wakefield SEND Local Offer

Find out more about the support on offer across the district in relation to SEND.



Scan the QR code:



**NHS**  
Download the NEW  
Growing Healthy  
Wakefield 0-19 App

**NEW**

Download on the App Store  
GET IT ON Google Play

**50 things to do before you're five**

For more information, scan the QR code:

### FREE ONLINE programmes for parents!

Scan the QR code to find out more:



UNDERSTANDING YOUR CHILD  
SOLIHULL APPROACH

### 'Team Around' approach

A Team of professionals that offer early help.

Scan the QR code to find out more:



### Happy Healthy Holidays will return this winter!

Find and book FREE activities by scanning the QR Code:



Funded by  
Department for Education

**SOUP4EM ARE HOSTING A BEREAVEMENT SUPPORT GROUP**

GRIEVING THE LOSS OF A LOVED ONE CAN FEEL OVERWHELMING, BUT YOU DON'T HAVE TO GO THROUGH IT ALONE.

WE AIM TO SUPPORT PEOPLE DEALING WITH LIFE LIMITING CONDITIONS, AND THE PEOPLE CARING FOR THEM, BEFORE AND AFTER EXPERIENCING BEREAVEMENT.

WE OFFER A SAFE SPACE FOR HEALING AND HOPE TO HAPPEN.

JOIN OUR BEREAVEMENT SUPPORT GROUP WHERE YOU CAN FIND UNDERSTANDING, COMFORT, AND CONNECTION WITH OTHERS WHO SHARE SIMILAR EXPERIENCES.

**WHAT TO EXPECT:**

- A SUPPORTIVE, NON-JUDGMENTAL ENVIRONMENT
- OPPORTUNITY TO ENGAGE IN CRAFTS AND GAMES
- A CHANCE TO SHARE YOUR FEELINGS AND HEAR OTHERS' STORIES
- COPING STRATEGIES AND RESOURCES TO HELP YOU NAVIGATE YOUR GRIEF
- PRIVACY AND CONFIDENTIALITY
- A PROFESSIONALLY RUN AND SUPPORTED GROUP

WHETHER YOU'RE IN THE EARLY STAGES OF GRIEF OR HAVE BEEN GRIEVING FOR A WHILE, THIS GROUP IS HERE TO OFFER YOU THE SUPPORT YOU NEED.

**WHEN:** THE LAST WEDNESDAY OF THE MONTH  
**WHERE:** SOUP4EM, THE HUB 22 WEST STREET, SOUTH KIRKBY, WF9 4BH  
**FACILITATOR:** PRINCE OF WALES HOSPICE

**WAKEFIELD FAMILIES TOGETHER**  
happy, healthy, safe

**Sunset Stroll: In-memory walk**

Who will you walk for?

**Saturday 27 September 2025, 5pm**

Take a sunset stroll in memory of your loved one and raise money for hospice care

**Two routes:**

- 6 miles** - Castleford Tigers - Hospice (one lap)
- 11 miles** - Start and finish at Castleford Tigers

**20 minutes** - Duration of the stroll

Ticket price £5pp - early bird £3.50 until Monday 30 June 2025

Sponsored by: HANNAH DAVIES exp -

Supported by: CASTLEFORD TIGERS

Book your place at [www.pwh.org.uk/sunset-stroll](http://www.pwh.org.uk/sunset-stroll) or get in touch: 01773 781477 events@pwh.org.uk

Registered Charity: 544991

**Care Link**  
by Vico Homes

**Is your club making a real difference in the community?**

**Care Link could be your perfect sponsor.**

This year, Care Link by Vico Homes could help your grassroots club reach the next level as we open our sponsorship opportunities to the community. From dance troupes to youth football teams,

we're hoping to help as many clubs as we can to achieve their goals. Whether you're looking for a new kit or to buy equipment you desperately need – our sponsorship opportunities can help! Care Link helps over 15,000 customers across

the Wakefield district to live independently and confidently. We can help your loved ones stay independent in their own home for longer. We're on the lookout for organisations and clubs that make a real impact in our communities and have the potential to grow. Applications for sponsorship are open now. Each club will be able to apply for a maximum of £500 and applications will be judged on the impact you could make in your community. If you think your club could be the perfect fit, find out more and apply today: [www.vicocarelink.co.uk](http://www.vicocarelink.co.uk)



# YOUR WELLBEING IS IMPORTANT

## Wellbeing Community Support

### from The Prince of Wales Hospice

#### Activities and group sessions

Coffee and Chat drop-ins	Tuesday 1.00 - 3.00pm (Holcutts Victoria Garden Centre, WF7 6BB)	First Monday of the Month 1.00 - 3.00pm (Featherstone Library, WF7 5BB)
Complementary Therapy	Group Session - Tuesday 2.00 - 3.00pm Individual appointments available (The Prince of Wales Hospice)	
Bereavement Support	Last Wednesday of the month 10.30 - 12.00pm (Group 4 BM Bereavement Support Group, South Kirby, WF9 3LH)	
Exercise Groups	Tuesday 2.00 - 3.00pm (Exercise Group, Euxine Lane)	Thursday 1.00 - 3.00pm (Chair Exercise Group, Euxine Lane)
Craft Group	Friday 10.30 - 12.30pm (The Prince of Wales Hospice)	
Family and Carer support	Family and individual appointments throughout the day (The Prince of Wales Hospice)	
Counselling	Monday - Friday Family and individual appointments throughout the day Evening appointments available (The Prince of Wales Hospice)	
Bathing Service	Appointments throughout the day (The Prince of Wales Hospice)	



Our wellbeing support is available to anyone in the community within the Five Towns area of Wakefield District.

For more information visit [www.pwh.org.uk/support](http://www.pwh.org.uk/support), or contact Jo Dunford, Wellbeing Lead on 01977 781451.



Care. Compassion. Community.  
Registered Charity No. 514999

**TURNING POINT**  
inspired by possibility



In recent months, Wakefield has seen a rise in the use of ketamine among young people. Often mistaken as a "party drug," ketamine poses serious risks to both physical and mental

health. What starts as recreational use can quickly spiral into dependency, with long-term consequences including bladder damage, memory loss, anxiety, and depression.

Known on the streets as "K" or "Ket" or "Bezzle" ketamine is a powerful anaesthetic with hallucinogenic effects. It can leave users feeling detached from reality, vulnerable to injury, and unaware of their surroundings. Regular use can also lead to something known as "K-bladder," a painful and potentially irreversible condition that affects the urinary system.

The increase in ketamine-related incidents across Wakefield highlights a growing concern for the wellbeing of our young people. But there is hope, and support is available.

Turning Point's Inspiring Futures is here to help. Based locally, we offer non-judgemental, confidential support to young people struggling with substance use. Whether you're worried about a friend, a family member, or your own use of ketamine, Turning Point provides a safe space to talk, get advice, and take steps toward a healthier future.

If you or someone you know is being affected, don't wait until it's too late. Reach out. Help is closer than you think.

Contact Turning Point – Inspiring Futures Wakefield

**Bennion & Sons**  
Established Over 30 years

Bennion & Sons: Windows and Doors Crafted for Quality and Style

At Bennion & Sons, we take pride in offering top-of-the-line windows and doors that combine durability, style, and energy efficiency. Whether you're looking to enhance the curb appeal of your home or improve its energy performance, our custom-designed windows and doors are the perfect solution.

With over three decades of experience, we specialize in providing high-quality, made-to-order windows and doors that suit your specific needs. From classic designs to modern styles, we offer a variety of materials and finishes to complement any home.

Our team ensures each installation is seamless, and we pride ourselves on exceptional customer service. At Bennion & Sons, it's not just about selling windows and doors—it's about delivering products that bring beauty, comfort, and long-lasting value to your home.



**HELP AT THE HUB**

### Do you need advice or help with housing, bills, benefits, jobs and skills?

We have advisors ready to support you at our Help at the Hub venues. They can look at your situation and work with you to find solutions, and support you in taking steps to improve things.

#### Our friendly advisors will:

- Always be happy to talk to you, however big or small your problem might be.
- Never judge you or make you feel bad about your situation.

SCAN ME



### Find your local hub

Each Help at the Hub will have a Citizens Advice Bureau weekly drop in session with the times listed below.



- Queens Mill, Castleford, WF10 1JL**  
01977 556 741  
Wed 10am-12pm
- St Mary's, Pontefract, WF8 2AY**  
01977 705 341  
Fri 10am-12pm
- Havercroft & Ryhill Community Learning Centre, WF4 2BD**  
01226 727 824  
Thu 10am-12pm
- Kellingley Social Club, WF11 8ER**  
01977 673 115  
1st & 3rd Mon each month 10am-12pm  
**Kellingley Community Shop, WF11 8EE**  
2nd & 4th Mon each month 10am-12pm
- St George's, Lupset**  
Broadway, Lupset, Wakefield WF2 8AA  
01924 369 631  
Tue 10am-12pm

- Red Roof Centre CIC, Kinsley, WF9 5BP**  
01977 610 931  
Mon 10am-12pm
- Eastmoor Community Project**  
St. Swithun's Community Centre, WF1 4RR  
01924 361 212  
Tue 10am-12pm
- Lightwaves Leisure and Community Centre**  
Lower York St, Wakefield, WF1 3LJ  
01924 360 158  
Wed 10am-12pm
- Westfield Centre**  
26 Westfield Ln, South Elmsall WF9 2PU  
01977 642 335  
Tue 10am-12pm

**citizens advice**

**Wakefield District**

Citizens Advice is a local charity that provides free and confidential advice to residents. You can visit their drop-in session at a hub without an appointment or access their advice online, over the phone, or in person.

For more information and extra drop-in centres, please visit their website [wakefielddistrictcab.co.uk](http://wakefielddistrictcab.co.uk). The AdviceLine telephone service is open 9am to 5pm weekdays and is free to call on 0800 144 8848.

Contact us for your free quotation

01977642220.

[info@bennionandsons.com](mailto:info@bennionandsons.com)

<https://www.bennionandsons.com>





## Fitzwilliam Post Office in partnership with LA TOYS & Gifts

James, Lynette, Shona & Staff would like to welcome you to Fitzwilliam Post Office and LA Toys and Gifts located on Wakefield Road, WF95AJ just near Fitzwilliam Bridge.

Here you will find an array of toys, gifts and games for all the family at affordable prices.

We are excitedly working hard behind the scenes to open up our brand new LA Toys and Gifts store within the Fitzwilliam Post Office. Please keep an eye out on our Facebook pages Fitzwilliam Post Office and LA Toys and Gifts for updates as to when we will be doing our grand opening!

**Opening hours** - Monday – Friday 9am-2.30pm, Saturdays 9am - 12.30pm

- We now have two mail collections during the day!
- We sell foreign currency and travel money cards and have Euros in stock!
- You can Free\* withdraw, deposit\* and transfer\* cash and even pay bills\*
- Post, collect and return your parcels all in one place

We have a wide range of cards, stationary, gift cards and gift bags for all occasions

Why not pop in to say hello and see how we can help you!

Any questions? - Feel free to ask

<https://www.polatoysandgifts.com/>

\*subject to your bank.

**Thank you, James, Lynette and Shona**

**Fitzwilliam Post Office & LA Toys and Gifts**



## HEALTH AND WELLBEING COACH RYCROFT



### Health & Wellbeing Coaching in Rycroft

- Accessible for anyone seeking positive, lasting health changes.
- Aims to boost confidence, energy, and control over health and wellbeing.

### What is Health & Wellbeing Coaching?

- Addresses lifestyle, health conditions, and personal issues affecting wellbeing.
- Coaches listen, motivate, and guide goal setting in client-led sessions.

### Contact Information

- Gavin Dawson, Health and Wellbeing Coach at Rycroft Primary Care Centre.
- Specializes in mental health, physical health, and weight management.
- Contact Gavin Dawson 07749893451



## Future SELPH

safety empowerment learning practical skills health & wellbeing



## We are here to help you

We support 16-25 year olds to build their own unique path to an improved sense of mental health & wellbeing.

You **refer** yourself or are **referred**

Together we can choose where & when to meet

1-1 check ins

Support with **expenses**

Meeting new friends

Our support is **not time restricted**

Professional advice

We'll make sure you have the tools you need on **your journey**

We can **support you** whilst you are on waiting lists for other services.

We'll **listen** to find out what's going on & we won't judge

Skills workshops & volunteer opportunities

**Future SELPH**  
In Ryhill & South East Wakefield



### Refer yourself by...

- Scanning the QR code
- Or emailing [futureselph@rycroftleisure.com](mailto:futureselph@rycroftleisure.com)
- Or scan here for google maps & come say hi!





## Hughes is the local Community Chemist for Havercroft and Ryhill.

We offer many services including Blood Pressure checks and have recently worked in partnership with Havercroft and Ryhill Community Learning Project following their Blood Pressure Champion training.

### Opening Hours:

<b>Monday</b>	09:00-13:00	&	14:00-18:00
<b>Tuesday</b>	09:00-13:00	&	14:00-18:00
<b>Wednesday</b>	09:00-13:00	&	14:00-18:00
<b>Thursday</b>	09:00-13:00	&	14:00-18:00
<b>Friday</b>	09:00-13:00	&	14:00-18:00
<b>Saturday</b>	09:00-12:00		
<b>Sunday</b>	Closed		



### Community Clinics:

## An extension of your own GP practice

HELD AT THE PALMS CAFÉ, OASIS CENTRE, WF9 2RD 10AM-2PM



**Everyone is welcome!**

Come along to discuss health concerns, cancer screening queries, make appointments if you are registered with a local GP, or to speak to a variety of healthcare professionals including:

- .Nurse
- .Occupational therapist
- .Mental health nurse practitioner
- .Social prescriber
- .Health and wellbeing coach
- .Care Coordinator

**Upcoming sessions:**

- 11th August
- 8th September -
- 6th October
- 3rd November

Follow your GP surgery on Facebook for reminders of upcoming Community Clinics





### Community Clinics:

## An extension of your own GP practice.

HELD AT THE PALMS CAFÉ, OASIS CENTRE, WF9 2RD 10AM-2PM

Speak to a professional from the GP surgery. Including -

- .Nurse
- .Occupational therapist
- .Mental health nurse practitioner
- .Social prescriber
- .Health coach
- .Care coordinators

Upcoming sessions -

- .2nd June- Women's health / menopause / cancer screening
- .7th July - Teenagers and young people
- .11th August - Families and carers
- .8th September - Mental health / bereavement / loss
- .6th October- Elderly / frailty / isolation / loneliness
- .3rd November- Men's health / cancer screening

Also including -

- ★ Information stands
- ★ Freebies
- ★ General health checks

- ★ Guest Speakers
- ★ Appointment booking with GP Care Wakefield

- ★ Community services & activities






## Live Well with dementia programme

Helping you to manage your health and well-being



Get in touch today

0300 222 11 22  
helpline@alzheimers.org.uk

Alzheimer's Society is the UK's leading dementia charity. We provide information and support, improve care, fund research, and create lasting change for people affected by dementia.



Alzheimer's Society operates in England, Wales and Northern Ireland, registered charity no. 296645





# Rycroft Primary Care Centre & South Hiendley Surgery

We are a GP Training Practice based in Havercroft with our branch site in South Hiendley, dispensing medications to patients living in South Hiendley and Brierley and also providing a delivery service to elderly and vulnerable housebound patients in the local area.

Both sites are currently registering new patients from the surrounding areas.

We have a team of three Partners, one Salaried GP and a nursing team, who are all supported by our Practice Manager Brogan Smith and her admin team, to provide a high-quality service to our 8,620 patients. We would like to inform our patients that two of our GPs, Dr Babu and Dr Cherry have recently retired from the Practice and we have two new GPs, Dr Luishi and Dr Mulla joining us in August 2025.

We have a fully functioning gym on site, which is supervised by Gavin our Health and Wellbeing Coach, who provides weight management and healthy lifestyle advice and deals with low level mental health issues such as anxiety and depression, through the use of exercise and counselling.

We are currently working on a project regarding Cardiovascular Disease (CVD) Prevention, where we are offering NHS Health Checks to

support early identification and management of hypertension and cholesterol. Patients on treatment for hypertension are then reviewed and blood pressure checks are offered through the surgery and also our local Hughes Pharmacy. All eligible CVD patients are also encouraged to have the flu vaccination.

Our Practice is Veteran Accredited, giving priority access to military veterans and their families and we are also part of the Safe Surgeries scheme, which tackles health inequalities. We would ask patients to visit our website at: Homepage - Rycroft Primary Care Centre or contact us on **01226 725555**.

## NHS PHARMACY FIRST SERVICES AT KINSLEY PHARMACY

OUR PHARMACY IS LIVE FOR

PHARMACY FIRST:

OUR PHARMACIST CAN PROVIDE ADVICE AND OFFER TREATMENT\* UNDER THE NHS PHARMACY FIRST SERVICE FOR THE FOLLOWING 7 CONDITIONS:

- EARACHE (U18'S ONLY)
- INFECTED INSECT BITES
- IMPETIGO
- SHINGLES
- SINUSITIS
- SORE THROAT
- URINARY TRACTY INFECTIONS (WOMEN ONLY)

\*ANTIBIOTICS PROVIDED WHERE APPROPRIATE (NO GP APPOINTMENT REQUIRED)



Opening Times (Closed Weekends)	
Monday	09:00-13:00 14:00-18:00
Tuesday	09:00-13:00 14:00-18:00
Wednesday	09:00-13:00 14:00-18:00
Thursday	09:00-13:00 14:00-18:00
Friday	09:00-13:00 14:00-18:00

Kinsley Pharmacy,  
Wakefield Road, Kinsley, WF9 5BP,  
01977 611571

\*Delivery service available to elderly and vulnerable patients\*

\*Blood Pressure Checks\*

\*Medicine Advice\*



## HAVERCROFT AND RYHILL CHRISTMAS GET TOGETHER

This year the annual Christmas Get Together will take place on Friday 5th December 2025 from 4.30pm when Santa and Mrs Claus will begin their journey from Brooklands Crescent, Havercroft, travelling along Cow Lane and Mill Lane, Ryhill before arriving at the liberal club. More characters will be joining Santa on the parade. Join us for this family event. Meet Santa and Mrs Claus in their grotto, enjoy the magician, Christmas characters, balloon twister and lots more. We are also very happy to be welcoming Crofton Brass band this year. There will be a rolling road closure in place during the parade. Watch out for further information.



## DECEMBER AT HAVERCROFT AND RYHILL COMMUNITY LEARNING CENTRE

Join us for lots of fun during December and the lead up to Christmas!

DECORATE COOKIES with MRS CLAUS

STORY TIME with MRS CLAUS AND THE ELVES

CRAFT ACTIVITIES with the ELVES

DECORATE COOKIES with MRS CLAUS (QUIET SESSION with small numbers for those with additional needs)

These are free bookable activities.

Follow the centres facebook page and keep your eyes out for the dates being confirmed.



## RED ROOF CENTRE CHRISTMAS EVENTS

Yearly Christmas Panto – This year will be Puss in Boots on Monday 1st December. Tickets will be on sale in November, all updates will be on our Facebook page

Winter Wonderland – Plenty of fun for all the family to enjoy without breaking the bank

Saturday 13th December 1-4pm, tickets will be on sale in November for Santa's Grotto





# Our Council

## Ryhill Parish Council

serves the community of Ryhill. Please contact the Clerk to the Parish Council at

[ryhill.clerk@gmail.com](mailto:ryhill.clerk@gmail.com)

or

**01484 664253**

for meeting dates or further information.

You can also visit our website

[www.ryhillcouncil.co.uk](http://www.ryhillcouncil.co.uk)



## Havercroft with Cold Hiendley Parish Council

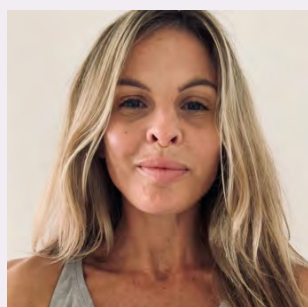
serve the communities of Havercroft and Cold Hiendley.

As a Parish Council we meet on a monthly basis except during August. This is usually the second Wednesday of every month at 7pm in Havercroft and Ryhill Community Learning Centre.

We are very happy to be supporting the Healthy and Sustainable Communities Project and look forward to working with the different partners across our communities.

You can contact us via email at [havercrofthiendley@gmail.com](mailto:havercrofthiendley@gmail.com)

or visit our web site for more information [www.havercroftwithcoldhiendleyparish.co.uk](http://www.havercroftwithcoldhiendleyparish.co.uk)



Cllr Laura Jones  
[lajones@wakefield.gov.uk](mailto:lajones@wakefield.gov.uk)  
**07887787278**

### Your District Councillors for Ward 7

Covering:  
Kinsley, Fitzwilliam,  
Hemsworth,  
South Hiendley  
and Felkirk.

We also run regular local councillor's surgeries near you.



Cllr Melanie Jones  
[cllrmljones@wakefield.gov.uk](mailto:cllrmljones@wakefield.gov.uk)  
**07385467244**



Cllr Jakob Williamson  
[jakobwilliamson@wakefield.gov.uk](mailto:jakobwilliamson@wakefield.gov.uk)  
**07787892464**

### Your District Councillors for Ward 5

Covering:  
Crofton, Ryhill,  
Havercroft & Walton.

We deliver a range of councillor surgeries within Havercroft and Ryhill and arrange home visits where needed.



Cllr Maureen Cummings  
[mcummings@wakefield.gov.uk](mailto:mcummings@wakefield.gov.uk)  
**07834 997767**



Cllr Usman Ali  
[uali@wakefield.gov.uk](mailto:uali@wakefield.gov.uk)  
**07385 467306**



Cllr Faith Heptinstall  
[faithheptinstall@wakefield.gov.uk](mailto:faithheptinstall@wakefield.gov.uk)  
**07887 790546**



MP Jon Trickett  
Email: [jtrickett@jontrickett.org.uk](mailto:jtrickett@jontrickett.org.uk)  
Public office opening hours are from 9:30 am- 4:00pm  
**01977 655695**



# USEFUL NUMBERS/WEBSITES

999	Police, Fire, Ambulance Emergency
101	Police Non-Emergency
111	NHS Non-Emergency
0345 8 506506	Wakefield Council Switchboard
0345 8 503503	Social Care Direct
0345 8 507507	Wakefield District Housing One Call
0800 6781602	AGE UK
0300 123 3393 to call, or text 86463 - MIND (Mental Health Support 9-6pm Monday-Friday)	
116 123	Samaritans (24hr a day)
0300 304 7000	SANeline (4:30pm-10pm every day)
0800 689 5652	National Suicide Prevention Helpline (6pm-Midnight everyday)
0800 58 58 58	CALM (Campaign Against Living Miserably) 5pm-Midnight everyday)
Text 85258	Shout (Prefer not to talk? 24/7 text service providing support in a crisis)
0800 0684141	Papyrus (under 35 suicidal feelings, 24/7)
0800 144 8848	Citizens Advice Bureau
0300 123 1912	Turning Point (Drugs, Alcohol, Mental and Sexual Health and Learning Disabilities)
0800 1381625	Stop Hate UK
01977 735865	CAMHS (Child & Adolescent Mental Health Support)
0800 1111	NSPCC (Under 18's)
www.alzheimers.org.uk	Alzheimer's Society
www.themix.org.uk	The Mix (Sunday-Thursday 8-9.30pm, a safe space to get support)
www.andysmanclub.co.uk	Andy's Man Club
www.nightline.ac.uklistening-services	Nightline Association

(If you're a student, you can look on the Nightline website to see if your university or college offers a night-time listening service. Nightline phone operators are all students too.)

www.thestreetlink.org.uk	Report rough sleepers
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Red Roof Centre  
01977 610931

Website: [www.redroofcentre.com](http://www.redroofcentre.com)  
Facebook: Red Roof Kinsley



Havercroft and Ryhill Community Learning Project  
01226 727824

Facebook: Havercroft and Ryhill Community Learning Centre