

## **Winter Wellness**

### **A brief guide of what's happening over November, December 2025 and January 2026**

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

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



# Community



## Supporting *healthy living* for the people of Wakefield

Live Well Wakefield is a social prescribing and self-management service for adults (18+) who live in the Wakefield district or are registered with a Wakefield district-based GP.

We are a dedicated social prescribing and self-management service for adults in the Wakefield district. Commissioned by Public Health at Wakefield Council and local Primary Care Networks, the service is delivered as a partnership between South West Yorkshire Partnership Teaching NHS Foundation Trust and Nova Wakefield District, and aims to address non-medical, social needs through personalised support and community connections.

### Live Well Wakefield will be open/closed as follows over the festive period:

Open as normal (Mon-Fri 9am-5pm)

The service will close at 5pm on 24th December and reopens 9am on 2<sup>nd</sup> January.



## Social Prescribing and Self-Management service

### Social prescribing support

We can connect you to local services, activities and support to help address any non-medical issues impacting your health and wellbeing

We support anyone aged 18+ who lives in the Wakefield district or is registered with a Wakefield district GP



### Non-medical issues may include:

- Mobility
- Aids / adaptations
- Finances
- Long-term conditions
- Housing concerns
- Mental wellbeing
- Bereavement
- Social isolation
- Caring responsibilities
- Personal safety

Please turn over to find out about our self-management support

For further information or to make a referral to our social prescribing support or self-management workshops, you can contact us by phone, via our website, or by scanning the QR code below

01924 255363  
[www.livewellwakefield.nhs.uk](http://www.livewellwakefield.nhs.uk)





# Community

Winter 2024



## Social Prescribing and Self-Management service

### Supported self-management

If you're living with a long-term condition or caring for someone who is, our self-management workshops can help you feel more confident and in control of your health

Our friendly workshops take place online and in person across the Wakefield district. They cover practical tools, techniques, and everyday strategies to help manage long-term conditions and improve wellbeing

#### Current workshops include:

MANAGING FATIGUE WITH HEALTH CONDITIONS

COPING WITH CHRONIC PAIN

NEURODIVERSITY & ME

SELF CONFIDENCE & ME

THRIVING MINDS: YOUR PATH TO IMPROVED MENTAL WELLBEING

Workshops are confidential and free, delivered by staff and volunteers who have their own experiences of long-term conditions

We support anyone aged 18+ who lives in the Wakefield district or is registered with a Wakefield district GP

For more information about our workshops or to book a place, please turn over to find out how to contact us. You'll also find details of our social prescribing support, which can help address non-medical issues



## SELF-CONFIDENCE AND ME

Develop skills to increase self-esteem and overall wellbeing. Practical ways to navigate the challenges of low self-confidence.



## THRIVING MINDS: YOUR PATH TO IMPROVED MENTAL WELLBEING

Explore practical strategies to maintain emotional wellbeing and build resilience to improve your quality of life.



## COPING WITH CHRONIC PAIN

Practical strategies to help manage the impact of chronic pain, ways to improve wellbeing and get more out of daily life.



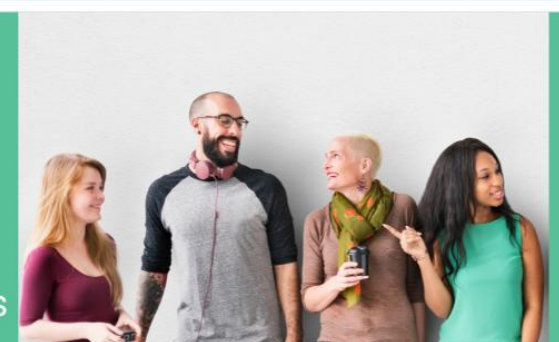
## MANAGING FATIGUE WITH HEALTH CONDITIONS

Learn practical tools to help manage chronic fatigue and feel more in control of your health and wellbeing.



## NEURODIVERSITY AND ME

Explore practical strategies that can improve your daily life and help you to feel more confident for those with or without a diagnosis



For more information including workshop dates please contact us

✉ livewellwakefield@swyt.nhs.uk ☎ 01924 255363 🌐 www.livewellwakefield.nhs.uk



# Community

Winter 2024



## Do you or your team need support to remain well in work?

We offer one to one social prescribing support for individuals, plus tailored workshops for both employees and employers

### What we can help with?

Social prescribing can help connect you to local support to address any social needs and health-related barriers, helping you stay well at work, support your return to work, and prevent future absences

#### Social needs may include:

- Mobility & aids/adaptations
- Finances
- Managing long-term conditions
- Housing concerns
- Mental wellbeing
- Bereavement support
- Social isolation
- Caring responsibilities
- Personal safety

Healthy Working Life

For information on wellbeing workshops and how to refer, please turn the leaflet over



### What to expect

- ✓ Conversations led by you
- ✓ Tailored one to one support
- ✓ Step-by-step action plan

### Social Prescribing eligibility

- ✓ Aged 18-66
- ✓ Live in the Wakefield district or registered with a Wakefield district GP

#### We can support those who are either:

- ✓ Employed but on sick leave
- ✓ Employed with a long-term condition
- ✓ Feeling at risk of needing sick leave

## Workshop: Managing your wellbeing at work



### TOPICS COVERED

- Understanding what impacts on our wellbeing
- How to clearly communicate our needs at work
- Practicing self-management tools for staying well at work and at home
- Awareness of local support options available

Are you employed within the Wakefield district and interested in looking after your wellbeing at work?

Whether in a new or existing role, this free, 1 hour workshop could support you to improve your wellbeing



All workshop sessions are delivered online via Microsoft Teams

## Workshop: Promoting workplace wellbeing

### TOPICS COVERED

- Understanding the impact of absence
- Social factors that impact wellbeing
- Holding meaningful conversations with employees to explore wellbeing needs
- Preventative approaches to absence
- Local support options for employees

Are you in a staff support role looking to build on compassionate leadership cultures to support workforce wellbeing and retention?

This free, 1 hour workshop can support you to build on existing organisational practices

### How to refer

- Self refer
- Refer someone else, with consent

### Contact us:

☎ 01924 255363

🌐 [www.livewellwakefield.nhs.uk](http://www.livewellwakefield.nhs.uk)

### Workshop eligibility

- Aged 18+
- **And any of the following:**
  - Employed within the Wakefield district
  - Live within the Wakefield district
  - Registered with a Wakefield district GP

Healthy Working Life

SCAN



For information on social prescribing support please turn the leaflet over



# Community



## Improving our health and wellbeing could be the first step towards employment

We offer one to one support to those who are facing barriers to achieving their long-term goal of employment

### Social Prescribing support

Social prescribing helps people connect to local support and activities to help address any non-medical needs that are negatively impacting on their wellbeing, which can help people feel more ready to think about employment as a positive step in the future

### What to expect

- ✓ One to one conversations
- ✓ Information and advice
- ✓ Up to 3 months of support
- ✓ Personalised action plans

### Non-medical needs may be:

- Financial stress
- Managing long-term conditions
- Housing concerns
- Mental wellbeing
- Bereavement support
- Social isolation
- Mobility issues
- Aids/adaptations needs
- Personal safety concerns
- Caring responsibilities
- Education needs
- Loneliness

### Who can we support:

Individuals who have a long term goal of entering employment and:

- Are aged 18-66
- Live in the Wakefield district
- OR registered with a Wakefield district GP

### How to refer:

We accept self referrals, and referrals from others with consent of the person seeking support

### Contact us:

☎ **01924 255363**

🌐 **www.livewellwakefield.nhs.uk**



Wakefield Libraries

Offering a Warm Space during the winter months.

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

[Wakefield Library - Wakefield Council](#)

[Library events - Wakefield Council](#)



# Community



## Here For You – Wakefield

### Opening Hours:

**6pm to Midnight every day of the year for support.**

### Service description and information:

Same Day Urgent Mental Health Support in a Safe Place.

Here For You are open every day of the year for anybody aged 16 years or older, who is struggling to cope or experiencing thoughts around suicide or self-harm.

We offer face-to-face confidential support in our local safe spaces across Leeds, Kirklees, and Wakefield, which are free to access without the need for GP or hospital referral.

You do not need a home address or local GP to access this service.

You can access us if you are new to the area, or you are homeless.

We support people based on their nearest hospital, as we understand A&E is not always the best place when you are struggling with your emotions.

### Opening Hours:

6pm to Midnight every day of the year for support.

Here For You will be open every day as usual throughout the Festive period (including bank holidays) for same day urgent mental health support.

We will still be prioritising face-to-face support and offering taxis to help people access support if they are unable to safely get to us independently.

We are open every day of the year for self-referrals as well as referrals from professionals, family and friends.

To refer you can call during our opening hours, or refer online 24/7 using our digital referral form: [Here For You – Wakefield](#)

Call us during our opening times to speak with a member of team (6pm – Midnight everyday): 07776 962815

**We have moved to The WorkSpace, Space Station, 6 Denby Dale Road, Wakefield, WF1 1HR. Please note: There will no longer be any evenings at the old Prosper House site.**

**Please note that we will not be able to support if you are intoxicated or need medical attention.**

[Here For You - Wakefield - Touchstone](#)



# Community

Winter 2024



**Supporting Male Victims of  
Domestic & Sexual Abuse.  
IDVA and ISVA Services.**



## Giving Advice and Support to People in Emotional Distress.

We are GASPED, a small charity based in the heart of Wakefield comprising a diverse team of skilled staff and volunteers striving to provide practical and emotional support to our most deprived areas.

As a charity we recognise the link between practical issues such as housing, finance and the impact on mental health. Our team of IDVA'S/ISVA'S, Support Workers and Counsellors work together to create tailored care plans delivering trauma informed support, to some of the most vulnerable people in our community.

## GASPED Christmas Opening Hours 2025

Fri 19th Dec	9am - 1pm
Mon 22nd Dec	9am - 5pm
Tue 23rd Dec	9am - 5pm
Wed 24th Dec	Closed
Thur 25th Dec	Closed
Fri 26th Dec	Closed
Mon 29th Dec	Closed
Tue 30th Dec	Closed
Wed 31st Dec	Closed
Thur 1st Jan	Closed
Fri 2nd Jan	9am - 5pm

Please note we do not open on Weekends.

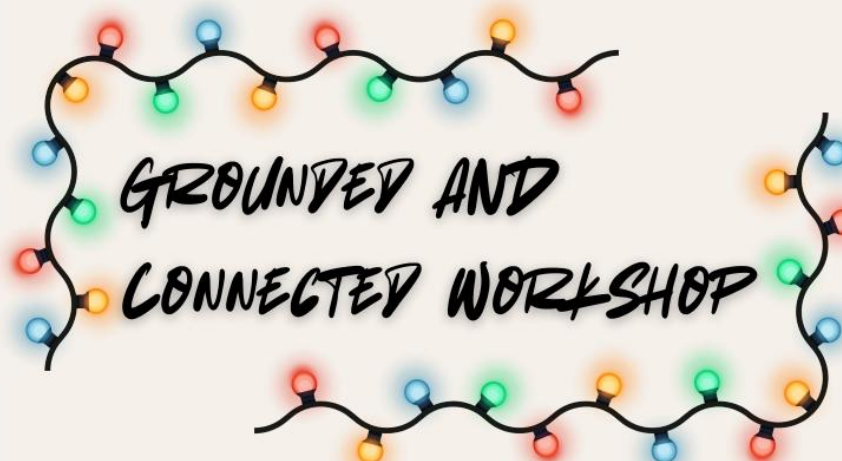
**Our office is back to normal from Friday 2nd January.**

*Merry  
Christmas!*

@gaspedofficial - @manmattersuk

## Grounded and Connected Group Christmas Openings 2025

Tue 9 <sup>th</sup> Dec	13:00 - 14:00
Tue 16 <sup>th</sup> Dec	13:00 - 14:00
Tue 23 <sup>rd</sup> Dec	No Group
Tue 30 <sup>th</sup> Dec	No Group
Tue 6 <sup>th</sup> Jan	13:00 - 14:00



**Groups are back to normal from Tuesday 6th January.**

*Merry  
Christmas!*

@gaspedofficial - @manmattersuk



# Community

Call: 01924 787501

Email: [resourcecentre@gasped.co.uk](mailto:resourcecentre@gasped.co.uk)



## Modelling Construction Group Christmas Openings 2025

Thur 11<sup>th</sup> Dec 14:00 – 16:00

Thur 18<sup>th</sup> Dec 14:00 – 16:00

Thur 25<sup>th</sup> Dec No Group

Thur 1<sup>st</sup> Jan No Group

Thur 8<sup>th</sup> Jan 14:00 – 16:00



**Groups are back to normal from Thursday 8th January.**



*Merry  
Christmas!*

@gaspedofficial – @manmattersuk



## MAN MATTERS Coffee Group Christmas Openings 2025

Fri 12<sup>th</sup> Dec 10:00 – 12:00

Fri 19<sup>th</sup> Dec 10:00 – 12:00

Fri 26<sup>th</sup> Dec No Group

Fri 2<sup>nd</sup> Jan 10:00 – 12:00



**Groups are back to normal from Friday 2nd January.**



*Merry  
Christmas!*

@gaspedofficial – @manmattersuk



## CHRISTMAS 2025 OPENING HOURS



We understand this time of year can be difficult for many.

**YOU ARE NOT ALONE.**

### HELPLINES:

**SAMARITANS** 116 123

**HERE FOR YOU  
WAKEFIELD** 07776962815

**NATIONAL SUICIDE  
PREVENTION HELPLINE UK** 0800 689 5652

**CALM** 0800 58 58 58

### TEXT LINES:

**SHOUT** Text 'SHOUT' to 85258

@gaspedofficial - @manmattersuk

Monday 22nd Dec 8am - 8pm

Tuesday 23rd Dec 8am - 8pm

Wednesday 24th Dec 8am - 4pm

Thursday 25th Dec CLOSED

Friday 26th Dec CLOSED

Saturday 27th Dec 9am - 4pm (Remote only)

Monday 29th Dec 8am - 8pm (Remote only)

Tuesday 30th Dec 8am - 8pm (Remote only)

Wednesday 31<sup>st</sup> Dec 8am - 4pm (Remote only)

Thursday 1st Jan CLOSED

Friday 2nd Jan 8am - 4pm

### CONTACT US:

 [www.talking.turning-point.co.uk](http://www.talking.turning-point.co.uk)

 01924 234860

 [wakefield.talking@turning-point.co.uk](mailto:wakefield.talking@turning-point.co.uk)



# Community



**Connecting Care** is a programme of person-centred care in the Wakefield District. It comprises of two hubs made up of specialist workers from different health, social care and voluntary organisations across the district. For the first time, they work seamlessly together as a team, from the same location and provide joined up care to help those people most at risk, stay well and out of hospital.

Our team will work with you to address your health and social needs, such as home adaptations, mental & physical health concerns and financial worries. A key role of the Connecting Care service is to also prevent unnecessary hospital admissions and support hospital discharges. Our service can support NHS and health colleagues to achieve this.

## Christmas opening hours:

- 22nd/23rd/24th December – 9am/5pm
- 25th Dec – closed
- 26th Dec – closed
- 29th/30th/31st Dec – 9am/5pm
- 1st Jan – closed
- 2nd Jan – 9am/5pm

Organisations / Services within connecting Care:

**MY Therapy** are a team of Physiotherapists, Occupational Therapists, and Therapy Support Staff. They complete home based assessment and treatment programmes to support Wakefield residents to live more independently at home.

This is ideal for motivated individuals who are willing to engage in exercises at home and who are unable to attend alternative outpatient services.

Rehabilitation can be provided in any community setting including patients own homes, residential Care homes, residential rehabilitation setting.

MY Therapy is a seven day a week service, 365 days a year. The hours of work are Monday-Friday, 8am-6pm, weekends, 8am-4pm. The team also work all bank holidays.

Single point of contact (SPOC): 01924 327591

For advice or to refer directly: 01977 747471

## Age UK:

Email: [information@ageukwd.org.uk](mailto:information@ageukwd.org.uk)

Telephone: 01977 552114

The Information and Advice service supports people aged 50 and over, and their carers who are residents in the Wakefield District

Our service operates seven days a week with telephone lines open 9am-5pm Monday - Friday.

We aim to reply to calls and messages within 2 working days

By contacting us you can:

- Talk your problem through with an information adviser
- Arrange a time for a telephone advice session
- Obtain guidance on completing application forms for benefits, pensions, etc



# Community

## Primary Care Mental Health Team

We are an NHS team that understand there are many aspects of life that can affect both your mental and physical health. We put you at the centre of your own care. We work with you to explore your health goals and the steps we can take together to get you to where you want to be. We can provide you with self-care tools to help your wellbeing.

### Christmas opening hours for the team:

- 22<sup>nd</sup>/23<sup>rd</sup>/24<sup>th</sup> December – 9am /5pm
- 25<sup>th</sup> Dec – closed
- 26<sup>th</sup> Dec – closed
- 
- 29<sup>th</sup>/30<sup>th</sup>/31<sup>st</sup> Dec – 9am /5pm
- 1<sup>st</sup> Jan – closed
- 2<sup>nd</sup> Jan – 9am /5pm



### What are the criteria for referral?

- Registered with a Wakefield District GP.
- Age 18+.
- Experiencing a common mental health problem such as low mood, anxiety, stress, adjustment to significant life event changes.
- Those that have been diagnosed with a serious mental illness but are presently stable. They may require some short-term intervention to enable them to continue to manage their ongoing mental health symptoms.
- People not in crisis, for example no intent to take their own life, self-harm, or harm others.

### What is the referral process?

If you think our team could offer you support, **ask your GP practice for a referral to the Primary Care Mental Health team in Connecting Care.**

### What happens after the GP practice has submitted a referral?

Our team will contact you, usually by phone to introduce themselves, find out more about you and offer an assessment if appropriate.

The team will then visit you at home or your preferred location e.g. GP practice to complete the individual appointment (you can have a carer or companion at the appointment if you'd like).

During your appointment the team will complete some individual assessments and create an action plan with you. Any future appointments will be made together.

If the team cannot accept the initial referral, they will contact you to discuss the reasons and offer alternative options.





# Community



Young Lives Consortium (YLC) is a membership organisation of Voluntary Community Social Enterprise (VCSE) groups working with children, young people and families across the Wakefield District.

We work alongside a broad range of organisations which include charities, voluntary and community groups, uniform and faith groups providing play, youth services, sports services, and more.

[Home » Young Lives | Wakefield Charity Third Sector Network](#)

Over Christmas we are **closed from Mon 22nd Dec and back open on Mon 5th Jan.**

**Our website to support Young People WF-I Can is a resource that's available 24/7 with resources for under 13's, over 13's and over 16's.**

[WF I CAN - An online resource for children and young people in Wakefield](#)



BHA Wakefield in partnership with Spectrum Community Health CIC, supports all people living with HIV in Wakefield. We work with vulnerable communities to prevent HIV and promote good sexual health. We offer a free HIV testing service, free condom postal service, HIV peer support, groups, specialist person centred counselling and advocacy. In addition to our community engagement, capacity and skills building within community groups, BHA delivers bespoke training for professionals and organisations on a number of health and social care issues including health inequalities, sexual health and HIV. This training can be tailored according to need and delivered in a range of different formats.

If you are living with HIV in Wakefield and wish to meet up with a peer mentor, please get in touch via the links below.

[wakefield@thebha.org.uk](mailto:wakefield@thebha.org.uk)

Call: 0113 244 9767

Or speak to a member of staff at your HIV clinic

**We are closed 19<sup>th</sup> Dec - 5th Jan over the Christmas period**



# Community



## For women, By women

We are a charity based in Wakefield providing mental health, emotional and practical support in a women only space. Supporting women of 16 and above at our premises in the centre of Wakefield and outreach, we provide a holistic, non-medical approach to helping improve women's mental health and well-being.

As usual, we'll be closed for two weeks over the festival period.

- Our final day of service will be Friday 19th December. On that morning, from 10:00am–12:30pm, we'll be open for registration, and new clients can self-refer by telephone.
- We'll reopen on Monday 5th January 2026, with all services resuming as normal.

Clients currently in treatment have been informed of the break, and we're also notifying our partner organisations.

[Home - Well Women Centre Wakefield](https://www.wellwomenwakefield.org.uk)

**01924 211 114**

**[info@wellwomenwakefield.org.uk](mailto:info@wellwomenwakefield.org.uk)**



# FUTURE SELPH

**Every young person deserves the tools and support to feel good and live a vibrant life. No matter what!**

At Future SELPH, we provide free and tailored support to young people aged 16 to 25 experiencing difficulties with their mental and emotional wellbeing.

From listening to young people every day, we know that some services don't quite fit or feel difficult to access at times. Your past experiences or personal challenges can make your mental and emotional wellbeing worse, so that's why our teams will do all they can to make you feel heard, valued and ready to navigate life's challenges, side by side. This service is available to young people registered with a GP practice in Wakefield District.

The Youth Association Future Selph Programme will be **closed** from **Monday 22nd December until Monday 5th January**.

We will still accept Self-Referrals and Professional Referrals throughout, on our Jot Form on the website Mental Health - The Youth Association. All young adults on our caseloads will be provided with well-being pack and support services during this time. The team will respond to all referrals when we return on the Monday 5th January.

Responding Emails from the team will also have Mental Health support services.



# Community



We provide psychotherapy to refugees and asylum seekers across Yorkshire and the Humber regions. Our specialist practitioners provide talking therapy through interpreters trained in this unique setting.

We close at lunchtime on **24th December** and **reopen at 9am on 5th January**.

Call: 0113 8246796

Please note that the waiting list for our **Wakefield service is currently closed**.

[Kirklees, Calderdale and Wakefield | Solace](#)



**Carers Wakefield & District are a voluntary organisation providing advice, information and support to unpaid carers across the whole of Wakefield district**

An unpaid carer is someone who provides support to a family member or friend with an illness, disability, frailty, mental health condition or addiction.

We receive funding from Wakefield Council and Wakefield CCG to carry out this work and we also rely on funding from other grants and donations.

Our aim is to ensure that the carers across Wakefield district are heard and supported so that they are better able to care for their loved ones while still looking after themselves.

We believe carers are the unsung heroes of our community and we strive to give them a voice in society.

## **Closed just the bank holidays over Christmas**

Usual opening times other than that  
9am -5pm Monday Tuesday Wednesday Friday  
9am -7pm Thursday

### **Email**

Email: [info@carerswakefield.org.uk](mailto:info@carerswakefield.org.uk)

### **Phone**

Phone: 01924 305544

[Wakefield Carers - Helping Carers Care](#)



# Community

## What are adults and older people services?

**Adult Social Care** gives extra care and support to people who need it to manage their lives and be independent. This includes older people, people with a disability or long term illness, people with mental health problems and carers.

[Adult social care in Wakefield - Wakefield Council](#)

Adult Social Care looks at what the person needs, the services we offer or funds available, to let you buy your own care and support.

It includes:

- residential care
- home care
- personal assistants
- day services
- aids and adaptations
- personal budgets

Our main aim is to make sure you, as an adult or older person, in Wakefield:

- live independently and stay healthy
- maintain your living circumstances
- play an equal part in your local community
- enjoy the best quality of life
- can have choice and control over your life

If you think you need a service contact **Social Care Direct 0345 8 503 503**, your first point of contact for social care services, or if you have any concerns about the safety or well-being of an adult or older person. Social Care Direct is open 24 hours, seven days a week.

**Adult Social Care closed bank holidays and weekends.**

Hospital Social Workers work on Saturdays.



We know that good health and wellbeing can have a hugely positive impact on all areas of your life, and we're here to support you with that.

Our Wellbeing Team can help you to better manage your health by making and maintaining positive changes to your lifestyle. If you feel better, both physically and mentally, you may be better equipped to deal with other challenges you face.

We can support you to address the underlying issues which prevent you from adopting a healthy lifestyle and we'll help you to develop your skills.

While we can help with advice, we're not a crisis service. If you feel your situation is deteriorating or urgent, please contact:

- your GP; or the NHS helpline on 111 or go to your nearest Accident and Emergency Department to access Crisis services; or
- you can call the Samaritans on 116 123 who can help you talk through whatever is troubling you, find the answers that are right for you, and offer support.

For your referral to be accepted, all fields on this form must be filled in.

If you need any help filling in this form, please contact the team on 01977 724403.

### Our opening times over the festive period

- |                         |              |
|-------------------------|--------------|
| • Wednesday 24 December | 8:30am -12pm |
| • Thursday 25 December  | closed       |
| • Friday 26 December    | closed       |
| • Monday 29 December    | 8:30am – 5pm |
| • Tuesday 30 December   | 8:30am – 5pm |
| • Wednesday 31 December | 8:30am – 5pm |
| • Thursday 1 January    | closed       |
| • Friday 2 January      | closed       |



# Community



Our community centre in Lupset is the space where a lot of our work – from wellbeing classes to our youth café – takes place. But it's also the base from which we offer many services and facilities.

Our café is open Monday-Friday 9am-2pm, offering a range of wholesome, nutritious home-cooked hot and cold meals, drinks and snacks at reasonable prices.

**St George's will close at 1:00 on 24th December and re-open on 5th January 2026**

St George's Community  
Centre Broadway  
Lupset  
Wakefield  
West Yorkshire  
WF2 8AA

**t: 01924 369631**

**email: [info@stgeorgeslupset.org.uk](mailto:info@stgeorgeslupset.org.uk)**

## Portobello craft and camera group

Craft and camera club on Tuesday 12.30-2.30pm only £2 for hot drinks, companionship and sharing skills. The age for the group is 18+. We are based at Portobello Community Centre, Wakefield

will only be **closed on 30th of December**. Open as usual, Tuesdays 12.30 till 2.30 the rest of the time.

[Portobello Craft and Camera Group | Facebook](#)



Evergreen Active transforms the health and wellbeing of families and communities through positive and active change. This paves the way to the creation of peer support networks and opportunities for people to truly enrich their lives, make new friendships and feel empowered through the act of physical activity.

[Facebook](#)

**The Evergreen Active CIC office will be closed from 23rd December - 2nd January.**

[Evergreen Active – More Families, More Active, More Often](#)



# Community



The Alzheimer's Society is only closed Christmas Day and Boxing Day as well as New Years Day – other than that there is a limited-service offer, but each service (region) will be open with someone available on the phone

## **Dementia Support Line**

**Call: 0333 150 3456**

If you need dementia support, we're here for you.

All calls with the Dementia Support Line are recorded for training and quality purposes. Calls charged at standard local rate.

If you are in an emergency situation, please call 999 or 111.

[Find support near you | Alzheimer's Society](#)



Home-Start Wakefield & District offers befriending support along with practical and emotional advice in the homes of families who are having difficulties managing parenting for a variety of different reasons. Home-Start Wakefield has been providing support to families through volunteer home-visiting, groups and events since 1990.

We serve the whole of the Wakefield District. Please get in touch with us to find out how Home-Start can help you and your family. Tel: **01924 251205**

**Home Start Wakefield & District closes at 12 noon on Christmas Eve. We re-open on Monday the 5th of January.**

**We will still be accepting referrals through our website link, and these will be dealt with on the 5<sup>th</sup> when we return to work.**

[Home-Start Wakefield & District Referral Form \(Page 1 of 15\)](#)

[Home Start Wakefield & District – Because Childhood Can't Wait](#)



# Community

**Wakefield**  
**Recovery and Wellbeing College**  
Home of the Discovery College

We are open to anyone over the age of 16, with no upper age limit, who would like to improve their own mental and/or physical wellbeing or knowledge, that of someone they love or care for, and to those who wish to aid their work with others.

It doesn't matter where you live—our courses are available to everyone, no matter your background or location. We offer a range of courses and one-off workshops (both face to face and online) which all aim to improve wellbeing through learning.

[What can we help you with today? - Wakefield Recovery and Wellbeing College](#)

Email:

[wakefieldrecoverycollege@swyt.nhs.uk](mailto:wakefieldrecoverycollege@swyt.nhs.uk)

[wakefielddiscoverycollege@swyt.nhs.uk](mailto:wakefielddiscoverycollege@swyt.nhs.uk)

Telephone:

[01924 316946](tel:01924 316946)

**We are open until Friday 19<sup>th</sup> December , closed Saturday 20<sup>th</sup> December through to Sunday 4<sup>th</sup> January, open again Monday 5<sup>th</sup> January.**

Whilst we're closed though, we have activities scheduled to go out every day for people to do on our social media pages in our annual "Days of Christmas" series more information on our socials:

[Facebook](#)

[Wakefield Recovery College \(@wakefieldrecoverycollege\) • Instagram photos and videos](#)





# Community

Winter 2024



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

We offer a range of sessions including:

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

Walks will be happening in December on: 26<sup>th</sup> as usual

January walks will be on:

- 2nd / 23<sup>rd</sup>, 30th

Find us on Instagram **@mindful\_movers** or Facebook **@RunwalktalkMM**

We are also delivering some craft sessions.

- 19<sup>th</sup> December – Christmas crafts @ West Wakefield Methodist Church 10am-1pm

Hot drinks and mince pies available during the session.

- 9<sup>th</sup> & 16<sup>th</sup> January – Outdoor ceramics workshops

Creating ceramics pieces to be sited in our Basecamp community garden in Thornes Park as part of our culture grants funded art trail.

Email us to book your craft session space:

[runwalktalkmm@gmail.com](mailto:runwalktalkmm@gmail.com)

Or call: 07742 428216

We have a Monday open volunteering session at our Basecamp garden (starting back on 5<sup>th</sup> January 2026) 10-2pm

contact [volunteering@mindfulmovers.org](mailto:volunteering@mindfulmovers.org) for more information.





# Community



The Five Towns Veterans Support Hub consists of both veterans and individuals who share a common goal of aiding veterans and their families.

Our primary objective is to ensure that the needs of the veteran community and their families are well taken care of.

To achieve this goal, we collaborate with multiple organizations to deliver high-quality support services to veterans and their families.

We provide unwavering support to veterans from all branches of the armed forces. We understand the sacrifices and challenges that veterans and their families face, and we are here to lend a helping hand.

The Veterans Hub will be closed on:

- 24th Dec
- 25th Dec
- 26th Dec

01977 0798998 will be live 24/7 throughout Christmas

5 Towns Veterans Support Hub  
The Veterans Centre  
32A Ackworth Road  
Featherstone  
WF7 5LU

[contactus@5townsveterans.co.uk](mailto:contactus@5townsveterans.co.uk)

[5 Towns Veterans Support Hub](#)





# Community



We are your health and social care champion in Wakefield District. From Airedale to South Kirkby, Overton to Knottingley, and everywhere in between, we make sure health and care decision makers hear your voice and use your feedback to improve care. We give you advice and information, signpost you to support, help you find services, and help you if you want to make a complaint.

Contact us through our contact us form, or leave a review in our Feedback Centre. You can call us on 01924 787379 or email. You can also text us on 07885 913396.

[Healthwatch Wakefield – Your voice for change and improvement in health and social care in Wakefield District](#)

## Christmas opening times:

- Mon 22 Dec 0900-1700
- Tues 23 Dec 0900-1700
- Wed 24 Dec 0900-1700
- Thurs 25 Dec to Thurs 1 Jan Closed
- Fri 2 Jan 0900-1700
- Sat 3 Jan Closed
- Sun 4 Jan Closed

Then as normal Mon-Fri 0900-1700



Spectrum People provides meaningful activities and support for vulnerable adults and young people across the Wakefield district, helping these individuals overcome the barriers in their lives. Working with partner organisations, our projects and events give access to:

- Safe community spaces providing friendship and support e.g. Appletree Community Garden
- Recreational activities aimed at building self-esteem, confidence, and life skills. These are geared to outdoor/green space and the arts
- Support via Social Prescribing and Art Therapy
- Information about wellbeing opportunities in the local area

[Home - Spectrum People](#)

## Christmas opening times:

- Appletree Garden – closed 23 December until 6 January
- Spectrum People other services – closed 22 Dec until 5 January

# Community



## **We are a local charity supporting people living with sight loss**

We believe that people with vision impairment should be empowered and enabled to live the life they want to live. We offer practical services to people following diagnosis or deteriorating eyesight, and ongoing needs-based support. This includes home visiting and telephone advice. Our wider wellbeing services focus on emotional support, confidence building and reducing social isolation by helping people connect with each other.

Open 09.30 – 13.30 Monday to Thursday on 01924 215555 (visits to the office at St. Swithun's Community Centre by appointment only).

**We will be closed for the Christmas and New Year break from 13.30 on Thursday 18th December, reopening at 09.30 on Monday 5th January.**

In our absence, people with visual impairment requiring support should contact Social Care Direct on 0345 850 3503.

