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Services and support booklet



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Disclosure: We do not endorse these services, the purpose of this booklet is to provide information on what is available.

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Age UK

Age UK Wakefield District is a charity supporting people over 50 by offering practical help, emotional support, and social opportunities. Their services include information and advice on benefits, housing, and money issues; home support such as personal care, cooking, and cleaning; bereavement support; social groups like Step Out and Time for Tea; befriending to reduce loneliness; wheelchair loans; dementia activity groups; and hospital transport to help people return home safely.

Website: www.ageukwd.org.uk
Phone: 01977 552114

Wakefield District
age UK
Let's change how we age

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Andy's man club

ANDYSMANCLUB are a men's suicide prevention charity, offering free to attend peer-to-peer support groups across the United Kingdom and online. We want to end the stigma surrounding men's mental health and help men through the power of conversation. #ITSOKAYTOTALK

They operate a network of face-to-face groups nationwide, stretching from the South-West of England, into Wales and up to the North of Scotland, and online groups for people who are further afield.

Their groups are free of charges and bookings, completely confidential and a place that is free of any judgement – you can simply turn up, and talk as much or as little as you desire with no pressure.

Website: https://andysmanclub.co.uk/

Contact page: https://andysmanclub.co.uk/contact-us/

#ANDYSMANCLUB

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Athelas

Athelas CIC is a Community Interest Company that supports people to improve their wellbeing through woodland and nature-based activities. Their mission is to help people feel their best through working in and with woodlands, offering opportunities to connect with nature, learn new skills, and improve physical and mental wellbeing.

Email: athelascic@gmail.com
Website: www.athelascic.org.uk

ATHELAS CIC

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Ben's Place

Survivors West Yorkshire (SWY) and its male-focused Ben's Place online trauma-informed counseling service is survivor-led and focused. Its vision is to support the development of a range of evidence-based services that are gender-informed and accessible across West Yorkshire. Services which are user-friendly and proactively involve survivors.

Website: https://survivorswestyorkshire.org.uk/
Phone: 08085002222



Ben's Place

SPECIALIST SUPPORT FOR
MALE SEXUAL ABUSE SURVIVORS

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Carers Wakefield & district

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.

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

Website: www.runwalktalk.co.uk
Email: info@carerswakefield.org.uk
Phone: 01924 305544

Carers
Wakefield & District

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Citizens advice

We Are Citizens Advice - the people's champion. We give people the knowledge and confidence they need to find their way forward - whoever they are, and whatever their problem.
We are here to help everyone who needs it with practical advice you can really trust. Our national charity and network of local charities offer confidential advice online, over the phone, and in person, for free.
Find out more about who we are, what we do and how you can support us below.

Website: https://www.citizensadvice.org.uk/
Phone: 0800 144 8848

citizens advice

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City of Sancutury

City of Sanctuary UK supports communities across the country to become welcoming and inclusive places for people seeking safety. They bring together local organisations such as schools, councils, libraries and community groups to build strong networks of support, offering training, resources and opportunities that help people rebuild their lives. They also recognise organisations that go above and beyond through Sanctuary Awards. Since starting in Sheffield in 2005, the movement has grown nationwide, working towards a vision of a UK that is welcoming to all and committed to justice and solidarity.

Website: https://cityofsanctuary.org/uary UK
Email: info@cityofsanctuary.org



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Community Wakefield

Community Wakefield is a local online directory for the Wakefield District. It helps people find services, activities, courses, events, and community opportunities across areas such as Wakefield, Castleford, Pontefract, Ossett, Horbury, Featherstone, Normanton, South Elmsall, South Kirkby, and Knottingley. The site allows users to search for practical support, learn new skills, discover social groups, and see what's happening locally.

Website: https://communitywakefield.org/

community > wakefield

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Compass RISE

Compass RISE (Wakefield) is a free and confidential emotional wellbeing service for children and young people aged 5–19 (and up to 25 for some young people with special educational needs) across Wakefield. It supports young people, families, parents/carers, and schools with emerging emotional wellbeing difficulties.

Website: https://compass-uk.org/
Phone: 01904 636374
Email: info@compass-uk.org

Compass RISE

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Dementia UK

Dementia UK is a specialist dementia nursing charity that provides free support and advice to anyone affected by dementia. Their specialist nurses, known as Admiral Nurses, offer practical and emotional support for people living with dementia and their families.

Phone: 0800 888 6678
Email: helpline@dementiauk.org
Website: www.dementiauk.org/contact-us/

DementiaUK

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DIAL

DIAL is a local charity supporting disabled people, their families and carers in Barnsley. They provide free, confidential information, advice and support to enable local people to achieve their aspirations and live independent lives. Their team are down to earth and non-judgemental and strive to achieve their vision for a world that is truly inclusive.

All their services have been developed in response to what local people have told them they need. Together they've designed solutions and are always checking to make sure they've got it right.

Website: https://www.futureselph.co.uk/
Email: first.contact@dialbarnsley.org.uk
Phone: 01226240273

DIAL

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FAB

Families and Babies (FAB) provides breastfeeding peer support for families across Wakefield and supports new parents on the postnatal wards at Pinderfields Hospital. The team is based at Unit 95, Upper Mall, The Ridings Shopping Centre, where families can access a welcoming breastfeeding-friendly space, drop-in support, and one-to-one appointments with trained Peer Supporters.

Phone: 01924 851901
Email: wakefield@familiesandbabies.org.uk
Website: www.familiesandbabies.org.uk

FAB
FAMILIES AND BABIES

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Future SELPH

Future SELPH 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, they 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 their 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.

Website: https://www.futureselph.co.uk/
Email: futureselph@rycroftleisure.com
Phone: 07399 090179

FUTURE SELPH

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GASPED

GASPED is 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. They recognise the link between practical issues such as housing, finance and the impact on mental health. Their 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. Their current offer in Wakefield incudes but is not limited to:

MAN MATTERS

Support for anyone who lives in the Wakefield District, identifies as male and is 18+.

– Practical & Emotional Support
– Person-Centred Counselling
– Coffee Groups
– Talks to Sports Teams, Work Places, Schools and more

Phone: 01924 787507

Support for Male Victims/Survivors of Domestic /Sexual Abuse

Support for anyone who lives in the Wakefield District, identifies as male, is 18+ and has been affected by Domestic Abuse.

– Practical & Emotional Support
– Person-Centred Counselling
– A Safe Space to talk openly
– Access to an IDVA

Phone: 01924 787501
Website: https://www.gasped.co.uk/support-we-offer/

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Grow Wakefield

Grow Wakefield is a social enterprise that supports people to improve their wellbeing through growing food, learning new skills, and volunteering. It helps create and sustain community allotments, gardens, workshops, and other growing projects across the Wakefield district.

Phone: 01924 303988
Email: info@grow-wakefield.co.uk
Website: www.grow-wakefield.co.uk/contact-us/

GROW WAKEFIELD
From Unloved Spaces to Food Growing Places

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Here for you

If you or somebody you know are struggling with thoughts of feeling down, worried, overwhelmed, or may have thoughts of self-harm and suicide, Here For You have local teams available every night of the year from 6pm until midnight for anybody aged 16 years or older in Wakefield.

1-to-1 support is available, if you have something you feel you need to talk about privately, or if you prefer support around other people, they offer a social space for up to 6 people each evening.

Here For You is a partnership between Touchstone, Spectrum People and GASPED.

Email: hereforyou@touchstonesupport.org.uk
Phone: 07776962815

Here For You
Out Of Hours Support In A Safe Space

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Leeds Mind

Leeds Mind is an independent mental health charity that promotes positive mental health and wellbeing across Leeds and West Yorkshire. It offers a range of services including counselling, peer support, employment support, social prescribing, creative wellbeing activities, and support for people affected by suicide bereavement.

Phone: 0113 305 5800
Email: info@leedsmind.org.uk
Website: www.leedsmind.org.uk

mind Leeds

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Livewell Wakefield

The service supports people to improve their health and wellbeing through social prescribing and self-management support. They help individuals explore their social, emotional and practical needs, and understand how these influence overall wellbeing.

Working together, they identify what matters most to each person and connect them with local services, community groups and personalised advice.

The service is available to anyone aged 18 or over who lives in the Wakefield district or is registered with a Wakefield district GP.

Website: https://www.livewellwakefield.nhs.uk/contacts/new
Phone: 01924255363

Live Well
Wakefield

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LonGBoaT

LonGBoaT Wakefield CIO is an LGBT+ charity based in Wakefield, West Yorkshire. We create inclusive spaces where everyone feels welcome and supported. Formed in 2018 to keep the spirit of Southgate Pride alive, we became a registered Charity Incorporated Organisation (CIO) in 2024.

We work to make Wakefield a place where LGBT+ people feel seen, heard, and respected. Our events and activities bring people together to celebrate, connect, and support one another.

We're always looking for people who want to help out – whether that's by volunteering, coming along to our events, or spreading the word. However you want to be part of it, we'd love to hear from you. Head over to our Volunteer page to find out more.

Email: contact@longboatwakefield.org
Website: https://www.longboatwakefield.org/

LonGBoaT
Wakefield CIO

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Mindful movers

Mindful Movers deliver a range of free activities to support physical and mental health / wellbeing. They are a friendly inclusive group open to anyone over 18yrs of age. The group offers a safe space to be yourself, enjoy the company of like-minded people and socialise. Their offer includes:

- CORE - a weekly Walk & Talk session based at Thornes Park in Wakefield (Fridays 10-11am meeting in the carpark opposite Thornes Stadium).
- Making Strides - delivery of accredited qualifications for those looking to get back into education, training and employment.
- TRIBE - a theraputic intervention programme using reconnection with the natural world as way of reconnecting with your self.
- On Tour - a monthly opportunity to try new activites and visit new places around the district and beyond.

Website: www.runwalktalk.co.uk
Email: Kathryn@mindfulmovers.org
Phone: 07742428216

MINDFUL MOVERS

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Neurohive

NeuroHive CIC supports neurodiverse young people by creating inclusive spaces that promote mental wellbeing, resilience, and community connection. Through activities, resources, and peer support, NeuroHive helps reduce social isolation and supports young people who may face challenges in mainstream education, while also supporting families within the community.

Website: www.neurohivecic.com/resources

NEUROHIVE CIC
a place to bee you!

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Northern College

Northern College is an adult education college offering a wide range of courses to help people gain qualifications, build confidence, develop new skills, and progress into employment or further education. As the only residential college for adults aged 19+ in the North, it provides specialist support and flexible learning opportunities in a supportive environment.

Phone: 01226 216216
Email: info@barnsley.ac.uk
Website: www.northern.ac.uk

Northern College

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Op COURAGE

Op COURAGE is an NHS service supported by trained professionals who are from, or have experience of working with, the armed forces community.
The service can help veterans in England who are finding life difficult after leaving the military. Working together with armed forces charities, they can help veterans get the right type of specialist care, support and treatment for their specific needs.

To receive help and support from Op COURAGE, you must:
be a resident in England and have served in the UK armed forces for a full day
be registered with a GP surgery in England, or be willing and eligible to register with a GP
provide your military service number

Website: https://www.cntw.nhs.uk/services/veterans-services-hartside-st-nicholas-hospital/
Email: OpCourageNORTH@cntw.nhs.uk
Phone: 0300 373 3332

OpCOURAGE

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Prince of Wales Hospice

The Prince of Wales Hospice provides specialist care and support for people living with life-limiting illnesses and their families. Supporting communities across the Wakefield district's Five Towns area, the hospice offers compassionate, personalised care that helps people live with comfort, dignity, and quality of life. They also provide support for loved ones throughout their journey.

Phone: 01977 708868
Website: www.pwh.org.uk

THE PRINCE OF WALES HOSPICE

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Recovery colleges

The Recovery and Wellbeing Colleges offer free educational courses and workshops designed to support people with their mental health, wellbeing, and personal recovery. The colleges focus on learning, helping people develop knowledge, skills, confidence, and tools to improve their wellbeing and build a meaningful life. Courses cover a wide range of topics ranging from managing anxiety to creative doodling. Sessions are co-produced and delivered by people with lived experience alongside professionals, creating a supportive and inclusive learning environment. Recovery Colleges are open to adults who would like to improve their own wellbeing or support the wellbeing of someone they care for.

Engaging with a Recovery College can support wellbeing by reducing isolation, increasing confidence, promoting self-management skills, and helping individuals develop greater hope, purpose, and connection within their communities.

Wakefield Recovery and Wellbeing College
Phone: 01924 316946
Email: wakefieldrecoverycollege@swyt.nhs.uk
Website: www.wakefieldrecoverycollege.nhs.uk

Barnsley Recovery and Wellbeing College
Phone: 01226 730433
Email: Barnsley.Recoverycollege@swyt.nhs.uk
Website: www.barnsleyrecoverycollege.nhs.uk

Calderdale and Kirklees Recovery and Wellbeing College
Phone: 07717 867911
Email: ckrecovery.wellbeing@swyt.nhs.uk
Website: www.calderdalekirkleesrc.nhs.uk

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Serendipity Creative Writers

Serendipity was founded by Sonia Zoref as a result of years of struggling dealing with her own mental health journey and finally the cathartic and therapeutic outcomes of working through various mediums of the Arts, in particular, Creative Writing and Mindfulness. Serendipity Creative Writing and Mindful Workshops are held across Kirklees and the broader West Yorkshire area. They are two-hour workshops that are leader & service user led, are FREE and include free refreshments including CAKE. We operate an open-door policy and also receive referrals from the NHS and other Organisations. Our workshops are informal and fun. There is no experience of writing necessary and in fact, you don't even have to write, you can doodle, watch, listen or talk. The emphasis being on building better stronger communities/friendships and participating in something special. The Facilitator provides generic writing exercises that usual last ten minutes, then we offer the opportunity for members to read their work if they so wish to.

Website: https://serendipitycreativewriters.org/#/About
Phone: +447751254609

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Spectrum people

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, they offer:

- Safe community spaces providing friendship and support eg 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.

Website: https://spectrumpeople.org.uk/
Email: Spectrumpeople@spectrum-cic.nhs.uk

Spectrum
Community Health CIC

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Step Up

STEP-UP is Wakefield Council's free employment and skills service, available to all Wakefield district residents. The service offers personalised one-to-one support with finding work, developing skills, exploring career changes, building confidence, accessing training opportunities, and progressing into employment. STEP-UP also provides job-matching support and continued in-work support to help people sustain employment. Advisors work within local communities and can meet individuals at accessible locations across the district.

Telephone: 01924 303334
Email: stepup@wakefield.gov.uk
Website: https://www.wakefield.gov.uk/jobs-and-training/step-up/

wakefieldcouncil

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The Hut Youth and Community Centre

The Hut is a lively and contemporary Community Leisure Centre in Castleford, West Yorkshire. It offers a wide range of facilities and activities suitable for people of all ages.

Whether you:

- need sports facilities
- enjoy ten-pin bowling
- need a meeting space
- want to meet friends for a cup of coffee

The Hut is the perfect gathering place for the local community.

Website: https://www.wakefield.gov.uk/business/room-hire/the-hut/
Email: thehut@wakefield.gov.uk
Phone: 01977 722777

THE HUT

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The Well Project

The Well Project is a community-centred charity based in Normanton, supporting people of all ages through positive activities, community groups, and opportunities to connect with others. Based at its Community Centre in Haw Hill Park, the organisation provides a welcoming space where people can access support, take part in activities, and build community connections.

Phone: 01924 895634
Website: www.thewellproject.org.uk

the well project

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Think Creative

Think Cre8tive Group CIC is a community interest company that uses creative arts to improve health and wellbeing. Founded in 2018, it delivers creative activities including music, singing, arts and wellbeing projects that help people build confidence, reduce isolation, develop social connections, and improve emotional wellbeing. The organisation works with people of all ages, including young people, adults, older people, and neurodivergent individuals.

Email: hello@thinkcre8tivegroup.co.uk
Website: www.thinkcre8tivegroup.co.uk

Think Cre8tive
for Health for Education for Life

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Touchstone

Touchstone delivers innovative services that enhance health and wellbeing, guided by a strong commitment to equality, independence and choice. Its work is shaped by the needs and voices of service users. Their offer in Wakefield:

Wakefield Community Enablement Team

- The Wakefield Community Enablement Team is a community-based support service which will support individuals with multiple and complex mental health needs to enable you to live independently within your own community. This service is funded by NHS West Yorkshire Integrated Care Board.

Email: Wakefield-CET@touchstonesupport.org.uk
Phone: 07760173479
Website: https://touchstonesupport.org.uk/wakefield/

TOUCHSTONE
inspiring communities, transforming lives

With **all of us** in mind.

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Turning Point

Whether you go to them with drug or alcohol issues, a mental health concern, or a learning disability, they'll give you the individual support you need. The people you'll meet have been in similar situations and can provide free and non-judgemental support. Whether you're looking to make a change in your life or you want to get a better understanding of what's happening, they can be there alongside you.
Their offer in Wakefield:

- **Inspiring Recovery**

We provide expert advice and support to help individuals overcome drug and alcohol challenges.

- **Inspiring Futures & Inspiring Families**

Inspiring Futures and Inspiring Families provide free, confidential support for people affected by drug and alcohol issues.

- **Talking Therapies**

Our mental health service provides free and confidential support for people aged 16 and over who are registered with a GP in the Wakefield District. Offering quick and easy access to a range of psychological therapies. If you are feeling down, worried, depressed, or anxious, we can help, whether that be face-to-face, over the phone or with online support.

Phone: 03001231912
Website: https://www.turning-point.co.uk/

TURNING POINT

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Vibe Fitness

Vibe Fitness is a community fitness and dance studio in Normanton offering a range of adult and children's fitness classes, dance activities, and wellbeing-focused sessions. The studio aims to help people improve their health, fitness, confidence, and overall wellbeing in a friendly and supportive environment.

Phone: 07934 175249
Email: vibe-fitness@hotmail.com
Website: www.vibefitness-studio.com

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Wakefield District Deaf Society

Wakefield & District Society for Deaf People is a specialised service concerned with the needs of deaf, deafened, deafblind and hard of hearing people throughout the Wakefield Metropolitan District. This service is essentially funded by Wakefield Council.

We employ people with direct or indirect experience of deafness and offer advice on equipment and other deaf related issues.

The specialised team and deaf service users attend many focus and steering groups and in most cases provide expert knowledge on what it's like to live in a hearing world as a deaf person, thus contributing to the development of new services and reshaping existing services.

Website: https://www.wakefielddeaf.org.uk/
Telephone Number: 01924 375 958
Mobile Number: (Inc WhatsApp): 07760 482 372
Video Calls: 07760 482 372 (Or through Facebook Messenger)
Email: enquiries@wakefielddeaf.org.uk



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Wakefield District Sight Aid

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

- Coffee morning (monthly in Pontefract, Horbury and St.Swithuns)
- Art beyond vision (weekly art group)
- Wakefield evening social group (monthly)
- Monday club at The Ridings (Twice a month)

Website: https://www.wdsa.org.uk/
Phone: 01924 215555

Wakefield District Sight Aid

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Wakefield Families Together

Wakefield Families Together helps families find the right support at the earliest opportunity. Through local Family Hubs, advice and guidance are available on a range of issues including family relationships, emotional wellbeing, school attendance, housing, domestic abuse, employment and debt. Support is available for parents, carers, children and young people across the Wakefield district.

Phone: 01924 307878
Email: wakefieldfamiliestogether@wakefield.gov.uk
Website: www.wakefieldfamiliestogether.co.uk



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Wakefield libraries

Read, learn, connect and relax in our welcoming libraries. With thousands of books to choose from, local history resources and more. You can access the internet for free. We have lots of free events, activities, learning opportunities. There is something for everyone. Anyone who lives, works, studies or visits the district can join the library. It's free to join, we are fine free and you don't need ID, you can even access many of our services from home. Their events include:

- **Computer help:** Drop-in sessions, using the library computers. Assistance from a volunteer, or library staff if required.
- Monday Morning Crafts: Join our weekly craft group to create something simple, stylish, and pretty with a new twist each week all whilst having a chat.
- **Knit and natter:** Bring your own craft, come along and have tea or coffee and chat with people who have similar hobbies. If you want to learn something new then there is someone in the group to help.

Website: https://www.wakefield.gov.uk/libraries-and-local-history/your-local-library/wakefield-library
Phone: 01924 305 376

wakefieldcouncil

With **all of us** in mind.

Wakefield
Recovery and Wellbeing College
Home of the Discovery College

NHS
South West Yorkshire
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Welcome to Wakefield

This project aims to support asylum seekers and refugees in the Wakefield District. We believe that the people of Yorkshire are very welcoming, and we want to make sure you feel welcomed when you arrive in Wakefield, especially if your journey has been long and difficult. Their offer includes but is not limited to:

- **Wakefield Families Together**

They work together to connect you to the right support that you need. The website can be used as a guide to help you find the services available in Wakefield. No matter who you reach out to, we're all part of the same team and ready to help you get the right support for your family. Please click the buttons for more information.

- **Mental Health**

They offer advice on mental health service that work with asylum seekers and refugees. There are many people who are ready to listen to you if you would like help and support dealing with anxiety, stress and feeling depressed.

- **Health**

They provide useful videos and guidance on how to access healthcare in the UK.

Website: https://welcometowakefield.uk/
Contact form: https://welcometowakefield.uk/useful-links/contact-us/



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WYAS

The West Yorkshire Archive Service (WYAS) preserves and provides access to the documentary heritage of West Yorkshire, holding a wide range of historical records dating from the 12th century to the present day. The service supports people to explore family history, local history, community heritage, and the history of buildings and organisations across the region. WYAS also offers research support, learning opportunities, exhibitions, and outreach activities.

Accessing archives and learning more about personal, family, and local history can promote wellbeing by encouraging a sense of identity, connection, purpose, and belonging within the community.

Website: https://wyjs.org.uk/archive-service
Email: archives@wyjs.org.uk

West Yorkshire
Joint Services

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Young lives

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.

Website:https://www.younglives.net/contact-us/
Email: info@ylc.org.uk
Phone: 01924 364198 or 0770 847 1951

Young Lives

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