

WHAT'S ON LOCALLY - ACTIVITIES, HELP AND ADVICE AVAILABLE IN THE LEEK AREA- APRIL 2024

TITLE	ACTIVITY	LOCATION	DAY	TIME	Tel No.	Contact/ Further information
Social Prescribing:	Your local Social Prescribing Team are here to offer advice, guidance and signposting	Leek and District Foodbank at the rear of Gateway Church ST13 8AA	Friday	12.30pm to 2.30pm		Further information is attached to this list
Activities with /for your child:	Parent and Toddler Swimming	Staffs Moorlands Leisure Centres:- details on the website or by telephone:-				
		Biddulph Valley			01782 515005	www.leisurecentre.com
		Brough Park			01538 373603	www.leisurecentre.com
		South Moorlands			01538 753883	www.leisurecentre.com
	Free Baby Bounce & Rhyme (0-3years) and Storytelling (grandparents welcome)	Leek Library	Monday	11- 11.30am	01538 332061	staffordshire.gov.uk/Libraries
		Leek library	Monday	2-2.30pm		Ditto
		Leek library	Thursdays	11-11.30am		Ditto
		Leek Library	Friday	11-11.30am		Ditto
	Lego Club	Leek Library	Saturdays	10.30-12pm		Ditto
	Puzzle Afternoon -Age 3+	Leek Library	Saturday	12.30pm-2.30pm	(age 3+ with a grown up - just drop in)	
	Inside Out Forest School	Further information on the website and facebook				www.insideoutforestschool.com
	Seedlings baby & toddler Gp	St Luke's Church Centre	Thursdays	10am-11.30am	01538 373306	https://www.leekparish.org also on facebook
	Children age 8-18 with a disability	Caudwell Childrens Centre Newcastle Under Lyme			0345 300 1348	activities@caudwellchildren.com
	School uniform Bank (all local schools)	Sold cheaply at St Paul's Church	Thursdays	6pm -		
Age Concern UK:	Staffordshire Age Uk	Providing Information and Advice, Day Opportunities, Care & Help at Home and Befriending				
		Information guides and factsheets on the website			0800 678 1602	www.ageuk.org.uk/staffordshire/our services
		IT Training Courses - find one in your area			0800 678 1602	ageuk.org.uk/services/in-your-area/it training
Art:	Art classes - life drawing	Foxlowe Centre	Tuesday	1pm - 4pm	01538 386112	email hello@foxloweartscentre.org.uk
	Art classes - art group	Foxlowe Centre	Thursday	10am - 1pm		http://www.foxloweartscentre.org.uk
	Art Appreciation	Watson Centre	Tuesday	9.30-11.15pm	01538 382998	https://leek.u3asite.uk/
	Painting All Media	Norton House	Monday	12.15-3pm	01538 384030	https://leek.u3asite.uk/
	Painting Water Colour	Norton House	Weds	2-4pm	01538 382971	https://leek.u3asite.uk/
Badminton	Badminton 1	Brough park	Wednesdays	2-4pm	07814 532792	https://leek.u3asite.uk/
	Badminton 2	Brough Park	Tuesday	2pm-4pm	01538 381488	https://leek.u3asite.uk/
	Badminton 3	Brough Park	Monday	1pm-2pm	01538 371618	https://leek.u3asite.uk/
	Badminton 4	Brough Park	Thursdays	3-4pm	01538 398358	https://leek.u3asite.uk/
Bereavement Support	Leek Bereavement Friendship Group	John Hall Wellness Gardens,	Second Friday of the month-10..30am		01538 387111	
	Support for bereaved people aged 50+	Fowchurch Road, ST13 6BH		to 12 noon		
Bowls:	Bowls (1) - U3A	Brough Park	Monday	10am-12pm	07526 255633	https://leek.u3asite.uk/

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	Bowls (2) - U3A	Brough Park	Friday	10am-12pm	01538 371903	https://leek.u3asite.uk/	
	Bowls (3) - U3A	Brough Park	Weds	11.15-1.15pm	01538 361618	https://leek.u3asite.uk/	
	Bowls (4) - U3A	Brough Park	Friday	1.15- 2.45pm	01538 398367	https://leek.u3asite.uk/	
	Petanque (a form of Boules)	Pointon park Cheddleton	Monday	10am-12pm	01538 381242	https://leek.u3asite.uk/	
Card and Board Games	Bridge - (1)	Watson Centre	Tuesdays	11.30-1.30pm	01538 387390	https://leek.u3asite.uk	
	Bridge - (2)	Watson Centre	Thursdays	1.45-4pm	01538 360629	https://leek.u3asite.uk	
	Canasta	Norton House	Tuesdays	4.30-6.30pm	01538 528972	https://leek.u3asite.uk	
	Chess	Norton House, Fynney St.	Tuesdays	2-4pm	01538 385927	https://leek.u3asite.uk	
	Cribbage	Norton House, Fynney St.	Weds	2pm-4.30pm	01538 300415	https://leek.u3asite.uk	
	Mah Jong 1	Watson Centre	Friday	10am-1pm	01538 381488	https://leek.u3asite.uk	
	Mah Jong 2	Watson Centre	Thursdays	4.15-6.15pm	07973 416194	https://leek.u3asite.uk	
	Scrabble - U3A	Watson Centre, 17 Southbank St.	Monday	1.30-3.30pm	01538 529656	https://leek.u3asite.uk	
Carers	<i>North Staffs Carers (NSC) Association</i>	<i>Carers Centre, 234 Victoria Road, Fenton, Stoke on Trent ST4 2 LW</i>					
(Do you look after a family member or friend	(includes Young Carers)	Free Carers Support and Advice and a range of activities			01782 793100	www.carersfirst.com	
		A weekly events bulletin is on display at the surgery					optin@carersfirst.com
	Staffordshire Together for Carers	www.n-compass.org.uk/our-services/carers/staffordshire-together-for-carers-service					Tel: 0300-303-0621
	NSC Putting Carers First	Information on Activities for Carers during April 2024 is attached to this list					
Choirs	(See singing below)						
Community Cafes:-	Haregate Community Café	Haregate Community Centre	Tuesday & Friday	9am-1pm	01538 398378	www.haregate.co.uk	
	Ipstones prayer café - St Leonard's church - service & refreshments & chat		Friday	10-11am	01538 266331	also on facebook	
	Leek Baptist Church - free coffee	5 Rosebank Terrace, leek	1st Fri of the month	11am - 1pm	01538 421278	also on facebook	
	Salvation Army Coffee Morning - drink & biscuit 80p per cup & £1 per mug		Wednesday	10am-12pm	01538 384211	www.salvationarmy.org.uk	
	Salvation Army Lunch Club	Salisbury Street	Friday	12noon	01538 384211	www.salvationarmy.org.uk	
	Salvation Army Lunch Club Delivery	Delivered to your door each Friday lunchtime (£5)		Phone to book	01538 384211	www.salvationarmy.org.uk	
	St Paul's Thursday Lunch Club -	Novi Lane, Leek	Thursdays	11.45-2pm	07817 358503	also on facebook	
	Trinity Church Cafe	Derby Street - see website for events - (updates due in September)			01538 398483	www.trinitychurchleekurc.org.uk	
	MHA Communities North Staffs -Befriending, Lunch and Social Groups	Telephone or look on the website:-			01782 816662	www.mha.org/communities/near-me/north-staffords	
	Foxlowe Arts Centre Café	Monday to Saturday and first Sunday of the month		10am - 4pm		www.foxloweartscentre.org.uk	
					Facebook	Foxlowe Arts Centre	
Computing :	Free Digital Drop-In Session	Leek Library - Monday 15th April from 10am to 12pm		Support and advice with how to use your mobile phone, tablet or laptop			
	Age UK Advice Line can help you to find a computer training course in your area				0800 678 1602	ageuk.org.uk/services/in-your-area/it-training	
	Staffordshire Moorlands Work Club - Free advice and support on searching the internet for employment opportunities.						
		Haregate Community Centre	Wednesday	10am-12pm	Employment Officer Tel: 01538 381 356		
	Leek U3A - Norton House - drop in IT sessions presently for U3A members with plans for future formal sessions. (more info to follow)						
	Ravenshead (Nottinghamshire) U3a Computer Guides - describing a range of basic computing techniques					https://u3asites.org.uk/ravenshead/page/43601	

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Crafts:	Needlecraft	Watson Centre, 17 Southbank St.	Wednesday	9.15-11.15am	01538 371103	https://leek.u3asite.uk/
	Beadwork	Watson Centre, 17 Southbank St.	Wednesday	11.15-1.15pm	01538 421885	https://leek.u3asite.uk/
	Card making	Norton House, Fynney St.	Friday	10am-12pm	01782 303272	https://leek.u3asite.uk/
	Cross Stitch Plus	Norton House, Fynney St.	Thursdays	2pm -4pm	01538 385096	https://leek.u3asite.uk/
	Craft Workshop	Cabbage Rose' 1 Stockwell St, Leek	held at Foxlowe Art Centre		01538 529522	info@cabbagerose.co.uk
	Leek Floral Art Society	St Edwards School, Westwood Road	2nd Weds of the month	7.30pm - 9,30pm		nafascheshire.org.uk/flower-clubs/leek.htm
	Flower arranging	Watson Centre, 17 Southbank St.	Wednesday	2pm-4pm	07528 381047	https://leek.u3asite.uk/
	Informal flower Club	Rudyard methodist Chapel	1st Tues of the month	7.30pm-9.30pm		https://leek.u3asite.uk/
	Handicrafts (variety of handicrafts)	Norton House	Friday	11.15-12.45pm	01538 360462	https://leek.u3asite.uk/
	Knit and Natter	Leek Library	Tuesdays	1.30-3pm	01538 332061	www.staffordshire.gov.uk/libraries
	Mixed Crafts (inc group projects)	Norton House	Thursdays	1.30-3.30pm	01782 537864	https://leek.u3asite.uk/
	Patchwork & quilting (1)	Norton House, Fynney St.	Tuesdays	1.45pm-3.45pm	01538 266555	https://leek.u3asite.uk/
	Happy Crafters	Norton House, Fynney Street	Monday	2pm - 4pm	01782 537864	https://leek.u3asite.uk/
	Railway Modelling Enthusiasts	Watson Centre, 17 Southbank St.	Tuesdays	2pm-4pm	07435 563479	https://leek.u3asite.uk/
	Whittling and Wood Carving	Norton House	Tuesdays	6.30-8pm	07947 533375	https://leek.u3asite.uk/
	Leek & District Guild of Spinners, Weavers and Dyers - Bradnop Village Hall- 2nd Sat of month					www.wsd.org.uk/guilds/leek-district/
Creative	Creative Writing	Norton House, Fynney St.	Weds	9.15-11.15am	01538 387344	https://leek.u3asite.uk/
Writing:	Writing Group	Foxlowe Arts Centre	Weekly	Phone	01538 386112	email hello@foxloweartscentre.org.uk
Cycling:	Peak district Mountain Bike Club				email:	info@peakdistrictmtb.org
Dancing:	Chance to Dance	St Paul's Church Hall, Novi Lane	Tuesdays	2-4pm	01538 372543	https://leek.u3asite.uk/
	Folk Dance	St Paul's Church Hall, Novi Lane	Friday	9.30-12pm	01538 300415	https://leek.u3asite.uk/
	Line Dance 2	Watson Centre	fridays	7-9pm	01538 387344	https://leek.u3asite.uk/
	Line Dance 3 (Beginners)	St Paul's Church Hall, Novi Lane	Tuesdays	10.45-12.15pm	07531 675071	https://leek.u3asite.uk/
	Line Dance 4	St Paul's Church Hall, Novi Lane	Monday	10am-11.30am	01538 399618	https://leek.u3asite.uk/
Disability Solutions	Support , Information and Advice Service	North Staffordshire Medical Institute, Hartshill Road, Hartshill ST4 7NY			01782 638 300	www.disabilitysolutions.org.uk
West Midlands					Email:	general@disability-solutions.net
					Facebook:	Disability Solutions West Midlands
	DSWM Macmillan Team	Macmillan Cancer - access to Welfare Benefits -			01782 667 321	
	Volunteering Opportunities	To help the charity and people with disabilities in the surrounding area			01782 667 336	
	Disability Awareness/Equality Training	Looks at linking people with their local community services			01782 667 327	
	S-O-T Welfare Benefits Team:	Telephone advice service for everyday living issues			01782 667 333	
	Disability Connect:	One-to-one support to access activities to improve quality of life			01782 667 323	
	General:				01782 667 324	
Entertainment:	Leek Comedy Club	Foxlowe Arts Centre	1st Thurs in the month		01538 386112	(tickets on door or on line)
	FIm Night	Foxlowe Arts Centre	Every Tuesday night	Doors from 7pm	01538 386112	email hello@foxloweartscentre.org.uk
				facebook and	website	www.foxloweartscentre.org.uk

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	Reels on Wheels local cinema evenings	Swythamley & Heaton Community Centre. Further details from Judy Weeks			01260 227683	email_judy@danebridge.plus.com
Employment	Staffordshire Moorlands Work Club - Free advice and support on searching the internet for employment opportunities.					
		Haregate Community Centre	Wednesday	10am-12pm	Employment Officer Tel: 01538 381 356	
Family History:	Family History 1	Norton House	Weds	9.30-11.15am	01782 535348	https://leek.u3asite.uk/
	Family History 2	Norton House	Tuesdays	11.30-1.15pm	01782 535348	https://leek.u3asite.uk/
	Family History Group	Leek Library	Friday	1pm onwards	01538 332061	staffordshire.gov.uk/libraries
Fitness and Easy Exercise:	Everyone Health - Move More Feel Good	Haregate Community Centre	Thursday	9am-1pm	0333 005 0095	staffordshire.everyonehealth.co.uk
	Yoga	Swythamley & Heaton Community Centre Enquiries by email to JulieFairy50@gmail			www.yogastation.net	
	Yoga Beginners 1	Watson Centre	Mondays	3.30-4.30pm	01538 381302	https://leek.u3asite.uk/
	Yoga Beginners 2	Watson Centre	Mondays	4.45-5.45pm	01538 381302	https://leek.u3asite.uk/
	Pilates with Kate	Swythamley & Heaton Community Centre Enquiries to pilateswithkate@hotmail.co.uk			www.pilateswithkate.co.uk	
	Pickleball	Brough Park	Tuesdys	9.00-11am	07752 271342	https://leek.u3asite.uk/
	Body Pump, Pilates & Zumba classes	Brough Park Leisure Centre	Enquiries to:-		01538 373603	www.leisurecentre.com
	Aqua aerobics	Brough Park Leisure Centre	Tuesdays	11-11.45am	01538 373603	www.leisurecentre.com
	Swimming group class	Brough Park Leisure Centre	Mon- Sun		01538 373603	www.leisurecentre.com
Further Education and Training	Stoke on Trent College	Enrol on-line or call in. Information on the website Burslem Campus, Moorland Road, Burslem, ST6 1JJ Cauldon Campus, Stoke Road, Shelton, ST4 2DG			01782 208208	www.stokecollege.ac.uk
	Buxton & Leek College Campuses	Devonshire Road Buxton SK17 6RY			0800 074 0099	enquiries@blc.ac.uk
		Stockwell Street Leek ST13 6DP				
	Macclesfield College	Information on the website			01625 410000	www.macclesfield.ac.uk
Gardening:						
	Gardening	Norton House, Fynney St.	Mon	9.30-10.45am	01538 388015	https://leek.u3asite.uk/
	Grow it, Eat it!	Haregate Community Centre	3rd Thursday in month	9.30-11.30pm	01538 381265	www.haregate.co.uk/centre-whats-on
History	History Topics	Norton House, Fynney Street	Weds	11.30-1pm	07971 059689	https://leek.u3asite.uk/
	Swythamley Historical Society	Swythamley & Heaton Community Centre and for more information go to:-				facebook.com/swythamleyhistoricalsociety
Learn a Language	French Intermediate	Norton House, Fynney St.	Tuesdays	9.30-11am	01782 535234	https://leek.u3asite.uk/
	French Beginners	Norton House, Fynney St.	Tuesdays	11.15-12.15	01782 535234	https://leek.u3asite.uk/
	German	Norton House, Fynney St.	Tuesdays	9.30-11am	01538 387812	https://leek.u3asite.uk/
	Italian	Watson Centre, 17 Southbank St.	Thursdays	11.30-1.30pm	01782 544448	https://leek.u3asite.uk/
	Latin 1 & Classical Greek	Norton House, Fynney St.	Friday	9.30-11am	01538 360208	https://leek.u3asite.uk/
	Latin 2	Norton House, Fynney St.	Friday	9.30-11.45am	01538 360208	https://leek.u3asite.uk/
	Spanish (2)	Norton House, Fynney St.	Weds	11.30-1pm	01538 381488	https://leek.u3asite.uk/
	Spanish for beginners	Norton House, Fynney St.	Tuesdays	11.15 -2.45pm	01782 544448	https://leek.u3asite.uk/
	Spanish (1)	Norton House, Fynney St.	Thursdays	9.30-11am	01782 545867	https://leek.u3asite.uk/

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Men's Sheds:	Gateway SHED (For Men & women of all abilities)	Foxlowe Arts Centre, Leek	Tuesday & Saturday (opening more days being considered.)	From 10am	01538 386112	email hello@foxloweartscentre.org.uk
Mental Health Advice and Support	Changes' - Mental Health Support Rethink Mental Illness - North Staffs MH Social Inclusion and Recovery service (Moorlands)	Well being service in Nth Staffs & the Moorlands			01538 387111	northstaffs@changes.org.uk www.rethink.org www.facebook.com/RethinkCharity
	John Hall Wellbeing Community Garden	offering a range of activities including gardening groups, maintenance groups, craft sessions, wellbeing courses & education workshops				
	Further information on the Well Being craft sessions for 16 to 25 year olds and the next Well Being Walk are attached to this document.					
	Ball Haye Cottage, Fowlchurch Road, Leek ST13 6AT				01538 387111	johnhall@rethink.org
	MHA Communities North Staffs -Befriending, Lunch and Social Groups		Telephone or look on the website:-		01782 816662	www.mha.org/communities/near-me/north-staffords
Modelling:	Railway modelling	Watson Centre, 17 Southbank St.	Tuesdays	2pm-4pm	07435 563479	https://leek.u3asite.uk/
Music:-	African Drumming	Watson Centre, 17 Southbank St.	Tuesdays	4.15-7pm	07792 510796	https://leek.u3asite.uk/
Learning & Playing	Folk Ensemble	Watson Centre, 17 Southbank St.	Friday	3.15-5.15pm	01538 373043	https://leek.u3asite.uk/
	Guitar (U3A)	Watson Centre, 17 Southbank St.	Thursdays	9.30am to 11am	07973 416194	https://leek.u3asite.uk/
	Jazzy Folk	Watson Centre, 17 Southbank St.	Thursdays	7pm -8.30pm	07817 244576	https://leek.u3asite.uk/
	Ukulele/Banjo 2	Norton House	Tuesdays	7-8.30pm	01538 383915	https://leek.u3asite.uk/
Philosophy	Everyday philosophical issues	Norton House	Thursday	11.30-1.15pm	07590 832148	https://leek.u3asite.uk/
Photography	Digital Photography	Norton House	Monday	10am-12pm	01538 398598	https://leek.u3asite.uk/
Reading:	Reading For Pleasure	Norton House, Fynney St.	Friday	1.45pm-3.45pm	07932 721765	https://leek.u3asite.uk/
	Reading Group	Leek library	For more details: Phone:		01538 332061	leek.library@staffordshire.gov.uk
Repair Cafes	Volunteers needed as repairers, front of house or admin at the Foxlowe Arts Centre and the Haregate Centre. (see attached leaflet for further details)				Visit Email:	www.facebook.com/groups/moorlandsrepaircafe Repaircafe@moorlands climateaction.org.uk
Running:	Running up to 5k	Brough Park Running Club	Saturday	From 9am		www.broughparkrunningclub.co.uk Also on facebook
Singing and Choirs	Singing For Fun 2	St Paul's Church Hall	Monday	12.30-1.45pm	01538 372543	https://leek.u3asite.uk
	Singing For Fun	Norton House	Monday	11.30am to 1pm	01538 372543	https://leek.u3asite.uk
	u3a Singers	Salvation Army Hall	Tuesday	1pm - 3pm	07481 841155	https://leek.u3asite.uk
	Phoenix Singers - Leek	The Grove, Mount Road, ST13 5BU	For further information phone:-		01782 503343	www.phoenixsingersleek.co.uk & facebook
	Danebridge Choir	Swythamley & Heaton Community Centre - Wednesdays	Tel: Judy Weeks		01260 227683	
Sport:	A list of Sports Clubs is at the end of this document.					

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Swimming	Adult swimming	Brough Park Leisure Centre	Monday	11am -12pm	01538 372740		
	Swimming with your child see first page						
	Aqua aerobics	Brough Park Leisure Centre	Tuesdays	11-11.45am	01538 373603	www.leisurecentre.com	
	Swimming group class	Brough Park Leisure Centre	Mon- Sun		01538 373603	www.leisurecentre.com	
Table tennis	Beginners & experienced players	St Edward's School	Monday	7pm-8.30pm	07827 289524	https://leeku3asite.uk	
Tai Chi	Tai Chi 1	St Paul's Church Hall	Thursday	9.30-10.30am	07724 079740	https://leeku3asite.uk/	
	Tai Chi 2	St Paul's Church Hall	Thursday	12-1pm	01782 937656	https://leeku3asite.uk/	
	Tai Chi 3	St Paul's Church Hall	Thursday	10.45-11.45am	01538 360367	https://leeku3asite.uk/	
	Tai Chi 5	Watson Centre	Monday	10.15-11.30am	01260 226221	https://leeku3asite.uk/	
	Tai Chi 6	Watson Centre	Monday	11.40-12.45pm	01782 550607	https://leeku3asite.uk/	
	Tai Chi Movement	Watson Centre	Fridays	1.45-2.45pm	07463 967646	https://leeku3asite.uk/	
Theatre group	U3a Group meets every 3-4 weeks to discuss productions that are available and arrange visits - usually includes transport						
	Future visits are advertised on the noticeboard. Tel: 01538 371378						https://leeku3asite.uk/
Transport:	Moorlands Voluntary Community Transport - Help for people who have no private transport & can't use public transport						https://mvct.co.uk/
				Telephone	01538 386888		
Volunteering	Moorlands Home Link - supporting older people in Leek to prevent social isolation and loneliness. The Leek group travels to Leek Town Football Club on Fridays by accessible minibus and enjoys a varied programme of activities together with a two course lunch.					01538 750511	office@moorlandshomelink.co.uk
Walking:	Walking Group	Brough Park start (5-8miles or so)	Thursdays		07780 790032	leek3awalking@btinternet.com	
	Walking Group	Brough Park start (8-12 miles)	Thursdays		07780 790032	leek3awalking@btinternet.com	
	Dog friendly walking group	Brough Park	Tuesdays	10am	07780 790032	leek3awalking@btinternet.com	
	Strollers - fortnightly	Brough Park start (3 -4 miles or so)	Weds		07780 790032	leek3awalking@btinternet.com	
	Ramblers Association - Wellbeing walks - Find a walk near you						beta.ramblers.org.uk/go-walking/wellbeing-walks
Walking netball	Slower version at a walking pace	Brough Park Leisure Centre	Monday	2-3pm	01538 383463	www.u3asites.org.uk/leek	
The W.I.:	Active Womens' Institutes locally with range of age groups - find a Womens Institute near you						https://www.thewi.org.uk
	Woodcroft WI	St Lukes's Church	2nd Tues of the month	7.30pm		Contact St Luke's Church on 01538 373306	
	St Luke's Mothers Union	St Luke's Church	3rd Tues of the month	7.30pm		Contact Val on 01538 372073	
Wellbeing and Health	Friendship Group/Leek stroke Club	Haregate Community Centre	Mondays	9.30am-1.00pm	01538 422829		
	Community Cupboard - seasonal fruit & veg	Haregate Community Centre	Tuesdays and Fridays	11am -5pm	01538 422829	www.haregate.co.uk/centre-whats-on	
	Samudra Meditation Classes	Haregate Community Centre	Wednesday	7.30pm-9pm	01538 422829	www.haregate.co.uk/centre-whats-on	
	John Hall Wellbeing Community Garden	offering a range of activities including gardening groups, maintenance groups, craft sessions, wellbeing courses & education workshops					
	Ball Haye Cottage, Fowchurch Road, Leek ST13 6AT				01538 387111	johnhall@rethink.org	
Sports Clubs:	Ashcombe Park Cricket Club					ashcombepark.play-cricket.com	

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	Bagnall Cricket Club		www.bagnallcc.com		
	Ball Haye Green Football Club		www.pitchero.com/clubs/ballhaygreen		
	Endon Cricket Club		endon.play-cricket.com		
	Endon Tennis Club		leeksports.co.uk/endontennis		
	Leek Amateur swimming Club		www.leekasc.co.uk		
	Leek Archery Club		leekarcheryclub.co.uk		
	Leek Bowling Club		leeksports.co.uk/leekbowling		
	Leek Cricket Club		leekcc.co.uk		
	Leek CSOB Football Club		leekcsob.webs.com		
	Leek Cyclists Club		leekcyclistsclub.co.uk		
	Leek Fencing Club		fourofclubs.weebly.com/leek.html		
	Leek Golf Club		leekgolfclub.co.uk		
	Leek Hockey Club		leekhockeyclub.co.uk		
	Leek Kempo Ju Jitsu		leekkempojujitsu.co.uk		
	Leek Nomads Badminton Club		leeksports.co.uk/nomads		
	Leek Rugby Club		leekrufc.co.uk		
	Leek Shooting Centre		leekshooting.co.uk		
	Leek Tennis Club		clubs.lta.org.uk/LeekTennisClub		
	Leek Town Football Club		www.pitchero.com/clubs/leektown		
	North Staffs Junior Football League (Lads and Dads)		leeksports.co.uk/football		
	North Staffs Sailing Club		northstaffssailingclub.co.uk		
	North Staffs Shooting Club		northstaffsshootingclub.co.uk		
	North Staffs Rowing Club		nsrc.org.uk		
	Puma/New Century Taekwon-do Club		nctkd.co.uk		
	Rudyard Lake Sailing Club		rudyardlakesc.org.uk		
	Rudyard Lake Sailability		rudyardsailability.co.uk		
	Sheen Tug of War Club		leeksports.co.uk/sheen		
	Staffs Boating Club		www.stokeboatclub.co.uk		
	Staffs Moorlands Athletics Club		www.staffsmoorlands-ac.co.uk		
	Tennis	Thursdays 10am - 12pm	Leek Tennis Club		www.u3asites.org.uk/leek
	Waterhouses Tennis Club		leeksports.co.uk/waterhouses		
	Walking Sports - Basketball, Cricket, Football, Hockey, Netball and Rugby for over 50's				https://walkingsports.com
	Westwood Golf Club		westwoodgolfclubleek.co.uk		
					kr/ppg/v.3/2022

At its most basic, a social prescription offers the kind of help that doesn't come in a tube or a bottle.

The idea behind social prescribing is to help you to have more control over your own health and find ways to improve how you feel in a way that suits you.

Studies show that patients with social prescriptions **get better and feel better** faster than those treated with medicine alone. And because **it works**, it's happening more and more.



What is **Social Prescribing?**

To find out **how it can work for you**

Talk to your doctor, health professional or Local Authority today.

For more information about how to find a social prescribing scheme in your area please email: england.socialprescribing@nhs.net



Many things affect your health and wellbeing. GPs tell us that a lot of people visit them feeling isolated, lonely or stressed by work, money and housing problems.

There are lots of ways you might be part of social prescribing. It often starts with a conversation, perhaps with your doctor who can refer you to someone who can help: a link worker, support broker or a community navigator.

Whatever they are called, they are there to listen to you, and put you in touch with the people and activities that might help you to feel better.

Social Prescribing can help us with things that **can't be fixed** by doctors and medicine alone.

That might mean being introduced to a community group, a new activity or a local club. It could be legal advice or volunteers to help around the house. It might be information and guidance: a bit of inside knowledge on your situation and what local resources are available.

It could even be some support to create something new such as a fishing group or gardening club.



What's on - April 2024

01.04.2024



Bank Holiday Monday



Thurs 4th

Gardening & Woodwork

Longton

10am - 12pm

Longton Hall Community
Allotment ST3 2NJ

Brunch @ Olive Tree

Silverdale

10:30am-12pm

Garners Garden Centre
ST5 6SH

Afternoon Tea @ 3

Hartshill

3 - 5pm

Coopers Croft Care Home
ST4 6FD

Tues 2nd

Carers Support Group & Activities

Biddulph

Community Zone
10.00 am - 12.00 pm
ST8 6NE

(Meet with our
volunteers for coffee,
catch up and activities)

Carers Sew & Tell (Sewing workshop).

Hanley

12 noon -2pm
NORSACA
ST1 4QA

Friday 5th

Gardening & Woodwork

Longton

10am - 12pm
Longton Hall
Community

Allotment ST3 2NJ

Wed 3rd

Bakers Makers

Blythe

10am-12pm
Blythe Bridge
Library
ST11 9JR

Photography Club

Fenton

10am - 12pm
Temple Street
Community Centre

Precious Memories Group

Clayton

2pm-3:30pm
St James Church,
Clayton
(Booking required)



What's on - April 2024 (W.C 08.04.24)

Mon 8th

Carers Support
Group & Activities

Fenton

10am-12pm
Temple Street
Community Centre

NEW Knit & Natter
(Creative Session)

Hartshill

2pm - 4pm
NSC collaborating with
(Coopers Croft)

Coopers Croft Care Home
Robert Knox Way
ST4 6FD

Tues 9th

Gardening & Woodwork

Longton

10am-12pm
Longton Hall Community
Allotment, Longton Hall
Road, ST3 2NJ

Carers Sew & Tell
(Sewing workshop)

Hanley

12 noon - 2pm
NORSACA
ST1 4QA

Wed 10th

Photography Club

Fenton

10am-12pm
Temple Street
Community Centre

Arts & Crafts

Fenton

10am - 12pm
Temple Street
Community Centre

NSC Supporting

Lifeworks

Middleport

10.30am-12pm
Middleport Matters

Minnies Lunch Club

Halmerend

1pm-2:30pm
Minnie's Cafe ST7 8AG

Golden Memories Group

Fenton

2pm-3:30pm
Church of the Nazarene
(Booking required)

Thurs 11th

Gardening & Woodwork

Longton

10am-12pm
Longton Hall Community
Allotment, Longton Hall Road,
ST3 2NJ

NEW CC's Dementia Cafe

Hartshill

3pm - 4:30pm

(NSC collaborating with Coopers
Croft Care Home)
Dementia support & Afternoon Tea
Coopers Croft Care Home
ST4 6FD

Fri 12th

Carers Catch Up

Haregate

10.30 am - 12.00 pm
Haregate Community
Centre
ST13 6DJ

Our Volunteers will be here to
chat to you about our carer
support and activities

Carers Support Group

Meir

10.00 am - 12.00 pm
Meir Primary Care Centre
Room 18



What's on - April 2024 (W.C 15.04.24)

Mon 15th

Carers Support Group & Activities

Fenton

10am - 12pm
Temple street
Community Centre

NEW Knit & Natter (Creative Session)

Hartshill

2pm - 4pm
NSC collaborating
with (Coopers Croft)

Coopers Croft Care
Home
Robert Knox Way
ST4 6FD

Tues 16th

Gardening & Woodwork

Longton

10am-12pm
Longton Hall Community
Allotment, Longton Hall
Road, ST3 2NJ

Carers Sew & Tell (Sewing workshop)

Hanley

12 noon -2pm
NORSACA, ST1 4QA

Wed 17th

Photography Club

Fenton

10.00 am - 12.00 pm
Temple Street
Community Centre

Bakers Makers

Fenton

10am - 11:30am
Temple street
Community Centre

Thurs 18th

Gardening & Woodwork

Longton

10am-12pm
Longton Hall Community Allotment,
Longton Hall Road, ST3 2NJ

Pegis & Lifeworks Parent Carer

Group

Fenton

10.00 am-12.00 pm
Hazel Trees
Duke Street
Fenton

NEW CC's Dementia Cafe

Hartshill

3pm - 4:30pm
(NSC collaborating with Coopers
Croft Care Home)
Dementia support & Afternoon Tea
Coopers Croft Care Home
ST4 6FD

Fri 19th

Gardening & Woodwork

Longton

10am - 12pm
Longton Hall
Community Allotment.
Longton Hall Road
ST3 2NJ

Precious Memories

Group

Clayton

2pm-3:30pm
St James Church,
Clayton
(Booking required)



What's on - April 2024 (W.C 22.04.24)

Mon 22nd

Carers Support Group & Activities

Fenton

10am - 12pm

Temple street Community Centre

NEW Knit & Natter

(Creative Session)

Hartshill

2pm - 4pm

NSC collaborating with
(Coopers Croft)

Coopers Croft Care Home
Robert Knox Way
ST46FD

Thurs 25th

Gardening & Woodwork

Longton

10am-12pm

Longton Hall Community
Allotment, Longton Hall
Road,
ST3 2NJ

Carers Bingo

Fenton

(Free game of Bingo &
Refreshments courtesy
of Buzz Bingo Fenton)

Meet at 12pm for new
members registration
12:30pm for members
1pm Start 2:30pm finish
ST4 2HX

Tues 23rd

Gardening & Woodwork

Longton

10.00 am - 12.00 pm

Longton Hall Community
Allotment, Longton Hall Road,
ST3 2NJ

New Vic Carers Catch Up

Newcastle

Open House Cafe ST5 OJG

Carers Sew & Tell

(Sewing Workshop)

Hanley

12.00 pm - 2.00 pm

NORSACA
ST1 4QA

Fri 26th

Carers Coffee

&

Therapy Morning

Werrington

10am-12pm

Werrington Library
ST9 OJS

Wed 24th

Photography Club

Fenton

10am-12pm

Temple Street Community
Centre

Arts & Crafts

Fenton

10am - 12pm

Temple street Community
Centre

Minnie's Lunch Club

Halmerend

1pm-2:30pm

Minnie's Cafe ST7 8AQ

Golden Memories Group

Fenton

2pm-3:30pm

Church of the Nazarene
(Booking required)



What's on - April 2024 (w.c 29.04.24)

Mon 29th

Carers Support Group

10am-12pm

Fenton

Temple Street
Community Centre

NEW Knit & Natter
(Creative Session)

Hartshill

2pm - 4pm

NSC collaborating with
(Coopers Croft)

Coopers Croft Care
Home
Robert Knox Way
ST4 6FD

Tues 30th

Gardening & Woodwork

Longton

10am-12pm
Longton Hall Lane
Community Allotment
ST3 2NJ

Carers Sew & Tell (Sewing Workshop)

Hanley

12 noon - 2pm
NORSACA
ST1 4QA



FREE
DIGITAL
DROP-IN



LEEK LIBRARY
15TH APRIL 2024 - 10AM TO 12PM



MPFT
DIGITAL

ART
& CRAFTS

16 - 25 Year Old WELLBEING CRAFT SESSIONS



More information:

-  **John Hall Wellness Garden**
Fowlchurch Road, Leek ST13 6BH
-  **01538 387111**
-  **Every 1st and 3rd Saturday**
of the month 11am-1pm

WALKING GROUP

John Hall Wellness Garden

OUR NEXT WELLBEING WALK :

FRIDAY 19TH APRIL 2024


@10.30 AM

MILLDALE TO DOVEDALE

MEET: MILLDALE CAR PARK

DE6 2GB

THIS WALK IS APROX 6 MILES

For more information about booking and transport please call 01538 387111 or message us over  Facebook

