

WHAT'S ON LOCALLY - ACTIVITIES, HELP AND ADVICE AVAILABLE IN THE LEEK AREA- JULY 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	
						optin@carersfirst.com	
	Staffordshire Together for Carers	www.n-compass.org.uk/our-services/carers/staffordshire-together-for-carers-service				Tel: 0300-303-0621	
		Weekly events information 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 :							
	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)					U3amemsecleek@gmail.com	
	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:-			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 www.stokecollege.ac.uk			01782 208208	www.stokecollege.ac.uk
		Burslem Campus, Moorland Road, Burslem, ST6 1JJ				
		Cauldon Campus, Stoke Road, Shelton, ST4 2DG				
	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
	Moorlands Repair Café and John Hall Community Garden		A range of activities and crafts			Further information attached to this list
	Ball Hays 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	Folk Ensemble	Watson Centre, 17 Southbank St.	Friday	3.15-5.15pm	01538 373043	https://leek.u3asite.uk/
& Playing	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 Reading Group	Norton House, Fynney St. Leek library	Friday For more details:	1.45pm-3.45pm Phone:	07932 721765 01538 332061	https://leek.u3asite.uk/ 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@moorlandsclimateaction.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 Singing For Fun u3a Singers Phoenix Singers - Leek Danebridge Choir	St Paul's Church Hall Norton House Salvation Army Hall The Grove, Mount Road, ST13 5BU Swythamley & Heaton Community Centre - Wednesdays	Monday Monday Tuesday For further information phone:-	12.30-1.45pm 11.30am to 1pm 1pm - 3pm Tel: Judy Weeks	01538 372543 01538 372543 07481 841155 01782 503343 01260 227683	https://leek.u3asite.uk https://leek.u3asite.uk https://leek.u3asite.uk www.phoenixsingersleek.co.uk & facebook
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.



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



What is **Social Prescribing?**



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.

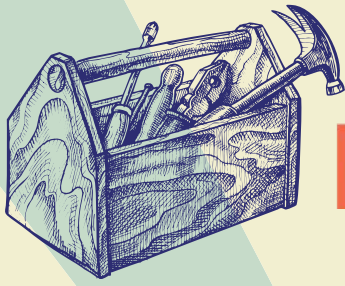
Whatever they are called, they are there to listen to you, and put you in touch with the people and activities that might help you to feel better.

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.





MOORLANDS REPAIR CAFE



10AM - 2PM

SATURDAYS

20 APRIL - HAREGATE

11 MAY - CHEADLE GUILDHALL

15 JUNE - FOXLOWE

20 JULY - HAREGATE

17 AUGUST - WARSLOW VILLAGE HALL

21 SEPT - FOXLOWE

19 OCT - HAREGATE

16 NOV - FOXLOWE

FOXLOWE
ARTS CENTRE
STOCKWELL ST
LEEK
ST13 6AD

HAREGATE
COMMUNITY CENTRE
QUEENS DRIVE
LEEK
ST13 6DJ

Last repair booking-in
at 1.30pm

WHAT WE FIX

- Domestic mechanical appliances
- Electrical appliances (no microwaves)
- Clothing & textile repairs-not alterations
- Computer hardware and software
- Toys & Teddies
- Minor bike repairs & safety checks

FREE COMMUNITY EVENT



Grab some refreshments while you wait, have a chat and be part of this award winning community led project.

FREE

Repairs are free, voluntary donations welcome. If replacement parts are required you will need to cover costs.



SCAN ME

Scan the QR code to join our Facebook group
www.moorlandsclimateaction.org.uk
repaircafe@moorlandsclimateaction.org.uk

VOLUNTEERS ALWAYS WELCOME

Supported by the Staffordshire Moorlands
District Council Community Climate & Nature
Action Fund



What's on Mondays

July 2024

Monday Club

Carers Catch Up
& Activities



Fenton



10am - 12pm

Temple street
Community Centre
ST4 4NW

Meeting on Monday
1st, 8th, 15th, 22nd
& 29th

NEW Knit, Natter Craft & Chatter

Hartshill



2pm - 4pm

(NSC collaborating
with Coopers Croft)

Join us at

Coopers Croft
Care Home
Robert Knox Way
ST4 6FD

Meeting on Monday
1st, 8th, 15th, 22nd &
29th



Fish & Chip Club

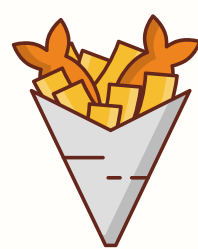
Monday 15th July

12 Noon-1pm

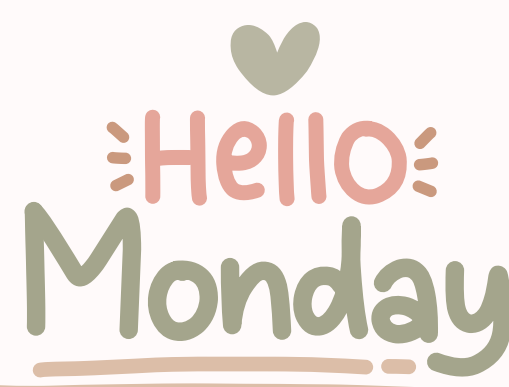
Temple Street
Community Centre



ST4 4NW



Please arrive at 11am
to place your order



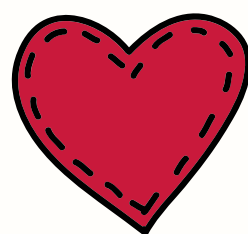
What's on Tuesdays July 2024

Sew & Tell

Carers Catch up
&
Sewing Workshop
Hanley
12 noon -2pm
NORSACA
ST1 4QA



Meeting on Tues 2nd, 9th,
16th, 23rd & 30th



Carers Support &
Activities

Biddulph

Community Zone
ST8 6NE
(Meet with our
volunteers for coffee,
catch up and activities)

Meeting on Tues
2nd July
10am-12 Noon

(Every 1st Tuesday of the
month)



Gardening & Woodwork

Longton

Longton Hall Community Allotment
Longton Hall Lane ST3 2NJ

Meeting on Tuesday 9th, 16th, 23rd
& 30th
10am-12 Noon



Tuesday



What's on Wednesdays

Wellbeing Walk **Wed 31st 2pm**

Meet Hanley Park Carpark

 The Park Way ST1 4DX

Photography Club

Fenton

(Every Wednesday)

10am-12 Noon

Temple St Community Centre

ST4 4NW

Meeting **Wed 3rd, 10th, 17th, 24th, 31st**

Therapies with Linda

Blythe

Wed 3rd July

10:30am-12:30pm

Blythe Bridge Library

ST11 9JR

(Booking required)

Lifeworks

Meeting **Wed 10th July**

Middleport Matters

10:30am - 12 Noon

(Offering support for people with Autism or caring for someone with Autism)

Bakers Makers

Fenton

Meeting Wed 17th July

10:30am-11:30am

Temple Street Community Centre

ST4 4NW

(Make a cake and meet new friends)

NEW Carers Catch up **Tunstall**

Starting Wed 3rd July

10:30am-12:30pm

Tunstall Methodist Church ST6 6EE

NEW Carers Support Drop in **Leek**

Starting Wed 10th July

10am -12 Noon

Leek Library ST13 6DW

Arts & Crafts **Fenton** ST4 4NW

Temple Street Community Centre Fenton

10am-12 Noon

Meeting on **Wed 10th & 24th**

Minnies Lunch Club **Halmerend**

1pm-2:30pm Wesley Place ST7 8AQ

Meeting **Wed 10th & 24th**

BINGO **Fenton** ST4 2HX

Meeting Wed 31st July

Free game of Bingo & refreshments for Carers courtesy of Buzz Bingo Fenton

New members meet at 12 Noon for registration. Existing members meet for 1pm start 2pm finish

Precious Memories

Clayton

2pm-3:30pm

St James Church

(Booking required)

Meeting on **3rd & 17th**

Golden Memories

Fenton

2pm:3:30pm

Church of Nazarene

(Booking required)

Meeting on **10th &**

24th

What's on Thursdays

July 2024

Gardening & Woodwork

Longton

10am-12 Noon

Longton Hall Community Allotment, Longton Hall Road ST3 2NJ

Meeting on Thurs 6th, 20th & 27th



Brunch @ Olive Tree Cafe

Silverdale



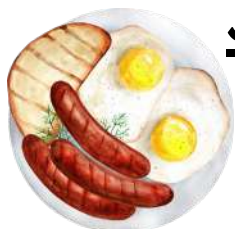
10:30am - 12 Noon

Garners Garden Centre ST5 6SH

Meeting on Thurs 4th July

Brunch @ Community

Junction Cafe



Newcastle

10am - 12 Noon

22-24 Andrew Place, Newcastle - under-Lyme ST5 1DL

Meeting on Thurs 11th

Afternoon Tea @ 3

Hartshill



3-5pm



Coopers Croft ST4 6FD

Meeting Thurs 4th July

CCs Dementia Cafe



Hartshill

3pm-4:30pm



(NSC collaborating with /coopers Croft Care Home)

Dementia support/activities & refreshments provided

Meeting on Thursday 11, 18th & 25th

Coopers Croft Care Home ST4 6FD

PEGIS & Lifeworks

Parent Carer Group



Fenton



10am- 12 Noon

Hazel Trees ST4 3NR

Meeting on Thurs 18th

What's on Fridays July 2024

Gardening & Woodwork

Longton

10am-12 Noon

Longton Hall Community
Allotment ST3 2NJ



**Meeting on
Friday 5th, 12th, 19th &
26th**

Carers Support Group

Meir



10am-12pm

Meir Primary Care Centre
ST3 6AB

Meeting on Fri 12th

Carers Coffee & Therapy Morning



Werrington

10am -12pm

Werrington Library ST9 0JS



Join us for a nice cuppa and a free complimentary therapy

Meeting on Friday 26th July

(Choose from Reiki or Hand & Arm Massage)

Friday



What's on Saturday July 2024



NEW

Parent Carer Coffee Morning

at

Caudwell Childrens Centre

Keele



Date & Time To be confirmed

Caudwell Childrens Centre
Innovation Way, Newcastle under Lyme ST5
5NT

Please contact 01782 793100
for further details.

nsc.




caudwell
children
Changing Children's Lives





JOHN HALL
WELLNESS GARDEN

Craft Sessions

Enjoy crafts, coffee and good
company

JULY 3RD, 17TH & 31ST 2024

11-1PM

COST £1

FELTING WORKSHOP




COME ALONG TO JOHN HALL WELLNESS
GARDEN TO LEARN THE ART OF FELTING
WITH LOCAL FELTING ARTIST ANNA
FROM FREE EARTH FIBRES

WEDNESDAY 24TH JULY 11-3

COST: £5

BRING A PACKED LUNCH



Creative
Writing
Saturday Group

John Hall Wellness Garden
Saturday 27th July
11am-1pm
All Welcome
Cost £1



WALKING GROUP

John Hall Wellness Garden

OUR NEXT WELLBEING WALK :

FRIDAY 19TH JULY 2024

@10.30 AM


TISSINGTON TO ALSOP EN LE DALE

MEET:

TISSINGTON STATION CAR PARK

DE6 1RA

THIS WALK IS APROX 5 MILES

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



GROW YOUR SKILLS & WELLBEING!

12 WEEK 16-25'S WELLNESS GARDEN PROGRAMME

Monday's 9:30-12pm Starting 8th July 2024

This unique program combines skill development & activities that promote wellbeing - all in a beautiful setting at John Hall Wellness Garden

LEARN ESSENTIAL WORK READY SKILLS: Resume writing, communication, team work & more!

CONNECT WITH OTHERS: Build friendships, network with professionals and create a sense of belonging!

DISCOVER 5 WAYS TO WELLBEING: Be active, connect with nature, learn new things, give back to the community & practice mindfulness!

ENJOY HANDS-ON ACTIVITIES : Plant seeds, design garden signs, build a community projects and participate in fun events!

Budgeting for bloom: learn financial and time management skills.

Finding your sanctuary: Discover tools and techniques for cultivating inner peace in the garden. **Mental Health Support:**

Explore the 5 ways to well-being and find healthy ways to cope with stress.

John Hall Wellness Garden, Leek, ST13 6BH

01538 387111 or johnhall@rethink.org