

WHAT'S ON LOCALLY - ACTIVITIES, HELP AND ADVICE AVAILABLE IN THE LEEK AREA- OCTOBER 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 attached
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	Cheadle Leisure Centre	Wednesdays	2.30-4.30pm	07814 532792	https://leek.u3asite.uk/
	Badminton 2	Cheadle Leisure Centre	Tuesday	2pm-4pm	01538 381488	https://leek.u3asite.uk/
	Badminton 3	Cheadle Leisure Centre	Monday	11-12pm	01538 371618	https://leek.u3asite.uk/
	Badminton 4	Cheadle Leisure Centre	Thursdays	1pm-2pm	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 (2) - U3A	Cheadle Leisure Centre	Friday	2.30pm-4.30pm	01538 371903	https://leek.u3asite.uk/

MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

	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
	Further details of activities in October 2024 are attached					
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
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/

MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

	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	Support , Information and Advice Service	North Staffordshire Medical Institute, Hartshill Road, Hartshill ST4 7NY			01782 638 300	www.disabilitysolutions.org.uk
Solutions					Email:	general@disability-solutions.net
West Midlands					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
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	

MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

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
Further Education and Training	Stoke on Trent College	Enrol on-line or call in. Information on the website			01782 208208	www.stokecollege.ac.uk
		<u>Burslem Campus, Moorland Road, Burslem, ST6 1JJ</u>				
		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/
Men's Sheds:	Gateway SHED	Foxlowe Arts Centre, Leek	Tuesday & Saturday	From 10am	01538 386112	email_hello@foxloweartscentre.org.uk
	(For Men & women of all abilities)		(opening more days being considered.)			
Mental Health Advice and Support	Changes' - Mental Health Support	Well being service in Nth Staffs & the Moorlands				northstaffs@changes.org.uk
	Rethink Mental Illness - North Staffs MH Social Inclusion and Recovery service (Moorlands)				01538 387111	www.rethink.org
						www.facebook.com/RethinkCharity

MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

	Moorlands Repair Café	Saturdays 10am to 2pm				
	John Hall Community Garden	A range of activities and crafts	October 2024 timetable attached			
	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	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/
Pickleball:	Pickleball 1	Biddulph Leisure Centre	Wednesdays	2pm-4pm		https://leek.u3asite.uk
	Pickleball 2	Cheadle Leisure Centre	Fridays	12pm-2pm		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	www.facebook.com/groups/moorlandsrepaircafe
					Email:	Repaircafe@moorlands climateaction.org.uk
Running:	Running up to 5k	Brough Park Running Club	Saturday	From 9am		www.broughparkrunning.club.co.uk Also on facebook
Singing and	Singing For Fun 2	St Paul's Church Hall	Monday	12.30-1.45pm	01538 372543	https://leek.u3asite.uk
Choirs	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	
	Wetley Rocks Male Voice Choir	Wetley Rocks Methodist Church	Monday 7.30pm - 9pm	Ian Jones	07557 944647	ij0511@uyahoo.com
Sport:	A list of Sports Clubs is at the end of this document.					
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/

MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

	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/
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	Cheadle Leisure Centre	Tuesdays	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, Fowlchurch Road, Leek ST13 6AT				01538 387111	johnhall@rethink.org
Sports Clubs:	Ashcombe Park Cricket Club		ashcombepark.play-cricket.com			
	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			

MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

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.

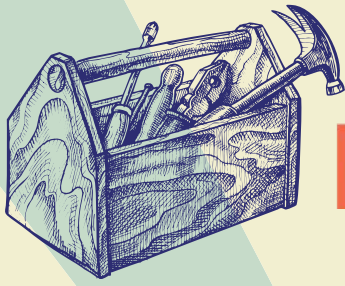
Whatever they are called, they are there to listen to you, and put you in touch with the people and activities that might help you to feel better.

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 October 2024



Monday Club

Carers Catch Up
& Activities



Fenton



10am - 12pm

Temple street
Community Centre
ST4 4NW

Meeting on Monday
7th, 14th, 21st & 28th

Knit, Natter Craft & Chatter

Hartshill



2pm - 4pm

(NSC collaborating
with Coopers Croft)

Join us at

Coopers Croft
Care Home
Robert Knox Way
ST4 6FD

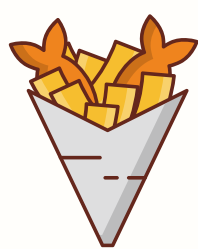
Fish & Chip Club

Monday 21st Oct

12 Noon-1pm

Temple Street
Community Centre

ST4 4NW



Please arrive at 11am
to place your order



☺
Hello
Monday



What's on Tuesdays October 2024



Sew & Tell

Carers Catch up
&
Sewing Workshop
Every Tuesday
Hanley

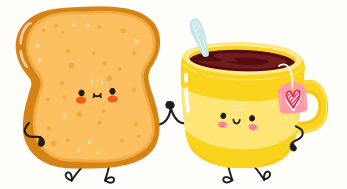


12 Noon - 2:30pm
NORSACA
ST1 4QA

Carers Catch up & Activities



Biddulph



Community Zone
ST8 6NE

(Meet with our volunteers for
tea, toast & a fun quiz)

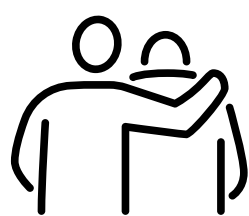
Meeting on Tues 1st Oct
10am - 11:30am

(Every 1st Tuesday of the month)

NEW!

Mental Health

Social Group
Biddulph



Meet with Professionals
from The Primary Care
Network, enjoy a coffee
and make new friends
10-12pm

Meeting Every Tuesday
Biddulph Fire Station
ST8 6JN

New

Carers Support Group

Hempstalls Lane, Newcastle

Tuesday 29th Oct

10:30am - 12pm

Hempstalls Care Home ST5
9NR



Carers Allotment

Longton Hall Lane



Longton Hall Community Allotment
Longton Hall Lane ST3 2NJ

**Meeting Tuesday 1st, 8th, 15th,
22nd & 29th**

Golden Memories

Dementia Support



Church of the Nazarene
ST4 4PB

Wed 9th & 23rd
2pm - 3:30pm

Carers Catch up & Activities

Tunstall



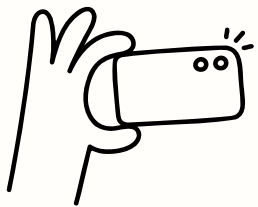
Wednesday 2nd October

10:30am-12:30pm

Tunstall Methodist Church ST6 6EE



Photography Club



Fenton

(Every Wednesday)

10am-12 Noon



Temple St Community Centre
ST4 4NW

Carers Catch up/Drop in

Leek

NEW!

Wednesday 9th Oct

10am -12 Noon

Leek Library ST13 6DW



Mental Health

NEW!

Social Group

Leek

Meet with Professionals from The Primary Care Network, enjoy a coffee and make new friends

10-12pm

Meeting Every Wednesday

Leek Fire Station
ST13 6LQ

Arts & Crafts

Fenton ST4 4NW

Temple Street
Community Centre

Fenton



10am-12 Noon

Meeting on Wed 9th & 23rd

Minnies Lunch

Club

Halmerend

(Enjoy lunch with other carers at Minnie's Cafe)

Wesley Place,
Halmerend

ST7 8AQ

Meeting on Wed 9th & 23rd

1pm-2:30pm

Reiki with Linda



Blythe

(Booking required)

Wed 2nd Oct

1:30pm - 2:30pm

Blythe Bridge Library



Lifeworks



Meeting Wed 9th Oct

10:30am to 12pm

(For Carers with Autism or Caring for someone with Autism)

ST Pauls Church Community
Rooms Middleport

Bingo!



Meeting Wed 30th October

Free Bingo & a Free drink for Carers

Courtesy of Buzz bingo Fenton ST4 2HX

New members meet at 12 noon for registration. Existing members meet for a 1pm start & 2pm finish

Brunch @ Olive Tree Cafe

Silverdale



10:30am - 12 Noon

Garners Garden Centre

ST5 6SH

**Meeting on Thurs 3rd
October**

PEGIS & Lifeworks

Parent Carer Group



Fenton

10am- 12 Noon

Hazel Trees ST4 3NR

Meeting on Thurs 17th

Dementia Activity

Session

Hartshill



Meeting Every Thursday

2pm-3:30pm

Join us for fun activities at

CC's Dementia Cafe

Coopers Croft Care Home

ST4 6FD

(Refreshments provided)

Carers Allotment

Longton



10am-12 Noon



Longton Hall Community Allotment,

Longton Hall Road ST3 2NJ

Meeting on

**Thurs 3rd, 10th, 17th, 24th &
31st**



Parent Carer & Keyworker

Coffee Morning

Newcastle

Join NSC & NHS Keyworkers

from Dragon Square

at

Community Junction Cafe

10am - 12 Noon

22-24 Andrew Place, Newcastle -

under-Lyme

ST5 1DL

Meeting on Thurs 10th October

NEW!



What's on Fridays October 2024

Carers Allotment



Longton



10am-12 Noon

Longton Hall Community
Allotment ST3 2NJ

**Meeting on
Friday 11th**

Carers Support Group



Meir

10am-12pm



Meir Primary Care Centre
ST3 6AB

Meeting on Friday 4th

NEW



Men Care 2

Join our NEW monthly
Men's group

**Meet new friends & share
experiences**

Friday 18th October

Meeting at Fenton Town Hall Cafe

12pm - 1:30pm

(refreshments can be purchased)

Reiki with Linda

Werrington

Werrington Library ST9 0JS

Reiki

**Treat
YOURSELF**



Join us for a nice cuppa
and
a free Reiki session with Linda
(booking required)

Friday 25th October

10am-12pm

What's on Saturday October 2024



Parent Carer Coffee Morning
at
Caudwell Childrens Centre
Keele

Meeting Saturday 26th October

11am - 12:30pm

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

Please contact 01782 793100
for further details.

nsc.



i am a
carer



JOHN HALL
WELLNESS GARDEN

Craft Sessions

Enjoy crafts, coffee and good
company

OCTOBER 10TH & 24TH 2024

11-1PM

COST £1

Approach

Dementia Support

Part of Dougie Mac



John Hall

Wellness

Garden

Every Friday

10:00 - 12:00

Join us at John Hall Wellness Gardens and
take part in our fun and engaging
gardening club

Enjoy these **FREE** group sessions for people living
with Dementia and their carers at John Hall
Wellness Gardens, Fowlchurch Rd, Leek, ST13 6BH

Contact Approach Dementia Support for more information:
01782 214999 or enquiries@approachstaffordshire.co.uk



MONTHLY ACTIVITIES



For any information on the above sessions,
please get in touch.

01538 387111

MONTH : OCTOBER 2024

johnhall@rethink.org or via
the John Hall Wellness Garden Facebook page

MON	TUE	WED	THU	FRI	SAT
	1st 9am-4pm Open garden 10am- 3pm Wellies craft	2nd 9am-4pm Open garden	3rd 9am-4pm Open garden 11am- 1pm Creative writing	4th 9am-4pm Open garden Dementia Friendly Gardenin g Group 10-12	5th 9am-4pm Open garden 12 45- 2 45pm 16-25yrs Art, Craft & Wellbeing Session
7th 9am-4pm Open garden 9.30-12 16-25yrs Wellbeing & Gardening Session	8th 9am-4pm Open garden 10am- 3pm Wellies craft	9th 9am-4pm Open garden Social Prescriber drop in 10 30 -12	10th 9am-4pm Open garden 11am- 1pm Crafts Group	11th 9am-4pm Open garden Dementia Friendly Gardening Group 10-12	12th 9am-4pm Open garden
14th 9am-4pm Open garden 9.30-12 16-25yrs Wellbeing & Gardening Session	15th 9am-4pm Open garden 10am- 3pm Wellies craft	16th 9am-4pm Open garden 10.30-12 Bereavement Group	17th 9am-4pm Open garden 11am- 1pm Creative writing	18th 9am-4pm Open garden Dementia Friendly Gardening Group 10-12 10.30-2pm Wellness Walk TBC	19th 9am-4pm Open garden 12 45- 2 45pm 16-25yrs Art, Craft & Wellbeing Session
21st 9am-4pm Open garden 9.30-12 16-25yrs Wellbeing & Gardening Session	22nd 9am-4pm Open garden 10am- 3pm Wellies craft	23rd 9am-4pm Open garden	24th 9am-4pm Open garden 11am- 1pm Crafts Group	25th 9am-4pm Open garden Dementia Friendly Gardening Group 10-12	26th 9am-4pm Open garden
28th 9am-4pm Open garden 9.30-12 16-25yrs Wellbeing & Gardening Session	29th 9am-4pm Open garden	30th 9am-4pm Open garden	31st 9am-4pm Open garden 11am- 1pm Creative writing		



THURSDAY,
3RD, 17TH & 31ST
OCTOBER
2024

CREATIVE
Writing
GROUP

JOHN HALL WELLNESS

GARDEN

11-1

COST £1

WALKING GROUP

John Hall Wellness Garden

OUR NEXT WELLBEING WALK :

FRIDAY 18TH OCTOBER 2024

@10.30 AM


PARWICH

MEET:

**PARWICH - NETHER GREEN CAR
PARK(BY OLD FOOTBALL PITCH)**

DE6 1QL

THIS WALK IS APROX 6 MILES

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

