

# WHAT'S ON LOCALLY - ACTIVITIES, HELP AND ADVICE AVAILABLE IN THE LEEK AREA- AUTUMN 2025

| TITLE                                              | ACTIVITY                                                                                                                                                                                    | LOCATION                                                                                 | DAY           | TIME                     | Tel No.                                 | Contact/ Further information                                                                                       |
|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------|--------------------------|-----------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| <b>Social Prescribing:</b>                         | <b>Your local Social Prescribing Team are here to offer advice, guidance and signposting</b>                                                                                                | <b>Leek and District Foodbank at the rear of Gateway Church ST13 8AA</b>                 | <b>Friday</b> | <b>12.30pm to 2.30pm</b> |                                         |                                                                                                                    |
| <b>Activities with and for your child and baby</b> | Leek Breastfeeding Group - For breastfeeding support and playtime for baby                                                                                                                  | HOME START, Staffs Moorlands Earl Street, Leek                                           | Daily         | 12.30pm to 2.30pm        |                                         | <b>Information also on facebook See Homestart below</b>                                                            |
|                                                    | Blaze Trails'                                                                                                                                                                               | Staffordshire Baby and Toddler walking community                                         | (and UK wide) | On Facebook              |                                         | <b>Download the Mighty Networks App to access your local Blaze Trail Community</b>                                 |
|                                                    | Parent and Toddler Swimming                                                                                                                                                                 | Staffs Moorlands Leisure Centres:- details on the website or by telephone:-              |               |                          |                                         |                                                                                                                    |
|                                                    |                                                                                                                                                                                             | Biddulph Valley                                                                          |               |                          | 01782 515005                            | <a href="http://www.leisurecentre.com">www.leisurecentre.com</a>                                                   |
|                                                    |                                                                                                                                                                                             | South Moorlands                                                                          |               |                          | 01538 753883                            | <a href="http://www.leisurecentre.com">www.leisurecentre.com</a>                                                   |
|                                                    | Free Baby Bounce & Rhyme (0-3years) and Storytelling (grandparents welcome)                                                                                                                 | Leek Library                                                                             | Monday        | 11- 11.30am              | 01538 332061                            | <a href="http://staffordshire.gov.uk/Libraries">staffordshire.gov.uk/Libraries</a>                                 |
|                                                    |                                                                                                                                                                                             | Leek library                                                                             | Monday        | 2-2.30pm                 |                                         | <a href="#">Ditto</a>                                                                                              |
|                                                    |                                                                                                                                                                                             | Leek library                                                                             | Thursdays     | 11-11.30am               |                                         | <a href="#">Ditto</a>                                                                                              |
|                                                    |                                                                                                                                                                                             | Leek Library                                                                             | Friday        | 11-11.30am               |                                         | <a href="#">Ditto</a>                                                                                              |
| <b>(New)</b>                                       | Nature Tales' - Nature themed stories, play and craft activities - suited to under 5s at                                                                                                    | Leek Library - 10am to 11am                                                              |               |                          |                                         | <a href="http://www.staffs-wildlife.org.uk/events">www.staffs-wildlife.org.uk/events</a>                           |
|                                                    | Lego Club                                                                                                                                                                                   | Leek Library                                                                             | Saturdays     | 10.30-12pm               |                                         | <a href="#">Ditto</a>                                                                                              |
|                                                    | 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                                          |               |                          |                                         | <a href="http://www.insideoutforestschoo.com">www.insideoutforestschoo.com</a>                                     |
|                                                    | Seedlings baby & toddler Gp                                                                                                                                                                 | St Luke's Church Centre                                                                  | Thursdays     | 10am-11.30am             | 01538 373306                            | <a href="https://www.leekparish.org">https://www.leekparish.org</a>                                                |
|                                                    |                                                                                                                                                                                             |                                                                                          |               |                          |                                         | <a href="#">also on facebook</a>                                                                                   |
|                                                    | Children age 8-18 with a disability                                                                                                                                                         | Caudwell Childrens Centre Newcastle Under Lyme                                           |               |                          | 0345 300 1348                           | <a href="mailto:activities@caudwellchildren.com">activities@caudwellchildren.com</a>                               |
|                                                    | <b>School uniform Bank (all local schools)</b>                                                                                                                                              | Sold cheaply at St Paul's Church                                                         | Thursdays     | 6pm -                    |                                         |                                                                                                                    |
| <b>(New)</b>                                       | <b>Home-Start Staffordshire Moorlands is a voluntary organisation providing free, confidential support for families in the Staffordshire Moorlands (For parents when they need us most)</b> |                                                                                          |               |                          |                                         |                                                                                                                    |
|                                                    |                                                                                                                                                                                             | School yard, Earl Street, Leek ST13 6JT                                                  |               |                          | 01538 387231                            | <a href="http://www.homestartsm.org.uk">www.homestartsm.org.uk</a>                                                 |
|                                                    |                                                                                                                                                                                             |                                                                                          |               |                          | 07511 860725                            | <a href="mailto:info@homestart.org.uk">info@homestart.org.uk</a>                                                   |
| <b>(New)</b>                                       | <b>Craft and Play - Free group for pre-school children - Home Start office - Earl St Leek - term time</b>                                                                                   |                                                                                          |               | Tues 10-11.30am          |                                         | <a href="mailto:sarah@homestart.org.uk">sarah@homestart.org.uk</a>                                                 |
|                                                    |                                                                                                                                                                                             |                                                                                          |               |                          |                                         |                                                                                                                    |
| <b>Age Concern UK:</b>                             | 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                           | <a href="http://www.ageuk.org.uk/staffordshire/our services">www.ageuk.org.uk/staffordshire/our services</a>       |
|                                                    |                                                                                                                                                                                             | IT Training Courses - find one in your area                                              |               |                          | 0800 678 1602                           | <a href="http://ageuk.org.uk/services/in-your-area/it training">ageuk.org.uk/services/in-your-area/it training</a> |
| <b>Art:</b>                                        | Art classes - life drawing                                                                                                                                                                  | Foxlowe Centre                                                                           | Tuesday       | 1pm - 4pm                | 01538 386112                            | <a href="mailto:email hello@foxloweartscentre.org.uk">email hello@foxloweartscentre.org.uk</a>                     |
|                                                    | Art classes - art group                                                                                                                                                                     | Foxlowe Centre                                                                           | Thursday      | 10am - 1pm               |                                         | <a href="http://www.foxloweartscentre.org.uk">http://www.foxloweartscentre.org.uk</a>                              |
|                                                    | Art Appreciation                                                                                                                                                                            | Watson Centre                                                                            | Tuesday       | 9.30-11.15pm             | 01538 382998                            | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                                                    | Painting All Media                                                                                                                                                                          | Norton House                                                                             | Monday        | 12.15-3pm                | 01538 384030                            | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |

## MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

|                                                      |                                                                                                                                |                                                                                                                                                                                            |                                                   |               |              |                                                                                                                      |
|------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|---------------|--------------|----------------------------------------------------------------------------------------------------------------------|
|                                                      | Painting Water Colour                                                                                                          | Norton House                                                                                                                                                                               | Weds                                              | 2-4pm         | 01538 382971 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                                                      |                                                                                                                                |                                                                                                                                                                                            |                                                   |               |              |                                                                                                                      |
| <b>Badminton</b>                                     | Badminton 1                                                                                                                    | Cheadle Leisure Centre                                                                                                                                                                     | Wednesdays                                        | 2.30-4.30pm   | 07814 532792 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                                                      | Badminton 2                                                                                                                    | Cheadle Leisure Centre                                                                                                                                                                     | Tuesday                                           | 2pm-4pm       | 07492 979313 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                                                      | Badminton 3                                                                                                                    | Cheadle Leisure Centre                                                                                                                                                                     | Monday                                            | 11-12pm       | 01538 371618 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                                                      | Badminton 4                                                                                                                    | Cheadle Leisure Centre                                                                                                                                                                     | Thursdays                                         | 1pm-2pm       | 01538 398358 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                                                      |                                                                                                                                |                                                                                                                                                                                            |                                                   |               |              |                                                                                                                      |
| <b>Bereavement Support</b>                           | Leek Bereavement Friendship Group                                                                                              | John Hall Wellness Gardens,                                                                                                                                                                | Second Friday of the month-10..30am               |               | 01538 387111 |                                                                                                                      |
|                                                      | Support for bereaved people aged 50+                                                                                           | Fowlchurch Road, ST13 6BH                                                                                                                                                                  |                                                   | to 12 noon    |              |                                                                                                                      |
|                                                      |                                                                                                                                |                                                                                                                                                                                            |                                                   |               |              |                                                                                                                      |
| <b>Bowls:</b>                                        | Bowls (2) - U3A                                                                                                                | Cheadle Leisure Centre                                                                                                                                                                     | Friday                                            | 2.30pm-4.30pm | 01538 371903 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                                                      | Petanque (a form of Boules)                                                                                                    | Pointon park Cheddleton                                                                                                                                                                    | Monday                                            | 10am-12pm     | 01538 381242 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                                                      |                                                                                                                                |                                                                                                                                                                                            |                                                   |               |              |                                                                                                                      |
| <b>Card and Board Games</b>                          | Bridge - (1)                                                                                                                   | Norton House                                                                                                                                                                               | Tuesdays                                          | 11.30-1.30pm  | 01538 387390 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk</a>                                                       |
|                                                      | Bridge - (2)                                                                                                                   | Watson Centre                                                                                                                                                                              | Thursdays                                         | 1.45-4pm      | 01538 360629 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk</a>                                                       |
|                                                      | Canasta                                                                                                                        | Norton House                                                                                                                                                                               | Tuesdays                                          | 4.30-6.30pm   | 01538 528972 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk</a>                                                       |
|                                                      | Chess                                                                                                                          | Norton House, Fynney St.                                                                                                                                                                   | Tuesdays                                          | 2-4pm         | 01538 385927 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk</a>                                                       |
|                                                      | Cribbage                                                                                                                       | Norton House, Fynney St.                                                                                                                                                                   | Weds                                              | 2pm-4.30pm    | 01538 300415 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk</a>                                                       |
|                                                      | Mah Jong 1                                                                                                                     | Watson Centre                                                                                                                                                                              | Friday                                            | 10am-1pm      | 01538 381488 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk</a>                                                       |
|                                                      | Mah Jong 2                                                                                                                     | Watson Centre                                                                                                                                                                              | Thursdays                                         | 4.15-6.15pm   | 07973 416194 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk</a>                                                       |
|                                                      | Scrabble - U3A                                                                                                                 | Watson Centre, 17 Southbank St.                                                                                                                                                            | Monday                                            | 1.30-3.30pm   | 01538 529656 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk</a>                                                       |
|                                                      |                                                                                                                                |                                                                                                                                                                                            |                                                   |               |              |                                                                                                                      |
| <b>Carers</b>                                        | North Staffs Carers (NSC) Association                                                                                          | Carers Centre, 234 Victoria Road, Fenton, Stoke on Trent ST4 2 LW                                                                                                                          |                                                   |               |              |                                                                                                                      |
| <b>(Do you look after a family member or friend)</b> | (includes Young Carers)                                                                                                        | Free Carers Support and Advice and a range of activities                                                                                                                                   |                                                   |               | 01782 793100 | <a href="http://www.carersfirst.com">www.carersfirst.com</a>                                                         |
|                                                      |                                                                                                                                |                                                                                                                                                                                            |                                                   |               |              | <a href="mailto:optin@carersfirst.com">optin@carersfirst.com</a>                                                     |
|                                                      | Staffordshire Together for Carers                                                                                              | <a href="http://www.n-compass.org.uk/our-services/carers/staffordshire-together-for-carers-service">www.n-compass.org.uk/our-services/carers/staffordshire-together-for-carers-service</a> |                                                   |               |              | Tel: 0300-303-0621                                                                                                   |
|                                                      | <b>For a copy of the monthly What's on for Carers, email <a href="mailto:optin@carersfirst.com">optin@carersfirst.com</a>.</b> |                                                                                                                                                                                            | <b>Copy of Whats on for October 2025 attached</b> |               |              | Tel: 01782 793100                                                                                                    |
|                                                      |                                                                                                                                |                                                                                                                                                                                            |                                                   |               |              |                                                                                                                      |
| <b>Choirs</b>                                        | (See singing below)                                                                                                            |                                                                                                                                                                                            |                                                   |               |              |                                                                                                                      |
| <b>Community Cafes:-</b>                             | Haregate Community Café                                                                                                        | Haregate Community Centre                                                                                                                                                                  | Tuesday & Friday                                  | 9am-1pm       | 01538 398378 | <a href="http://www.haregate.co.uk">www.haregate.co.uk</a>                                                           |
|                                                      | 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 | <a href="http://www.salvationarmy.org.uk">www.salvationarmy.org.uk</a>                                               |
|                                                      | Salvation Army Lunch Club                                                                                                      | Salisbury Street                                                                                                                                                                           | Friday                                            | 12noon        | 01538 384211 | <a href="http://www.salvationarmy.org.uk">www.salvationarmy.org.uk</a>                                               |
|                                                      | Salvation Army Lunch Club Delivery                                                                                             | Delivered to your door each Friday lunchtime (£5)                                                                                                                                          |                                                   | Phone to book | 01538 384211 | <a href="http://www.salvationarmy.org.uk">www.salvationarmy.org.uk</a>                                               |
|                                                      | 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 -                                                                                                                                                    |                                                   |               | 01538 398483 | <a href="http://www.trinitychurchleekurc.org.uk">www.trinitychurchleekurc.org.uk</a>                                 |
|                                                      | MHA Communities North Staffs -Befriending, Lunch and Social Groups                                                             | Telephone or look on the website:-                                                                                                                                                         |                                                   |               | 01782 816662 | <a href="http://www.mha.org/communities/near-me/north staffords">www.mha.org/communities/near-me/north staffords</a> |
|                                                      | Foxlowe Arts Centre Café                                                                                                       | Monday to Saturday and first Sunday of the month                                                                                                                                           |                                                   | 10am - 4pm    |              | <a href="http://www.foxloweartscentre.org.uk">www.foxloweartscentre.org.uk</a>                                       |

MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

|                      |                                                                                                                                      |                                                                          |                            |                 |                                       |                                                                                                                    |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------|-----------------|---------------------------------------|--------------------------------------------------------------------------------------------------------------------|
|                      |                                                                                                                                      |                                                                          |                            |                 | Facebook                              | <a href="#">Foxlowe Arts Centre</a>                                                                                |
|                      |                                                                                                                                      |                                                                          |                            |                 |                                       |                                                                                                                    |
| <b>Computing :</b>   |                                                                                                                                      |                                                                          |                            |                 |                                       |                                                                                                                    |
|                      | Age UK Advice Line can help you to find a computer training course in your area                                                      |                                                                          |                            |                 | 0800 678 1602                         | <a href="http://ageuk.org.uk/services/in-your-area/it-training">ageuk.org.uk/services/in-your-area/it-training</a> |
|                      | 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) |                                                                          |                            |                 |                                       | <a href="mailto:U3amemsecleek@gmail.com">U3amemsecleek@gmail.com</a>                                               |
|                      | Ravenshead (Nottinghamshire) U3a Computer Guides - describing a range of basic computing techniques                                  |                                                                          |                            |                 |                                       | <a href="https://u3asites.org.uk/ravenshead/page/43601">https://u3asites.org.uk/ravenshead/page/43601</a>          |
| <b>Crafts:</b>       |                                                                                                                                      |                                                                          |                            |                 |                                       |                                                                                                                    |
|                      | Needlecraft                                                                                                                          | Watson Centre, 17 Southbank St.                                          | Wednesday                  | 9.15-11.15am    | 01538 371103                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Card making                                                                                                                          | Norton House, Fynney St.                                                 | Friday                     | 10am-12pm       | 01782 303272                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Cross Stitch Plus                                                                                                                    | Norton House, Fynney St.                                                 | Thursdays                  | 2pm -4pm        | 01538 385096                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Craft Workshop                                                                                                                       | Cabbage Rose' 1 Stockwell St, Leek                                       | held at Foxlowe Art Centre |                 | 01538 529522                          | <a href="mailto:info@cabbagerose.co.uk">info@cabbagerose.co.uk</a>                                                 |
|                      | Leek Floral Art Society                                                                                                              | St Edwards School, Westwood Road                                         | 2nd Weds of the month      | 7.30pm - 9.30pm |                                       | <a href="http://nafascheshire.org.uk/flower-clubs/leek.htm">nafascheshire.org.uk/flower-clubs/leek.htm</a>         |
|                      | Flower arranging                                                                                                                     | Watson Centre, 17 Southbank St.                                          | Wednesday                  | 2pm-4pm         | 07528 381047                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Informal flower Club                                                                                                                 | Rudyard methodist Chapel                                                 | 1st Tues of the month      | 7.30pm-9.30pm   |                                       | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Handicrafts (variety of handicrafts)                                                                                                 | Norton House                                                             | Friday                     | 11.15-12.45pm   | 01538 360462                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Knit and Natter                                                                                                                      | Leek Library                                                             | Tuesdays                   | 1.30-3pm        | 01538 332061                          | <a href="http://www.staffordshire.gov.uk/libraries">www.staffordshire.gov.uk/libraries</a>                         |
|                      | Mixed Crafts (inc group projects)                                                                                                    | Norton House                                                             | Thursdays                  | 1.30-3.30pm     | 01782 537864                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Patchwork & quilting (1)                                                                                                             | Norton House, Fynney St.                                                 | Tuesdays                   | 1.45pm-3.45pm   | 01538 266555                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Happy Crafters                                                                                                                       | Norton House, Fynney Street                                              | Monday                     | 2pm - 4pm       | 01782 537864                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Railway Modelling Enthusiasts                                                                                                        | Watson Centre, 17 Southbank St.                                          | Tuesdays                   | 2pm-4pm         | 07435 563479                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Whittling and Wood Carving                                                                                                           | Norton House                                                             | Tuesdays                   | 6.30-8pm        | 07947 533375                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Leek & District Guild of Spinners, Weavers and Dyers - Bradnop Village Hall- 2nd Sat of month                                        |                                                                          |                            |                 |                                       | <a href="http://www.wsd.org.uk&gt;guilds/leek-district/">www.wsd.org.uk&gt;guilds/leek-district/</a>               |
|                      |                                                                                                                                      |                                                                          |                            |                 |                                       |                                                                                                                    |
| <b>Creative</b>      | Creative Writing                                                                                                                     | Norton House, Fynney St.                                                 | Weds                       | 9.15-11.15am    | 01538 387344                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
| <b>Writing:</b>      | Writing Group                                                                                                                        | Foxlowe Arts Centre                                                      | Weekly                     | Phone           | 01538 386112                          | <a href="mailto:email_hello@foxloweartscentre.org.uk">email_hello@foxloweartscentre.org.uk</a>                     |
|                      |                                                                                                                                      |                                                                          |                            |                 |                                       |                                                                                                                    |
| <b>Cycling:</b>      | Peak district Mountain Bike Club                                                                                                     |                                                                          |                            |                 | email:                                | <a href="mailto:info@peakdistrictmtb.org">info@peakdistrictmtb.org</a>                                             |
|                      |                                                                                                                                      |                                                                          |                            |                 |                                       |                                                                                                                    |
| <b>Dancing:</b>      | Chance to Dance                                                                                                                      | St Paul's Church Hall, Novi Lane                                         | Tuesdays                   | 2-4pm           | 01538 372543                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Line Dance 3 (Beginners)                                                                                                             | St Paul's Church Hall, Novi Lane                                         | Tuesdays                   | 10.45-12.15pm   | 07531 675071                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Line Dance 4                                                                                                                         | St Paul's Church Hall, Novi Lane                                         | Monday                     | 10am-11.30am    | 01538 399618                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      |                                                                                                                                      |                                                                          |                            |                 |                                       |                                                                                                                    |
| <b>Disability</b>    | Support , Information and Advice Service                                                                                             | North Staffordshire Medical Institute, Hartshill Road, Hartshill ST4 7NY |                            |                 | 01782 638 300                         | <a href="http://www.disabilitysolutions.org.uk">www.disabilitysolutions.org.uk</a>                                 |
| <b>Solutions</b>     |                                                                                                                                      |                                                                          |                            |                 | Email:                                | <a href="mailto:general@disability-solutions.net">general@disability-solutions.net</a>                             |
| <b>West Midlands</b> |                                                                                                                                      |                                                                          |                            |                 | Facebook:                             | <a href="#">Disability Solutions West Midlands</a>                                                                 |
|                      | 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                         |                                                                                                                    |

MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

|                        |                                                                                                                     |                                                                                 |                        |                  |                                             |                                                                                                         |
|------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|------------------------|------------------|---------------------------------------------|---------------------------------------------------------------------------------------------------------|
|                        | Disability Connect:                                                                                                 | One-to-one support to access activities to improve quality of life              |                        |                  | 01782 667 323                               |                                                                                                         |
|                        | General:                                                                                                            |                                                                                 |                        |                  | 01782 667 324                               |                                                                                                         |
|                        |                                                                                                                     |                                                                                 |                        |                  |                                             |                                                                                                         |
| <b>Entertainment:</b>  | Leek Comedy Club                                                                                                    | Foxlowe Arts Centre                                                             | 1st Thurs in the month |                  | 01538 386112                                | <a href="#">(tickets on door or on line)</a>                                                            |
|                        | Film Night                                                                                                          | Foxlowe Arts Centre                                                             | Every Tuesday night    | Doors from 7pm   | 01538 386112                                | <a href="mailto:hello@foxloweartscentre.org.uk">email hello@foxloweartscentre.org.uk</a>                |
|                        |                                                                                                                     |                                                                                 |                        | facebook and     | website                                     | <a href="http://www.foxloweartscentre.org.uk">www.foxloweartscentre.org.uk</a>                          |
|                        |                                                                                                                     |                                                                                 |                        |                  |                                             |                                                                                                         |
| <b>Employment</b>      | 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       |                                                                                                         |
|                        |                                                                                                                     |                                                                                 |                        |                  |                                             |                                                                                                         |
| <b>Family History:</b> | Family History 1                                                                                                    | Norton House                                                                    | Weds                   | 9.30-11.15am     | 01782 535348                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
|                        | Family History 2                                                                                                    | Norton House                                                                    | Tuesdays               | 11.30-1.15pm     | 01782 535348                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
|                        | Family History Group                                                                                                | Leek Library                                                                    | Friday                 | 1pm onwards      | 01538 332061                                | <a href="http://staffordshire.gov.uk/libraries">staffordshire.gov.uk/libraries</a>                      |
|                        |                                                                                                                     |                                                                                 |                        |                  |                                             |                                                                                                         |
| <b>Fitness and</b>     | Chair Yoga                                                                                                          | Watson Centre                                                                   | Mondays                | 3.30pm-4.30pm    | 07753 240815                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
| <b>Easy Exercise:</b>  | Everyone Health - Move More Feel Good                                                                               | Haregate Community Centre                                                       | Thursday               | 9am-1pm          | <a href="tel:03330050095">0333 005 0095</a> | <a href="http://staffordshire.everyonehealth.co.uk">staffordshire.everyonehealth.co.uk</a>              |
|                        | Yoga                                                                                                                | Swythamley & Heaton Community Centre Enquiries by email to JulieFairy50@gmail   |                        |                  |                                             | <a href="http://www.yogastation.net">www.yogastation.net</a>                                            |
|                        | Yoga Beginners 1                                                                                                    | Watson Centre                                                                   | Mondays                | 4.30pm-5.30pm    | 07753 240815                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
|                        | Yoga Beginners 2                                                                                                    | Watson Centre                                                                   | Wednesdays             | 4.20-5.20pm      | 07753 240815                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
|                        | Pilates with Kate                                                                                                   | Swythamley & Heaton Community Centre Enquiries to pilateswithkate@hotmail.co.uk |                        |                  |                                             | <a href="http://www.pilateswithkate.co.uk">www.pilateswithkate.co.uk</a>                                |
|                        |                                                                                                                     |                                                                                 |                        |                  |                                             |                                                                                                         |
| <b>Foodbank</b>        | Leek and District Foodbank                                                                                          | Rear of The Gateway Church Leek                                                 | Tuesday and Friday     | Lindsey Stockton |                                             |                                                                                                         |
| <b>New</b>             |                                                                                                                     | West Street, Leek ST13 8aa                                                      | (Collection of food    | (Project Leader  | <a href="tel:01538373289">01538 373289</a>  | <a href="mailto:info@leekdistrict.foodbank.org.uk">info@leekdistrict.foodbank.org.uk</a>                |
|                        |                                                                                                                     |                                                                                 | parcels)               |                  | <a href="tel:7916005064">7916005064</a>     |                                                                                                         |
| <b>Further</b>         | <b>Stoke on Trent College</b>                                                                                       | Enrol on-line or call in. Information on the website                            |                        |                  | 01782 208208                                | <a href="http://www.stokecollege.ac.uk">www.stokecollege.ac.uk</a>                                      |
| <b>Education</b>       |                                                                                                                     | Burslem Campus, Moorland Road, Burslem, ST6 1JJ                                 |                        |                  |                                             |                                                                                                         |
| <b>and</b>             |                                                                                                                     | Cauldon Campus, Stoke Road, Shelton, ST4 2DG                                    |                        |                  |                                             |                                                                                                         |
| <b>Training</b>        | <b>Buxton &amp; Leek College Campuses</b>                                                                           | Devonshire Road Buxton SK17 6RY                                                 |                        |                  | 0800 074 0099                               | <a href="mailto:enquiries@blc.ac.uk">enquiries@blc.ac.uk</a>                                            |
|                        |                                                                                                                     | Stockwell Street Leek ST13 6DP                                                  |                        |                  |                                             |                                                                                                         |
|                        | <b>Macclesfield College</b>                                                                                         | Information on the website                                                      |                        |                  | 01625 410000                                | <a href="http://www.macclesfield.ac.uk">www.macclesfield.ac.uk</a>                                      |
| <b>Gardening:</b>      |                                                                                                                     |                                                                                 |                        |                  |                                             |                                                                                                         |
|                        | Gardening                                                                                                           | Norton House, Fynney St.                                                        | Mon                    | 9.30-10.45am     | <a href="tel:01538388015">01538 388015</a>  | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
|                        | Grow it, Eat it!                                                                                                    | Haregate Community Centre                                                       | 3rd Thursday in month  | 9.30-11.30pm     | 01538 381265                                | <a href="http://www.haregate.co.uk/centre-whats-on">www.haregate.co.uk/centre-whats-on</a>              |
|                        |                                                                                                                     |                                                                                 |                        |                  |                                             |                                                                                                         |
| <b>History</b>         | History Topics                                                                                                      | Norton House, Fynney Street                                                     | Weds                   | 11.30-1pm        | 07971 059689                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
|                        | Swythamley Historical Society                                                                                       | Swythamley & Heaton Community Centre and for more information go to:-           |                        |                  |                                             | <a href="https://facebook.com/swythamleyhistoricalsociety">facebook.com/swythamleyhistoricalsociety</a> |
|                        |                                                                                                                     |                                                                                 |                        |                  |                                             |                                                                                                         |
| <b>Learn a</b>         | French Intermediate                                                                                                 | Norton House, Fynney St.                                                        | Tuesdays               | 9.30-11am        | 01782 535234                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
| <b>Language</b>        | French Beginners                                                                                                    | Norton House, Fynney St.                                                        | Tuesdays               | 11.15-12.15      | 01782 535234                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
|                        | German                                                                                                              | Norton House, Fynney St.                                                        | Tuesdays               | 9.30-11am        | 01538 387812                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
|                        | Italian                                                                                                             | Norton House, Fynney St.                                                        | Thursdays              | 11.15-12.45pm    | 01782 544448                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |

MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                      |
|---------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------|-------------------------------------------------|----------------|--------------|----------------------------------------------------------------------------------------------------------------------|
|                           | Latin 1 & Classical Greek                                                                                   | Norton House, Fynney St.                         | Friday                                          | 9.30-11am      | 01538 360208 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                           | Latin 2                                                                                                     | Norton House, Fynney St.                         | Friday                                          | 9.30-11.45am   | 01538 360208 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                           | Spanish (2)                                                                                                 | Norton House, Fynney St.                         | Weds                                            | 11.30-1pm      | 01538 381488 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                           | Spanish for beginners                                                                                       | Norton House, Fynney St.                         | Tuesdays                                        | 11.15 -2.45pm  | 01782 544448 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                           | Spanish (1)                                                                                                 | Norton House, Fynney St.                         | Thursdays                                       | 9.30-11am      | 01782 545867 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                      |
| <b>Men's Sheds:</b>       | Gateway SHED                                                                                                | Foxlowe Arts Centre, Leek                        | Tuesday & Saturday                              | From 10am      | 01538 386112 | <a href="mailto:email_hello@foxloweartscentre.org.uk">email_hello@foxloweartscentre.org.uk</a>                       |
|                           | (For Men & women of all abilities)                                                                          |                                                  | (opening more days being considered.)           |                |              |                                                                                                                      |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                      |
| <b>Mental Health</b>      | Changes' - Mental Health Support                                                                            | Well being service in Nth Staffs & the Moorlands |                                                 |                |              | <a href="mailto:northstaffs@changes.org.uk">northstaffs@changes.org.uk</a>                                           |
| <b>Advice and Support</b> | Rethink Mental Illness - North Staffs MH Social Inclusion and Recovery service (Moorlands)                  |                                                  |                                                 |                | 01538 387111 | <a href="http://www.rethink.org">www.rethink.org</a>                                                                 |
|                           |                                                                                                             |                                                  |                                                 |                |              | <a href="https://www.facebook.com/RethinkCharity">www.facebook.com/RethinkCharity</a>                                |
|                           | Moorlands Repair Café                                                                                       | Saturdays 10am to 2pm                            |                                                 |                |              |                                                                                                                      |
| <b>New</b>                | John Hall Community Garden                                                                                  | A range of activities and crafts                 | <b>October 2025 Monthly Activities attached</b> |                |              |                                                                                                                      |
|                           | Ball Haye Cottage, Fowlchurch Road, Leek ST13 6AT - (Tai Chi is a 6 week pre-booked course)                 |                                                  |                                                 |                | 01538 387111 | <a href="mailto:johnhall@rethink.org">johnhall@rethink.org</a>                                                       |
|                           | MHA Communities North Staffs -Befriending, Lunch and Social Groups                                          |                                                  | Telephone or look on the website:-              |                | 01782 816662 | <a href="http://www.mha.org/communities/near-me/north-staffords">www.mha.org/communities/near-me/north-staffords</a> |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                      |
| <b>Modelling:</b>         | Railway modelling                                                                                           | Watson Centre, 17 Southbank St.                  | Tuesdays                                        | 2pm-4pm        | 07435 563479 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                      |
| <b>Music:-</b>            | African Drumming                                                                                            | Watson Centre, 17 Southbank St.                  | Tuesdays                                        | 4.15-7pm       | 07933 791610 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
| <b>Learning</b>           | Folk Ensemble                                                                                               | Watson Centre, 17 Southbank St.                  | Friday                                          | 3.15-5.15pm    | 07712 339801 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
| <b>&amp; Playing</b>      | Guitar (U3A)                                                                                                | Watson Centre, 17 Southbank St.                  | Thursdays                                       | 9.30am to 11am | 07973 416194 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                           | Jazzy Folk                                                                                                  | Watson Centre, 17 Southbank St.                  | Thursdays                                       | 7pm -8.30pm    | 07817 244576 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                           | Ukulele/Banjo 2                                                                                             | Norton House                                     | Tuesdays                                        | 7-8.30pm       | 01538 383915 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                      |
| <b>Philosophy</b>         | Everyday philosophical issues                                                                               | Norton House                                     | Thursday                                        | 11.30-1.15pm   | 07590 832148 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                      |
| <b>Photography</b>        | Digital Photography                                                                                         | Daist Haye                                       | Monday                                          | 10am-12pm      | 07983 468230 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                      |
| <b>Pickleball:</b>        | Pickleball 1                                                                                                | Biddulph Leisure Centre                          | Wednesdays                                      | 2pm-4pm        | 07752 271342 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                           | Pickleball 2                                                                                                | Cheadle Leisure Centre                           | Fridays                                         | 12pm-2pm       | 07704 499512 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                      |
| <b>Reading:</b>           | Reading For Pleasure                                                                                        | Norton House, Fynney St.                         | Friday                                          | 1.45pm-3.45pm  | 07932 721765 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                           | Reading Group                                                                                               | Leek library                                     | For more details: Phone:                        |                | 01538 332061 | <a href="mailto:leek.library@staffordshire.gov.uk">leek.library@staffordshire.gov.uk</a>                             |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                      |
| <b>Repair Cafes</b>       | Volunteers needed as repairers, front of house or admin at the Foxlowe Arts Centre and the Haregate Centre. |                                                  |                                                 |                | Visit        | <a href="https://www.facebook.com/groups/moorlandsrepaircafe">www.facebook.com/groups/moorlandsrepaircafe</a>        |
|                           |                                                                                                             |                                                  |                                                 |                | Email:       | <a href="mailto:Repaircafe@moorlandsclimateaction.org.uk">Repaircafe@moorlands climateaction.org.uk</a>              |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                      |
| <b>Running:</b>           | Running up to 5k                                                                                            | Brough Park Running Club                         | Saturday                                        | From 9am       |              | <a href="http://www.broughparkrunningclub.co.uk">www.broughparkrunningclub.co.uk</a>                                 |
|                           |                                                                                                             |                                                  |                                                 |                |              | <a href="#">Also on facebook</a>                                                                                     |

## MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

|                             |                                                                                                                                                                                                                                                                    |                                                   |                                 |                 |                                                                        |                                                                                                                       |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|---------------------------------|-----------------|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <b>Singing and Choirs</b>   | Singing For Fun 2                                                                                                                                                                                                                                                  | St Paul's Church Hall                             | Monday                          | 12.30-1.45pm    | 01538 372543                                                           | <a href="https://leek.u3asite.uk">https://leek.u3asite.uk</a>                                                         |
|                             | Singing For Fun                                                                                                                                                                                                                                                    | Norton House                                      | Monday                          | 11.30am to 1pm  | 01538 372543                                                           | <a href="https://leek.u3asite.uk">https://leek.u3asite.uk</a>                                                         |
|                             | u3a Singers                                                                                                                                                                                                                                                        | Salvation Army Hall                               | Tuesday                         | 1pm - 3pm       | 07481 841155                                                           | <a href="https://leek.u3asite.uk">https://leek.u3asite.uk</a>                                                         |
|                             | 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                                                           | <a href="mailto:ji0511@uyahoo.com">ji0511@uyahoo.com</a>                                                              |
| <b>Sport:</b>               | <b>A list of Sports Clubs is at the end of this document.</b>                                                                                                                                                                                                      |                                                   |                                 |                 |                                                                        |                                                                                                                       |
| <b>Table tennis</b>         | Beginners & experienced players                                                                                                                                                                                                                                    | St Edward's School                                | Monday                          | 7pm-8.30pm      | 07541 682718                                                           | <a href="https://leeku3asite.uk">https://leeku3asite.uk</a>                                                           |
| <b>Tai Chi</b>              | Tai Chi 1                                                                                                                                                                                                                                                          | St Paul's Church Hall                             | Thursday                        | 9.30-10.30am    | 07724 079740                                                           | <a href="https://leeku3asite.uk/">https://leeku3asite.uk/</a>                                                         |
|                             | Tai Chi 2                                                                                                                                                                                                                                                          | St Paul's Church Hall                             | Thursday                        | 12-1pm          | 01782 937656                                                           | <a href="https://leeku3asite.uk/">https://leeku3asite.uk/</a>                                                         |
|                             | Tai Chi 3                                                                                                                                                                                                                                                          | St Paul's Church Hall                             | Thursday                        | 10.45-11.45am   | 01538 360367                                                           | <a href="https://leeku3asite.uk/">https://leeku3asite.uk/</a>                                                         |
|                             | Tai Chi 5                                                                                                                                                                                                                                                          | Watson Centre                                     | Monday                          | 10.15-11.30am   | 01782 550607                                                           | <a href="https://leeku3asite.uk/">https://leeku3asite.uk/</a>                                                         |
|                             | Tai Chi 6                                                                                                                                                                                                                                                          | Watson Centre                                     | Monday                          | 11.40-12.45pm   | 01782 550607                                                           | <a href="https://leeku3asite.uk/">https://leeku3asite.uk/</a>                                                         |
|                             | Tai Chi Movement                                                                                                                                                                                                                                                   | Watson Centre                                     | Fridays                         | 1.45-2.45pm     | 07463 967646                                                           | <a href="https://leeku3asite.uk/">https://leeku3asite.uk/</a>                                                         |
| <b>Transport:</b>           | Moorlands Voluntary Community Transport - Help for people who have no private transport & can't use public transport                                                                                                                                               |                                                   |                                 |                 |                                                                        | <a href="https://mvct.co.uk/">https://mvct.co.uk/</a>                                                                 |
|                             |                                                                                                                                                                                                                                                                    |                                                   |                                 | Telephone       | 01538 386888                                                           |                                                                                                                       |
| <b>Volunteering</b>         | 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. |                                                   |                                 |                 |                                                                        | <a href="mailto:office@moorlandshomelink.co.uk">office@moorlandshomelink.co.uk</a>                                    |
|                             |                                                                                                                                                                                                                                                                    |                                                   |                                 |                 |                                                                        |                                                                                                                       |
| <b>Walking:</b>             | Walking Group                                                                                                                                                                                                                                                      | Brough Park start (5-8miles or so)                | Thursdays                       |                 | 07780 790032                                                           | <a href="mailto:leek3awalking@btinternet.com">leek3awalking@btinternet.com</a>                                        |
|                             | Walking Group                                                                                                                                                                                                                                                      | Brough Park start (8-12 miles)                    | Thursdays                       |                 | 07780 790032                                                           | <a href="mailto:leek3awalking@btinternet.com">leek3awalking@btinternet.com</a>                                        |
|                             | Dog friendly walking group                                                                                                                                                                                                                                         | Brough Park                                       | Tuesdays                        | 10am            | 07986 974684                                                           | <a href="mailto:leek3awalking@btinternet.com">leek3awalking@btinternet.com</a>                                        |
|                             | Strollers - fortnightly                                                                                                                                                                                                                                            | Brough Park start (3 -4 miles or so)              | Weds                            |                 | 07780 790032                                                           | <a href="mailto:leek3awalking@btinternet.com">leek3awalking@btinternet.com</a>                                        |
|                             | Ramblers Association - Wellbeing walks - Find a walk near you                                                                                                                                                                                                      |                                                   |                                 |                 |                                                                        | <a href="https://beta.ramblers.org.uk/go-walking/wellbeing-walks">beta.ramblers.org.uk/go-walking/wellbeing-walks</a> |
| <b>Walking netball</b>      | Slower version at a walking pace                                                                                                                                                                                                                                   | Cheadle Leisure Centre                            | Tuesdays                        | 2-3pm           | 07866 660729                                                           | <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>                                                |
| <b>The W.I.:</b>            | Active Womens' Institutes locally with range of age groups - find a Womens Institute near you                                                                                                                                                                      |                                                   |                                 |                 |                                                                        | <a href="https://www.thewi.org.uk">https://www.thewi.org.uk</a>                                                       |
|                             | Woodcroft WI                                                                                                                                                                                                                                                       | St Lukes's Church                                 | 2nd Tues of the month           | 7.30pm          | <a href="tel:01538373306">Contact St Luke's Church on 01538 373306</a> |                                                                                                                       |
|                             | St Luke's Mothers Union                                                                                                                                                                                                                                            | St Luke's Church                                  | 3rd Tues of the month           | 7.30pm          | <a href="tel:01538372073">Contact Val on 01538 372073</a>              |                                                                                                                       |
| <b>Wellbeing and Health</b> | 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                                                           | <a href="http://www.haregate.co.uk/centre-whats-on">www.haregate.co.uk/centre-whats-on</a>                            |
|                             | Samudra Meditation Classes                                                                                                                                                                                                                                         | Haregate Community Centre                         | Wednesday                       | 7.30pm-9pm      | 01538 422829                                                           | <a href="http://www.haregate.co.uk/centre-whats-on">www.haregate.co.uk/centre-whats-on</a>                            |
|                             | 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                                                           | <a href="mailto:johnhall@rethink.org">johnhall@rethink.org</a>                                                        |

MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

|                      |                                                                                         |                              |                                                                                                |  |                                                                                        |
|----------------------|-----------------------------------------------------------------------------------------|------------------------------|------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------|
| <b>(New)</b>         | Wellbeing in the Community                                                              | Dougie Mac community support | Fortnightly at Leek Fire Station                                                               |  | <a href="mailto:wellbeingcentre@dmhospice.org.uk">wellbeingcentre@dmhospice.org.uk</a> |
| <b>Sports Clubs:</b> | Ashcombe Park Cricket Club                                                              |                              | ashcombepark.play-cricket.com                                                                  |  |                                                                                        |
|                      | Bagnall Cricket Club                                                                    |                              | <a href="http://www.bagnallcc.com">www.bagnallcc.com</a>                                       |  |                                                                                        |
|                      | Ball Haye Green Football Club                                                           |                              | <a href="http://www.pitchero.com/clubs/ballhayegreen">www.pitchero.com/clubs/ballhayegreen</a> |  |                                                                                        |
|                      | Endon Cricket Club                                                                      |                              | endon.play-cricket.com                                                                         |  |                                                                                        |
|                      | Endon Tennis Club                                                                       |                              | leeksports.co.uk/endontennis                                                                   |  |                                                                                        |
|                      | Leek Amateur swimming Club                                                              |                              | <a href="http://www.leekasc.co.uk">www.leekasc.co.uk</a>                                       |  |                                                                                        |
|                      | 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                                                                 |                              | <a href="http://www.pitchero.com/clubs/leektown">www.pitchero.com/clubs/leektown</a>           |  |                                                                                        |
|                      | 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                                                                     |                              | <a href="http://www.stokeboatclub.co.uk">www.stokeboatclub.co.uk</a>                           |  |                                                                                        |
|                      | Staffs Moorlands Athletics Club                                                         |                              | <a href="http://www.staffsmoorlands-ac.co.uk">www.staffsmoorlands-ac.co.uk</a>                 |  |                                                                                        |
|                      | Tennis                                                                                  | Thursdays 10am - 12pm        | <a href="http://Leek Tennis Club">Leek Tennis Club</a>                                         |  | <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>                 |
|                      | Waterhouses Tennis Club                                                                 |                              | leeksports.co.uk/waterhouses                                                                   |  |                                                                                        |
|                      | Walking Sports - Basketball, Cricket, Football, Hockey, Netball and Rugby for over 50's |                              |                                                                                                |  | <a href="https://walkingsports.com">https://walkingsports.com</a>                      |
|                      | Westwood Golf Club                                                                      |                              | westwoodgolfclubleek.co.uk                                                                     |  |                                                                                        |
|                      |                                                                                         |                              |                                                                                                |  | kr/ppg/v.3/2022                                                                        |
|                      |                                                                                         |                              |                                                                                                |  |                                                                                        |



# WHAT'S ON LOCALLY - ACTIVITIES, HELP AND ADVICE AVAILABLE IN THE LEEK AREA- AUTUMN 2025

| TITLE                                              | ACTIVITY                                                                                                                                                                                    | LOCATION                                                                                 | DAY           | TIME                     | Tel No.                                 | Contact/ Further information                                                                                       |
|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------|--------------------------|-----------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| <b>Social Prescribing:</b>                         | <b>Your local Social Prescribing Team are here to offer advice, guidance and signposting</b>                                                                                                | <b>Leek and District Foodbank at the rear of Gateway Church ST13 8AA</b>                 | <b>Friday</b> | <b>12.30pm to 2.30pm</b> |                                         |                                                                                                                    |
| <b>Activities with and for your child and baby</b> | Leek Breastfeeding Group - For breastfeeding support and playtime for baby                                                                                                                  | HOME START, Staffs Moorlands Earl Street, Leek                                           | Daily         | 12.30pm to 2.30pm        |                                         | <b>Information also on facebook See Homestart below</b>                                                            |
|                                                    | Blaze Trails'                                                                                                                                                                               | Staffordshire Baby and Toddler walking community                                         | (and UK wide) | On Facebook              |                                         | <b>Download the Mighty Networks App to access your local Blaze Trail Community</b>                                 |
|                                                    | Parent and Toddler Swimming                                                                                                                                                                 | Staffs Moorlands Leisure Centres:- details on the website or by telephone:-              |               |                          |                                         |                                                                                                                    |
|                                                    |                                                                                                                                                                                             | Biddulph Valley                                                                          |               |                          | 01782 515005                            | <a href="http://www.leisurecentre.com">www.leisurecentre.com</a>                                                   |
|                                                    |                                                                                                                                                                                             | South Moorlands                                                                          |               |                          | 01538 753883                            | <a href="http://www.leisurecentre.com">www.leisurecentre.com</a>                                                   |
|                                                    | Free Baby Bounce & Rhyme (0-3years) and Storytelling (grandparents welcome)                                                                                                                 | Leek Library                                                                             | Monday        | 11- 11.30am              | 01538 332061                            | <a href="http://staffordshire.gov.uk/Libraries">staffordshire.gov.uk/Libraries</a>                                 |
|                                                    |                                                                                                                                                                                             | Leek library                                                                             | Monday        | 2-2.30pm                 |                                         | <a href="#">Ditto</a>                                                                                              |
|                                                    |                                                                                                                                                                                             | Leek library                                                                             | Thursdays     | 11-11.30am               |                                         | <a href="#">Ditto</a>                                                                                              |
|                                                    |                                                                                                                                                                                             | Leek Library                                                                             | Friday        | 11-11.30am               |                                         | <a href="#">Ditto</a>                                                                                              |
| <b>(New)</b>                                       | Nature Tales' - Nature themed stories, play and craft activities - suited to under 5s at                                                                                                    | Leek Library - 10am to 11am                                                              |               |                          |                                         | <a href="http://www.staffs-wildlife.org.uk/events">www.staffs-wildlife.org.uk/events</a>                           |
|                                                    | Lego Club                                                                                                                                                                                   | Leek Library                                                                             | Saturdays     | 10.30-12pm               |                                         | <a href="#">Ditto</a>                                                                                              |
|                                                    | 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                                          |               |                          |                                         | <a href="http://www.insideoutforestschoo.com">www.insideoutforestschoo.com</a>                                     |
|                                                    | Seedlings baby & toddler Gp                                                                                                                                                                 | St Luke's Church Centre                                                                  | Thursdays     | 10am-11.30am             | 01538 373306                            | <a href="https://www.leekparish.org">https://www.leekparish.org</a>                                                |
|                                                    |                                                                                                                                                                                             |                                                                                          |               |                          |                                         | <a href="#">also on facebook</a>                                                                                   |
|                                                    | Children age 8-18 with a disability                                                                                                                                                         | Caudwell Childrens Centre Newcastle Under Lyme                                           |               |                          | 0345 300 1348                           | <a href="mailto:activities@caudwellchildren.com">activities@caudwellchildren.com</a>                               |
|                                                    | <b>School uniform Bank (all local schools)</b>                                                                                                                                              | Sold cheaply at St Paul's Church                                                         | Thursdays     | 6pm -                    |                                         |                                                                                                                    |
| <b>(New)</b>                                       | <b>Home-Start Staffordshire Moorlands is a voluntary organisation providing free, confidential support for families in the Staffordshire Moorlands (For parents when they need us most)</b> |                                                                                          |               |                          |                                         |                                                                                                                    |
|                                                    |                                                                                                                                                                                             | School yard, Earl Street, Leek ST13 6JT                                                  |               |                          | 01538 387231                            | <a href="http://www.homestartsm.org.uk">www.homestartsm.org.uk</a>                                                 |
|                                                    |                                                                                                                                                                                             |                                                                                          |               |                          | 07511 860725                            | <a href="mailto:info@homestart.org.uk">info@homestart.org.uk</a>                                                   |
| <b>(New)</b>                                       | <b>Craft and Play - Free group for pre-school children - Home Start office - Earl St Leek - term time</b>                                                                                   |                                                                                          |               | Tues 10-11.30am          |                                         | <a href="mailto:sarah@homestart.org.uk">sarah@homestart.org.uk</a>                                                 |
|                                                    |                                                                                                                                                                                             |                                                                                          |               |                          |                                         |                                                                                                                    |
| <b>Age Concern UK:</b>                             | 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                           | <a href="http://www.ageuk.org.uk/staffordshire/our services">www.ageuk.org.uk/staffordshire/our services</a>       |
|                                                    |                                                                                                                                                                                             | IT Training Courses - find one in your area                                              |               |                          | 0800 678 1602                           | <a href="http://ageuk.org.uk/services/in-your-area/it training">ageuk.org.uk/services/in-your-area/it training</a> |
| <b>Art:</b>                                        | Art classes - life drawing                                                                                                                                                                  | Foxlowe Centre                                                                           | Tuesday       | 1pm - 4pm                | 01538 386112                            | <a href="mailto:email hello@foxloweartscentre.org.uk">email hello@foxloweartscentre.org.uk</a>                     |
|                                                    | Art classes - art group                                                                                                                                                                     | Foxlowe Centre                                                                           | Thursday      | 10am - 1pm               |                                         | <a href="http://www.foxloweartscentre.org.uk">http://www.foxloweartscentre.org.uk</a>                              |
|                                                    | Art Appreciation                                                                                                                                                                            | Watson Centre                                                                            | Tuesday       | 9.30-11.15pm             | 01538 382998                            | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                                                    | Painting All Media                                                                                                                                                                          | Norton House                                                                             | Monday        | 12.15-3pm                | 01538 384030                            | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |



MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

|                                                      |                                                                                                                                |                                                                                                                                                                                            |                                                   |               |                                            |                                                                                                                      |
|------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|---------------|--------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
|                                                      | Painting Water Colour                                                                                                          | Norton House                                                                                                                                                                               | Weds                                              | 2-4pm         | 01538 382971                               | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                                                      |                                                                                                                                |                                                                                                                                                                                            |                                                   |               |                                            |                                                                                                                      |
| <b>Badminton</b>                                     | Badminton 1                                                                                                                    | Cheadle Leisure Centre                                                                                                                                                                     | Wednesdays                                        | 2.30-4.30pm   | 07814 532792                               | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                                                      | Badminton 2                                                                                                                    | Cheadle Leisure Centre                                                                                                                                                                     | Tuesday                                           | 2pm-4pm       | 07492 979313                               | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                                                      | Badminton 3                                                                                                                    | Cheadle Leisure Centre                                                                                                                                                                     | Monday                                            | 11-12pm       | 01538 371618                               | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                                                      | Badminton 4                                                                                                                    | Cheadle Leisure Centre                                                                                                                                                                     | Thursdays                                         | 1pm-2pm       | 01538 398358                               | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                                                      |                                                                                                                                |                                                                                                                                                                                            |                                                   |               |                                            |                                                                                                                      |
| <b>Bereavement Support</b>                           | Leek Bereavement Friendship Group                                                                                              | John Hall Wellness Gardens,                                                                                                                                                                | Second Friday of the month-10..30am               |               | 01538 387111                               |                                                                                                                      |
|                                                      | Support for bereaved people aged 50+                                                                                           | Fowlchurch Road, ST13 6BH                                                                                                                                                                  |                                                   | to 12 noon    |                                            |                                                                                                                      |
|                                                      |                                                                                                                                |                                                                                                                                                                                            |                                                   |               |                                            |                                                                                                                      |
| <b>Bowls:</b>                                        | Bowls (2) - U3A                                                                                                                | Cheadle Leisure Centre                                                                                                                                                                     | Friday                                            | 2.30pm-4.30pm | 01538 371903                               | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                                                      | Petanque (a form of Boules)                                                                                                    | Pointon park Cheddleton                                                                                                                                                                    | Monday                                            | 10am-12pm     | 01538 381242                               | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                      |
|                                                      |                                                                                                                                |                                                                                                                                                                                            |                                                   |               |                                            |                                                                                                                      |
| <b>Card and Board Games</b>                          | Bridge - (1)                                                                                                                   | Norton House                                                                                                                                                                               | Tuesdays                                          | 11.30-1.30pm  | 01538 387390                               | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk</a>                                                       |
|                                                      | Bridge - (2)                                                                                                                   | Watson Centre                                                                                                                                                                              | Thursdays                                         | 1.45-4pm      | 01538 360629                               | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk</a>                                                       |
|                                                      | Canasta                                                                                                                        | Norton House                                                                                                                                                                               | Tuesdays                                          | 4.30-6.30pm   | 01538 528972                               | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk</a>                                                       |
|                                                      | Chess                                                                                                                          | Norton House, Fynney St.                                                                                                                                                                   | Tuesdays                                          | 2-4pm         | 01538 385927                               | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk</a>                                                       |
|                                                      | Cribbage                                                                                                                       | Norton House, Fynney St.                                                                                                                                                                   | Weds                                              | 2pm-4.30pm    | 01538 300415                               | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk</a>                                                       |
|                                                      | Mah Jong 1                                                                                                                     | Watson Centre                                                                                                                                                                              | Friday                                            | 10am-1pm      | 01538 381488                               | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk</a>                                                       |
|                                                      | Mah Jong 2                                                                                                                     | Watson Centre                                                                                                                                                                              | Thursdays                                         | 4.15-6.15pm   | 07973 416194                               | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk</a>                                                       |
|                                                      | Scrabble - U3A                                                                                                                 | Watson Centre, 17 Southbank St.                                                                                                                                                            | Monday                                            | 1.30-3.30pm   | 01538 529656                               | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk</a>                                                       |
|                                                      |                                                                                                                                |                                                                                                                                                                                            |                                                   |               |                                            |                                                                                                                      |
| <b>Carers</b>                                        | North Staffs Carers (NSC) Association                                                                                          | Carers Centre, 234 Victoria Road, Fenton, Stoke on Trent ST4 2 LW                                                                                                                          |                                                   |               |                                            |                                                                                                                      |
| <b>(Do you look after a family member or friend)</b> | (includes Young Carers)                                                                                                        | Free Carers Support and Advice and a range of activities                                                                                                                                   |                                                   |               | 01782 793100                               | <a href="http://www.carersfirst.com">www.carersfirst.com</a>                                                         |
|                                                      |                                                                                                                                |                                                                                                                                                                                            |                                                   |               |                                            | <a href="mailto:optin@carersfirst.com">optin@carersfirst.com</a>                                                     |
|                                                      | Staffordshire Together for Carers                                                                                              | <a href="http://www.n-compass.org.uk/our-services/carers/staffordshire-together-for-carers-service">www.n-compass.org.uk/our-services/carers/staffordshire-together-for-carers-service</a> |                                                   |               |                                            | Tel: 0300-303-0621                                                                                                   |
|                                                      | <b>For a copy of the monthly What's on for Carers, email <a href="mailto:optin@carersfirst.com">optin@carersfirst.com</a>.</b> |                                                                                                                                                                                            | <b>Copy of Whats on for October 2025 attached</b> |               |                                            | Tel: 01782 793100                                                                                                    |
|                                                      |                                                                                                                                |                                                                                                                                                                                            |                                                   |               |                                            |                                                                                                                      |
| <b>Choirs</b>                                        | (See singing below)                                                                                                            |                                                                                                                                                                                            |                                                   |               |                                            |                                                                                                                      |
| <b>Community Cafes:-</b>                             | Haregate Community Café                                                                                                        | Haregate Community Centre                                                                                                                                                                  | Tuesday & Friday                                  | 9am-1pm       | 01538 398378                               | <a href="http://www.haregate.co.uk">www.haregate.co.uk</a>                                                           |
|                                                      | 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                               | <a href="http://www.salvationarmy.org.uk">www.salvationarmy.org.uk</a>                                               |
|                                                      | Salvation Army Lunch Club                                                                                                      | Salisbury Street                                                                                                                                                                           | Friday                                            | 12noon        | 01538 384211                               | <a href="http://www.salvationarmy.org.uk">www.salvationarmy.org.uk</a>                                               |
|                                                      | Salvation Army Lunch Club Delivery                                                                                             | Delivered to your door each Friday lunchtime (£5)                                                                                                                                          |                                                   | Phone to book | 01538 384211                               | <a href="http://www.salvationarmy.org.uk">www.salvationarmy.org.uk</a>                                               |
|                                                      | 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 -                                                                                                                                                    |                                                   |               | <a href="tel:01538398483">01538 398483</a> | <a href="http://www.trinitychurchleekurc.org.uk">www.trinitychurchleekurc.org.uk</a>                                 |
|                                                      | MHA Communities North Staffs -Befriending, Lunch and Social Groups                                                             | Telephone or look on the website:-                                                                                                                                                         |                                                   |               | 01782 816662                               | <a href="http://www.mha.org/communities/near-me/north-staffords">www.mha.org/communities/near-me/north-staffords</a> |
|                                                      | Foxlowe Arts Centre Café                                                                                                       | Monday to Saturday and first Sunday of the month                                                                                                                                           |                                                   | 10am - 4pm    |                                            | <a href="http://www.foxloweartscentre.org.uk">www.foxloweartscentre.org.uk</a>                                       |

MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

|                      |                                                                                                                                      |                                                                          |                            |                 |                                       |                                                                                                                    |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------|-----------------|---------------------------------------|--------------------------------------------------------------------------------------------------------------------|
|                      |                                                                                                                                      |                                                                          |                            |                 | Facebook                              | <a href="#">Foxlowe Arts Centre</a>                                                                                |
|                      |                                                                                                                                      |                                                                          |                            |                 |                                       |                                                                                                                    |
| <b>Computing :</b>   |                                                                                                                                      |                                                                          |                            |                 |                                       |                                                                                                                    |
|                      | Age UK Advice Line can help you to find a computer training course in your area                                                      |                                                                          |                            |                 | 0800 678 1602                         | <a href="http://ageuk.org.uk/services/in-your-area/it-training">ageuk.org.uk/services/in-your-area/it-training</a> |
|                      | 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) |                                                                          |                            |                 |                                       | <a href="mailto:U3amemsecleek@gmail.com">U3amemsecleek@gmail.com</a>                                               |
|                      | Ravenshead (Nottinghamshire) U3a Computer Guides - describing a range of basic computing techniques                                  |                                                                          |                            |                 |                                       | <a href="https://u3asites.org.uk/ravenshead/page/43601">https://u3asites.org.uk/ravenshead/page/43601</a>          |
| <b>Crafts:</b>       |                                                                                                                                      |                                                                          |                            |                 |                                       |                                                                                                                    |
|                      | Needlecraft                                                                                                                          | Watson Centre, 17 Southbank St.                                          | Wednesday                  | 9.15-11.15am    | 01538 371103                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Card making                                                                                                                          | Norton House, Fynney St.                                                 | Friday                     | 10am-12pm       | 01782 303272                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Cross Stitch Plus                                                                                                                    | Norton House, Fynney St.                                                 | Thursdays                  | 2pm -4pm        | 01538 385096                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Craft Workshop                                                                                                                       | Cabbage Rose' 1 Stockwell St, Leek                                       | held at Foxlowe Art Centre |                 | 01538 529522                          | <a href="mailto:info@cabbagerose.co.uk">info@cabbagerose.co.uk</a>                                                 |
|                      | Leek Floral Art Society                                                                                                              | St Edwards School, Westwood Road                                         | 2nd Weds of the month      | 7.30pm - 9,30pm |                                       | <a href="http://nafascheshire.org.uk/flower-clubs/leek.htm">nafascheshire.org.uk/flower-clubs/leek.htm</a>         |
|                      | Flower arranging                                                                                                                     | Watson Centre, 17 Southbank St.                                          | Wednesday                  | 2pm-4pm         | 07528 381047                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Informal flower Club                                                                                                                 | Rudyard methodist Chapel                                                 | 1st Tues of the month      | 7.30pm-9.30pm   |                                       | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Handicrafts (variety of handicrafts)                                                                                                 | Norton House                                                             | Friday                     | 11.15-12.45pm   | 01538 360462                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Knit and Natter                                                                                                                      | Leek Library                                                             | Tuesdays                   | 1.30-3pm        | 01538 332061                          | <a href="http://www.staffordshire.gov.uk/libraries">www.staffordshire.gov.uk/libraries</a>                         |
|                      | Mixed Crafts (inc group projects)                                                                                                    | Norton House                                                             | Thursdays                  | 1.30-3.30pm     | 01782 537864                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Patchwork & quilting (1)                                                                                                             | Norton House, Fynney St.                                                 | Tuesdays                   | 1.45pm-3.45pm   | 01538 266555                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Happy Crafters                                                                                                                       | Norton House, Fynney Street                                              | Monday                     | 2pm - 4pm       | 01782 537864                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Railway Modelling Enthusiasts                                                                                                        | Watson Centre, 17 Southbank St.                                          | Tuesdays                   | 2pm-4pm         | 07435 563479                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Whittling and Wood Carving                                                                                                           | Norton House                                                             | Tuesdays                   | 6.30-8pm        | 07947 533375                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Leek & District Guild of Spinners, Weavers and Dyers - Bradnop Village Hall- 2nd Sat of month                                        |                                                                          |                            |                 |                                       | <a href="http://www.wsd.org.uk&gt;guilds/leek-district/">www.wsd.org.uk&gt;guilds/leek-district/</a>               |
|                      |                                                                                                                                      |                                                                          |                            |                 |                                       |                                                                                                                    |
| <b>Creative</b>      | Creative Writing                                                                                                                     | Norton House, Fynney St.                                                 | Weds                       | 9.15-11.15am    | 01538 387344                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
| <b>Writing:</b>      | Writing Group                                                                                                                        | Foxlowe Arts Centre                                                      | Weekly                     | Phone           | 01538 386112                          | <a href="mailto:email_hello@foxloweartscentre.org.uk">email_hello@foxloweartscentre.org.uk</a>                     |
|                      |                                                                                                                                      |                                                                          |                            |                 |                                       |                                                                                                                    |
| <b>Cycling:</b>      | Peak district Mountain Bike Club                                                                                                     |                                                                          |                            |                 | email:                                | <a href="mailto:info@peakdistrictmtb.org">info@peakdistrictmtb.org</a>                                             |
|                      |                                                                                                                                      |                                                                          |                            |                 |                                       |                                                                                                                    |
| <b>Dancing:</b>      | Chance to Dance                                                                                                                      | St Paul's Church Hall, Novi Lane                                         | Tuesdays                   | 2-4pm           | 01538 372543                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Line Dance 3 (Beginners)                                                                                                             | St Paul's Church Hall, Novi Lane                                         | Tuesdays                   | 10.45-12.15pm   | 07531 675071                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      | Line Dance 4                                                                                                                         | St Paul's Church Hall, Novi Lane                                         | Monday                     | 10am-11.30am    | 01538 399618                          | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                    |
|                      |                                                                                                                                      |                                                                          |                            |                 |                                       |                                                                                                                    |
| <b>Disability</b>    | Support , Information and Advice Service                                                                                             | North Staffordshire Medical Institute, Hartshill Road, Hartshill ST4 7NY |                            |                 | 01782 638 300                         | <a href="http://www.disabilitysolutions.org.uk">www.disabilitysolutions.org.uk</a>                                 |
| <b>Solutions</b>     |                                                                                                                                      |                                                                          |                            |                 | Email:                                | <a href="mailto:general@disability-solutions.net">general@disability-solutions.net</a>                             |
| <b>West Midlands</b> |                                                                                                                                      |                                                                          |                            |                 | Facebook:                             | <a href="#">Disability Solutions West Midlands</a>                                                                 |
|                      | 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                         |                                                                                                                    |

## MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

|                        |                                                                                                                     |                                                                                 |                        |                  |                                             |                                                                                                         |
|------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|------------------------|------------------|---------------------------------------------|---------------------------------------------------------------------------------------------------------|
|                        | Disability Connect:                                                                                                 | One-to-one support to access activities to improve quality of life              |                        |                  | 01782 667 323                               |                                                                                                         |
|                        | General:                                                                                                            |                                                                                 |                        |                  | 01782 667 324                               |                                                                                                         |
|                        |                                                                                                                     |                                                                                 |                        |                  |                                             |                                                                                                         |
| <b>Entertainment:</b>  | Leek Comedy Club                                                                                                    | Foxlowe Arts Centre                                                             | 1st Thurs in the month |                  | 01538 386112                                | <a href="#">(tickets on door or on line)</a>                                                            |
|                        | Film Night                                                                                                          | Foxlowe Arts Centre                                                             | Every Tuesday night    | Doors from 7pm   | 01538 386112                                | <a href="mailto:hello@foxloweartscentre.org.uk">email hello@foxloweartscentre.org.uk</a>                |
|                        |                                                                                                                     |                                                                                 |                        | facebook and     | website                                     | <a href="http://www.foxloweartscentre.org.uk">www.foxloweartscentre.org.uk</a>                          |
|                        |                                                                                                                     |                                                                                 |                        |                  |                                             |                                                                                                         |
| <b>Employment</b>      | 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       |                                                                                                         |
|                        |                                                                                                                     |                                                                                 |                        |                  |                                             |                                                                                                         |
| <b>Family History:</b> | Family History 1                                                                                                    | Norton House                                                                    | Weds                   | 9.30-11.15am     | 01782 535348                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
|                        | Family History 2                                                                                                    | Norton House                                                                    | Tuesdays               | 11.30-1.15pm     | 01782 535348                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
|                        | Family History Group                                                                                                | Leek Library                                                                    | Friday                 | 1pm onwards      | 01538 332061                                | <a href="http://staffordshire.gov.uk/libraries">staffordshire.gov.uk/libraries</a>                      |
|                        |                                                                                                                     |                                                                                 |                        |                  |                                             |                                                                                                         |
| <b>Fitness and</b>     | Chair Yoga                                                                                                          | Watson Centre                                                                   | Mondays                | 3.30pm-4.30pm    | 07753 240815                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
| <b>Easy Exercise:</b>  | Everyone Health - Move More Feel Good                                                                               | Haregate Community Centre                                                       | Thursday               | 9am-1pm          | <a href="tel:03330050095">0333 005 0095</a> | <a href="http://staffordshire.everyonehealth.co.uk">staffordshire.everyonehealth.co.uk</a>              |
|                        | Yoga                                                                                                                | Swythamley & Heaton Community Centre Enquiries by email to JulieFairy50@gmail   |                        |                  |                                             | <a href="http://www.yogastation.net">www.yogastation.net</a>                                            |
|                        | Yoga Beginners 1                                                                                                    | Watson Centre                                                                   | Mondays                | 4.30pm-5.30pm    | 07753 240815                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
|                        | Yoga Beginners 2                                                                                                    | Watson Centre                                                                   | Wednesdays             | 4.20-5.20pm      | 07753 240815                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
|                        | Pilates with Kate                                                                                                   | Swythamley & Heaton Community Centre Enquiries to pilateswithkate@hotmail.co.uk |                        |                  |                                             | <a href="http://www.pilateswithkate.co.uk">www.pilateswithkate.co.uk</a>                                |
|                        |                                                                                                                     |                                                                                 |                        |                  |                                             |                                                                                                         |
| <b>Foodbank</b>        | Leek and District Foodbank                                                                                          | Rear of The Gateway Church Leek                                                 | Tuesday and Friday     | Lindsey Stockton |                                             |                                                                                                         |
| <b>New</b>             |                                                                                                                     | West Street, Leek ST13 8aa                                                      | (Collection of food    | (Project Leader  | <a href="tel:01538373289">01538 373289</a>  | <a href="mailto:info@leekdistrict.foodbank.org.uk">info@leekdistrict.foodbank.org.uk</a>                |
|                        |                                                                                                                     |                                                                                 | parcels)               |                  | <a href="tel:7916005064">7916005064</a>     |                                                                                                         |
| <b>Further</b>         | <b>Stoke on Trent College</b>                                                                                       | Enrol on-line or call in. Information on the website                            |                        |                  | 01782 208208                                | <a href="http://www.stokecollege.ac.uk">www.stokecollege.ac.uk</a>                                      |
| <b>Education</b>       |                                                                                                                     | Burslem Campus, Moorland Road, Burslem, ST6 1JJ                                 |                        |                  |                                             |                                                                                                         |
| <b>and</b>             |                                                                                                                     | Cauldon Campus, Stoke Road, Shelton, ST4 2DG                                    |                        |                  |                                             |                                                                                                         |
| <b>Training</b>        | <b>Buxton &amp; Leek College Campuses</b>                                                                           | Devonshire Road Buxton SK17 6RY                                                 |                        |                  | 0800 074 0099                               | <a href="mailto:enquiries@blc.ac.uk">enquiries@blc.ac.uk</a>                                            |
|                        |                                                                                                                     | Stockwell Street Leek ST13 6DP                                                  |                        |                  |                                             |                                                                                                         |
|                        | <b>Macclesfield College</b>                                                                                         | Information on the website                                                      |                        |                  | 01625 410000                                | <a href="http://www.macclesfield.ac.uk">www.macclesfield.ac.uk</a>                                      |
| <b>Gardening:</b>      |                                                                                                                     |                                                                                 |                        |                  |                                             |                                                                                                         |
|                        | Gardening                                                                                                           | Norton House, Fynney St.                                                        | Mon                    | 9.30-10.45am     | <a href="tel:01538388015">01538 388015</a>  | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
|                        | Grow it, Eat it!                                                                                                    | Haregate Community Centre                                                       | 3rd Thursday in month  | 9.30-11.30pm     | 01538 381265                                | <a href="http://www.haregate.co.uk/centre-whats-on">www.haregate.co.uk/centre-whats-on</a>              |
|                        |                                                                                                                     |                                                                                 |                        |                  |                                             |                                                                                                         |
| <b>History</b>         | History Topics                                                                                                      | Norton House, Fynney Street                                                     | Weds                   | 11.30-1pm        | 07971 059689                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
|                        | Swythamley Historical Society                                                                                       | Swythamley & Heaton Community Centre and for more information go to:-           |                        |                  |                                             | <a href="https://facebook.com/swythamleyhistoricalsociety">facebook.com/swythamleyhistoricalsociety</a> |
|                        |                                                                                                                     |                                                                                 |                        |                  |                                             |                                                                                                         |
| <b>Learn a</b>         | French Intermediate                                                                                                 | Norton House, Fynney St.                                                        | Tuesdays               | 9.30-11am        | 01782 535234                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
| <b>Language</b>        | French Beginners                                                                                                    | Norton House, Fynney St.                                                        | Tuesdays               | 11.15-12.15      | 01782 535234                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
|                        | German                                                                                                              | Norton House, Fynney St.                                                        | Tuesdays               | 9.30-11am        | 01538 387812                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |
|                        | Italian                                                                                                             | Norton House, Fynney St.                                                        | Thursdays              | 11.15-12.45pm    | 01782 544448                                | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                         |

MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                |
|---------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------|-------------------------------------------------|----------------|--------------|----------------------------------------------------------------------------------------------------------------|
|                           | Latin 1 & Classical Greek                                                                                   | Norton House, Fynney St.                         | Friday                                          | 9.30-11am      | 01538 360208 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                |
|                           | Latin 2                                                                                                     | Norton House, Fynney St.                         | Friday                                          | 9.30-11.45am   | 01538 360208 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                |
|                           | Spanish (2)                                                                                                 | Norton House, Fynney St.                         | Weds                                            | 11.30-1pm      | 01538 381488 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                |
|                           | Spanish for beginners                                                                                       | Norton House, Fynney St.                         | Tuesdays                                        | 11.15 -2.45pm  | 01782 544448 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                |
|                           | Spanish (1)                                                                                                 | Norton House, Fynney St.                         | Thursdays                                       | 9.30-11am      | 01782 545867 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                |
| <b>Men's Sheds:</b>       | Gateway SHED                                                                                                | Foxlowe Arts Centre, Leek                        | Tuesday & Saturday                              | From 10am      | 01538 386112 | <a href="mailto:hello@foxloweartscentre.org.uk">email hello@foxloweartscentre.org.uk</a>                       |
|                           | (For Men & women of all abilities)                                                                          |                                                  | (opening more days being considered.)           |                |              |                                                                                                                |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                |
| <b>Mental Health</b>      | Changes' - Mental Health Support                                                                            | Well being service in Nth Staffs & the Moorlands |                                                 |                |              | <a href="mailto:northstaffs@changes.org.uk">northstaffs@changes.org.uk</a>                                     |
| <b>Advice and Support</b> | Rethink Mental Illness - North Staffs MH Social Inclusion and Recovery service (Moorlands)                  |                                                  |                                                 |                | 01538 387111 | <a href="http://www.rethink.org">www.rethink.org</a>                                                           |
|                           |                                                                                                             |                                                  |                                                 |                |              | <a href="https://www.facebook.com/RethinkCharity">www.facebook.com/RethinkCharity</a>                          |
|                           | Moorlands Repair Café                                                                                       | Saturdays 10am to 2pm                            |                                                 |                |              |                                                                                                                |
| <b>New</b>                | John Hall Community Garden                                                                                  | A range of activities and crafts                 | <b>October 2025 Monthly Activities attached</b> |                |              |                                                                                                                |
|                           | Ball Haye Cottage, Fowlchurch Road, Leek ST13 6AT - (Tai Chi is a 6 week pre-booked course)                 |                                                  |                                                 |                | 01538 387111 | <a href="mailto:johnhall@rethink.org">johnhall@rethink.org</a>                                                 |
|                           | MHA Communities North Staffs -Befriending, Lunch and Social Groups                                          |                                                  | Telephone or look on the website:-              |                | 01782 816662 | <a href="http://www.mha.org/communities/near-me/north-staffs">www.mha.org/communities/near-me/north-staffs</a> |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                |
| <b>Modelling:</b>         | Railway modelling                                                                                           | Watson Centre, 17 Southbank St.                  | Tuesdays                                        | 2pm-4pm        | 07435 563479 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                |
| <b>Music:-</b>            | African Drumming                                                                                            | Watson Centre, 17 Southbank St.                  | Tuesdays                                        | 4.15-7pm       | 07933 791610 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                |
| <b>Learning</b>           | Folk Ensemble                                                                                               | Watson Centre, 17 Southbank St.                  | Friday                                          | 3.15-5.15pm    | 07712 339801 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                |
| <b>&amp; Playing</b>      | Guitar (U3A)                                                                                                | Watson Centre, 17 Southbank St.                  | Thursdays                                       | 9.30am to 11am | 07973 416194 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                |
|                           | Jazzy Folk                                                                                                  | Watson Centre, 17 Southbank St.                  | Thursdays                                       | 7pm -8.30pm    | 07817 244576 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                |
|                           | Ukulele/Banjo 2                                                                                             | Norton House                                     | Tuesdays                                        | 7-8.30pm       | 01538 383915 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                |
| <b>Philosophy</b>         | Everyday philosophical issues                                                                               | Norton House                                     | Thursday                                        | 11.30-1.15pm   | 07590 832148 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                |
| <b>Photography</b>        | Digital Photography                                                                                         | Daist Haye                                       | Monday                                          | 10am-12pm      | 07983 468230 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                |
| <b>Pickleball:</b>        | Pickleball 1                                                                                                | Biddulph Leisure Centre                          | Wednesdays                                      | 2pm-4pm        | 07752 271342 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                |
|                           | Pickleball 2                                                                                                | Cheadle Leisure Centre                           | Fridays                                         | 12pm-2pm       | 07704 499512 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                |
| <b>Reading:</b>           | Reading For Pleasure                                                                                        | Norton House, Fynney St.                         | Friday                                          | 1.45pm-3.45pm  | 07932 721765 | <a href="https://leek.u3asite.uk/">https://leek.u3asite.uk/</a>                                                |
|                           | Reading Group                                                                                               | Leek library                                     | For more details: Phone:                        |                | 01538 332061 | <a href="mailto:leek.library@staffordshire.gov.uk">leek.library@staffordshire.gov.uk</a>                       |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                |
| <b>Repair Cafes</b>       | Volunteers needed as repairers, front of house or admin at the Foxlowe Arts Centre and the Haregate Centre. |                                                  |                                                 |                | Visit        | <a href="https://www.facebook.com/groups/moorlandsrepaircafe">www.facebook.com/groups/moorlandsrepaircafe</a>  |
|                           |                                                                                                             |                                                  |                                                 |                | Email:       | <a href="mailto:Repaircafe@moorlandsclimateaction.org.uk">Repaircafe@moorlands climateaction.org.uk</a>        |
|                           |                                                                                                             |                                                  |                                                 |                |              |                                                                                                                |
| <b>Running:</b>           | Running up to 5k                                                                                            | Brough Park Running Club                         | Saturday                                        | From 9am       |              | <a href="http://www.broughparkrunningclub.co.uk">www.broughparkrunningclub.co.uk</a>                           |
|                           |                                                                                                             |                                                  |                                                 |                |              | <a href="#">Also on facebook</a>                                                                               |

## MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

|                             |                                                                                                                                                                                                                                                                    |                                                   |                                 |                 |                                                                        |                                                                                                                       |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|---------------------------------|-----------------|------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <b>Singing and Choirs</b>   | Singing For Fun 2                                                                                                                                                                                                                                                  | St Paul's Church Hall                             | Monday                          | 12.30-1.45pm    | 01538 372543                                                           | <a href="https://leek.u3asite.uk">https://leek.u3asite.uk</a>                                                         |
|                             | Singing For Fun                                                                                                                                                                                                                                                    | Norton House                                      | Monday                          | 11.30am to 1pm  | 01538 372543                                                           | <a href="https://leek.u3asite.uk">https://leek.u3asite.uk</a>                                                         |
|                             | u3a Singers                                                                                                                                                                                                                                                        | Salvation Army Hall                               | Tuesday                         | 1pm - 3pm       | 07481 841155                                                           | <a href="https://leek.u3asite.uk">https://leek.u3asite.uk</a>                                                         |
|                             | 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                                                           | <a href="mailto:ji0511@uyahoo.com">ji0511@uyahoo.com</a>                                                              |
| <b>Sport:</b>               | <b>A list of Sports Clubs is at the end of this document.</b>                                                                                                                                                                                                      |                                                   |                                 |                 |                                                                        |                                                                                                                       |
| <b>Table tennis</b>         | Beginners & experienced players                                                                                                                                                                                                                                    | St Edward's School                                | Monday                          | 7pm-8.30pm      | 07541 682718                                                           | <a href="https://leeku3asite.uk">https://leeku3asite.uk</a>                                                           |
| <b>Tai Chi</b>              | Tai Chi 1                                                                                                                                                                                                                                                          | St Paul's Church Hall                             | Thursday                        | 9.30-10.30am    | 07724 079740                                                           | <a href="https://leeku3asite.uk/">https://leeku3asite.uk/</a>                                                         |
|                             | Tai Chi 2                                                                                                                                                                                                                                                          | St Paul's Church Hall                             | Thursday                        | 12-1pm          | 01782 937656                                                           | <a href="https://leeku3asite.uk/">https://leeku3asite.uk/</a>                                                         |
|                             | Tai Chi 3                                                                                                                                                                                                                                                          | St Paul's Church Hall                             | Thursday                        | 10.45-11.45am   | 01538 360367                                                           | <a href="https://leeku3asite.uk/">https://leeku3asite.uk/</a>                                                         |
|                             | Tai Chi 5                                                                                                                                                                                                                                                          | Watson Centre                                     | Monday                          | 10.15-11.30am   | 01782 550607                                                           | <a href="https://leeku3asite.uk/">https://leeku3asite.uk/</a>                                                         |
|                             | Tai Chi 6                                                                                                                                                                                                                                                          | Watson Centre                                     | Monday                          | 11.40-12.45pm   | 01782 550607                                                           | <a href="https://leeku3asite.uk/">https://leeku3asite.uk/</a>                                                         |
|                             | Tai Chi Movement                                                                                                                                                                                                                                                   | Watson Centre                                     | Fridays                         | 1.45-2.45pm     | 07463 967646                                                           | <a href="https://leeku3asite.uk/">https://leeku3asite.uk/</a>                                                         |
| <b>Transport:</b>           | Moorlands Voluntary Community Transport - Help for people who have no private transport & can't use public transport                                                                                                                                               |                                                   |                                 |                 |                                                                        | <a href="https://mvct.co.uk/">https://mvct.co.uk/</a>                                                                 |
|                             |                                                                                                                                                                                                                                                                    |                                                   |                                 | Telephone       | 01538 386888                                                           |                                                                                                                       |
| <b>Volunteering</b>         | 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. |                                                   |                                 |                 |                                                                        | <a href="mailto:office@moorlandshomelink.co.uk">office@moorlandshomelink.co.uk</a>                                    |
| <b>Walking:</b>             | Walking Group                                                                                                                                                                                                                                                      | Brough Park start (5-8miles or so)                | Thursdays                       |                 | 07780 790032                                                           | <a href="mailto:leek3awalking@btinternet.com">leek3awalking@btinternet.com</a>                                        |
|                             | Walking Group                                                                                                                                                                                                                                                      | Brough Park start (8-12 miles)                    | Thursdays                       |                 | 07780 790032                                                           | <a href="mailto:leek3awalking@btinternet.com">leek3awalking@btinternet.com</a>                                        |
|                             | Dog friendly walking group                                                                                                                                                                                                                                         | Brough Park                                       | Tuesdays                        | 10am            | 07986 974684                                                           | <a href="mailto:leek3awalking@btinternet.com">leek3awalking@btinternet.com</a>                                        |
|                             | Strollers - fortnightly                                                                                                                                                                                                                                            | Brough Park start (3 -4 miles or so)              | Weds                            |                 | 07780 790032                                                           | <a href="mailto:leek3awalking@btinternet.com">leek3awalking@btinternet.com</a>                                        |
|                             | Ramblers Association - Wellbeing walks - Find a walk near you                                                                                                                                                                                                      |                                                   |                                 |                 |                                                                        | <a href="https://beta.ramblers.org.uk/go-walking/wellbeing-walks">beta.ramblers.org.uk/go-walking/wellbeing-walks</a> |
| <b>Walking netball</b>      | Slower version at a walking pace                                                                                                                                                                                                                                   | Cheadle Leisure Centre                            | Tuesdays                        | 2-3pm           | 07866 660729                                                           | <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>                                                |
| <b>The W.I.:</b>            | Active Womens' Institutes locally with range of age groups - find a Womens Institute near you                                                                                                                                                                      |                                                   |                                 |                 |                                                                        | <a href="https://www.thewi.org.uk">https://www.thewi.org.uk</a>                                                       |
|                             | Woodcroft WI                                                                                                                                                                                                                                                       | St Lukes's Church                                 | 2nd Tues of the month           | 7.30pm          | <a href="tel:01538373306">Contact St Luke's Church on 01538 373306</a> |                                                                                                                       |
|                             | St Luke's Mothers Union                                                                                                                                                                                                                                            | St Luke's Church                                  | 3rd Tues of the month           | 7.30pm          | <a href="tel:01538372073">Contact Val on 01538 372073</a>              |                                                                                                                       |
| <b>Wellbeing and Health</b> | 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                                                           | <a href="http://www.haregate.co.uk/centre-whats-on">www.haregate.co.uk/centre-whats-on</a>                            |
|                             | Samudra Meditation Classes                                                                                                                                                                                                                                         | Haregate Community Centre                         | Wednesday                       | 7.30pm-9pm      | 01538 422829                                                           | <a href="http://www.haregate.co.uk/centre-whats-on">www.haregate.co.uk/centre-whats-on</a>                            |
|                             | 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 <a href="mailto:johnhall@rethink.org">johnhall@rethink.org</a>                                           |

MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

|                      |                                                                                         |                              |                                                                                                |  |                                                                                        |
|----------------------|-----------------------------------------------------------------------------------------|------------------------------|------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------|
| <b>(New)</b>         | Wellbeing in the Community                                                              | Dougie Mac community support | Fortnightly at Leek Fire Station                                                               |  | <a href="mailto:wellbeingcentre@dmhospice.org.uk">wellbeingcentre@dmhospice.org.uk</a> |
| <b>Sports Clubs:</b> | Ashcombe Park Cricket Club                                                              |                              | ashcombepark.play-cricket.com                                                                  |  |                                                                                        |
|                      | Bagnall Cricket Club                                                                    |                              | <a href="http://www.bagnallcc.com">www.bagnallcc.com</a>                                       |  |                                                                                        |
|                      | Ball Haye Green Football Club                                                           |                              | <a href="http://www.pitchero.com/clubs/ballhayegreen">www.pitchero.com/clubs/ballhayegreen</a> |  |                                                                                        |
|                      | Endon Cricket Club                                                                      |                              | endon.play-cricket.com                                                                         |  |                                                                                        |
|                      | Endon Tennis Club                                                                       |                              | leeksports.co.uk/endontennis                                                                   |  |                                                                                        |
|                      | Leek Amateur swimming Club                                                              |                              | <a href="http://www.leekasc.co.uk">www.leekasc.co.uk</a>                                       |  |                                                                                        |
|                      | 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                                                                 |                              | <a href="http://www.pitchero.com/clubs/leektown">www.pitchero.com/clubs/leektown</a>           |  |                                                                                        |
|                      | 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                                                                     |                              | <a href="http://www.stokeboatclub.co.uk">www.stokeboatclub.co.uk</a>                           |  |                                                                                        |
|                      | Staffs Moorlands Athletics Club                                                         |                              | <a href="http://www.staffsmoorlands-ac.co.uk">www.staffsmoorlands-ac.co.uk</a>                 |  |                                                                                        |
|                      | Tennis                                                                                  | Thursdays 10am - 12pm        | <a href="http://Leek Tennis Club">Leek Tennis Club</a>                                         |  | <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>                 |
|                      | Waterhouses Tennis Club                                                                 |                              | leeksports.co.uk/waterhouses                                                                   |  |                                                                                        |
|                      | Walking Sports - Basketball, Cricket, Football, Hockey, Netball and Rugby for over 50's |                              |                                                                                                |  | <a href="https://walkingsports.com">https://walkingsports.com</a>                      |
|                      | Westwood Golf Club                                                                      |                              | westwoodgolfclubleek.co.uk                                                                     |  |                                                                                        |
|                      |                                                                                         |                              |                                                                                                |  | kr/ppg/v.3/2022                                                                        |
|                      |                                                                                         |                              |                                                                                                |  |                                                                                        |



## What's on Mondays October 2025



peer support

### **NEW**

#### **Carersfirst Support Group**

Take time out from your  
caring role

Come along to our group for  
emotional, practical and  
peer support

#### **Meeting on Monday**

6<sup>th</sup> & 20<sup>th</sup> October

**The John Marstons  
Blurton  
ST3 2NQ**

**11.00 am - 1.00 pm**



# HELLO October

#### **Carers Brunch @ Brindley Farm**

10:00am - 11.30am  
Shelton Blvd,  
Etruria Valley Link Rd,  
ST1 5GP

**Meeting on Monday  
13th October**





**nsc.**

putting carers first

**HAPPY  
TUESDAY**

## What's on Tuesdays October 2025



### **Carers Support Group**

#### **Kidsgrove**

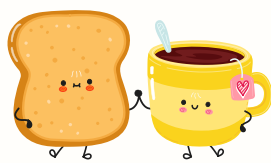
Kidsgrove Library  
ST7 1BS

**Tuesday 21st October**  
**2.00 pm - 3.30 pm**

### **Carers Catch up & Activities**



#### **Biddulph**



Community Zone  
ST8 6NE

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

**Tuesday 7<sup>th</sup> October**  
**10am - 11:30am**

(Every 1st Tuesday of the month)



### **Carers Catch Up**

**Hempstalls Lane,  
Newcastle**

**Tuesday 28th October**

**10:30am - 12pm**

Hempstalls Care Home  
ST5 9NR

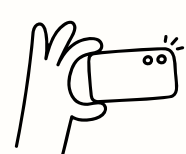


# What's On October 2025



## Photography Club

**Fenton**



**(Every Wednesday)**

10am-12 Noon



Temple St Community Centre  
ST4 4NW



## Lifeworks



**Meeting**

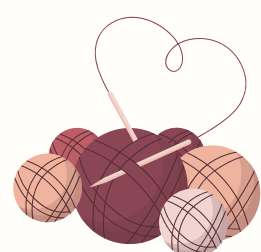
**Wed 8th October**

**10:30am to 12pm**

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

**Harper House, Harper Street,  
Middleport, ST6 3QU**

## Arts & Crafts



**Fenton**

**ST4 4NW**



Temple Street Community Centre  
Fenton  
10am-12 Noon

**Meeting on  
Wed 8th & 22<sup>nd</sup> October**





**PEGIS  
SEND**

**Community Lounge**

**Fenton**

10am- 12 Noon

Hazel Trees ST4 3NR

**Thursday 16th October**

**CARERS DROP IN**

**Trent House**

**Fenton**

**10.00 am - 11.30 am**



**Thursday**

**23<sup>rd</sup> October**

Come and have a chat with  
one of our Support  
Advisors

**Stress Workshop**

**The Meadows**

Bentilee

ST2 9JZ

**Thursday 2nd October**

**10.00 am - 12 noon**

**Booking required**

**Brunch @ Olive Tree Cafe**

**Silverdale**

10:30am - 12 Noon

Garners Garden Centre

ST5 6SH

**Meeting on Thursday**

**2<sup>nd</sup> October**





## Carers Support Group

Meir

10am-12pm

Meir Primary Care Centre  
ST3 6AB

Meeting on Friday 3rd October



## Men Care 2

Join our NEW monthly  
Men's group

Meet new friends & share  
experiences

Meeting at  
The Cafe Fenton, Albert Sq  
Fenton, ST4 3FA

**Friday 24th October**  
**10.30 am - 12.30 pm**

## Carers Support Group

Werrington

Werrington Library ST9 0JS

Take time out from  
your caring role

Come along to our group  
for emotional, practical and  
peer support

**Friday 31st October**  
**10am-12pm**



# Out and About at the Community Lounges

**1ST MONDAY  
OF EVERY MONTH**

**Baddeley Green  
Working Mens Club  
BADDELEY GREEN  
ST2 7HG**

**9.30 am - 11.30 am**

**2ND TUESDAY  
OF EVERY MONTH**

**The Hub @ ST6  
Fegg Hayes  
ST6 6QR**

**10.00 am - 12 noon**

**3RD WEDNESDAY  
OF EVERY MONTH**

**St Johns Welcome Centre  
ABBEY HULTON  
ST2 8JW**

**9.00 am - 10.30 am**

**3RD THURSDAY  
OF EVERY MONTH**

**Temple Street Community Centre  
FENTON  
ST4 4NW**

**10.00 am - 12 noon**

**4TH FRIDAY  
OF EVERY MONTH**

**Tommy Cheadles - PVFC  
BURSLEM  
ST6 1AW**

**10.00 am - 12 noon**

Come and speak to one of our Carer  
Advisors at any of the above venues  
to find out what support is available





# OCTOBER 2025 MONTHLY ACTIVITIES

## OPENING TIMES

Mon-Fri 9am -4pm & Sat:9am-3pm



John Hall  
Wellness  
Garden

Rethink  
Mental  
Illness

For any information please get in touch.

01538 387111

✉ johnhall@rethink.org

👍 The John Hall Wellness Garden Facebook

📷 @johnhallwellnessgardens

| MON    | TUES                             | WED                                                     | THURS                                                                                                 | FRI                                                                              | SAT    | SUN          |
|--------|----------------------------------|---------------------------------------------------------|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------|--------------|
| 29<br> | 30<br>10am-3pm Wellies Group     | 1<br><br>Hello Autumn                                   | 2<br>11am-1pm Creative Writing & Art<br>1:30pm -2:30pm Tai Chi<br>3pm -4pm Chair Based Exercises      | 3<br>10am-12pm Approach Dementia Gardening & Wellbeing                           | 4<br>  | 5            |
| 6      | 7<br>10am-3pm Wellies Group<br>  | 8<br>                                                   | 9<br>11am-1pm Creative Writing & Art<br>1:30pm -2:30pm Tai Chi<br>3pm -4pm Chair Based Exercises      | 10<br>10am-12pm Approach Dementia Gardening & Wellbeing                          | 11<br> | 12<br>CLOSED |
| 13     | 14<br>10am-3pm Wellies Group<br> | 15<br>10:30am-12pm Bereavement Group                    | 16<br>11am-1pm Creative Writing & Art<br>3pm -4pm Chair Based Exercises<br>1:30pm -2:30pm Tai Chi     | 17<br>10am-12pm Approach Dementia Gardening & Wellbeing<br>10:30am Walking Group | 18<br> | 19<br>CLOSED |
| 20     | 21<br>10am-3pm Wellies Group     | 22<br>10am-3pm Wellies Group - Autumn Wreath Making<br> | 23<br>11am-1pm Creative Writing & Art<br>1:30pm -2:30pm Tai Chi<br>3pm -4pm Chair Based Exercises<br> | 24<br>10am-12pm Approach Dementia Gardening & Wellbeing                          | 25<br> | 27<br>CLOSED |
| 28<br> | 29<br>10am-3pm Wellies Group     | 30<br>OCT                                               | 31<br>11am-1pm Creative Writing & Art<br>1:30pm -2:30pm Tai Chi<br>3pm -4pm Chair Based Exercises<br> | 1<br>10am-12pm Approach Dementia Gardening & Wellbeing                           | 2<br>  | 3<br>CLOSED  |



# OCTOBER 2025 MONTHLY ACTIVITIES

## OPENING TIMES

Mon-Fri 9am -4pm & Sat:9am-3pm



John Hall  
Wellness  
Garden



Rethink  
Mental  
Illness

For any information please get in touch.

01538 387111

✉ johnhall@rethink.org

👍 The John Hall Wellness Garden Facebook

📷 @johnhallwellnessgardens

| MON    | TUES                             | WED                                                     | THURS                                                                                                 | FRI                                                                              | SAT    | SUN          |
|--------|----------------------------------|---------------------------------------------------------|-------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|--------|--------------|
| 29<br> | 30<br>10am-3pm Wellies Group     | 1<br><br>Hello Autumn                                   | 2<br>11am-1pm Creative Writing & Art<br>1:30pm -2:30pm Tai Chi<br>3pm -4pm Chair Based Exercises      | 3<br>10am-12pm Approach Dementia Gardening & Wellbeing                           | 4<br>  | 5            |
| 6      | 7<br>10am-3pm Wellies Group<br>  | 8<br>                                                   | 9<br>11am-1pm Creative Writing & Art<br>1:30pm -2:30pm Tai Chi<br>3pm -4pm Chair Based Exercises      | 10<br>10am-12pm Approach Dementia Gardening & Wellbeing                          | 11<br> | 12<br>CLOSED |
| 13     | 14<br>10am-3pm Wellies Group<br> | 15<br>10:30am-12pm Bereavement Group                    | 16<br>11am-1pm Creative Writing & Art<br>3pm -4pm Chair Based Exercises<br>1:30pm -2:30pm Tai Chi     | 17<br>10am-12pm Approach Dementia Gardening & Wellbeing<br>10:30am Walking Group | 18<br> | 19<br>CLOSED |
| 20     | 21<br>10am-3pm Wellies Group     | 22<br>10am-3pm Wellies Group - Autumn Wreath Making<br> | 23<br>11am-1pm Creative Writing & Art<br>1:30pm -2:30pm Tai Chi<br>3pm -4pm Chair Based Exercises<br> | 24<br>10am-12pm Approach Dementia Gardening & Wellbeing                          | 25<br> | 27<br>CLOSED |
| 28<br> | 29<br>10am-3pm Wellies Group     | 30<br>OCT                                               | 31<br>11am-1pm Creative Writing & Art<br>1:30pm -2:30pm Tai Chi<br>3pm -4pm Chair Based Exercises<br> | 1<br>10am-12pm Approach Dementia Gardening & Wellbeing                           | 2<br>  | 3<br>CLOSED  |