

HEALTH & WELLBEING

Heart Line

Northfield Hall
40 Norfolk Avenue
Huddersfield HD2 1GS
Contact Richard Brook 01484 655916
Mon/Tues 10am – 11am
Thurs 9.30 am – 11.30 am
Leisure activities followed by coffee and biscuits. £3 per session

Tea Dance

St Phillips Community Centre
Briarlyn Road, Huddersfield, HD3 5NL
Tuesdays 1 - 3.30pm
Contact Mike Smith 07977 059696
Social gathering for people of the same age group 65+.
Sequence dancing and general chats.
£2.50 includes refreshments.

Qi Gong(Chi Kung)

St Phillips Community Centre
Briarlyn Road, Huddersfield HD3 3NL
Contact Alison Loncan 01484 461657
taichiali@hotmail.com
Gentle exercise to help maintain and improve health and wellbeing.
£5 per session, discount for advance payments.

ACCESS BUS

Is a dial-a-ride bus service for the benefit of people unable to use the standard bus service. Drivers assist in door to door service.
Tel **0113 348 1903** or visit www.wymetro.com/accessbus

Services & Activities for Older People

DEMENTIA GROUPS

Head of Steam Dementia Support Group (Making Space)

Head of Steam Pub, Huddersfield HD1 1JB
Tuesday 10.00 - 11.30am
Contact: 01484 483083

Age UK

Sundale House Day Centre
44 Keldregate, Huddersfield HD2 1SY
Open 5 days - Monday to Friday
9.30am - 3.30pm
Contact: 01484 559935 or www.ageuk.org.uk

Working Carers (Carers Count)

Sainsburys Café, Southgate, Huddersfield HD1 6QR
First Tuesday of each month to discuss issues around managing work and being a carer. **5.00pm - 7.00pm**
Contact: 0300 0120231 or email info@carerscount.org.uk or visit www.carerscount.org.uk

Shall We Dance

John Smiths Stadium, Huddersfield, HD1 6PG
Monday 2.15pm - 3.15pm
Contact: 01484 221000 (ask for Sports & Physical Development Team)

Together Living Well with Dementia Support Group

Parish Church, Byram St, Huddersfield HD1 1BU
Saturday 10.30am - 12 noon
Contact: Monika Tomaszewicz 07954 403641

Sing with Us (Alzheimers Society)

Huddersfield Town Hall
1st & 3rd Wednesday every month.
1.30pm - 3.30pm

DEMENTIA GROUPS

Focal Community Centre

New Hey Rd, Lindley, Huddersfield HD3 4BZ
Tel: 01484 860077

Tuesday 9.30am – 14.30pm

Early to Mid Stage Dementia
Includes 2 course meals and trips. Not suitable for people with advance stage dementia.

Hoot Creative Arts Limited (Breathing Space)

Monday 10.30am - 12.30pm

Contact: 01484 516224

Kirklees Dementia Hub

Age UK Calderdale & Kirklees
12, New Street, Huddersfield HD1 2AR
Contact: 01484 503908 dias@commlinks.co.uk

Huddersfield Carers Support Group (Making Space)

12 St Georges Square, Huddersfield HD1 1JF
First Tuesday of every month 7.30pm - 9.00pm

Women Centre

15 Lord Street, Huddersfield HD1 1QB
Offering a dementia friendly service for women in Kirklees supporting mental health and wellbeing.
Contact: 01484 450866
or email louise.warner@womenscentre.org.uk

St John Resource Centre

St John Road, Birkby, Huddersfield
Thursday 10am - 3pm

Safer Places Scheme is a place you can go to for help when you are out and about. You will need to get a free Safe Place card and write on it vital telephone numbers of people who can help you such as a relative or carer. For more info contact Samantha Jones on 01484 340811