

**WHAT'S ON LOCALLY - ACTIVITIES, HELP AND ADVICE AVAILABLE IN THE LEEK AREA- DECEMBER 2023**

TITLE	ACTIVITY	LOCATION	DAY	TIME	Tel No.	Contact/ Further information
<b>Social Prescribing:</b>	Your local Social Prescribing Team offer advice, guidance & signposting	Leek & District Foodbank Rear of Gateway Church, West St	Every Friday	12.30pm - 2.30pm		
<b>Activities with /for your child:</b>	Parent and Toddler Swimming	Staffs Moorlands Leisure Centres:- details on the website or by telephone:- Biddulph Valley Brough Park South Moorlands			01782 515005 01538 373603 01538 753883	<a href="http://www.leisurecentre.com">www.leisurecentre.com</a> <a href="http://www.leisurecentre.com">www.leisurecentre.com</a> <a href="http://www.leisurecentre.com">www.leisurecentre.com</a>
	Free Baby Bounce & Rhyme (0-3years) and Storytelling (grandparents welcome)	Leek Library Leek library Leek library Leek Library	Monday Monday Thursdays Friday	11- 11.30am 2-2.30pm 11-11.30am 11-11.30am	01538 332061	<a href="http://staffordshire.gov.uk/Libraries">staffordshire.gov.uk/Libraries</a> <a href="#">Ditto</a> <a href="#">Ditto</a> <a href="#">Ditto</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.insideoutforestschool.com">www.insideoutforestschool.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>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: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="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Painting All Media	Norton House	Monday	12.15-3pm	01782 502672	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Painting Water Colour	Norton House	Weds	2-4pm	01538 382971	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
<b>Badminton</b>	Badminton 2	Brough Park	Tuesday	2pm-4pm	01538 381488	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Badminton 3	Brough Park	Monday	1pm-2pm	01538 371618	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Badminton 4	Brough Park	Thursdays	3-4pm	01538 398358	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
<b>Bereavement Support</b>	Leek Bereavement Friendship Group Support for bereaved people aged 50+	John Hall Wellness Gardens, Fowchurch Road, ST13 6BH	Second Friday of the month-10..30am to 12 noon		01538 387111	
<b>Bowls:</b>	Bowls (1) - U3A	Brough Park	Monday	10am-12pm	07526 255633	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Bowls (2) - U3A	Brough Park	Friday	10am-12pm	01538 371903	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>

MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

	Bowls (3) - U3A	Brough Park	Weds	11.15-1.15pm	01538 361618	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>	
	Bowls (4) - U3A	Brough Park	Friday	1.15- 2.45pm	01538 398367	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>	
	Petanque (a form of Boules)	Pointon park Cheddleton	Monday	10am-12pm	01538 381242	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>	
<b>Card and Board Games</b>	Bridge - (1)	Watson Centre	Tuesdays	11.30-1.30pm	01538 387390	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>	
	Bridge - (2)	Watson Centre	Thursdays	1.45-4pm	01538 360629	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>	
	Canasta	Norton House	Tuesdays	4.30-6.30pm	01538 528972	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>	
	Chess	Norton House, Fynney St.	Tuesdays	2-4pm	01538 385927	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>	
	Cribbage	Norton House, Fynney St.	Weds	2pm-4.30pm	01538 300415	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>	
	Mah Jong 1	Watson Centre	Friday	10am-1pm	01538 381488	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>	
	Mah Jong 2	Watson Centre	Thursdays	4.15-6.15pm	07973 416194	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>	
	Scrabble - U3A	Watson Centre, 17 Southbank St.	Monday	1.30-3.30pm	01538 529656	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>	
<b>Carers</b>	<i>North Staffs Carers Association</i>	<i>Carers Centre, 234 Victoria Road, Fenton, Stoke on Trent ST4 2 LW</i>					
<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>	
		<b>A weekly events bulletin is on display at the surgery</b>				<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>					
				Telephone:	0300-303-0621		
<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 - (updates due in September)			<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>	
					Facebook	<a href="https://www.facebook.com/foxloweartscentre/">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="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>	
	Beadwork	Watson Centre, 17 Southbank St.	Wednesday	11.15-1.15pm	01538 421885	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>	
	Card making	Norton House, Fynney St.	Friday	10am-12pm	01782 303272	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>	

MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

	Cross Stitch Plus	Norton House, Fynney St.	Thursdays	2pm -4pm	01538 385096	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</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="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Informal flower Club	Rudyard methodist Chapel	1st Tues of the month	7.30pm-9.30pm		
	Handicrafts (variety of handicrafts)	Norton House	Friday	11.15-12.45pm	01538 360462	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</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="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Patchwork & quilting (1)	Norton House, Fynney St.	Tuesdays	1.45pm-3.45pm	01538 266555	<a href="http://www.3uasites.org.uk/leek">www.3uasites.org.uk/leek</a>
	Happy Crafters	Norton House, Fynney Street	Monday	2pm - 4pm	01782 537864	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Railway Modelling Enthusiasts	Watson Centre, 17 Southbank St.	Tuesdays	2pm-4pm	07435 563479	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Whittling and Wood Carving	Norton House	Tuesdays	6.30-8pm	07947 533375	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</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 Writing:</b>	Creative Writing	Norton House, Fynney St.	Weds	9.15-11.15am	01538 387344	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Writing Group	Foxlowe Arts Centre	Weekly	Phone	01538 386112	<a href="mailto: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="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Folk Dance	St Paul's Church Hall, Novi Lane	Friday	9.30-12pm	01538 300415	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Line Dance 3 (Beginners)	St Paul's Church Hall, Novi Lane	Tuesdays	10.45-12.15pm	07531 675071	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Line Dance 4	St Paul's Church Hall, Novi Lane	Monday	10am-11.30am	01538 399618	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
<b>Disability Solutions West Midlands</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>
					Email:	<a href="mailto:general@disability-solutions.net">general@disability-solutions.net</a>
					Facebook:	<a href="https://www.facebook.com/Disability-Solutions-West-Midlands">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	
	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>
	Reels on Wheels local cinema evenings	Swythamley & Heaton Community Centre. Further details from Judy Weeks			01260 227683	<a href="mailto:email_judy@danebridge.plus.com">email_judy@danebridge.plus.com</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	

MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

<b>Family History:</b>	Family History 1	Norton House	Weds	9.30-11.15am	01782 535348	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Family History 2	Norton House	Tuesdays	11.30-1.15pm	01782 535348	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</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 Easy Exercise:</b>	Everyone Health - Move More Feel Good	Haregate Community Centre	Thursday	9am-1pm	0333 005 0095	<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>
	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>
	Body Pump, Pilates & Zumba classes	Brough Park Leisure Centre	Enquiries to:-		01538 373603	<a href="http://www.leisurecentre.com">www.leisurecentre.com</a>
	Aqua aerobics	Brough Park Leisure Centre	Tuesdays	11-11.45am	01538 373603	<a href="http://www.leisurecentre.com">www.leisurecentre.com</a>
	Swimming group class	Brough Park Leisure Centre	Mon- Sun		01538 373603	<a href="http://www.leisurecentre.com">www.leisurecentre.com</a>
<b>Further Education and Training</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>
		<u>Burslem Campus, Moorland Road, Burslem, ST6 1JJ</u>				
		Cauldon Campus, Stoke Road, Shelton, ST4 2DG				
	<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	01538 388015	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</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="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</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 Language</b>	French Circle	Norton House, Fynney St.	Tuesdays	9.30-11am	01538 528556	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	German	Norton House, Fynney St.	Tuesdays	9.30-11am	01538 387812	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Italian	Watson Centre, 17 Southbank St.	Thursdays	11.30-1.30pm	01782 544448	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Latin 1 & Classical Greek	Norton House, Fynney St.	Friday	9.30-11am	01538 360208	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Latin 2	Norton House, Fynney St.	Friday	9.30-11.45am	01538 360208	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Spanish (2)	Norton House, Fynney St.	Weds	11.30-1pm	01538 381488	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Spanish for beginners	Norton House, Fynney St.	Tuesdays	12.30-2pm	01782 544448	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Spanish (1)	Norton House, Fynney St.	Thursdays	9.30-11am	01782 545867	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</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 Advice and Support</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>
	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>
	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

	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="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
<b>Music:-</b>	African Drumming	Watson Centre, 17 Southbank St.	Tuesdays	4.15-7pm	07792 510796 <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
<b>Learning</b>	Folk Ensemble	Watson Centre, 17 Southbank St.	Friday	3.15-5.15pm	01538 373043 <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
<b>&amp; Playing</b>	Guitar (U3A)	Watson Centre, 17 Southbank St.	Thursdays	9.30am to 11am	07973 416194 <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Jazzy Folk	Watson Centre, 17 Southbank St.	Thursdays	7pm -8.30pm	07817 244576 <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Ukulele/Banjo 1	Norton House	Thursdays	6-7.30pm	01538 383915 <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Ukulele/Banjo 2	Norton House	Tuesdays	7-8.30pm	01538 383915 <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
<b>Philosophy</b>	Everyday philosophical issues	Norton House	Thursday	11.30-1.15pm	07590 832148 <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
<b>Photography</b>	Digital Photography	Norton House	Monday	10am-12pm	07415 830711 <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
<b>Reading:</b>	Reading For Pleasure	Norton House, Fynney St.	Friday	1.45pm-3.45pm	07932 721765 <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</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. (see attached leaflet for further details)			Visit	<a href="http://www.facebook.com/groups/moorlandsrepaircafe">www.facebook.com/groups/moorlandsrepaircafe</a>
				Email:	<a href="mailto:Repaircafe@moorlandsclimateaction.org.uk">Repaircafe@moorlandsclimateaction.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> Also on facebook
<b>Singing and</b>	Singing For Fun 2	St Paul's Church Hall	Monday	12.30-1.45pm	01538 372543 <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
<b>Choirs</b>	Singing For Fun	Norton House	Monday	11.30am to 1pm	01538 372543 <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	u3a Singers	Salvation Army Hall	Tuesday	1pm - 3pm	07481 841155 <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Phoenix Singers - Leek	The Grove, Mount Road, ST13 5BU	For further information phone:-	01782 503343	<a href="http://www.phoenixsingersleek.co.uk">www.phoenixsingersleek.co.uk</a> & facebook
	Danebridge Choir	Swythamley & Heaton Community Centre - Wednesdays	Tel: Judy Weeks	01260 227683	
<b>Sport:</b>	<b>A list of Sports Clubs is at the end of this document.</b>				
<b>Swimming</b>	Adult swimming	Brough Park Leisure Centre	Monday	11am -12pm	01538 372740 <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	<b>Swimming with your child see first page</b>				
	Aqua aerobics	Brough Park Leisure Centre	Tuesdays	11-11.45am	01538 373603 <a href="http://www.leisurecentre.com">www.leisurecentre.com</a>
	Swimming group class	Brough Park Leisure Centre	Mon- Sun		01538 373603 <a href="http://www.leisurecentre.com">www.leisurecentre.com</a>
<b>Table tennis</b>	Beginners & experienced players	St Edward's School	Monday	7pm-8.30pm	07827 289524 <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
<b>Tai Chi</b>	Tai Chi 1	St Paul's Church Hall	Thursday	9.30-10.30am	01538 360367 <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Tai Chi 2	St Paul's Church Hall	Thursday	12-1pm	01538 360367 <a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>

MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

	Tai Chi 3	St Paul's Church Hall	Thursday	10.45-11.45am	01538 360367	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Tai Chi 5	Watson Centre	Monday	10.15-11.30am	01782 550607	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
	Tai Chi 6	Watson Centre	Monday	11.40-12.45pm	01782 550607	<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
<b>Theatre group</b>	U3a Group meets every 3-4 weeks to discuss productions that are available and arrange visits - usually includes transport					
	Future visits are advertised on the noticeboard. Tel: 01538 371378					<a href="http://www.u3asites.org.uk/leek">www.u3asites.org.uk/leek</a>
<b>Transport:</b>	Moorlands Voluntary Community Transport - Help for people who have no private transport & can't use public transport					
				Telephone	01538 386888	<a href="https://mvct.co.uk/">https://mvct.co.uk/</a>
<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.					
					01538 750511	<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>
	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="http://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	Brough Park Leisure Centre	Monday	2-3pm	07818 672764	<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					
	Woodcroft WI	St Lukes's Church	2nd Tues of the month	7.30pm		<a href="http://www.thewi.org.uk">https://www.thewi.org.uk</a>
	St Luke's Mothers Union	St Luke's Church	3rd Tues of the month	7.30pm		<a href="http://www.thewi.org.uk">Contact St Luke's Church on 01538 373306</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, Fowlchurch Road, Leek ST13 6AT				01538 387111	<a href="mailto:johnhall@rethink.org">johnhall@rethink.org</a>
<b>Sports Clubs:</b>	Ashcombe Park Cricket Club		<a href="http://ashcombepark.play-cricket.com">ashcombepark.play-cricket.com</a>			
	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/ballhaygreen">www.pitchero.com/clubs/ballhaygreen</a>			
	Endon Cricket Club		<a href="http://endon.play-cricket.com">endon.play-cricket.com</a>			
	Endon Tennis Club		<a href="http://leeksports.co.uk/endentennis">leeksports.co.uk/endentennis</a>			
	Leek Amateur swimming Club		<a href="http://www.leekasc.co.uk">www.leekasc.co.uk</a>			
	Leek Archery Club		<a href="http://leekarcheryclub.co.uk">leekarcheryclub.co.uk</a>			
	Leek Bowling Club		<a href="http://leeksports.co.uk/leekbowling">leeksports.co.uk/leekbowling</a>			
	Leek Cricket Club		<a href="http://leekcc.co.uk">leekcc.co.uk</a>			
	Leek CSOB Football Club		<a href="http://leekcsob.webs.com">leekcsob.webs.com</a>			
	Leek Cyclists Club		<a href="http://leekcyclistsclub.co.uk">leekcyclistsclub.co.uk</a>			
	Leek Fencing Club		<a href="http://fourofclubs.weebly.com/leek.html">fourofclubs.weebly.com/leek.html</a>			

MOORLAND MEDICAL CENTRE LEEK PATIENT PARTICIPATION GROUP

Leek Golf Club		leekgolfclub.co.uk		
Leek Hockey Club		leekhockeyclub.co.uk		
Leek Kempo Ju Jitsu		leekkempojujitsu.co.uk		
Leek Nomads Badminton Club		leeksports.co.uk/nomads		
Leek Rugby Club		leekrufc.co.uk		
Leek Shooting Centre		leekshooting.co.uk		
Leek Tennis Club		clubs.lta.org.uk/LeekTennisClub		
Leek Town Football Club		<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://www.leektennisclub.co.uk">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