

# Adult Activity Guide for Colne Valley and Golcar

**A list of activities in and around your local area for adults.**

\*Subject to change, information correct at the time of recording. Contact provider individually for more information



## Marsden

Day	Time	Cost	Activity	Location	Contact	Additional information
Monday	9am till 11am	Free	Boardgames and natter	Marsden library, Peel Street, Marsden, Huddersfield HD7 6BW	Contact: Tel: 01484 844587 Email: <a href="mailto:info@marsdenmechanics.co.uk">info@marsdenmechanics.co.uk</a>	
Monday	10:30am till 12:30am	£6	Sketching Class	Large meeting room, Marsden Mechanics, Peel Street, Marsden, Huddersfield HD7 6BW	Contact: Fran 01484 844925	
Monday	1:30pm till 3pm	Free	Unity voices singing	St Bartholomew's church Marsden Church Lane, Marsden, HD7 6DJ	Contact: Helen 07746952345	

Monday	7pm till 8pm	£6	Chichi fit	Marsden Mechanics, Peel Street, Marsden, Huddersfield HD7 6BW	Contact: Sheila  07789 275868	
Tuesday	5pm till 6:30pm	£7	Hatha Yoga	Marsden Mechanics, Peel Street, Marsden, Huddersfield HD7 6BW	Contact: Lesley  07462 829092	Book in advance
Wednesday	9am till 11am	Donation	Food share	St Bartholomew's church, Parochial hall, Church Lane, Marsden, HD7 6DJ	Contact:  Mave Buckley – 07826007703  Anna Logue – 07554255910  Helen - 07746952345	
Wednesday	11am till 1pm		Brunch and lunch	Marsden united church, Peel Street, Huddersfield HD7 6BR		1 <sup>st</sup> Wednesday of the month
Wednesday	1:30pm till 3:30pm	£6	Art class	Meeting room, Marsden Mechanics, Peel Street, Marsden, Huddersfield	Contact: Fran  01484 844925	

				HD7 6BW		
Wednesday	1:30pm till 3pm	Free	Knit and natter	Marsden library, Peel Street, Marsden, Huddersfield HD7 6BW	<a href="mailto:marsden.lic@kirklees.gov.uk">marsden.lic@kirklees.gov.uk</a>	2 <sup>nd</sup> Wednesday of the month
Wednesday	7pm till 8:30pm	£8	Iyengar Yoga	Main hall, Marsden Mechanics, Peel Street, Marsden, Huddersfield HD7 6BW	Contact: Amanda 07508 816861	Must book in advance
Wednesday	7:30pm till 9:30pm	£3	Community poetry open mic night	Marsden library, Peel Street, Marsden, Huddersfield HD7 6BW	Contact: Kathy Trout 07711 617148 <a href="mailto:kathy@westyorkshiredogrescue.co.uk">kathy@westyorkshiredogrescue.co.uk</a>	2 <sup>nd</sup> Wednesday of the month
Thursday	11:30am till 1:30pm	Donation	Community café	St Bartholomew's church, Parochial hall, Church Lane, Marsden, HD7 6DJ	Contact: Helen 07746952345	
Thursday	6pm till 7pm	£10	Burlesque dancing	Marsden Mechanics, Peel Street, Marsden, Huddersfield	Contact: Ivy <a href="mailto:missloladelight65@gmail.com">missloladelight65@gmail.com</a> 07591400658	Must book in advance

				HD7 6BW		
Thursday	7pm till 8pm	£7	Still life art class	Marsden Mechanics, Peel Street, Marsden, HD7 6BW	Contact: Laura <a href="mailto:laura-tillotson@hotmail.com">laura-tillotson@hotmail.com</a>	Fortnightly  Book in advance
Friday	9am till 12pm	Pay what you feel	Counselling, coaching and Psychotherapy	Marsden Mechanics, Peel Street, Marsden, HD7 6BW	Contact: Julia Norman  Julia@jfnconsulting.co.uk  077130 46753.	Alternate Friday mornings starting 13th September 2024
Friday	10am till 2:30pm	Free	National trust plant group	Information Room the Old Goods Yard Station Road, Huddersfield HD7 6DH	Contact: National trust  01484 847016	
Sunday	6pm till 8pm	£5 first session free	Adults' basketball	Marsden Sports Hall Fall Lane, Huddersfield HD7 6LX	Contact: Jaime  Text or whatsapp – 07968239258	



## Slaithwaite

Day	Time	Cost	Activity	Location	Contact	Additional information
Monday	9:15am till 10:15am	£8	Yoga	AVLFITNESS GYM  Bankgate Mills Slaithwaite Huddersfield HD7 5DL	Contact:  Tel: 01484 769686  Email: <a href="mailto:avlfitnessgym@hotmail.com">avlfitnessgym@hotmail.com</a>  Website: <a href="https://www.avlfitnessgym.co.uk/">https://www.avlfitnessgym.co.uk/</a>	
Monday	9:45am till 11:15am		Hatha yoga	The watershed, 22 Bridge Street, Slaithwaite, HD7 5JN	Contact: Amy  <a href="mailto:amykempyoga@gmail.com">amykempyoga@gmail.com</a>	

Monday	10am till 3pm	£7.50 with a KAL flexi card or £9.40 without	Active OWLS sessions (60+ fitness sessions)	Colne valley leisure centre, New Street Slaithwaite, Slaithwaite HD7 5AB	Contact: Colne valley leisure centre 01484 766292	Not on bank holidays
Monday	10am till 12pm	6 week block £140	Drawing and painting	Globe Arts Studio Carr Lane Slaithwaite, HD7 5AG	Contact: info@globearts.org.uk 01484 842887	
Monday	1:30pm till 3pm	6 week block £140	Fused glass	Globe Arts Studio Carr Lane Slaithwaite, HD7 5AG	Contact: info@globearts.org.uk 01484 842887	
Monday	3pm till 4pm	Free	Yoga for adults with additional needs	Shabang, Old Providence Chapel, 4 Hollins Row, Slaithwaite, Huddersfield HD7 5LA	Contact: 01484 505260 <a href="mailto:Info@shabang.org.uk">Info@shabang.org.uk</a>	
Monday	7pm till 7:45pm	£6	Virtual spin	AVLFITNESS GYM  Bankgate Mills Slaithwaite Huddersfield HD7 5DL	Contact:  Tel: 01484 769686 Email: <a href="mailto:avlfitnessgym@hotmail.com">avlfitnessgym@hotmail.com</a> Website: <a href="https://www.avlfitnessgym.co.uk/">https://www.avlfitnessgym.co.uk/</a>	

Monday	7:30pm till 9:30pm	£35 quarterly	Male choir	Slaithwaite conservative club, 19 Britannia Road, Huddersfield HD7 5HF	Contact: Joe Stones 01484 323431 07889 658365.	
Monday	5:30pm till 8:30pm	If you book 3 or less classes during a term they are £25 each but if you block book in a term for 4 or more sessions you get a discount price of £20 per week	Learn to sew	Loft space Slaithwaite, The Loft Space Britannia Mills Britannia Road Slaithwaite Huddersfield HD7 5HE	Contact: <a href="mailto:madebypippa24@gmail.com">madebypippa24@gmail.com</a>	Helpful to bring your own sewing machine
Monday	6:30pm till 7:30pm	Free	Yoga for parents and carers of people with additional needs	Shabang, Old Providence Chapel, 4 Hollins Row, Slaithwaite, Huddersfield HD7 5LA	Contact: 01484 505260 <a href="mailto:Info@shabang.org.uk">Info@shabang.org.uk</a>	



Tuesday	6:30am till 7:30am	£8	Pilates	AVLFITNESS GYM  Bankgate Mills Slaithwaite Huddersfield HD7 5DL	Contact:  Tel: 01484 769686  Email: <a href="mailto:avlfitnessgym@hotmail.com">avlfitnessgym@hotmail.com</a>  Website: <a href="https://www.avlfitnessgym.co.uk/">https://www.avlfitnessgym.co.uk/</a>	
Tuesday	10am till 3pm	£7.50 with a KAL flexi card or £9.40 without	Active OWLS sessions (60+ fitness sessions)	Colne valley leisure centre, New Street Slaithwaite, Slaithwaite HD7 5AB	Contact: Contact: Colne valley leisure centre  01484 766292	Not on bank holidays
Tuesday	10am till 12pm	£7	Singing choir	The watershed, 22 Bridge Street, Slaithwaite, HD7 5JN	Contact:  <a href="mailto:info@thewatershed.org.uk">info@thewatershed.org.uk</a>	
Tuesday	10:30am till 12:30pm	Free	Parent group, arts and crafts	Shabang, Old Providence Chapel, 4 Hollins Row, Slaithwaite, Huddersfield HD7 5LA	Contact:  01484 505260  <a href="mailto:Info@shabang.org.uk">Info@shabang.org.uk</a>	

Tuesday	11am till 2pm	Free	Dementia/memory café	The watershed, 22 Bridge Street, Slaithwaite, HD7 5JN	Contact: Phone: 01484 766050 Email: <a href="mailto:gwenniesgetaways@gmail.com">gwenniesgetaways@gmail.com</a>  OR  Contact the watershed - <a href="mailto:info@thewatershed.org.uk">info@thewatershed.org.uk</a> 01484 843030	
Tuesday	1pm till 3pm	£150 for a 6 week block or £30 a week	Hand building for beginners	Globe Arts Studio Carr Lane Slaithwaite, HD7 5AG	Contact:  <a href="mailto:info@globearts.org.uk">info@globearts.org.uk</a>  01484 842887	
Tuesday	1:30pm till 3pm	Free	Advice about pregnancy and becoming a parent	Slaithwaite health centre, New street, Slaithwaite, HD7 5AB	Contact: Auntie Pams Huddersfield or Slatihwaite health centre	
Tuesday	6pm till 7pm	£6	Kids bootcamp	AVLFITNESS GYM  Bankgate Mills Slaithwaite Huddersfield HD7 5DL	Contact:  Tel: 01484 769686  Email: <a href="mailto:avlfitnessgym@hotmail.com">avlfitnessgym@hotmail.com</a>  Website: <a href="https://www.avlfitnessgym.co.uk/">https://www.avlfitnessgym.co.uk/</a>	

Tuesday	6:30pm till 7:30pm	£8	Pilates	AVLFITNESS GYM  Bankgate Mills Slaithwaite Huddersfield HD7 5DL	Contact:  Tel: 01484 769686  Email: <a href="mailto:avlfitnessgym@hotmail.com">avlfitnessgym@hotmail.com</a>  Website: <a href="https://www.avlfitnessgym.co.uk/">https://www.avlfitnessgym.co.uk/</a>	
Tuesday	6:30pm till 8pm	Free	Ruddis talk menopause	Ruddis café, 19-21 Station Road Slaithwaite, Huddersfield HD7 5AW	Contact: Ruddis café  01484 766050	
Tuesday	7pm till 8:30pm	£7	Soul choir	Slaithwaite community centre, Bank Gate, Slaithwaite, Huddersfield, HD7 5DL	Contact: Dan Price  07840 001 061 thesoulchoir@aol.com	Until December 2024
Tuesday	7:40pm till 8:40pm	£8	yoga	AVLFITNESS GYM  Bankgate Mills Slaithwaite Huddersfield HD7 5DL	Contact:  Tel: 01484 769686  Email: <a href="mailto:avlfitnessgym@hotmail.com">avlfitnessgym@hotmail.com</a>  Website: <a href="https://www.avlfitnessgym.co.uk/">https://www.avlfitnessgym.co.uk/</a>	

Tuesday	8pm till 10pm		Slubbing Billy's north west Morris dancing,	Slaithwaite community centre, Bank Gate, Slaithwaite, Huddersfield, HD7 5DL	Contact: <a href="mailto:bagmanbilly@gmail.com">bagmanbilly@gmail.com</a>	
Wednesday	10am till 12pm	£6	Sing global	The watershed, 22 Bridge Street, Slaithwaite, HD7 5JN	Contact: <a href="mailto:info@thewatershed.org.uk">info@thewatershed.org.uk</a>	
Wednesday	10am till 3pm	£7.50 with a KAL flexi card or £9.40 without	Active OWLS sessions (60+ fitness sessions)	Colne valley leisure centre, New Street Slaithwaite, Slaithwaite HD7 5AB	Contact: Contact: Colne valley leisure centre 01484 766292	Not on bank holidays
Wednesday	10am till		Chi fit	Slaithwaite civic hall,	Contact:	
Wednesday	11am till 12:30pm	Donation	Community cafe	St James church, Slaithwaite, The Vicarage Station Road, Huddersfield HD7 5AW	Contact: Barbara <a href="mailto:barbaraswift259@gmail.com">barbaraswift259@gmail.com</a>	

Wednesday	1:30pm till 3pm	£110 6 week block or £20 a week	Print club	Globe Arts Studio Carr Lane Slaithwaite, HD7 5AG	Contact:  info@globearts.org.uk  01484 842887	
Wednesday	2pm till 3pm	Free	Words and art for wellbeing	St James church, Slaithwaite, The Vicarage Station Road, Huddersfield HD7 5AW	Contact: Barbara  barbaraswift259@gmail.com	
Wednesday	2pm till 4pm	Free	Craft and chat	Slaithwaite library, Slaithwaite Town Hall Cross Street Slaithwaite, Huddersfield HD7 5AF	Contact:  Slaithwaite library - 01484 414868	
Wednesday	3pm till 6pm	Free	Advice for 18+ on how to lead a healthier life and stop smoking clinic	Slaithwaite health centre, New street, Slaithwaite, HD7 5AB	Contact: Kirklees wellness service  Or call: 01484 846674	

Wednesday	6pm till 7pm	£8	Yoga	AVLFITNESS GYM  Bankgate Mills Slaithwaite Huddersfield HD7 5DL	Contact:  Tel: 01484 769686  Email: <a href="mailto:avlfitnessgym@hotmail.com">avlfitnessgym@hotmail.com</a>  Website: <a href="https://www.avlfitnessgym.co.uk/">https://www.avlfitnessgym.co.uk/</a>	
Wednesday	7pm till 7:45pm	£6	Virtual spin	AVLFITNESS GYM  Bankgate Mills Slaithwaite Huddersfield HD7 5DL	Contact:  Tel: 01484 769686  Email: <a href="mailto:avlfitnessgym@hotmail.com">avlfitnessgym@hotmail.com</a>  Website: <a href="https://www.avlfitnessgym.co.uk/">https://www.avlfitnessgym.co.uk/</a>	
Wednesday	7pm till 8pm	£6	Adult bootcamp	AVLFITNESS GYM  Bankgate Mills Slaithwaite Huddersfield HD7 5DL	Contact:  Tel: 01484 769686  Email: <a href="mailto:avlfitnessgym@hotmail.com">avlfitnessgym@hotmail.com</a>  Website: <a href="https://www.avlfitnessgym.co.uk/">https://www.avlfitnessgym.co.uk/</a>	
Thursday	9:30am till 11am	£10 PAYG	Languages for fun (Spanish)	Slaithwaite community centre, Bank Gate,	Contact:  <a href="mailto:languagesforfun@outlook.com">languagesforfun@outlook.com</a>	Term time only

				Slaithwaite, Huddersfield, HD7 5DL		
Thursday	10am till 1pm	Free	Wellbeing walk and community café	Slaithwaite library, Slaithwaite Town Hall Cross Street Slaithwaite, Huddersfield HD7 5AF	Contact:  Slaithwaite library - 01484 414868	
Thursday	10am till 12pm	£140 for 6 weeks or £25 per week	Beginners painting	Globe Arts Studio Carr Lane Slaithwaite, HD7 5AG	Contact:  info@globearts.org.uk  01484 842887	
Thursday	10am till 12pm	Free	Chatty café scheme	Ruddis café, 19-21 Station Road Slaithwaite, Huddersfield HD7 5AW	Contact: Ruddis café  01484 766050	
Thursday	11am till 12pm	£10	Baby massage	AVLFITNESS GYM	Contact:  Tel: 01484 769686	

				Bankgate Mills Slaithwaite Huddersfield HD7 5DL	Email: <a href="mailto:avlfitnessgym@hotmail.com">avlfitnessgym@hotmail.com</a>  Website: <a href="https://www.avlfitnessgym.co.uk/">https://www.avlfitnessgym.co.uk/</a>	
Thursday	12pm		Chair yoga	Slaithwaite civic hall, 15A New Street, Slaithwaite, Uk HD7 5AB	Contact:	
Thursday	12:30pm till 1:30pm		Calm your head Chair yoga	Slaithwaite health centre, New street, Slaithwaite, HD7 5AB	Contact: Leslie warner	
Thursday	1pm till 3pm	£105 for 6 week block, £17.50 per weekly ticket or £10 per student weekly ticket	craftanoon	Globe Arts Studio Carr Lane Slaithwaite, HD7 5AG	Contact:  info@globearts.org.uk  01484 842887	
Thursday	5:30pm till 6:30pm  6:30pm till 7:30pm  7:30pm till 8:30pm	£8	Pilates	Slaithwaite community centre, Bank Gate, Slaithwaite, Huddersfield, HD7 5DL	Contact:  <a href="mailto:fran.whitworth5@gmail.com">fran.whitworth5@gmail.com</a>	



Thursday	6pm till 7pm	£8	Pilates	AVLFITNESS GYM  Bankgate Mills Slaithwaite Huddersfield HD7 5DL	Contact:  Tel: 01484 769686  Email: <a href="mailto:avlfitnessgym@hotmail.com">avlfitnessgym@hotmail.com</a>  Website: <a href="https://www.avlfitnessgym.co.uk/">https://www.avlfitnessgym.co.uk/</a>	
Thursday	6:30pm till 8:30pm	£140 for 6 week block, £25 per weekly ticket, £15 student weekly ticket (now running on a "one term on, one term off" basis)	Life drawing	Globe Arts Studio Carr Lane Slaithwaite, HD7 5AG	Contact:  info@globearts.org.uk  01484 842887	
Thursday	7pm till 8pm	£6	Boxing bootcamp	AVLFITNESS GYM  Bankgate Mills Slaithwaite Huddersfield HD7 5DL	Contact:  Tel: 01484 769686  Email: <a href="mailto:avlfitnessgym@hotmail.com">avlfitnessgym@hotmail.com</a>  Website: <a href="https://www.avlfitnessgym.co.uk/">https://www.avlfitnessgym.co.uk/</a>	

Friday	6:30am till 7:30am	£8	Pilates	AVLFITNESS GYM  Bankgate Mills Slaithwaite Huddersfield HD7 5DL	Contact:  Tel: 01484 769686  Email: <a href="mailto:avlfitnessgym@hotmail.com">avlfitnessgym@hotmail.com</a>  Website: <a href="https://www.avlfitnessgym.co.uk/">https://www.avlfitnessgym.co.uk/</a>	
Friday	9am till 2pm	Free	Well baby clinic and Baby weigh	Slaithwaite health centre, New Street, Huddersfield HD7 5AB	Contact: Slaithwaite health centre  01484 846674	
Friday	11am till 12pm	£12 per year	MAGIC movement in chairs	Slaithwaite fire station, New St, Huddersfield HD7 5AB	Contact: Richard  07843870646	
Friday	1pm till 2pm	£5 donation recommended	Food share	Slaithwaite civic hall, 15A New Street, Slaithwaite, HD7 5AB	Contact: Colne valley help  colnevalleyhelp@outlook.com	
Friday	7pm till 7:40pm	£6	Virtual spin	AVLFITNESS GYM  Bankgate Mills	Contact:  Tel: 01484 769686	

				Slaithwaite Huddersfield HD7 5DL	Email: <a href="mailto:avlfitnessgym@hotmail.com">avlfitnessgym@hotmail.com</a>  Website: <a href="https://www.avlfitnessgym.co.uk/">https://www.avlfitnessgym.co.uk/</a>	
Friday	8pm till 8:30pm	£5	Weights workshop	AVLFITNESS GYM  Bankgate Mills Slaithwaite Huddersfield HD7 5DL	Contact:  Tel: 01484 769686  Email: <a href="mailto:avlfitnessgym@hotmail.com">avlfitnessgym@hotmail.com</a>  Website: <a href="https://www.avlfitnessgym.co.uk/">https://www.avlfitnessgym.co.uk/</a>	
Sunday	10am till 11am	£6	Adult bootcamp	AVLFITNESS GYM  Bankgate Mills Slaithwaite Huddersfield HD7 5DL	Contact:  Tel: 01484 769686  Email: <a href="mailto:avlfitnessgym@hotmail.com">avlfitnessgym@hotmail.com</a>  Website: <a href="https://www.avlfitnessgym.co.uk/">https://www.avlfitnessgym.co.uk/</a>	
Sunday	10:45am	Free	Community cafe	St James church, Slaithwaite, The Vicarage	Contact: Barbara  <a href="mailto:barbaraswift259@gmail.com">barbaraswift259@gmail.com</a>	

				Station Road, Huddersfield HD7 5AW		
Sunday	3pm till 8pm	Free	Boardgames	Slaithwaite community centre, Bank Gate, Slaithwaite, Huddersfield, HD7 5DL	Contact:  <a href="mailto:info@slaithwaitecommunitycentre.org">info@slaithwaitecommunitycentre.org</a>	4 <sup>th</sup> Sunday of the month

- Further globe arts projects and courses - <https://www.globearts.org.uk/>



## Linthwaite/Cowersley

Day	Time	Cost	Activity	Location	Contact	Additional information
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Tuesday	9:15am till 10:30am	£7	Hatha yoga	Linthwaite methodist church, Stones Lane, Linthwaite, Huddersfield HD7 5PD	Contact: mark  07586031972	
Tuesday	10:45am till 11:15am	£2.50	Cowersley food project	Cowersley out of school club, 156 Cowlersley Ln, Cowlersley, Huddersfield HD4 5UX, UK	Contact:  01484 300070	
Tuesday	11:15am till 12:45pm	£1.50	Community coffee morning and friendship group	Linthwaite methodist church, Stones Lane, Linthwaite, Huddersfield HD7 5PD	Contact:  01484 842625	
Tuesday	2pm till 2:30pm	£8	The bread and butter thing	Cowersley out of school club, 156 Cowlersley Ln, Cowlersley, Huddersfield HD4 5UX, UK	Contact:	
Tuesday	7pm till 8pm	£5	Zumba	Linthwaite methodist church, Stones Lane, Linthwaite, Huddersfield HD7 5PD	Contact:  07811102927	

Wednesday	10am till 11am	£5	Gold Zumba	Linthwaite methodist church, Stones Lane, Linthwaite, Huddersfield HD7 5PD	Contact: 07811102927	
Friday	9:15am till 12:45pm	Donations	Linthwaite warm space	Linthwaite methodist church, Stones Lane, Linthwaite, Huddersfield HD7 5PD	Contact: 01484 842625	



## Milnsbridge

Day	Time	Cost	Activity	Location	Contact	Additional information
Monday	1:30pm till 3pm	£3.50	Seated Zumba	Milnsbridge village hall,	Contact: Anne	

				Armitage Road, Huddersfield HD3 4JY	07899751049	
Monday	5:30pm till 6:45pm	£5	Boxing class	RABC Bridge Croft Mills, Market Street, Milnsbridge, Huddersfield, HD3 4NF	Contact: Mark  Tel: 07747846977 Email: markleftjab@hotmail.co.uk	
Monday	6pm till 7pm		Boogie bounce	Milnsbridge village hall, Armitage Road, Huddersfield HD3 4JY	Contact: Mel Capone  07506024151	
Monday	7:30pm till 8:15pm	£7.50 or block book for £30	Tristan dance solo ballroom	Milnsbridge village hall, Armitage Road, Huddersfield HD3 4JY	Contact: <a href="https://www.tristandance.com/">https://www.tristandance.com/</a>	Prebook only
Monday	8:15pm till 9pm	£18 or block book for £60	Tristan dance couples ballroom	Milnsbridge village hall, Armitage Road, Huddersfield HD3 4JY	Contact: <a href="https://www.tristandance.com/">https://www.tristandance.com/</a>	Prebook only
Tuesday	1pm till 2:30pm	£4.50	Indoor curling	Milnsbridge village hall,	Contact: MHA	

				Armitage Road, Huddersfield HD3 4JY	01484 515420	
Tuesday	4pm till 7pm	Contact	Pennine dance  Ballet	Milnsbridge village hall, Armitage Road, Huddersfield HD3 4JY	Contact: Helen  07745 253323  <a href="mailto:office@penninedance.co.uk">office@penninedance.co.uk</a>	
Tuesday	6pm till 7:30pm	£5	Boxing class	RABC Bridge Croft Mills, Market Street, Milnsbridge, Huddersfield, HD3 4NF	Contact: Mark  Tel: 07747846977 Email: <a href="mailto:markleftiab@hotmail.co.uk">markleftiab@hotmail.co.uk</a>	
Tuesday	7:30pm till 8:45pm	£5	Boxercise	RABC Bridge Croft Mills, Market Street, Milnsbridge, Huddersfield, HD3 4NF	Contact: Mark  Tel: 07747846977 Email: <a href="mailto:markleftiab@hotmail.co.uk">markleftiab@hotmail.co.uk</a>	
Wednesday	5:30pm till 6:30pm	£4	Tai chi	Milnsbridge village hall, Armitage Road, Huddersfield HD3 4JY	Contact Dennis  07990 740629	
Wednesday	7pm till 8:30pm	£7	Yoga	Milnsbridge village hall, Armitage Road,	Contact Adrienne Tel 07965226428 or Angela Tel. 07391506135	



				Huddersfield HD3 4JY		
Thursday	6pm till 7:30pm	£5	Boxing class	RABC Bridge Croft Mills, Market Street, Milnsbridge, Huddersfield, HD3 4NF	Contact: Mark  Tel: 07747846977 Email: <a href="mailto:markleftjab@hotmail.co.uk">markleftjab@hotmail.co.uk</a>	
Thursday	7:15pm till 8pm	£18	Beginners ballroom and Latin	Milnsbridge village hall, Armitage Road, Huddersfield HD3 4JY	Contact: <a href="https://www.tristandance.com/">https://www.tristandance.com/</a>	Prebook only
Thursday	7:30pm till 8:45pm	£5	Boxercise	RABC Bridge Croft Mills, Market Street, Milnsbridge, Huddersfield, HD3 4NF	Contact: Mark  Tel: 07747846977 Email: <a href="mailto:markleftjab@hotmail.co.uk">markleftjab@hotmail.co.uk</a>	
Friday	9:45am till 10:45am	£5	Women's only boxing	RABC Bridge Croft Mills, Market Street, Milnsbridge, Huddersfield, HD3 4NF	Contact: Mark  Tel: 07747846977 Email: <a href="mailto:markleftjab@hotmail.co.uk">markleftjab@hotmail.co.uk</a>	

Friday	11am till 12pm	£5	Chair yoga	Milnsbridge village hall, Armitage Road, Huddersfield HD3 4JY	contact Adrienne Tel 07965226428 or Angela Tel. 07391506135	
Friday	2pm till 4pm	Free	Craft and friendship group	Milnsbridge village hall, Armitage Road, Huddersfield HD3 4JY	Contact: village hall milnsbridgevillagehall@gmail.com	
Friday	6:45pm till 7:30pm	Contact	Pennine dance Adult ballet	Milnsbridge village hall, Armitage Road, Huddersfield HD3 4JY	Contact: Helen 07745 253323 office@penninedance.co.uk	
Friday	7:30pm till 8:15pm	Contact	Pennine dance Adult tap	Milnsbridge village hall, Armitage Road, Huddersfield HD3 4JY	Contact: Helen 07745 253323 office@penninedance.co.uk	
Saturday	9am till 10am	£5	Boxercise	RABC Bridge Croft Mills, Market Street, Milnsbridge, Huddersfield, HD3 4NF	Contact: Mark Tel: 07747846977 Email: markleftjab@hotmail.co.uk	

Saturday	10am till 11:30am	£5	Boxing class	RABC Bridge Croft Mills, Market Street, Milnsbridge, Huddersfield, HD3 4NF	Contact: Mark Tel: 07747846977 Email: <a href="mailto:markleftjab@hotmail.co.uk">markleftjab@hotmail.co.uk</a>	
Saturday	10am till 12pm	Donations	Coffee morning and stalls	Milnsbridge village hall, Armitage Road, Huddersfield HD3 4JY	Contact:  07752 447057	4 <sup>th</sup> Saturday of the month
Sunday	2:15pm till 4:30pm	£7.50	Huddersfield hoofers (ballroom and latin dancing)	Milnsbridge village hall, Armitage Road, Huddersfield HD3 4JY	Contact:  <a href="mailto:huddshoofers@gmail.com">huddshoofers@gmail.com</a>	



## Golcar

Day	Time	Cost	Activity	Location	Contact	Additional information
Monday	11:30am till 12:30pm	£2 donation	Food share	Drop by centre, 12 Sycamore Court, Longwood, Huddersfield HD3 4SS	Contact: 01484 648053	
Monday	1pm till 2:30pm	Free	Boardgames	Golcar library, 18 Town End, Golcar,	Contact: 01484 414868	

				Huddersfield HD7 4QD		
Monday	2pm till 3pm		Chair exercises	Providence church, The Manse 213 Scar Lane Golcar, Huddersfield HD7 4AU	Contact:	
Monday	6pm till 8pm	£5	Paper crafts	Drop by centre, 12 Sycamore Court, Longwood, Huddersfield HD3 4SS	Contact:  01484 648053	
Tuesday	9:30am till 12pm	Free	Coffee morning	St john's church, 7, Church Street, Huddersfield HD7 4PX	Contact:  01484 647400	
Tuesday	10:30am	Free	Walking group	Golcar library, 18 Town End, Golcar, Huddersfield HD7 4QD	Contact:  01484 414868	
Tuesday	10am till 12pm	Free	Coffee morning	Drop by centre, 12 Sycamore Court, Longwood, Huddersfield HD3 4SS	Contact:  01484 648053	

Tuesday	1pm till 3pm	£3	Craft class	Drop by centre, 12 Sycamore Court, Longwood, Huddersfield HD3 4SS	Contact:  01484 648053	
Tuesday	2pm till 3:30pm	Free	Coffee afternoon	Providence church, The Manse 213 Scar Lane Golcar, Huddersfield HD7 4AU	Contact:  01484 654569	
Wednesday	10am till 12pm	Free	Parkwood walking group	Drop by centre, 12 Sycamore Court, Longwood, Huddersfield HD3 4SS	Contact:  01484 648053  youthmatterscic@gmail.com	
Wednesday	12pm till 14:30pm	£3	Parkwood community café	Drop by centre, 12 Sycamore Court, Longwood, Huddersfield HD3 4SS	Contact:  01484 648053  youthmatterscic@gmail.com	
Wednesday	3pm till 5pm	Free	Knit and natter	Golcar library, 18 Town End, Golcar,	Contact:  01484 414868	

				Huddersfield HD7 4QD		
Wednesday	6:30pm till 8:30pm	£3	Patchwork and sewing	Drop by centre, 12 Sycamore Court, Longwood, Huddersfield HD3 4SS	Contact:  01484 648053	
Thursday	10:30am till 12:30pm	Free	Parkwood community breakfast	Drop by centre, 12 Sycamore Court, Longwood, Huddersfield HD3 4SS	Contact:  01484 648053  youthmatterscic@gmail.com	
Thursday	11:30am till 1:15pm	£4	Luncheon club	St Johns church, 7, Church Street, Huddersfield HD7 4PX	Contact:  01484 647400	
Thursday	1:30pm till 2:30pm	£4	Flex and Stretch exercises	Drop by centre, 12 Sycamore Court, Longwood, Huddersfield HD3 4SS	Contact:  01484 648053  youthmatterscic@gmail.com	
Thursday	6pm till 7pm		Art class	Drop by centre, 12 Sycamore Court, Longwood,	Contact:  01484 648053	

				Huddersfield HD3 4SS		
Thursday	1:30pm	Free	Golcar library readers group	Golcar library, 18 Town End, Golcar, Huddersfield HD7 4QD	Contact:  01484 414868	1 <sup>st</sup> Thursday of the month
Thursday	7:30pm till 8:30pm	£2	Choir	St Johns church, 7, Church Street, Huddersfield HD7 4PX	Contact:  01484 647400	Term time
Friday	11am till 1pm	£3	Rag rug session	Drop by centre, 12 Sycamore Court, Longwood, Huddersfield HD3 4SS	Contact:  01484 648053	Additional needs
Saturday	9:30am till 11:45am	Free	Drop by family breakfast	Drop by centre, 12 Sycamore Court, Longwood, Huddersfield HD3 4SS	Contact:  01484 648053	1 <sup>st</sup> Saturday of the month





## Paddock

Day	Time	Cost	Activity	Location	Contact	Additional information
Monday	9:15am till 10:15am	£2	Women's only keep fit	Jubilee centre, Market Street, Huddersfield HD1 4SH	Contact: 01484 551551	Pre-school children welcome to attend with adult
Monday	10:30am till 11:30am	£3	Get active	Jubilee centre, Market Street, Huddersfield HD1 4SH	Contact: 01484 551551	Gentle exercise for those with mobility problems
Monday	10:30am till 12pm	Free	JC coffee morning	Jubilee centre, Market Street, Huddersfield HD1 4SH	Contact: 01484 551551	

Monday	10:30am till 12pm	Free	Computer corner	Jubilee centre, Market Street, Huddersfield, HD1 4SH	Contact:  01484 551551	
Monday	12pm till 1pm	£3	Luncheon club	Jubilee centre, Market Street, Huddersfield HD1 4SH	Contact:  01484 551551	Last orders 12:20pm
Monday	1pm till 3pm	Free	MENology	Jubilee centre, Market Street, Huddersfield HD1 4SH	Contact:  01484 551551	Men only group to improve cooking skills and wellbeing
Tuesday	10:30am till 11:30am	Free	Stop smoking clinic	Jubilee centre, Market Street, Huddersfield HD1 4SH	Contact:  01484 551551	
Wednesday	10:30am till 11:30am	£5	Tai chi	Jubilee centre, Market Street, Huddersfield HD1 4SH	Contact: Ken  07437203739	
Wednesday	12:15pm till 1:45pm	£3	Jubilee together – mental health and learning difficulties meeting space	Jubilee centre, Market Street, Huddersfield HD1 4SH	Contact:  01484 551551	Term time only

Friday	1:30pm till 2:30pm	£2	Food share	Jubilee centre, Market Street, Huddersfield HD1 4SH	Contact:  01484 551551	
Saturday	10am till 12pm	Free – charge for refreshments	Breath café	Jubilee centre, Market Street, Huddersfield HD1 4SH	Contact:  01484 551551	1 <sup>st</sup> Saturday of the month



**Other areas: Scapegoat hill, wellhouse, longwood, Outlane**

Day	Time	Cost	Activity	Location	Contact	Additional information
Monday	10am till 11:30am	£10	Iyengar yoga	Longwood mechanics hall, Longwood Gate, Huddersfield HD3 4UU	Contact:  07817465664	
Monday	10am till 12pm	£3	Craft club	Wellhouse Village Club 21, Lower Wellhouse Road, Huddersfield HD7 4ES	Contact: <a href="https://www.facebook.com/WellhouseVillageClub">https://www.facebook.com/WellhouseVillageClub</a>	3 <sup>rd</sup> Monday of the month
Monday	6pm till 7pm		Katie fitness	Longwood mechanics	Contact: Katie	

				hall, Longwood Gate, Huddersfield HD3 4UU	07840042203	
Monday	7pm	Free	Book club	Wellhouse Village Club 21, Lower Wellhouse Road, Huddersfield HD7 4ES	Contact: <a href="https://www.facebook.com/WellhouseVillageClub">https://www.facebook.com/WellhouseVillageClub</a>	Contact via facebook for the book of the month  2 <sup>nd</sup> Monday
Tuesday	9:30am till 10am		Powerhoop	Outlane methodist church, New Hey Road, Huddersfield HD3 3FH	Contact: Suzanne  07825604000  <a href="mailto:Suzannesmelt@hotmail.com">Suzannesmelt@hotmail.com</a>	
Tuesday	10am till 12pm		Table tennis	Longwood mechanics hall, Longwood Gate, Huddersfield HD3 4UU	Contact:	
Tuesday	4:45pm till 8pm		Cat Js Academy of dance – ballet, tap, theatre craft,	Longwood mechanics hall, Longwood Gate,	Contact:  <a href="mailto:catjsacademyofdance@gmail.com">catjsacademyofdance@gmail.com</a>  07908148477	

			musical theatre and acro.	Huddersfield HD3 4UU		
Tuesday	6:30pm till 8pm		Yoga	Outlane methodist church, New Hey Road, Huddersfield HD3 3FH	Contact: Andrea 07944002582	
Tuesday	7pm till 9pm		Argentine tango	Longwood mechanics hall, Longwood Gate, Huddersfield HD3 4UU	Contact: Paul 07772825701	
Tuesday			Outlane crafter group	Outlane bowling club	Contact:	
Wednesday	10am		Sweaty mamas	Longwood mechanics hall, Longwood Gate, Huddersfield HD3 4UU	Contact:	
Wednesday	9:30am till 2:30pm	Free	Memory cafe	Longwood mechanics hall, Longwood Gate,	Contact: Audrey Binns 07403035374	

				Huddersfield HD3 4UU		
Wednesday	12:30pm	£7.50	Luncheon club	St Mary Magdalene Church, Outlane, Huddersfield HD3 3YP	Contact: Karen on 07779 625315.	3 <sup>rd</sup> Wednesday of the month
Wednesday	2pm till 4pm	Free	Craft and chat	Scapegoat hill Baptist church, School Road, Huddersfield HD7 4	Contact:	
Wednesday	6:30pm till 7:30pm		Keep fit	St Mary Magdalene Church, Outlane, Huddersfield HD3 3YP	Contact:	
Wednesday	7:30pm till 8:30pm		Table tennis	Longwood mechanics hall, Longwood Gate, Huddersfield HD3 4UU	Contact: Leslie Bhola  07837014624	

Wednesday	7:30pm till 9:00pm		Yoga	Outlane methodist church, New Hey Road, Huddersfield HD3 3FH	Contact:  <a href="mailto:cath3hope@hotmail.com">cath3hope@hotmail.com</a>	Term time
Thursday	9:30am till 10:15am		Powerhoop exercise	Outlane methodist church, New Hey Road, Huddersfield HD3 3FH	Contact: Suzanne  07825604000  <a href="mailto:Suzannesmelt@hotmail.com">Suzannesmelt@hotmail.com</a>	
Thursday	1:30pm till 3:30pm		Crafters group	Outlane methodist church, New Hey Road, Huddersfield, HD3 3FH		Every 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday
Thursday	1:30pm till 4pm		Over 55's table tennis	Longwood mechanics hall, Longwood Gate, Huddersfield HD3 4UU	Contact:  Christine Collier 07733440859  Ray Collier 07792644490	
Thursday	6pm till 7pm		Katie fitness/step	Longwood mechanics hall, Longwood Gate,	Contact: Katie  <a href="mailto:Katie_iredale@hotmail.com">Katie_iredale@hotmail.com</a>  07840042203	



				Huddersfield HD3 4UU		
Thursday	7:15pm till 8:45pm		Yoga	Longwood mechanics hall, Longwood Gate, Huddersfield HD3 4UU	Contact:  <a href="mailto:jaynystock@hotmail.co.uk">jaynystock@hotmail.co.uk</a>  07817465664	
Friday	9:30am till 12pm		Art group	Outlane methodist church, New Hey Road, Huddersfield HD3 3FH	Contact:	Fortnightly
Friday	10am till 11am		Pilates	Longwood mechanics hall, Longwood Gate, Huddersfield HD3 4UU	Contact:	
Friday	2pm till 4pm		Table tennis	Longwood mechanics hall, Longwood Gate, Huddersfield HD3 4UU	Contact: Leslie Bhola  07837014624	

Friday	7:15pm till 9pm		Outlane singers	Outlane methodist church, New Hey Road, Huddersfield HD3 3FH	Contact: Suzanne 07825604000	
Friday	7pm till 9pm	tbc	Flower arranging	St Mary Magdalene Church, Outlane, Huddersfield HD3 3YP	Book by calling 01422 377361 or email vickymorrison45@gmail.com .	Fortnightly starting 23 <sup>rd</sup> September 2024  Max 20 per session
Saturday	9:30am till 11:30am	Free	Parkwood community breakfast	Parkwood Methodist Church, 53 Thornhill Road, Longwood, Huddersfield HD3 4UL	Contact: Drop by centre on the day for more information  01484 648053	1 <sup>st</sup> Saturday of the month
Saturday	10am till 1pm	Free	Coffee and recycling cafe	Outlane methodist church, New Hey road, HD3 3YP	Contact: Elaine elaineagill@btinternet.com	

Saturday	10am till 12pm	Free	Community breakfast	St Mary Magdalene Church, Outlane, Huddersfield HD3 3YP	Contact: Karen Longbottom Church Warden 07779625315	1 <sup>st</sup> Saturday of the month
Saturday	9am till 1pm		Coffee morning	Longwood mechanics hall, Longwood Gate, Huddersfield HD3 4UU	Contact: Chairman Ray Collier 07792644490	1 <sup>st</sup> Saturday of the month
Saturday	10am till 12pm		Coffee morning	St Mary Magdalene Church, Outlane, Huddersfield HD3 3YP	Contact: Karen Longbottom Church Warden 07779625315	
Saturday	4pm till 6pm		Crafts, meal, and worship	St Mary Magdalene Church, Outlane, Huddersfield HD3 3YP	Contact Karen on 07779 625315.	3 <sup>rd</sup> Saturday of the month
Saturday	7pm onwards	£1 per team	Quiz	Wellhouse Village Club	Contact: <a href="https://www.facebook.com/WellhouseVillageClub">https://www.facebook.com/WellhouseVillageClub</a>	3 <sup>rd</sup> Saturday of the month

				21, Lower Wellhouse Road, Huddersfield HD7 4ES		
Sunday	10am till 12pm		Wellhouse coffee morning	Wellhouse Village Club 21, Lower Wellhouse Road, Huddersfield HD7 4ES	Contact: <a href="https://www.facebook.com/WellhouseVillageClub">https://www.facebook.com/WellhouseVillageClub</a>	2 <sup>nd</sup> Sunday of the month