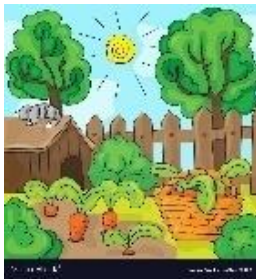


# MELTHAM ACTIVITY DIRECTORY

Updated July 2024



# MELTHAM ACTIVITY DIRECTORY

(July 2024)

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# MELTHAM ACTIVITY DIRECTORY

(July 2024)



## ADULT SOCIAL GROUPS



<b>Probus – men only</b>	
Where and When	Meets second and fourth Wednesday of each month in Liberal Club.
Purpose	Brilliant, guest speakers, trips, chats
Cost	Membership is £18 per annum (pro rata if joining part way through the year), with a £5 joining fee. Meetings are free. Visitors can attend two meetings for free before joining.
Contact	<a href="http://www.melthamprobusclub.org.uk/">http://www.melthamprobusclub.org.uk/</a> <a href="mailto:secretary@melthamprobusclub.org.uk">secretary@melthamprobusclub.org.uk</a>
<b>Meltham Meet Ups</b>	
Where and When	First Saturday of every month
Purpose	Social events on the first Saturday of every month for anyone looking to up their social circle. We will be going out for drinks in the local pubs, meals out, events at the Libs, events at the Carlile Institute and any other suggestions welcome.
Cost	various
Contact	<a href="mailto:nicolajirving@yahoo.co.uk">nicolajirving@yahoo.co.uk</a>
<b>Meltham Moorlands WI</b>	
Where and When	First Tuesday of the month
Purpose	A friendly group that meet on the first Tuesday of the month. With speakers, quizzes, competitions,
Cost	
Contact	<a href="mailto:methamwi@virginmedia.com">methamwi@virginmedia.com</a>
<b>The Golden Years</b>	
Where and When	Waggon and Horses Monday 1.00 – 3.00 pm
Purpose	Meet up with friends and enjoy a drink and nibbles. Take part in a quiz to test your brain and music to sing along to.
Cost	
Contact	Pam <a href="mailto:pamela.cox7718@gmail.com">pamela.cox7718@gmail.com</a>

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# MELTHAM ACTIVITY DIRECTORY

(July 2024)

Together Tuesday	
Where and When	Meltham Methodist Church Tuesdays 10am - 12 noon
Purpose	Coffee, cake, tea and biscuits and a chance to chat. Open to all ages.
Cost	Free – donations gratefully received
Contact	
Warm and Welcoming	
Where and When	Crossroads Centre 10.00 am – 1.00 pm
Purpose	Hot beverages, activities, meet new people and share thoughts on keeping warm and coping in the winter months
Cost	Free Open to all
Contact	01484 854400
Armchair Zumba	
Where and When	Deacon Close Community Centre 1.30 pm
Purpose	Community activity to bring people together with gentle movement
Cost	Free Open to all
Contact	Email: <a href="mailto:Hannah.king@kirklees.gov.uk">Hannah.king@kirklees.gov.uk</a> Telephone: 01484 221000 (748 01) Mobile: 07890 586029
Friend to Friend	
Where and When	1 <sup>st</sup> Friday of the month 11.00am – 2.00pm Meltham Methodist Church annexe
Purpose	Each month members enjoy a hearty meal in a relaxed informal setting to meet and chat with old friends and make new ones. This is followed by light entertainment or a speaker. We also enjoy 2 day trips out a year by coach. The price varies for each trip.
Cost	Cost £8.00
Contact	Jenny 07762816220 <a href="mailto:jenny.allgood@friendtofriend.org.uk">jenny.allgood@friendtofriend.org.uk</a>
Friend to Friend Tai Chi	
Where and When	2 <sup>nd</sup> and 4 <sup>th</sup> Friday of the month 1.45 to 3.30 pm Meltham Methodist Church Hall
Purpose	Tai Chi meets for gentle exercise. Standing or sitting. Refreshments after.
Cost	Cost £5.00
Contact	Jenny 07762816220 <a href="mailto:jenny.allgood@friendtofriend.org.uk">jenny.allgood@friendtofriend.org.uk</a>

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# MELTHAM ACTIVITY DIRECTORY





(July 2024)

Friend to Friend Mens Group	
Where and When	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of the month 11.45 – 2.00 pm Meltham Sports Hall
Purpose	2 course meal with tea/coffee Activities: dominoes, quiz and other games available.
Cost	Cost £8.00
Contact	john.mcfarlane@friendtofriend.org.uk
Meltham Shoe Box Team	
Where and When	Friday Mornings 9.30 – 2.00 pm St James Church, Meltham Mill
Purpose	Providing gift filled shoe boxes for children and homes in Eastern Europe
Cost	Small charge for refreshments Soup and rolls at lunchtime
Contact	Judith Powell 07954784317
Side by Side Meltham	
Where and When	<b>Referral only</b> Mondays 10-12.00 pm Meltham Methodist Church
Purpose	Small groups for people living with dementia. Limited to 10 people.
Cost	£4.00
Contact	Judith Powell 07954784317 Jenny Mathers 07951017454
Sharing Memories Group	
Where and When	We meet on Thursdays 1-3pm in term time. Our base is The Phoenix Centre on Dunford Road in Holmfirth, but we are only there 1 week in 4 - 6, as we are usually out working in schools and other community groups.
Purpose	Our aim is to bring people together, to share their memories with each other and the wider community, using them to create high quality artworks. With the support of 2 community artists, we aim to build connections across the generations, challenging ageism and promoting community cohesion.
Cost	No joining fee, but suggested weekly donation of £4, or £5 if transport is provided for you (Taxi from Meltham possible). First session free to see if you think you will enjoy the group.
Contact	Viv Jebson: Project Manager M: 07850622918 E: <a href="mailto:sharingmemoriesgroup@gmail.com">sharingmemoriesgroup@gmail.com</a> W: <a href="https://www.sharingmemoriesgroup.com">https://www.sharingmemoriesgroup.com</a> F: <a href="https://www.facebook.com/people/Sharing-Memories-Group/">https://www.facebook.com/people/Sharing-Memories-Group/</a>

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# MELTHAM ACTIVITY DIRECTORY

(July 2024)

<b>Meltham Bookworms</b>	
Where and When	Facebook and evening meetings monthly
Purpose	Share our love of books through reviews, recommendations links and events
Cost	None
Contact	Meltham Bookworms <a href="https://www.facebook.com/groups/976104513344755">https://www.facebook.com/groups/976104513344755</a>
<b>Huddersfield and District Family History Society</b>	
Where and When	The Root Cellar, 33a Greens End Road, Meltham open 6 days a week.
Purpose	Family history research (by volunteers)
Cost	Membership £12 visits by non-members £3
Contact	01484 859229
 <b>Digital Café</b> 	
Where and When	Thursdays (Term Time only), between 1pm and 3pm, Carlise Institute Community Rooms
Purpose	Confused with new technology? Need to understand what you can do with emails? Need help finding information online? Free drop in sessions offering advice and assistance to those in need in a safe and welcoming environment. Workshops covering basic digital skills and online safety. Opportunities to try out different digital devices. Access to loan devices.
Cost	Free
Contact	<a href="mailto:referrals@paddocktrust.org.uk">referrals@paddocktrust.org.uk</a> , phone 01484 431400
 <b>BABIES, CHILDREN AND</b> <b>YOUNG PEOPLE</b> 	
<b>Meltham Baby and Toddlers Group</b>	
Where and When	Monday and Thursday 09.30-11.30 Meltham Methodist Church, 2B Mill Moor Rd, Meltham, Holmfirth HD9 5JU
Activity	For children aged 0-4years with a designated baby corner. Tea, coffee, juice, water, fresh fruit and biscuits are provided. New members are always welcome. No need to book, just turn up.
Cost	Free
Contact	Natalie Wheeldon: Phone: 07710082358 or Email: <a href="mailto:natalie@wheeldon.biz">natalie@wheeldon.biz</a>

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# MELTHAM ACTIVITY DIRECTORY

(July 2024)

Baby massage, baby and toddler yoga and movement	
Where and When	Mondays 10am, Tuesdays 10am Carlile Institute
Purpose	Baby yoga in a gentle sensory environment
Cost	Various
Contact	Email: <a href="mailto:sara@soothingbonds.co.uk">sara@soothingbonds.co.uk</a> Call: 07940582882 <a href="https://soothingbonds.co.uk">https://soothingbonds.co.uk</a> <a href="https://www.facebook.com/soothingbonds/">https://www.facebook.com/soothingbonds/</a>
Dreamtime Huddersfield Baby Massage	
Where and When	Monday and Tuesday 10.00 am
Purpose	Baby massage and movement
Cost	£8 taster session. £60 for 6 weeks course including refreshments
Contact	Susan fothergill <a href="mailto:sooz.news@googlemail.com">sooz.news@googlemail.com</a> Facebook and Instagram – Dreamtimehudds
Story time	
Where and When	Carlile Centre, Friday 10.00 – 11.00 am
Purpose	An inclusive story time session for pre-schoolers in a relaxed setting
Cost	Free
Contact	<a href="https://www.facebook.com/friendsofmelthamlibrary">https://www.facebook.com/friendsofmelthamlibrary</a>
Scouts	
Where and When	Mondays 7pm - 8.30pm Meltham Scout and Guide HQ, Huddersfield Rd, Meltham, Holmfirth HD9
Purpose	Scouts are a go-getting group of young people aged 10½ to 14 who: Master new skills and try new things Make new friends. Have fun and go on adventures, at home and abroad Explore the world around them. Help others and make a difference, in their own communities and beyond Week in and week out, they gather in groups called Scout Troops to conquer the small task of changing the world.
Cost	
Contact	<a href="mailto:gsl@melthamscouts.org.uk">gsl@melthamscouts.org.uk</a>

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# MELTHAM ACTIVITY DIRECTORY

(July 2024)

Beavers	
Where and When	Tuesday 5.30pm - 6.30pm Meltham Scout and Guide HQ, Huddersfield Rd, Meltham, Holmfirth HD9
Purpose	Beavers are young people aged 6 to 8 who: Master new skills and try new things Have fun and go on adventures Make friends Are curious about the world around them Help others and make a difference, on their own doorstops and beyond Every week, they gather in groups called Beaver Colonies to hop, skip and jump their way through lots of different games and activities – achieving anything they set their minds to, and having lots of fun along the way.
Cost	
Contact	<a href="mailto:gsl@melthamscouts.org.uk">gsl@melthamscouts.org.uk</a>
Cubs	
Where and When	Tuesdays 6.30pm - 8pm Meltham Scout and Guide HQ, Huddersfield Rd, Meltham, Holmfirth HD9
Purpose	Cubs are young people aged 8 to 10½ who: Master new skills and try new things. Have fun and go on adventures. Make friends. Are curious about the world around them. Help others and make a difference, in their own communities and beyond Every week, they gather in groups called Cub Packs to take part in lots of interesting and challenging activities – achieving anything they set their minds to, and having lots of fun along the way.
Cost	On enquiry
Contact	<a href="mailto:gsl@melthamscouts.org.uk">gsl@melthamscouts.org.uk</a>
Guides	
Where and When	Wdnesdays during term time Meltham Scout and Guide HQ, Huddersfield Rd, Meltham, Holmfirth HD9
Purpose	When your daughter becomes a <a href="#">Rainbow</a> , <a href="#">Brownie</a> , <a href="#">Guide</a> or <a href="#">Ranger</a> she will join a group of girls her own age and will be led by our carefully trained and dedicated volunteers.  Through fun, friendship, challenge and adventure we empower girls to find their voice, inspiring them to discover the best in themselves and to make a positive difference in their community.
Cost	On enquiry
Contact	<a href="mailto:sarahglover2@gmail.com">sarahglover2@gmail.com</a>

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# MELTHAM ACTIVITY DIRECTORY

(July 2024)

Brownies	
Where and When	We meet every Wednesday in term time, from 6.15pm to 7.30pm. All girls aged 7 to 10 years welcome.
Purpose	When your daughter becomes a <a href="#">Rainbow</a> , <a href="#">Brownie</a> , <a href="#">Guide</a> or <a href="#">Ranger</a> she will join a group of girls her own age and will be led by our carefully trained and dedicated volunteers.  Whatever inspires your daughter, whatever her passions and interests, Girlguiding offers her the chance to develop her potential, make friends and have fun.
Cost	On enquiry
Contact	Email: <a href="mailto:melthambrownies@hotmail.com">melthambrownies@hotmail.com</a>
Rainbows	
Where and When	Meet on Thursdays in term time from 6.00pm to 7.00pm at Meltham Scout and Guide Headquarters, Huddersfield Road
Purpose	For girls aged 5 to 7 years. Rainbows is all about developing self-confidence, building friendships, learning new things and having fun. Girls get their hands dirty with arts and crafts, get in touch with nature and play games - it's all about learning by doing.
Cost	On enquiry
Contact	Contact via <a href="http://www.girlguiding.org.uk">www.girlguiding.org.uk</a> and search Join Us
Rugby Tots	
Where and When	Sports Centre. Sundays at 10.00 Ages 2 – 3 and a half years old on Sundays 10.45 Ages 3 and a half to 5 years old at 10.45
Purpose	Rugby training for the little ones
Cost	Cost is 7.95 and can be booked at <a href="http://www.rugbytots.co.uk">www.rugbytots.co.uk</a>
Contact	Contact is Alistair Brown Email is <a href="mailto:ali@rugbytots.co.uk">ali@rugbytots.co.uk</a> Phone is 0345 3136705



# MELTHAM ACTIVITY DIRECTORY

(July 2024)

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# MELTHAM ACTIVITY DIRECTORY

(July 2024)



## *SPORT AND FITNESS*



### Mindful Movement

Where and When	Tuesday 6.30 pm Meltham Methodist Church
Purpose	Vinyasa flow yoga suitable for all levels.
Cost	
Contact	<a href="mailto:georgina@bodysoulmovement.org.uk">georgina@bodysoulmovement.org.uk</a>

### Morning Movement

Where and When	Wednesday 9.30 am Jubilee Room, Carlile Institute
Purpose	Vinyasa flow yoga suitable for all levels.
Cost	
Contact	<a href="mailto:georgina@bodysoulmovement.org.uk">georgina@bodysoulmovement.org.uk</a>

### Good As Gold

Where and When	Tuesday 2.00 pm till 3 pm. The Parish Church Hall.
Purpose	Fun classes for people of all abilities
Cost	£5
Contact	Pam Cox on <a href="mailto:pamela.cox7718@gmail.com">pamela.cox7718@gmail.com</a>

### Zumba Gold

Where and When	Wednesday 10am till 11am. The Parish Church Hall.
Purpose	The class is aimed for the older adult, beginners or returning to exercise. A low to medium impact, dance fitness session.
Cost	
Contact	For further details Contact Nichola on 07974 219426

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# MELTHAM ACTIVITY DIRECTORY

(July 2024)

Chair Zumba	
Where and When	Wednesday 1.30pm The Parish Church Hall
Purpose	Chair ZUMBA for older adults and those with limited movement.
Cost	
Contact	<a href="mailto:ann@justmovement.co.uk">ann@justmovement.co.uk</a>
Meltham Athletics Club	
Where and When	Tues 7:15pm Thurs 6:15pm Based at the Community Centre on Mean Lane, <a href="#">HD9 5QT</a> .
Purpose	Tuesday: Three groups of varying ability running for approx 90 mins Thursday: One group of all abilities, running for approx 60 mins.
Cost	
Contact	Further details are available on our website <a href="http://Meltham Athletic Club (melthamac.com)">Meltham Athletic Club (melthamac.com)</a>
Judo	
Where and When	Wednesday Juniors beginners 6.30pm Seniors 7.30pm Cost Meltham Methodist Church
	To learn and practice the art of Judo
Cost	Juniors £3.50 Seniors £4.00
Contact	<a href="mailto:forcejudo1@gmail.com">forcejudo1@gmail.com</a> Andy:07889207713
Golf for Health	
Where and When	Meltham Golf Club
Purpose	
Cost	
Contact	Tel: 01484 850227 <a href="mailto:admin@meltham-golf.co.uk">admin@meltham-golf.co.uk</a> or speak to your GP to find out more
Meltham Subscription Bowling Club	
Where and When	Meltham Sports and Community Centre on Mean Lane - HD9 5QT
Purpose	There are two greens available for crown green bowling for women and men which can be on a social basis or in formal teams for league bowling.
Cost	
Contact	Contact Peter Swinden (Secretary) on 07804136859 for further details.

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# MELTHAM ACTIVITY DIRECTORY

(July 2024)

<b>Meltham Health Walk plus</b>	
Where and When	Every Monday at 10am, Carlile Institute Car Park
Purpose	Approximately 1-2hr walk in the local area
Cost	Free
Contact	Contact Jean: 01484 850299
<b>Meltham Health Walk</b>	
Where and When	Every Tuesday at 1.30pm, Carlile Institute Car Park
Purpose	Approximately 1 hr walk in the local area
Cost	Free
Contact	Contact Ann: 07779936026
<b>Meltham Chess Club</b>	
Where and When	Monday (exc. Bank Holidays) Juniors 6.45 – 7.45 pm (Term Time) 7.45 – 10.00 pm
Purpose	We welcome players of all ability from beginner to grandmaster. If you are interested in coming along and playing chess in a welcoming environment contact below.
Cost	£10 per year for juniors and £20 per year for players aged 16 and over
Contact	<a href="mailto:melthamchess@gmail.com">melthamchess@gmail.com</a>
<b>Walking Netball</b>	
Where and When	Thursday, 7-8pm Meltham sports complex inside the sports hall
Purpose	Aimed at all abilities and experience, a fun, friendly & social approach to netball. Suitable for anyone who might not have played for a long time, can't play full netball due to injury or anyone wanting to try something new!
Cost	£5
Contact	Email Laura at: <a href="mailto:hepworth.hurricanes@gmail.com">hepworth.hurricanes@gmail.com</a> to register interest or for further information
<b>Meltham Walkers are Welcome</b>	
Where and When	Third Sunday of the month When – posted on facebook page or call below
Purpose	To promote walking/riding in the outdoors and increase visitors to Meltham
Cost	Free
Contact	<a href="https://www.facebook.com/MelthamWAW">https://www.facebook.com/MelthamWAW</a> Brian Keighley 07938858057 Ann Jurczyszyn 07779936026

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# MELTHAM ACTIVITY DIRECTORY

(July 2024)



## SINGING

### Singing for Health

Where and When	Thursday 1.30 – 3pm, Jubilee Room in the Carlile Institute
Purpose	We sing a variety of songs from different eras and you don't have to be able to read music. We also stop for a chat and a cup of tea!
Cost	First session free. £4 per session
Contact	Contact Kate Buchanan: 07780 548689 or <a href="mailto:katebuchanan57@gmail.com">katebuchanan57@gmail.com</a>

### Meltham Community Choir

Where and When	Jubilee Room, Carlile Institute Tuesday 6.45 pm – 8.15pm
Purpose	You don't need to read music but you can soon learn to sing in harmony and create a lovely sound!
Cost	First session free. £4 per session
Contact	Contact Kate Buchanan: 07780 548689 or <a href="mailto:katebuchanan57@gmail.com">katebuchanan57@gmail.com</a>

### Meltham Gilbert and Sullivan Society

Where and When	Friday evening 7.30 – 9.30 pm
Purpose	Singing the works of Gilbert and Sullivan. Fully staged performances, come and sing social events, coffee mornings. A friendly group of singers, strong principals and a tuneful chorus. Scores and rehearsal music provided, no need to be able to read music.
Cost	£50 per year
Contact	Martin Luke (chair) 07859401244



## *CRAFTING*



### Craft and Create

Where and When	Thursday 10.30 – 11.45 Crossroads Centre
Purpose	A friendly group that meets to share craft activities. No experience necessary; everyone is welcome.
Cost	Free
Contact	Drop in

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# MELTHAM ACTIVITY DIRECTORY

(July 2024)

<b>Meltham Knit and Natter</b>	
Where and When	Community Room, Carlile Institute Wednesday 1.30 pm
Purpose	A friendly group for those interested in knitting or crafts, whether experienced or wanting to learn
Cost	£2.00
Contact	<a href="mailto:avdick349@gmail.com">avdick349@gmail.com</a> or Call Ann 01484 852107
<b>Meltham Quilters</b>	
Where and When	First Friday of the month 10am to 12.30pm Parish Hall Green End Road
Purpose	Meltham Quilters is a group loosely based on the Quilts for Care Leavers programme providing handmade quilts at Christmas for young people between the ages of 18-25 who have left the care system. Anyone is welcome to the meetings with any level of experience. The meetings are very informal and welcoming.
Cost	Voluntary £5 contribution.
Contact	Email: <a href="mailto:melthamquilters@gmail.com">melthamquilters@gmail.com</a> Phone Liz 07759605671 or Penny 07736541745
<b>Stamping at Holme</b>	
Where and When	Wednesday morning fortnightly at the Carlile Institute 3 <sup>rd</sup> Wednesday Evening session at Crossroads Centre
Purpose	Papercraft classes that include all the materials to make 3 projects generally 2 cards including a fancy fold or 2 along with various techniques and a 3D item along with light refreshments. Full tuition and support is given.
Cost	£12
Contact	<a href="mailto:nicannbaker@hotmail.com">nicannbaker@hotmail.com</a> <a href="https://www.facebook.com/NicBakerIndependentStampinUpDemonstrator/followers">https://www.facebook.com/NicBakerIndependentStampinUpDemonstrator/followers</a> <a href="https://NicBaker.stampinup.net">https://NicBaker.stampinup.net</a>
<b>Mindful Art Class (1)</b>	
Where and When	10 week course from 2 June to 4 August inclusive 3.00 – 5.00 pm or 7.00 – 9.00 pm Carlile Community Room
Purpose	Learn about negative space, mark making and use of the colour wheel. Suitable for complete beginners or those who love to be creative. Therapeutic for mental health.
Cost	£150 payable in full in advance
Contact	Clare Curran 07910659326 <a href="mailto:Clairecurranuk@gmail.com">Clairecurranuk@gmail.com</a>

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# MELTHAM ACTIVITY DIRECTORY

(July 2024)

<b>Mindful Art Class (2)</b>	
Where and When	Monday 7.00 – 9.00 pm (except bank holidays) Waggon and Horses Pub
Purpose	A continuation of the same topics taught on my 10 week course – a drop in for anyone working to get creative in good company. All abilities welcome.
Cost	£10 a week pay on the day
Contact	Clare Curran 07910659326 Clairecurranuk@gmail com (check with Claire that the course is running)
<b>GARDENING</b>	
<b>Willow Garden Club</b>	
Where and When	We usually meet on the second Thursday in the month but occasionally this changes, please check our website <a href="http://www.willowgardenclub.uk">www.willowgardenclub.uk</a> for up to date details”
Purpose	To learn about gardening in an informative and entertaining way. To meet fellow gardeners and share our knowledge. Also, each year we have a visit from a “celebrity” gardener. By meeting at the Carlile Institute we are carrying on the Purpose for which it was originally intended. For visiting speakers to educate local people.
Cost	£4.00 per meeting
Contact	<a href="mailto:mary@willowgardenclub.uk">mary@willowgardenclub.uk</a> <a href="http://www.willowgardenclub.uk">www.willowgardenclub.uk</a>
<b>The Pennine Borders Flower Club</b>	
Where and When	Pennine Borders Flower Club meets at Meltham Church Parish Hall, Greens End Road HD9 5NW We usually meet on the second Thursday of each month, however, occasionally we have to change to accommodate speakers and/or The Carlile Institute’s availability. See our website below for up to date information
Purpose	We have recently celebrated our seventeenth year as a flower club and still enjoy flower demonstrations, and bi-monthly workshops where members and visitors get a chance to have a hands on experience. Flower arranging is a great hobby and you can make it a career change, make many friends, enjoy the odd glass of fizz, come along to any of our meetings where we can sit and watch NAFAS demonstrators who has a theme and shows us their interpretation. At the end of the evening, there is a raffle, where you may be lucky to win and take a design home. We are a fun Club we have no age limits.
Cost	Our subscriptions are £40 year for Members, £23 for Junior Members under 21, and for Visitors to see what we are all about £7.
Contact	If you would like to speak to our Chairman - Linda Heeks her number is 07732 965032 or Amanda Heywood- Secretary on 01484 852909

If you would like to be included in the directory please email: [info@thecrossroadsproject.co.uk](mailto:info@thecrossroadsproject.co.uk)

# MELTHAM ACTIVITY DIRECTORY

(July 2024)

We do have a website to peruse <a href="http://www.penninebordersflowerclub.co.uk">www.penninebordersflowerclub.co.uk</a> .
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## Meltham Memories

Meltham Memories is a group of volunteers that organises a number of events in Meltham throughout the year including Memories Weekend, Meltham Beer Festival, Christmas Lights and others. If you'd like more information or get involved please contact Pam Cox [pamela.cox7718@gmail.com](mailto:pamela.cox7718@gmail.com)

## Social Prescribing

Social Prescribing Link Workers are members of the NHS working with across health and care system. [more information here.](#) Social Prescribing helps people to improve their health, wellbeing and social welfare by connecting them to services and activities in their community.

We can help you with:

- Tackling isolation
- Stress caused by work, money and housing problems
- Living with a long term condition

Link Workers will listen to what matters to you and provide relevant information and guidance about local resources and services.

To make an appointment with a Social Prescribing Link Worker please call your GP surgery.

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