

Group Name	Contact	Activities	Notes
The Silver Line	0800 4708090	Friendship, support, comfort for the lonely	
Mind Infoline 'Side by Side'	Judith Powell 01484 859460 0300 123 3393	Social contact	
Age UK	0800 4346105	Companionship, telephone befriending, day centres / social contact	
Samaritans	116123	Telephone listening service	
Kirklees Day Centre for Older People	Robert 0770 3318035	Social contact, crafts	Phoenix Centre, Holmfirth
Friend to Friend	Val 014845 852056	Social contact, food and refreshment. Varied activities	Groups in Holmfirth, Honley and Meltham and a Men's Group
Gentle Movement Group	Anne 07982 079451	Social contact and wellbeing activities	£3
Holme Valley Sharing Memories	Viv Jebson 07850 62918	Arts projects. Sharing memories	
Holmfirth Over 60s club	RVS 03305500310	Social contact, varied activities	Methodist Church Holmfirth
Talk Active	07899 751049	Zumba classes, 'shape up', pilates	
Walking Your Way to Health	01484 850299	Social contact, walking	
Probus Mens group	01484 658359	Monthly meetings	
WI	Cathy Todd 07718 272714	Monthly meetings, additional activities	

Alternatively, for those needing help in deciding what to do, or in finding more groups, there are several local possibilities such as:

Local libraries are good sources of information

Churches generally have a range of social activities

Kirklees Council has a Community Directory with over 2,300 groups of which 118 are for 'older people'. It is organised by Community Plus whose local co-ordinator is Hannah King (07890 586029)

GPs now offer 'social prescribing' and can provide referrals

Community Plus bus (01484 225224) has information on local groups

There are Community notice boards with current information.

Within u3a Keith Wilberforce (johnkeithwilberforce@gmail.com) and Barry Dale (bardale8756@talktalk.net) can both offer help if needed.

P.S. Please feel free to share the above information with non-members of Home Valley u3a.



Lonely or isolated?

Hello,

The Holme Valley u3a (University of the Third Age) committee recognises that there are many people who are lonely, isolated, sad or worse. This leaflet aims to help them find the support they need.

Holme Valley u3a itself offers almost forty groups that members can join to enjoy social interaction. If you are a member of Holme Valley u3a you can contact hvu3a1@gmail.com for a list. However, there are many other local groups and national organisations offering opportunities for support.