

## South East Area – Physical Activity Groups

### HEMSWORTH

Group Name: **Community Gardening Allotment**  
Venue: West End Allotments  
Address: Off Sandy Gate Lane, Hemsworth  
Postcode: WF9  
Telephone Number: 01924 299815  
Contact Name: Aine Welsh  
Contact Telephone Number:  
Day of Group: Tuesday  
Time of Group: 1.00pm to 4.00pm  
Website: [www.btcv.org.uk](http://www.btcv.org.uk)

Group Name: **Fun & Fitness (sitting down exercise)**  
Venue: Methodist Church Hall  
Address: Barnsley Road, Hemsworth  
Postcode: WF9  
Telephone Number:  
Contact Name: Doreen Youngman  
Contact Telephone Number: 01924 820850  
Day of Group: Monday £2.00  
Time of Group: 2.00pm to 3.00pm includes drink  
Website:

### SOUTH KIRKBY

Group Name: **Fit & Friendly (with light lunch)**  
Venue: Community Centre British Legion Club  
Address: Mill Lane (behind Royal Oak), South Kirkby  
Postcode: WF9 3HJ  
Telephone Number:  
Contact Name: Madge Hames  
Contact Telephone Number: 01977 643772  
Day of Group: Monday  
Time of Group: 11.00am to 3.00pm  
Website:

Group Name: **Physical Activity Group**  
Venue: Joys Hall Opportunity Centre  
Address: Mill Lane, South Kirkby  
Postcode: WF9 3HG  
Telephone Number: 01977 651450  
Contact Name: Joy Hall  
Contact Telephone Number: 07969 896091  
Day of Group: Monday to Friday  
Time of Group: 09.00am to 12.00noon and 2.00pm to 4.00pm  
Website: [www.joyshall.co.uk](http://www.joyshall.co.uk) e-mail [Hello@joyshall.co.uk](mailto:Hello@joyshall.co.uk)

## South East Area – Physical Activity Groups

### UPTON

Group Name: **Over 60's Gentle Exercise Group**  
Venue: Parish Hall  
Address: Harewood Lane, Upton, Pontefract  
Postcode: WF9  
Telephone Number:  
Contact Name: Betty Crane  
Contact Telephone Number: 01977 643474  
Day of Group: Monday & Thursday  
Time of Group: 10.00am to 11.00am £1.50  
Website: