

The team:

Name	Locality
Jill Poole	Wakefield locality lead
Adele Wadsworth	Outwood, Stanley
David Cowan	Middlestown, Horbury, Ossett
Scott Meynell	Lupset, Eastmoor
Fareeda Mir	Alverthorpe, Flanshaw, Sandal
Dave Harrison	Crofton, Chapelthorpe
Laura Quinn	Castleford, Normanton
Ellen Dempsey	Airedale, Ferry Fryston
Jackie Sharp	Ferrybridge, Knottingley
Dan Eades	Pontefract, Normanton
Cath Boyd	Ackworth, Featherstone
Jane Oldroyd	South Elmsall, South Kirkby & Upton
Julian Glover	Hemsworth, Havercroft, Ryhill, Kinsley & Fitzwilliam

We cover every part of the district so if you can't see the name of where you live in the list above, call our main number and we will make sure you speak to the right person.

Contact us on **01977 705473**

Your feedback is welcome

If you wish to comment on, compliment or complain about any of the services provided by the Trust, please ask a member of staff for details of how to do this. If you need advice or assistance in making your views known please contact us on **freephone 0800 587 2108**.

This information is available in other formats on request including Braille, large print, audio, or in other languages. For more information, contact us on **freephone 0800 587 2108**.

Health and wellbeing development team

The health and wellbeing service is free and confidential

Information to help you maintain your independence



With all of us in mind

The health and wellbeing team provide information, advice and support to help adults over 50 and all adults with a physical disability and/or sensory impairment, to maintain their health and independence.

There are many things that can affect a person's ability to feel healthy both physically and mentally and to remain independent. We understand this and can help with a variety of queries and issues.

Are you feeling lonely or isolated?
Are you worried about a member of your family, a friend or a neighbour?
If yes, get in touch.

The health and wellbeing team have a directory of social, exercise and support groups in your area where you could meet new people.

We will discuss with you what sort of group you may be interested in, provide you with details and help you make arrangements for your first visit.



With all of us in mind

Do you need help or support in maintaining your independence?

Sometimes during our lives, for whatever reason, we need a little help to maintain our independence. We can provide advice and information on services that can assist you in remaining independent in your own home.

Do you already attend a group?

If you are already part of a group and they would like more information around health and wellbeing, or would like to advertise your group in the directories, then please contact us.

We can work with groups to provide a range of services all aimed at working with local people to help them improve and maintain their health and wellbeing.

We can also offer information and advice on funding and help support groups to recruit new members.

Would you like to learn more about your health and wellbeing?

We can deliver or arrange a number of sessions/courses which will give people a better understanding of their general health. Enabling them to make the changes which would help improve their health and wellbeing and/or manage a long term condition.

If you need help and don't know who to go to, give us a call and we will try our best to provide the information you need or point you in the right direction.