

## Regular Activities across the District

|                |                |                   |                     |                    |                 |                  |
|----------------|----------------|-------------------|---------------------|--------------------|-----------------|------------------|
| <b>Cannock</b> | <b>Rugeley</b> | <b>Hednesford</b> | <b>Norton Canes</b> | <b>Heath Hayes</b> | <b>Brereton</b> | <b>Chadsmoor</b> |
|----------------|----------------|-------------------|---------------------|--------------------|-----------------|------------------|

### Monday

| Education                           |                           |                                    |   |  |   |  |  |
|-------------------------------------|---------------------------|------------------------------------|---|--|---|--|--|
| Day                                 | Time                      | Activity                           | About   | Venue  | Contact Details   | Facebook   | Cost                                   |
| Monday (term time)                  | 10am-3pm                  | Access English                     | Free weekly English lessons for people whose language is not English.   | Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX  | Call 01889 579341 or email <a href="mailto:office@rugeleycc.org.uk">office@rugeleycc.org.uk</a> <a href="https://rugeleycc.org.uk/centre/access-english/">https://rugeleycc.org.uk/centre/access-english/</a>   | <a href="#">Rugeley Community Church &amp; Centre   Rugeley   Facebook</a> | Free                                   |
| Monday                              | 10:30am-12:30pm           | Adult Community Learning Courses   | SCC's Community Learning Service works with schools, colleges, third sector organisations & local community groups to deliver a range of learning which includes: Leisure, Health & Wellbeing, Employability, Digital Skills, STEM, Supported Learning & Progression Pathways | Cannock Library, Manor Avenue, Cannock, WS11 1AA             | To find out about the courses, contact & book through Adult and Community Learning. Email <a href="mailto:communitylearning@staffordshire.gov.uk">communitylearning@staffordshire.gov.uk</a> or visit <a href="https://staffordshirecommunitylearning.org.uk/">https://staffordshirecommunitylearning.org.uk/</a> | <a href="#">Staffordshire Community Learning   Facebook</a>                |  |
| 3 <sup>rd</sup> Monday of the month | 10:30am-12pm and 1-2:30pm | Comparative Religions (2 sessions) | Exploring various religions across the world, their origins and how they developed.   | Heddin's Ford Micro Pub, Market Street, Hednesford, WS12 1AD | <a href="mailto:cannockchaseu3a@gmail.com">cannockchaseu3a@gmail.com</a> or visit <a href="#">Groups - Cannock Chase</a>  |  |  |
| Sports                              |                           |                                    |   |  |   |  |  |
| Day                                 | Time                      | Activity                           | About   | Venue  | Contact Details   | Facebook   | Cost                                   |
| Monday                              | Between 6:30-9:30am       | Lane Swim                          |   | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL       | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>  | <a href="#">Inspiring Healthy Lifestyles   Facebook</a>                    | Incl. in membership or £5.30 a session |

|        |                            |                                    |  |  |  |   |  |
|--------|----------------------------|------------------------------------|--|--|--|---|--|
| Monday | 9-10am                     | Casual Swim<br>(2 lanes)           |  | Rugeley Leisure Centre,<br>Burnthill Lane, Rugeley,<br>WS15 2HZ                        | 01889 586260 or email<br><a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>  | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Incl. in<br>membership<br>or £5.30 a<br>session    |
| Monday | 10am-<br>12pm              | Rugeley<br>Phoenix Table<br>Tennis | Very popular activity & there is a<br>waiting list. Need to be a<br>member of Rugeley Phoenix<br>Activities Club.  | Sheepfair Community<br>Centre, Sheepfair,<br>Rugeley, WS15 2AT                         | Email<br><a href="mailto:tabletennis@rugeleyphoenix.org.uk">tabletennis@rugeleyphoenix.org.uk</a><br>For membership info visit<br><a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a>  |   |  |
| Monday | 10:30-<br>11:30am          | U3A Tai Chi<br>and Exercise        | Tai Chi is a gentle form of<br>exercise of Chinese origin, to<br>assist in the total wellbeing of<br>each individual, by keeping body<br>& mind active. Thus reducing<br>stress levels but increasing<br>energy & improving<br>concentration & flexibility. It is<br>also good for the heart & lungs.<br>This group is for those more<br>experienced. Starts with gentle<br>warm up exercises to keep the<br>whole body supple & then go on<br>to do Tai Chi. We are a friendly<br>group, so come along to the<br>village hall & try us out, no need<br>to book. | Slitting Mill Victory Hall,<br>Slitting Mill Road, Slitting<br>Mill, Rugeley, WS15 2US | Contact Ann Round via<br><a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website<br><a href="#">Groups - Cannock Chase</a> or<br>email<br><a href="mailto:cannockchaseu3a@gmail.com">cannockchaseu3a@gmail.com</a> |   |  |
| Monday | Between<br>11:30am-<br>1pm | Lane Swim                          |  | Chase Leisure Centre,<br>Stafford Road, Cannock,<br>WS11 4AL                           | To book call 01543 504065<br>or visit<br><a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>   | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Included in<br>membership<br>or £5.30 a<br>session |
| Monday | 1-3:30pm                   | Casual Swim<br>(2 lanes)           |  | Rugeley Leisure Centre,<br>Burnthill Lane, Rugeley,<br>WS15 2HZ                        | 01889 586260 or email<br><a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>  | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Included in<br>membership<br>or £5.30 a<br>session |
| Monday | 6-7pm                      | Casual Swim                        |  | Rugeley Leisure Centre,<br>Burnthill Lane, Rugeley,<br>WS15 2HZ                        | 01889 586260 or email<br><a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>  | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Included in<br>membership<br>or £5.30 a<br>session |

|        |                    |                       |   |   |  |   |   |
|--------|--------------------|-----------------------|---|---|--|---|---|
| Monday | 6:50-7:30pm        | Recovery Swim         |   | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL    | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyle.org/">https://inspiringhealthylifestyle.org/</a> | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Monday | 7:30-8:30pm        | Casual Swim (2 lanes) |   | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL    | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyle.org/">https://inspiringhealthylifestyle.org/</a> | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Monday | 8:30-10pm          | Lane Swim             |   | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL    | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyle.org/">https://inspiringhealthylifestyle.org/</a> | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Monday | Throughout the day | Classes               | A variety of classes take place throughout the day. | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL    | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyle.org/">https://inspiringhealthylifestyle.org/</a> | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or pay as you go   |
| Monday | Throughout the day | Classes               | A variety of classes take place throughout the day. | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or pay as you go   |

#### Arts and Crafts

| Day    | Time      | Activity         | About  | Venue  | Contact Details  | Facebook  | Cost |
|--------|-----------|------------------|--|--|--|---|------|
| Monday | 9am-12pm  | Art Space Club   | Bring your own art supplies. Free tea, coffee and biscuits | Prospect Village Hall, Williamson Avenue, Cannock, WS12 0QF        | <a href="mailto:prospectvillagehall97@gmail.com">prospectvillagehall97@gmail.com</a>                                       |   | Free |
| Monday | 10am-1pm  | Watercolour Club |  | Norton Canes Community Centre                                      | Maureen Garbett 01543 275426 mo.garbett@aol.com  | <a href="#">Norton Canes Community Centre Events   Cannock   Facebook</a> |      |
| Monday | 10am-12pm | Craft Club       |  | Avon Room, Avon and Business Leisure, Avon Road, Cannock, WS11 1LH | 01543 503163 or email <a href="mailto:abllcannock@gmail.com">abllcannock@gmail.com</a>                                     |   |      |
| Monday | 1-3pm     | Knit & Natter    | Bring your own knitting. All abilities welcome             | Hednesford Library, Market Street, Hednesford, WS12 1AD            | 01543 422798 or email <a href="mailto:hednesford.library@staffordshire.gov.uk">hednesford.library@staffordshire.gov.uk</a> | <a href="#">Friends of Hednesford Library   Cannock   Facebook</a>        |      |

|                         |             |                         |  |  |  |  |             |
|-------------------------|-------------|-------------------------|--|--|--|--|-------------|
| 2nd Monday of month     | 2-4pm       | U3A Craft and Art       | Exciting & different craft or bring your own projects if you wish                          | Heddin's Ford Micro Pub, Market Street, Hednesford, WS12 1AD                       | Email <a href="mailto:cannockchaseu3a@gmail.com">cannockchaseu3a@gmail.com</a> or visit <a href="#">Groups - Cannock Chase</a> |  |             |
| 3rd Monday of the month | 7-10pm      | Floral Art              |  | Cannock Wood & Gentleshaw Village Hall, Buds Road, Cannock Wood, Rugeley, WS15 4NB | Sue Davies 01543 271026<br>Jan Danks 01543 871515  |  |             |
| Monday                  | 7-9pm       | Heath Hayes Art Society | Group for amateur artists  | Heath Hayes Library, Hednesford Road, Cannock, WS12 3EA                            | 01543 279675 or email <a href="mailto:heath.hayes.library@staffordshire.gov.uk">heath.hayes.library@staffordshire.gov.uk</a>   | <a href="#">Heath Hayes Art Society   Facebook</a>                 |             |
| Monday                  | 1-3pm       | Knit & Natter           | Friendly social group where you can knit to your hearts content in a pleasant social group | Hednesford Library, Market Street, Hednesford, WS12 1AD                            | 01543 422798   | <a href="#">Friends of Hednesford Library   Cannock   Facebook</a> |             |
| Monday                  | 4:30-6:30pm | Art Classes             | Local artist Derek Powell Jones leads these classes. All ages and abilities welcome.       | Rugeley Rose Theatre, Taylors Lane, Rugeley, WS15 2AA                              | 01889 584036   | <a href="#">Rugeley Rose Theatre   Rugeley   Facebook</a>          | £3 per week |

#### Performing Arts & Music

| Day                  | Time     | Activity               | About   | Venue  | Contact Details   | Facebook | Cost |
|----------------------|----------|------------------------|---|--|---|----------|------|
| Last Monday of month | 11am-1pm | U3A Music Appreciation | This group provides an opportunity to share, listen & discuss contemporary music/artists/bands from the mid-20th Century to the present in an informal & friendly group. The group size is limited to 10 members to enable good discussion & interaction, so if you have an enthusiasm for modern music & a good supply of CDs, this may be the group for you. Places are limited | Heddin's Ford Micro Pub, Market Street, Hednesford, WS12 1AD | Contact Pauline Foster on <a href="mailto:pauline2000@gmail.com">pauline2000@gmail.com</a><br>Website <a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a> |          |      |

|              |                                |  |  |  |  |  |                |
|--------------|--------------------------------|--|--|--|--|--|----------------|
| Monday       | 2-3pm                          | Drama Group                              |  | Rugeley Library, Anson Street, Rugeley, WS15 2BB               | 01889 869063 or email <a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a>   | <a href="#">Staffordshire Libraries   Facebook</a>     | £1 per session |
| Monday       | 7:30-9:15pm                    | Cannock Festival Chorus                  | A small group (22+) but very happy & friendly. We have 2 concerts a year May & November structured around the seasons & contain a miscellany of the serious & not so serious. Members are encouraged to make individual contributions so if you can sing & want to sing give us a try. | Memorial Hall, Chadsmoor Methodist Church                      | Jim Brookes 01543 422742   |  |                |
| Monday       | 7:30-9:30pm                    | Cannock Ex-Servicemen's Male Voice Choir | You do not have to be ex-service. No previous experience or musical background is required.  | Victoria Working Men's Club, Church Hill, Hednesford, WS12 1BQ | David Rimmer 07814 146160  |  |                |
| Monday       | 7-9pm (excluding bank holiday) | Bridgtown Concert Showband               | A friendly & relaxed band that welcomes players of all ages & abilities. We have a diverse & enjoyable repertoire that suits any taste in music.   | Bridgtown Social Club, 170 Walsall Road, Cannock, WS11 0JB     | Shaun Middleton 07973 408036 or email <a href="mailto:bridgtownconcertshowband@gmail.com">bridgtownconcertshowband@gmail.com</a>   | <a href="#">Bridgtown Concert Show Band   Facebook</a> |                |
| <b>Dance</b> |                                |  |  |  |  |  |                |
| <b>Day</b>   | <b>Time</b>                    | <b>Activity</b>                          | <b>About</b>   | <b>Venue</b>   | <b>Contact Details</b>   | <b>Facebook</b>  | <b>Cost</b>    |
| Monday       | 1:45-4pm                       | Rugeley Phoenix Sequence Dancing         | Would you like to learn to dance in sequence with others then come along. This is a popular activity & there is a waiting list. You need to be a member of Rugeley Phoenix Activity Club   | Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT       | Email David Jenkins <a href="mailto:sequencedancing@rugeleyphoenix.org.uk">sequencedancing@rugeleyphoenix.org.uk</a> To find out more about membership visit <a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a> |  |                |

|        |             |                        |  |  |   |   |   |
|--------|-------------|------------------------|--|--|---|---|---|
| Monday | 7:30-9:30pm | Xaquarian Line Dancers | This groups caters for line dancers with some experience, usually at least 1 year called 'Improvers'. Line dancing is very popular because you don't need a partner. Line dancing is a great way to help keep you fit & to socialise at the same time. It gets your heart rate up a little & if it gets "too much", you just sit down & have a rest! It's supposed to be a very good memory exerciser as well. Come along & have a look at what we do. | Chadsmoor Methodist Church, Cannock Road, Chadsmoor, Cannock, WS11 5DD | Jane - 07515 931389 or email <a href="mailto:jane.linedance@yahoo.co.uk">jane.linedance@yahoo.co.uk</a> | <a href="#">XAquarians Line Dance Club   Facebook</a> | <a href="#">XAquarians Line Dance Club   Facebook</a> |
|--------|-------------|------------------------|--|--|---|---|---|

### Support Groups

| Day                      | Time            | Activity                                   | About  | Venue  | Contact Details   | Facebook                                    | Cost |
|--------------------------|-----------------|--|--|--|---|---|------|
| Monday                   | 10am-12pm       | Brereton Million Resident Support & Advice | Drop In - Advice, Help, Guidance & Support   | Brereton Community Hub, Rugeley                        | <a href="https://linktr.ee/BreretonMillion">https://linktr.ee/BreretonMillion</a>   | <a href="#">Brereton Million   Facebook</a> |      |
| Monday                   | 10:30am-12:30pm | St Giles Bereavement Help Point            | Information on coping with both the practical & emotional aspects of losing a relative or friend, a chance to chat over a cup of tea with one of our support volunteers & perhaps meet others in a similar situation.  | Cannock Library, Manor Avenue, Cannock, WS11 1AA       | 01543 434536 or email <a href="mailto:sct@stgileshospice.com">sct@stgileshospice.com</a>  |   |      |
| 1st Monday of each month | 1-3pm           | MASE (Monthly Alzheimer's Support Evening) | MASE brings together people with Alzheimer's/dementia, their families & carers & also has health care professionals in attendance. Many people withdraw from social activities when a diagnosis has been made; however at the MASE everyone is fully aware of the illness & Carers are able to network with each other & build up friendships & support each other in times of difficulty. | St Lukes Church Hall, Church Street, Cannock, WS11 1DE | <a href="tel:01785211140">01785 211140</a> or <a href="tel:07939505455">07939 505455</a><br><a href="https://themasegroup.org/">https://themasegroup.org/</a> |   | Free |

|   |                 |  |   |  |  |  |      |
|---|-----------------|--|---|--|--|--|------|
| Monday  | 2-4pm           | St Giles Bereavement Help Point            | Information on coping with both the practical & emotional aspects of losing a relative or friend, a chance to chat over a cup of tea with one of our support volunteers & perhaps meet others in a similar situation.   | St John's Community Church, Chase Terrace, Burntwood         | 01543 434536 or email <a href="mailto:sct@stgileshospice.com">sct@stgileshospice.com</a>   | -  |      |
| 1 <sup>st</sup> Monday<br><br>Bank holiday<br>s fall to<br>2 <sup>nd</sup> Monday | 10:30am-12:20pm | Cancer Support Group Cannock and Surrounds | An opportunity to chat to others with lived experience of a cancer diagnosis over a free hot drink, with non-clinical staff on hand to offer support & signpost to local services. We welcome anyone currently living with cancer, those who are post treatment and loved ones.   | Alderwood Medical Practice, Longford Road, Cannock, WS11 1QN |  |  | Free |
| Every other Monday  | 11am-12pm       | Alzheimer's Society Drop-in Clinic         | Are you worried about your memory of mental health  | Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX  | 01543 573936   | <a href="#">Outreach Staffordshire</a>   <a href="#">Facebook</a>          |      |
| Monday  | 1-3:30pm        | Everyone Health                            | Join us in our free weekly nutrition sessions, aimed at providing practical information & advice for creating long-term healthy eating habits. Our sessions are delivered by a qualified Nutritionist, & you will also be supported by a Physical Activity Specialist to help maximise weight loss through a tailored exercise programme. | Avon Business Centre, Cannock, WS11 1LH                      | Call 0333 0050095 or visit <a href="https://staffordshire.everyonehealth.co.uk/services/weight-management/">https://staffordshire.everyonehealth.co.uk/services/weight-management/</a> | <a href="#">Everyone Health - Staffordshire</a>   <a href="#">Facebook</a> | Free |
| Monday  | 2:30-4:30pm     | St Giles Bereavement Group                 | Information on coping with both the practical & emotional aspects of losing a relative or friend, a chance to chat over a cup of tea with one of our support volunteers & perhaps meet others in a similar situation.   | St John's Community Church, High Street, Burntwood, WS7 1LR  | 01543 434536 or email <a href="mailto:sct@stgileshospice.com">sct@stgileshospice.com</a>   |  |      |

#### Social Groups

| Day | Time | Activity | About | Location | Contact Details | Facebook | Cost |
|-----|------|----------|-------|----------|-----------------|----------|------|
|-----|------|----------|-------|----------|-----------------|----------|------|

|                         |                        |                            |  |  |  |  |  |
|-------------------------|------------------------|----------------------------|--|--|--|--|--|
| Monday                  | 9:30am-12:30pm & 1-4pm | Cannock Chase Shed         | The 'Shed' is a charity workshop group, mostly retired men & women, who make repair & upcycle items for ourselves, friends & local community groups. They also meet & socialise.   | Cannock Chase Enterprise Centre, Hednesford, WS12 0QU                                | Dave 07964 851114 or visit <a href="https://cannockchaseshed.org.uk/about-us">https://cannockchaseshed.org.uk/about-us</a>   |  |  |
| Monday                  | 10am-12pm              | Stand By Me men's group    | This is a social/friendship group open to anyone to come along   | West Chadsmoor Family Centre, Princess Street, Chadsmoor                             |  | <a href="#">Stand By Me #BTS (facebook.com)</a>                    |  |
| Monday -every 2 weeks   | 10:30-12pm             | Past Times                 | Local people get together to discuss local history and socialise   | Heath Hayes Library, Hednesford Road, Cannock, WS12 3DZ                              | 01543 279675   | <a href="#">Heath Hayes Library   Facebook</a>                     |  |
| Alternative Mondays     |                        | Cannock Chase Probuss Club | Visitors welcome by prior arrangement  | Cannock Conservative Club, 92 High Green, Cannock                                    | John Withers 01543 684275  |  |  |
| 1st Monday of the month | 11am-1pm               | U3A Philosophy             | This group gives you the opportunity to discuss the themes of philosophy e.g. truth, freedom, politics, humanity, wisdom etc. Also discover/rediscover past & more recent Philosophers e.g. Socrates, Kant, John Locke, Karl Marx etc. In a safe & friendly Group. The group size is limited to 10 members to enable good discussion & interaction | Heddins Ford Pub, Market Place, Hednesford, Cannock, WS12 1AD                        | Contact Joan Gripton or Pauline Foster via contact page <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website <a href="#">Groups - Cannock Chase</a> or email <a href="mailto:cannockchaseu3a@gmail.com">cannockchaseu3a@gmail.com</a> | <a href="#">Cannock Chase U3A   Rugeley   Facebook</a>             |  |
| Monday                  | 1-3pm                  | Knit and Natter            | Friendly social group where you can knit to your hearts content in a pleasant social group   | Hednesford Library, Market Street, Hednesford, WS12 1AD                              | 01543 422798   | <a href="#">Friends of Hednesford Library   Cannock   Facebook</a> |  |
| 2nd Monday of the month | 1-3pm                  | Women's Institute          | A small group of ladies who welcome new members. Speakers on many varied subjects followed by stimulating debates of local, national & international issues  | Cannock Wood and Gentleshaw Village Hall, Buds Road, Cannock Wood, Rugeley, WS12 4NB | Diane Harley 01543 686373 or email <a href="mailto:dianeharley31@hotmail.co.uk">dianeharley31@hotmail.co.uk</a>  |  |  |



|   |             |   |  |  |   |   |  |
|---|-------------|---|--|--|---|---|--|
| Monday  | 1:30-3:30pm | Rugeley Phoenix Photography             | Ranging from beginners to award winners. Socialising is a most important part of the sessions. Meetings cover a wide spectrum of topics from camera basics to mounting photographs to editing images & the software used for creating presentations & audio-visual story books. Need to be members of Rugeley Phoenix Activity Group | Etching Hill Village Hall, East Butts Road, Rugeley, WS15 2LU                        | Email <a href="mailto:alan.arty.shaw@outlook.com">alan.arty.shaw@outlook.com</a> or <a href="mailto:PPG-Keoth@virginmedia.com">PPG-Keoth@virginmedia.com</a> For membership information visit <a href="https://rugeleyphoenix.org.uk/activities/">https://rugeleyphoenix.org.uk/activities/</a> |   |  |
| Alt. Mondays  | 2-4pm       | Monday Club                             | Play dominoes, cards, scrabble, darts, kurling & more  | Cannock Wood and Gentleshaw Village Hall, Buds Road, Cannock Wood, Rugeley, WS12 4NB | Annette Johnson 01543 675801 or email <a href="mailto:amandbj@btinternet.com">amandbj@btinternet.com</a>  | <a href="#">Cannock Wood and Gentleshaw Village Hall</a>   <a href="#">Facebook</a> |  |
| 2 <sup>nd</sup> Monday of the month                   | 2pm         | Hednesford Afternoon Townswomen's Guild | Visitors & new members welcome   | St Peter's Church, Church Hill, Hednesford   | 01543 423750  |   |  |
| Monday  | 2-5pm       | Friendship Café                         | Serving light refreshments on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so brings a bag!   | Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB                   | 01543 426128 or email <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a>  |   |  |
| Selected Mondays                                      | 2-4pm       | St Luke's Friendship Group              | Just come along  | St Luke's Centre Lounge, St Luke's Church, Church Street, Cannock, WS11 1DE          | Linda 01543 503369 or Margaret 01543 505860   |   |  |
| 2 <sup>nd</sup> & 4 <sup>th</sup> Monday of the month | 7-9pm       | Burntwood Family History Group          | 2 regular meetings a month. One has a speaker on a range of relevant topics & the other is a drop-in/research evening with expert help available   | Chase Terrace Academy, Bridge Cross Road, Burntwood, WS7 2DB                         | <a href="http://bfhg.org.uk">Burntwood Family History Group (bfhg.org.uk)</a>   |   |  |

|                               |        |                                |  |   |   |   |  |
|-------------------------------|--------|--------------------------------|--|---|---|---|--|
| Monday<br>(September to June) | 7:30pm | Rugeley & Armitage Camera Club | A welcoming & friendly group who are keen amateur photographers who meet every Monday evening. | Davy Suite, Lea Hall Miners Welfare Centre, Sandy Lane, Rugeley, WS15 2LB | <a href="#">Contact Us – Rugeley and Armitage Camera Club</a> | <a href="#">Rugeley and Armitage Camera Club   Facebook</a> |  |
|-------------------------------|--------|--------------------------------|--|---|---|---|--|

### Warm Hubs and Places of Welcome

| Day    | Time        | Activity                         | About   | Location  | Contact Details   | Facebook   | Cost |
|--------|-------------|----------------------------------|---|---|---|--|------|
| Monday | 9am-5pm     | A Cool Space/Warm Room           | Open safe space, all welcome. Cherishers can provide transport to attend and free refreshments are also provided.   | Cherishers Wellbeing Rooms, 19, 21 & 23 Upper Brook Street, Rugeley, WS15 2DP | 01889 578822  | <a href="#">Cherishers   Rugeley   Facebook</a>                            |      |
| Monday | 2-5pm       | Friendship Café/Place of Welcome | Serving light refreshments - Jacket potatoes, filled paninis etc on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so bring a bag! | Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB            | 01543 426128 or email <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a>          |  |      |
| Monday | 13:00-15:00 | The Hub/Place of Welcome         | Tea, coffee, & chat   | Pye Green Community Centre, Bradbury Lane, Hednesford, WS12 4EP               | 01543424872 or email <a href="mailto:Matthew.Johnson@hednesford-tc.gov.uk">Matthew.Johnson@hednesford-tc.gov.uk</a> | <a href="#">Pye Green Community Centre   Cannock   Facebook</a>            |      |
| Monday | 11am-1pm    | Place of Welcome Coffee morning  | Free drop in. Come along for a coffee & chat with the Friends of Cannock Library. Everyone welcome  | Cannock Library, Manor Ave, Cannock, WS11 1AA                                 |   |  | Free |
| Monday | 11:00-13:30 | Cosy Club                        | Free social club with tabletop games, nibbles and drinks  | Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX                   | 01889 579341 or email <a href="mailto:office@rugeleycc.org.uk">office@rugeleycc.org.uk</a>                          | <a href="#">Rugeley Community Church &amp; Centre   Rugeley   Facebook</a> |      |

### Foodbanks and Community Tables

| Day    | Time     | Activity                            | About | Location   | Contact Details | Facebook  | Cost |
|--------|----------|-------------------------------------|-------|--|-----------------|---|------|
| Monday | 10am-3pm | Foodbank and Community Table/Fridge |       | Coniston Hall, Cecil Street, Chadsmoor, WS11 5HG | 01543 624887    | <a href="#">Cannock and District foodbank  </a> |      |

|                               |        |  |  |  |   | <a href="#">Hednesford Facebook</a> |      |
|-------------------------------|--------|--|--|--|---|-------------------------------------|------|
| Games Clubs                   |        |  |  |  |   |                                     |      |
| Day                           | Time   | Activity   | About  | Location   | Contact Details   | Facebook                            | Cost |
| 1st and 4th Mondays           | 7-10pm | Whist Club   |  | Cannock Wood & Gentleshaw Village Hall, Buds Road, Cannock Wood, Rugeley, WS15 4NB | <a href="#">Cannock Wood and Gentleshaw Village Hall   What's on at the hall (cwagvh.co.uk)</a>   |                                     |      |
| Outdoor Recreation            |        |  |  |  |   |                                     |      |
| Day                           | Time   | Activity   | About  | Location   | Contact Details   | Facebook                            | Cost |
| Monday                        | 9:45am | Rugeley Phoenix Activities Club Walking                | Walking group walks in all weathers & ends with a refreshment. Need to be a member of Rugeley Phoenix  | TBC  | <a href="mailto:mondaywalks@rugeleyphoenix.org.uk">mondaywalks@rugeleyphoenix.org.uk</a> Visit the website to find out about membership <a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a> |                                     |      |
| Monday (except Bank Holidays) | 10am   | Chase Fit Walk for Health                              | Level 3 - 60-90 minutes, mixed terrains including steep slopes/stiles/steps, brisk walk  | Meet at the compound at the Tesco end of Hednesford Park, WS12 1TB                 | Lynn Evans 07855 099353   | Free                                |      |
| Monday (except Bank Holidays) | 10am   | Chase Fit walk   | Level 2 - 30-60 minutes, moderate/uneven surfaces/steps, steady stroll. Look out for the Chase Fit high viz jacket as you pull onto the car park | Cannock Chase Forest Centre (Birches Valley), Rugeley, WS15 2UQ                    | Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a>             | Free                                |      |
| Monday (except Bank Holidays) | 1:30pm | Chase Fit Inclusive walk (Physical and Learning Needs) | Level 1 - 30 minutes, flat gentle slopes, slow pace  | Café at Marquis Drive Visitor Centre, Brindley Heath Road, WS12 4PW                | Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a>             | Free                                |      |

|                |                |                   |                     |                    |                 |                  |
|----------------|----------------|-------------------|---------------------|--------------------|-----------------|------------------|
| <b>Cannock</b> | <b>Rugeley</b> | <b>Hednesford</b> | <b>Norton Canes</b> | <b>Heath Hayes</b> | <b>Brereton</b> | <b>Chadsmoor</b> |
|----------------|----------------|-------------------|---------------------|--------------------|-----------------|------------------|

**Tuesday**

| Education |                      |                                       |   |   |  |   |   |
|-----------|----------------------|---------------------------------------|---|---|--|---|---|
| Day       | Time                 | Activity                              | About   | Location  | Contact Details  | Facebook  | Cost  |
| Tues      | 10am-12pm & 1-3pm    | Multiply Programme                    | Understand everyday maths, 18 years +. Steps to Work  | Pye Green Community Centre, Bradbury Lane, Hednesford, WS12 4EP | <a href="mailto:multiply@stepstowork.co.uk">multiply@stepstowork.co.uk</a>   | <a href="#">Pye Green Community Centre   Cannock   Steps To Work   Walsall   Facebook</a> |   |
| Tues      | 11:30am-12:30pm      | Learn French                          | Do you want to keep your mind sharp? Why not give your brain a weekly workout by learning French?<br>Fun & friendly environment, experienced, supportive tutor  | Cannock Library, Manor Avenue, Cannock, WS11 1AA                | 01543 334525   |   |   |
| Sport     |                      |                                       |   |   |  |   |   |
| Day       | Time                 | Activity                              | About   | Location  | Contact Details  | Facebook  | Cost  |
| Tues      | Between 7-9am        | Lane Swim                             |   | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ       | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a>                                   | Included in membership or £5.30 a session           |
| Tues      | Between 6:30-10:30am | Lane Swim                             |   | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL          | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a> | <a href="#">Inspiring Healthy Lifestyles   Facebook</a>                                   | Included in membership or £5.30 a session           |
| Tues      | 10-11am              | Walking Hockey                        | Walking Hockey is perfect for players who are looking for a less physically demanding version of this fantastic sport. You'll still be able to showcase your skills & get your blood pumping. Just like all our other walking sports, this is also a great way to make new friends & enjoy each other's company | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL          | Gerard Hill 07976 771468 or email <a href="mailto:Gerald.Hill@ihlmail.org">Gerald.Hill@ihlmail.org</a>                           | <a href="#">Inspiring Healthy Lifestyles   Facebook</a>                                   | First session free and £4.20 per session after that |
| Tues      | 10-11:30am           | Rugeley Phoenix Keep Fit/Folk Dancing | Keep fit followed by country dancing. A lot of fun, with tea, coffee & a good chat. Need to   | Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT        | Email <a href="mailto:keepfit@rugeleyphoenix.org.uk">keepfit@rugeleyphoenix.org.uk</a> For membership                            |   |   |

|      |                 |  |   |  |   |   |   |
|------|-----------------|--|---|--|---|---|---|
|      |                 |  | be a member of Rugeley Phoenix Activity Club  |  | information visit<br><a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a>                                    |   |   |
| Tues | 10:30am-12pm    | Casual Swim (2 lanes)                  |   | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL | To book call 01543 504065 or visit<br><a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a> | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session           |
| Tues | 11am            | Cherishers Strength and Movement Class | Strength and movement class for seniors. Reserve your spot  | 21 Upper Brook Street, Rugeley, WS15 2DP               | 01889 578822  | <a href="#">Cherishers   Rugeley   Facebook</a>         | Free  |
| Tues | 11am-12pm       | Walking Football                       | Walking Football is a unique small-sided ball game. It's similar in some respects to Association Football & this is what makes it such a great sport. When playing the sport, all the skills you have learned in the past will come flooding back. It's the game you love & remember but played in a new way  | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL | Gerard Hill 07976 771468 or email <a href="mailto:Gerald.Hill@ihlmail.org">Gerald.Hill@ihlmail.org</a>                              | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | First session free and £4.20 per session after that |
| Tues | 11:30am-12:30pm | Young at Heart group exercise          | A low intensity exercise to music class that is as much about having a good time as improving your fitness! Perfect for beginners, or those returning to exercise, this class will ease you in with a gentle warm up, easy to follow routine & cool down. The session will improve your cardio fitness, balance & mobility. All exercises can be adapted to be chaired based if needed. Group meets for coffee afterwards | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL | To book call 01543 504065 or visit<br><a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a> | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> |   |
| Tues | 12-1pm          | Lane Swim                              |   | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL | To book call 01543 504065 or visit<br><a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a> | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session           |

|      |                     |                                       |   |   |  |  |  |
|------|---------------------|---------------------------------------|---|---|--|--|--|
| Tues | 12-1pm              | Lane Swim                             |   | Rugeley Leisure Centre,<br>Burnthill Lane, Rugeley,<br>WS15 2HZ   | 01889 586260 or email<br><a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>  | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a>        | Included in<br>membership<br>or £5.30 a<br>session |
| Tues | between<br>1-3:30pm | Casual Swim<br>(2 lanes)              |   | Chase Leisure Centre,<br>Stafford Road, Cannock,<br>WS11 4AL      | To book call 01543 504065<br>or visit<br><a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a> | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a>        | Included in<br>membership<br>or £5.30 a<br>session |
| Tues | 6-9pm               | Cannock<br>Chase Cobras<br>Basketball |   | Rugeley Community<br>Centre, Burnthill Lane,<br>Rugeley, WS15 2HX |  | <a href="#">Cannock<br/>Chase<br/>Cobras<br/>Basketball  <br/>Facebook</a> |  |
| Tue  | 7-7:50pm            | Disability Swim                       |   | Chase Leisure Centre,<br>Stafford Road, Cannock,<br>WS11 4AL      | To book call 01543 504065<br>or visit<br><a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a> | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a>        |  |
| Tues | 7-8pm               | Casual Swim<br>(2 lanes)              |   | Rugeley Leisure Centre,<br>Burnthill Lane, Rugeley,<br>WS15 2HZ   | 01889 586260 or email<br><a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>  | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a>        | Included in<br>membership<br>or £5.30 a<br>session |
| Tues | 8-9pm               | Lane Swim                             |   | Rugeley Leisure Centre,<br>Burnthill Lane, Rugeley,<br>WS15 2HZ   | 01889 586260 or email<br><a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>  | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a>        | Included in<br>membership<br>or £5.30 a<br>session |
| Tues | 9:10-10pm           | Lane Swim                             |   | Chase Leisure Centre,<br>Stafford Road, Cannock,<br>WS11 4AL      | To book call 01543 504065<br>or visit<br><a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a> | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a>        | Included in<br>membership<br>or £5.30 a<br>session |
| Tues | 6:30-<br>7:30pm     | Fordy Runs                            | Weekly social runs where all<br>abilities are welcome! The aim is<br>to bring runners together & have<br>some fun! There is no pressure<br>to turn up every week or worry<br>about being too slow | Hednesford Park,<br>Victoria Street,<br>Hednesford, WS12 1BT      | <a href="#">FRRRC Staffordshire - FORDY<br/>RUNS</a><br><a href="mailto:hello@fordyruns.com">hello@fordyruns.com</a>                   |  |  |

|      |                        |         |  |   |  |   |  |
|------|------------------------|---------|--|---|--|---|--|
| Tues | Througho<br>ut the day | Classes | A variety of classes take place<br>throughout the day. | Rugeley Leisure Centre,<br>Burnthill Lane, Rugeley,<br>WS15 2HZ | 01889 586260 or email<br><a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>  | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Included in<br>membership<br>or pay as you<br>go |
| Tues | Througho<br>ut the day | Classes | A variety of classes take place<br>throughout the day. | Chase Leisure Centre,<br>Stafford Road, Cannock,<br>WS11 4AL    | To book call 01543 504065<br>or visit<br><a href="https://inspiringhealthylifestyl&lt;br/&gt;es.org/">https://inspiringhealthylifestyl<br/>es.org/</a> | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Included in<br>membership<br>or pay as you<br>go |

### Arts and Crafts

| Day  | Time             | Activity                                      | About   | Location  | Contact Details   | Facebook   | Cost                    |
|--|------------------|---|---|---|---|--|-------------------------|
| 2 <sup>nd</sup><br>Tues of<br>the<br>month | 9:30-<br>11:30am | Craft and a<br>cuppa                          |   | Burntwood Library,<br>Sankeys Corner, Bridge<br>Cross Road, Burntwood,<br>WS7 2BX | 01543 334466 or email<br><a href="mailto:burntwood.library@staffordsh&lt;br/&gt;ire.gov.uk">burntwood.library@staffordsh<br/>ire.gov.uk</a>   | <a href="#">Friends of<br/>Burntwood<br/>Library  <br/>Facebook</a>                |                         |
| 3 <sup>rd</sup><br>Tues of<br>the<br>month | 10am-<br>12pm    | Art<br>Appreciation -<br>Cannock<br>Chase U3A |   | Church of the Holy Spirit<br>Church Hall, Mount<br>Road, Rugeley, WS15<br>2TL     | <a href="mailto:cannockchaseu3a@gmail.co&lt;br/&gt;m">cannockchaseu3a@gmail.co<br/>m</a> or visit <a href="#">Groups - Cannock<br/>Chase</a>  |  |                         |
| Tues                                       | 10am-<br>12pm    | Craft Group                                   | Sewing group. Booking<br>required.  | Norton Canes Library,<br>Burntwood Road, Norton<br>Canes, WS11 9RF                | 01543 279592  | <a href="#">Friends of<br/>Norton<br/>Canes<br/>Library  <br/>Facebook</a>         |                         |
| Tues                                       | 10am-12<br>noon  | Knit and Natter                               | All welcome, just pop along   | Cannock Library, Manor<br>Avenue, Cannock, WS11<br>1AA                            | 01543 334525 or email<br><a href="mailto:cannock.library@staffordshir&lt;br/&gt;e.gov.uk">cannock.library@staffordshir<br/>e.gov.uk</a>       |  |                         |
| Tues                                       | 1:30-4pm         | Knit and Natter                               | Free drop in 19+  | Norton Canes Library,<br>Burntwood Road, Norton<br>Canes, WS11 9RF                | 01543 279592  | <a href="#">Friends of<br/>Norton<br/>Canes<br/>Library  <br/>Facebook</a>         | Free                    |
| Tues                                       | 2-4pm            | Knit and Natter                               | Bring knitting & sewing & come<br>along for a chat. Waiting list for<br>places. | Cannock Library, Manor<br>Avenue, Cannock, WS11<br>1AA                            | 01543 334525  |  | 50p for<br>refreshments |
| Tues                                       | 12-2pm           | Jewellery<br>Workshop                         |   | Hednesford Library,<br>Market Street,<br>Hednesford, WS12 1AD                     | 01543 422798 or email<br><a href="mailto:hednesford.library@staffords&lt;br/&gt;hire.gov.uk">hednesford.library@staffords<br/>hire.gov.uk</a> | <a href="#">Friends of<br/>Hednesford<br/>Library  <br/>Cannock  <br/>Facebook</a> | Free                    |

|                                      |             |                  |   |   |  |  |      |
|--------------------------------------|-------------|------------------|---|---|--|--|------|
| Tues                                 | 12-2pm      | Chat and Nit     | Meet upstairs in the café with sewing, knitting or crocheting. 10% off refreshments in the café | Hednesford Park, The Parlour Café, WS12 1TB             | Lynn Evans 07855 099353  | <a href="#">The Friends of Hednesford Park   Hednesford   Facebook</a> | Free |
| Tues                                 | 1-2:45pm    | Knit for Love    |   | Hednesford Library, Market Street, Hednesford, WS12 1AD | 01543 422798 or email <a href="mailto:hednesford.library@staffordshire.gov.uk">hednesford.library@staffordshire.gov.uk</a> | <a href="#">Friends of Hednesford Library   Cannock   Facebook</a>     |      |
| 2 <sup>nd</sup><br>Tues of the month | 1:30-3:30pm | Creative Writing | Ask staff for details   | Rugeley Library, Anson Street, Rugeley, WS15 2BB        | 01889 869063 or email <a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a>       | <a href="#">Staffordshire Libraries   Facebook</a>                     |      |

#### Literature

| Day                                  | Time        | Activity               | About                           | Location  | Contact Details  | Facebook   | Cost |
|--------------------------------------|-------------|------------------------|---------------------------------|---|--|--|------|
| Tues                                 | 1:30-2:30pm | Book Group             |                                 | Hednesford Library, Market Street, Hednesford, WS12 1AD | 01543 422798 or email <a href="mailto:hednesford.library@staffordshire.gov.uk">hednesford.library@staffordshire.gov.uk</a> | <a href="#">Friends of Hednesford Library   Cannock   Facebook</a> |      |
| 2 <sup>nd</sup><br>Tues of the month | 1-3pm       | Creative Writing Group | Join our creative writing group | Rugeley Library, Anson Street, Rugeley, WS15 2BB        | 01889 869063 or email <a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a>       | <a href="#">Staffordshire Libraries   Facebook</a>                 |      |

#### Performing Arts and Music

| Day  | Time        | Activity                           | About  | Location  | Contact Details  | Facebook   | Cost |
|------|-------------|------------------------------------|--|---|--|--|------|
| Tues | 7:30-9:30pm | Lea Hall Brass Band full rehearsal | A non-contesting band with an emphasis on promoting & enjoying music & ensuring that it has a secure future. Repertoire ranges from traditional brassband & classics through to popular & modern music. The band actively encourages & welcomes players of all ages & playing abilities. | The Pavilion, Lea Hall Miners Welfare Centre and Social Club, Sandy Lane, Rugeley, WS15 2LB | 07743 606798 or visit <a href="#">Lea Hall Brass – Lea Hall Brass Band</a> | <a href="#">Lea Hall Brass Band   Rugeley   Facebook</a> |      |

#### Dance

| Day | Time | Activity | About | Location | Contact Details | Facebook | Cost |
|-----|------|----------|-------|----------|-----------------|----------|------|
|-----|------|----------|-------|----------|-----------------|----------|------|



|      |             |                                       |   |  |  |  |                            |
|------|-------------|---------------------------------------|---|--|--|--|----------------------------|
| Tues | 1:30-3:30pm | Ballroom Dancing with Heather Roberts | Ballroom/Latin/Sequence   | The Aquarius Hednesford, Victoria Shopping Park, Victoria Street, Hednesford, WS12 1BT | 07726308595 or email <a href="mailto:heather.roberts.dance@hotmail.com">heather.roberts.dance@hotmail.com</a> or visit the website <a href="https://www.heatherrobertssc.hoolofdancing.com/classes">https://www.heatherrobertssc.hoolofdancing.com/classes</a> |  | £5 per person              |
| Tues | 2-3pm       | Rugeley Phoenix Line Dancing          | All abilities welcome. Need to be a member of Rugeley Phoenix Activities Club   | Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT                               | Email <a href="mailto:linedancing@rugeleyphoenix.org.uk">linedancing@rugeleyphoenix.org.uk</a> To find out more about membership visit <a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a>   |  | -                          |
| Tues | 6:45-9pm    | Zumba and Line dancing                |   | Avon Business and Leisure Centre, Avon Road, Cannock, WS11 1LH                         | 01543 503163 or email <a href="mailto:ablcancock@gmail.com">ablcancock@gmail.com</a>   |  |                            |
| Tues | 8-10pm      | Cannock Folk and Dance Club           | English & American folk/country dancing. All dances are called and no previous experience necessary. All ages welcome | St Stephen's Church Hall, Bideford Way, Cannock, WS11 1QD                              | Vicky Baker 01543 574602 <a href="mailto:vabaker_6@hotmail.com">vabaker_6@hotmail.com</a> or <a href="http://www.cannockfolkdanceclub.co.uk/">http://www.cannockfolkdanceclub.co.uk/</a>   |  | £2 includes tea & biscuits |

### Support Groups

| Day                               | Time           | Activity                               | About  | Location   | Contact Details   | Facebook | Cost |
|-----------------------------------|----------------|--|--|--|---|----------|------|
| 1 <sup>st</sup> Tues of the month | 10am           | MHA Live at Home Scheme Care and Share | This group is for those living with short term memory loss, Alzheimer's & Dementia. We aim to provide a warm & welcoming environment for people living with a form of dementia & their carers to gather for a relaxing coffee morning & informal chat where experiences can be shared. | St Pauls Church, Lichfield Street, Rugeley, WS15 2EH | 01543 415020 MHA contact, 24-hour answer phone service in place. Rugeley Office 01889 358984, Weds 9am-3pm & Fri 10am-2pm |          |      |
| Tues                              | 10:30am-2:30pm | Stroke Association                     | We offer friendship & support to those affected by stroke. Lunch provided.   | Lea Hall Club, Sandy Lane, Rugeley, WS15 2LB         | 01889 583517 or email <a href="mailto:judywinter@talktalk.net">judywinter@talktalk.net</a>                                |          |      |
| 1 <sup>st</sup> Tues of the month | 1:30-3:30pm    | Bereavement Support Group              |  | Bethany Baptist Church, Chadsmoor                    | Suzanne 07514 736301 (Mon, Tue, Thurs) or Preet 07871 988337 (Mon-Fri)  |          |      |

|                          |          |                      |   |   |   |  |  |
|--------------------------|----------|----------------------|---|---|---|--|--|
| Last Tues of every month | 11am-1pm | Let's Talk Menopause | Are you feeling the heat of menopause? You are not alone. Join our monthly group for a friendly chat, support, advice & shared experiences. | The Longford Centre, Longford Road, Cannock, WS11 1RJ | To register interest or for more details contact <a href="mailto:letstalkmenopausegroup@gmail.com">letstalkmenopausegroup@gmail.com</a> |  |  |
|--------------------------|----------|----------------------|---|---|---|--|--|

### Social Groups

| Day                               | Time            | Activity                                 | About  | Location   | Contact Details  | Facebook  | Cost |
|-----------------------------------|-----------------|--|--|--|--|---|------|
| Tues                              | 10am-12pm       | Friends of Burntwood Library Coffee Shop | Pop in for a drink & a chat at Burntwood Library Coffee Shop   | Burntwood Library, Sankeys Corner, Bridge Cross Road, Burntwood, Lichfield       | 0300 1118000 or email <a href="mailto:burntwood.library@staffordshire.gov.uk">burntwood.library@staffordshire.gov.uk</a>   | <a href="https://www.facebook.com/burntwoodlibrary/">https://www.facebook.com/burntwoodlibrary/</a> |      |
| 3 <sup>rd</sup> Tues of the month | 11am-12pm       | Golden Oldies                            | Music group  | St Paul's Community Room, Lichfield Street, Rugeley, WS15 2EH                    | 01761 470006   |   |      |
| Tues                              | 10:30am-12:30pm | Connections Friendship Group             | A time of fellowship, fun & activities. Call in for tea/coffee & a chat. Connect with friends, old & new. Join in with quizzes & table games, craft activities.  | Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB               | 01543 426128 or email <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a>   |   | £2   |
| 2 <sup>nd</sup> Tues of the month | 11am-1pm        | U3A Philosophy 2                         | This group gives you the opportunity to discuss the themes of philosophy e.g. truth, freedom, politics, humanity, wisdom etc. Also discover/rediscover past & more recent Philosophers e.g. Socrates, Kant, John Locke, Karl Marx etc. In a safe & friendly Group. The group size is limited to 10 members to enable good discussion & interaction | Heddins Ford Pub, Market Place, Hednesford, Cannock, WS12 1AD                    | Contact Joan Gipton or Pauline Foster via contact page<br><a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website<br><a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a> | <a href="#">Cannock Chase U3A   Rugeley   Facebook</a>  |      |
| 1st Tues of the month             | 2-4pm           | U3A Local History                        | The Local History group takes on projects to examine the historical background of local features. For example, recently we have looked at activities on Cannock Chase during the 1st World War & one of the "lost treasures" of Staffordshire, Wolseley Hall.  | Slitting Mill Victory Hall, Slitting Mill Road, Slitting Mill, Rugeley, WS15 2US | Contact Sheila Simpson via <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website<br><a href="#">Groups - Cannock Chase</a> or email <a href="mailto:cannockchaseu3a@gmail.com">cannockchaseu3a@gmail.com</a>           |   |      |

|   |              |  |  |  |  |   |               |
|---|--------------|--|--|--|--|---|---------------|
| Tues  | 7-9pm        | Tuesday Club                               | Offers people 18+ with learning disabilities crafts, fun, music & friends. In a friendly atmosphere the club provides a social & recreational setting where members can meet friends & follow their interests at a pace to suit themselves. Established in 1979 the club is supervised entirely by volunteers. | Chadsmoor Methodist Church   | Dave Bailey 01543 504851   |   |               |
| One Tues a month  |              | Community Lunch                            | Community lunch & social afternoon. Ticket price includes live entertainment. Food, free raffle & games. Book in advance   | St Mary's Social Club, 2 Hallcourt Lane, Cannock                       | 01543 579364 or email <a href="mailto:office@stmarysclub.net">office@stmarysclub.net</a>                   | <a href="#">St. Mary's Social Club Cannock   Cannock   Facebook</a> | £6 per ticket |
| 1st Tues of the month                                       | 8pm          | Cannock Branch Royal Engineers Association | All Sappers past & present regular army, National Service, TAVR, Reserve Army are welcome to come along  | The Drill Hall (Army Reserve Centre), Walsall Road, Bridgtown, Cannock | <a href="http://www.reahq.org.uk/branches/cannock">www.reahq.org.uk/branches/cannock</a>                   | -   |               |
| Tues  | 2-5pm        | Friendship Café                            | Serving light refreshments on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so brings a bag!   | Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB     | 01543 426128 or email <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a> |   |               |
| Last Tues of the month                                      | 7:30pm       | West Midlands Branch of Air Britain        | If you are interested in aviation and/or aircraft then come along to our next meeting. Discussions, talks, speakers, presentations, videos etc. A very active groups & arrange outings to airfields, airports, aviation companies, museums, along with spotting outings etc                                    | Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF           | Contact Nigel on 07793 451430 or email <a href="mailto:nigrex100@aol.com">nigrex100@aol.com</a>            | <a href="#">Friends of Norton Canes Library   Facebook</a>          |               |
| 1 <sup>st</sup> Tues of the month (except Jan. which is the | 7:30-10:30pm | Hayes Green Women's Institute              | Speakers, outings, raffles, quizzes, competitions, bring & buy & lots more. We are a very friendly bunch of ladies.  | Five Ways Inn, 1 Hednesford Road, Heath Hayes, Cannock, WS12 3HU       | 07789 303852   |   |               |

|              |  |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|--|
| 2nd<br>Tues) |  |  |  |  |  |  |  |
|--------------|--|--|--|--|--|--|--|

### Warm Hubs and Places of Welcome

| Day                                  | Time          | Activity                                    | About   | Venue   | Contact Details  | Facebook  | Cost |
|--------------------------------------|---------------|---|---|---|--|---|------|
| Tues                                 | 9am-5pm       | A Cool Space/Warm Room                      | Open safe space, all welcome. Cherishers can provide transport to attend and free refreshments are also provided.   | Cherishers Wellbeing Rooms, 19, 21 & 23 Upper Brook Street, Rugeley, WS15 2DP | 01889 578822   | <a href="#">Cherishers   Rugeley   Facebook</a>   |      |
| 1 <sup>st</sup><br>Tues of the month | 10:15-11:45am | Tuesday Club                                |   | Avon Business and Leisure Centre, Avon Road, Cannock, WS11 1LH                | <a href="mailto:admin@livingsprings.cc">admin@livingsprings.cc</a>   |   |      |
| Tues                                 | 2-5pm         | Friendship Café/Place of Welcome            | Serving light refreshments - Jacket potatoes, filled paninis etc on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so bring a bag! | Hednesford Salvation Army, 7 Anglesey St, Hednesford, WS12 1AB                | 01543 426128 or email <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a> |   |      |
| Tues                                 | 11:00-13:00   | Place of Welcome Coffee morning             | Refreshments & company for all, dog friendly.   | Church of the Holy Spirit, Mount Road, Etchinghill, Rugeley, WS15 2TL         |  |   |      |
| Tues                                 | 10:00-12:00   | Coffee and Craft Club with Place of Welcome | Coffee & Craft  | St Augustine's Church, Station Road, Rugeley, WS15 2HG                        | <a href="mailto:rugeleycofechurches@gmail.com">rugeleycofechurches@gmail.com</a>                           |   |      |
| Tues                                 | 9am-3pm       | Cherished Coffee Shop                       |   | Hayes Green Community Centre, Heath Way, Cannock WS11 7WA                     |  |   |      |
| Tues                                 | 12:30-14:00   | Chitter Chatter                             | Warm space drop in. Come and sit and natter. Everyone welcome. Family friendly. See Facebook for weekly meals   | West Chadsmoor Family Centre, 98-100 Princess St, Cannock WS11 5JT            | 01543 571698 or email <a href="mailto&gt;Hello_WCFC@outlook.com">Hello_WCFC@outlook.com</a>                | <a href="https://www.facebook.com/westchadsmoorfamilycentre/?locale=en_GB">https://www.facebook.com/westchadsmoorfamilycentre/?locale=en_GB</a> |      |

|      |       |                 |   |  |  |  |  |
|------|-------|-----------------|---|--|--|--|--|
| Tues | 2-5pm | Friendship Café | Serving light refreshments - Jacket potatoes, filled paninis etc on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so bring a bag! | Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB | 01543 426128 or email <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a> |  |  |
|------|-------|-----------------|---|--|--|--|--|

### Foodbanks and Community Tables

| Day  | Time      | Activity                             | About | Venue   | Contact Details  | Facebook  | Cost                                      |
|------|-----------|--------------------------------------|-------|---|--|---|---|
| Tues | 10am-3pm  | Foodbank and Community Table/Fridge  |       | Coniston Hall, Cecil Street, Chadsmoor WS115HG                                    | 01543 624887   | <a href="#">Cannock and District foodbank   Hednesford   Facebook</a> |   |
| Tues | 2-5pm     | Foodbank, Community Table and Fridge |       | Hednesford Salvation Army, 7 Anglesey Street, Hednesford, Staffordshire, WS12 1AB | 01543 426128 / 07918 286742  |   |   |
| Tues | 10am-12pm | Community Shop                       |       | Five Ways Pub, 1 Hednesford Rd, Heath Hayes, Cannock WS12 3HU                     |  |   | £2.00 per year membership & £5.00 per bag |
| Tues | 10am-12pm | Community Shop                       |       | Community Hub, Armitage Road, Brereton, Rugeley, WS15 1DF                         | <a href="mailto:bmvolunteercoordinator@gmail.com">bmvolunteercoordinator@gmail.com</a> | <a href="#">Brereton Million   Facebook</a>                           | £2.00 per year membership & £5.00 per bag |
| Tues | 2-4pm     | Rugeley Foodbank                     |       | Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX                       |  |   |   |

### Outdoor Recreation

| Day  | Time | Activity       | About  | Venue  | Contact Detail  | Facebook                                      | Cost |
|------|------|----------------|--|--|---|---|------|
| Tues | 10am | Chase Fit walk | Level 2 - 30-60 minutes, moderate/uneven surfaces/steps, steady stroll. Look out for the Chase Fit high viz jacket as you pull onto the car park | Meet at Heath Hayes Library, 194 Hednesford Road, Heath Hayes, Cannock, WS12 3EA | Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a> | <a href="#">Fiveways Rambler's   Facebook</a> | Free |

|  |           |                      |  |  |   |  |      |
|--|-----------|----------------------|--|--|---|--|------|
| 2 <sup>nd</sup><br>Tues of<br>the<br>month           | 7:30-10pm | Gardening<br>Club    |  | Cannock Wood and<br>Gentleshaw Village Hall,<br>Buds Road, Cannock<br>Wood, Rugeley, WS15<br>4NB | Deborah Jackson 01543<br>877973<br><a href="mailto:deborah.gardening@live.com">deborah.gardening@live.com</a><br>Lesley Griffiths 01543<br>270839<br><a href="http://www.cwggc.co.uk/">http://www.cwggc.co.uk/</a>  |  |      |
| Every<br>2 <sup>nd</sup><br>Tues of<br>each<br>month | 11am      | Chase Fit walk       | Level 3 - 60-90 minutes, mixed<br>terrains including steep<br>slopes/stiles/steps, brisk walk  | Marquis Drive Visitor<br>Centre, Brindley Heath<br>Road, WS12 4PW                                | Complete the registration<br>online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a><br>or email Guy for more<br>information<br><a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a>   |  | Free |
| Last<br>Tues of<br>the<br>month                      | 10:30am   | U3A Walking<br>Group | The Walking Group undertakes<br>a range of country walks of<br>around 3-5 miles, mainly in the<br>local area on & around Cannock<br>Chase, but there are times when<br>we travel further afield. These<br>walks last between 1 ½ - 2<br>hours, occasionally a little<br>longer, but care is taken to<br>make sure walks are safe &<br>suitable for all abilities. Walks<br>take place on a monthly basis,<br>(mid-Winter excepted), from<br>appropriate rendezvous points. | Various locations  | Contact Angela Allison via<br>the contact page<br><a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website<br><a href="#">Groups - Cannock Chase</a> or<br>email<br><a href="mailto:cannockchaseu3a@gmail.com">cannockchaseu3a@gmail.com</a> |  |      |

|                |                |                   |                     |                    |                 |                  |
|----------------|----------------|-------------------|---------------------|--------------------|-----------------|------------------|
| <b>Cannock</b> | <b>Rugeley</b> | <b>Hednesford</b> | <b>Norton Canes</b> | <b>Heath Hayes</b> | <b>Brereton</b> | <b>Chadsmoor</b> |
|----------------|----------------|-------------------|---------------------|--------------------|-----------------|------------------|

### Wednesday

| Sport |                     |                         |   |   |  |   |   |
|-------|---------------------|-------------------------|---|---|--|---|---|
| Day   | Time                | Activity                | About   | Location  | Contact Details  | Facebook  | Cost                                      |
| Weds  | Between 6:30-9:30am | Lane Swim               |   | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL    | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Weds  | Between 7-9am       | Lane Swim               |   | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Weds  | 9-10am              | Casual Swim (2 lanes)   |   | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Weds  | 9:30-10:30am        | Rugeley Phoenix Tai Chi | The styles taught are Yang short Sun & Wu. Need to be a member of Rugeley Phoenix Activity Club | Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT  | Email <a href="mailto:taichi@rugeleyphoenix.org.uk">taichi@rugeleyphoenix.org.uk</a><br>For membership information visit <a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a> |   |   |
| Weds  | 10:10-11am          | Recovery Swim           |   | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Weds  | 12-1pm              | Lane Swim               |   | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL    | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Weds  | 12-1pm              | Lane Swim               |   | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |

|      |                        |                           |  |   |   |   |   |
|------|------------------------|---------------------------|--|---|---|---|---|
| Weds | 12-1pm                 | Walking Netball           | A supportive, community-focused session that is a good old laugh! Walking netball is a slower version of the game we all love; it is netball, but at a walking pace. The sessions are specially designed so that anyone can play regardless of age or fitness levels. You can expect a warm welcome, a fun & flexible approach to Netball, some drills & mini games followed by a game of netball. | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL      | Gerard Hill 07976 771468 or email <a href="mailto:Gerald.Hill@ihlmail.org">Gerald.Hill@ihlmail.org</a>  |   | First session free and £4.20 per session after that |
| Weds | 1-3:30pm               | Casual Swim (2 lanes)     |  | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ   | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>  | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session           |
| Weds | 1:50-3:50pm            | Rugeley Phoenix Badminton | All abilities welcome. Need to be a member of Rugeley Phoenix Activities Club.   | Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX | Email <a href="mailto:badminton@rugeleyphoenix.org.uk">badminton@rugeleyphoenix.org.uk</a> For membership information visit <a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a> |   |   |
| Weds | 2:30-3:30pm            | Lane Swim                 |  | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL      | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>  | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session           |
| Weds | 8:40-10pm              | Lane Swim                 |  | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL      | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>  | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session           |
| Weds | 6-7pm                  | Casual Swim               |  | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ   | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>  | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session           |
| Weds | Througho<br>ut the day | Classes                   | Variety of classes throughout the day  | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ   | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>  | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or pay as you go             |



|      |                    |         |                                       |  |  |   |   |
|------|--------------------|---------|---------------------------------------|--|--|---|---|
| Weds | Throughout the day | Classes | Variety of classes throughout the day | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a> | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or pay as you go |
|------|--------------------|---------|---------------------------------------|--|--|---|---|

### Arts and Crafts

| Day  | Time        | Activity                     | About   | Location   | Contact Details  | Facebook  | Cost |
|------|-------------|------------------------------|---|--|--|---|------|
| Weds | 10am-12pm   | Crochet Club                 | costs to cover materials  | Rugeley Library, Anson Street, Rugeley, WS15 2BB                       | 01889 869063 or email <a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a> | <a href="#">Staffordshire Libraries   Facebook</a>                        |      |
| Weds | 10am-12pm   | Craft Group                  |   | Pavilion in Hednesford Park  | Lynn Evans 07855 099353  |   | Free |
| Weds | 11am-1pm    | Norton Canes Card Craft Club |   | Norton Canes Community Centre, Brownhills Road, Norton Canes, WS11 9SF | <a href="mailto:diamondcardcraft@yahoo.co.uk">diamondcardcraft@yahoo.co.uk</a>                                       | <a href="#">Norton canes Community Centre Events   Cannock   Facebook</a> |      |
| Weds | 1pm         | Cherishers Art Class         | Relaxing art class with a local artist. Boost your mental wellbeing and health by getting creative. Book your place   | 19-21 Upper Brook Street, Rugeley, WS15 2DP                            | 01889 578822   | <a href="#">Cherishers   Rugeley   Facebook</a>                           |      |
| Weds | 1:30-4pm    | Darby and Joan Club          |   | Norton Canes Community Centre, Brownhills Road, Norton Canes, WS11 9SF | Maureen Hall <a href="mailto:maureenhall008@gmail.com">maureenhall008@gmail.com</a>                                  | <a href="#">Norton canes Community Centre Events   Cannock   Facebook</a> |      |
| Weds | 7:15-9:30pm | Chadsmoor Tapestry Group     | It is open to people of all ages both male & female. The aim of the group is to awaken & develop creative & artistic skills in the field of needlework, embroidery & other related skills whilst fostering fellowship & social interaction. | Chadsmoor Methodist Church   | Contact Chadsmoor Methodist Church for more information on 01543 876610  |   |      |

|  |               |                                   |  |  |   |   |                   |
|--|---------------|-----------------------------------|--|--|---|---|-------------------|
| 2nd<br>Weds<br>of the<br>month             | 7-10pm        | Cannock<br>Chase<br>Woodturners   | Hands on coaching &<br>demonstrations by a<br>professional   | Trinity Methodist Church,<br>Poplar Street, Norton<br>Canes                  | Steve Cassidy<br><a href="mailto:steve_cas2000@hotmail.com">steve_cas2000@hotmail.com</a>   | <a href="#">Friends of<br/>Norton<br/>Canes<br/>Library  <br/>Facebook</a>      |                   |
| 3 <sup>rd</sup><br>Weds<br>of the<br>month | 7:30pm        | Norton Canes<br>Flower Club       |  | Trinity Methodist Church,<br>Poplar Street, Norton<br>Canes                  | Chris Flood, 01543 277492   |   |                   |
| 1 <sup>st</sup><br>Weds<br>of the<br>month | 8pm           | Cannock Lions                     | We love to help our community<br>and enjoy what we do.   | Roman Way Hotel,<br>Watling Street, Cannock                                  | 0845 8334967 or email<br><a href="mailto:cannocklionsclub@hotmail.com">cannocklionsclub@hotmail.com</a>   | <a href="#">Cannock<br/>Lions Club -<br/>CIO  <br/>Burntwood  <br/>Facebook</a> |                   |
| Weds                                       | 10am-<br>12pm | Crochet Club                      | A weekly crochet & knitting<br>group. For beginners and<br>advanced creators who want to<br>get together to make & chat. | Rugeley Library, Anson<br>Street, Rugeley, WS15<br>2BB                       | 01889 869063 or email<br><a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a>   | <a href="#">Staffordshire<br/>Libraries  <br/>Facebook</a>                      |                   |
| Last<br>Weds<br>of the<br>month            | 11am-1pm      | U3A Jewellery<br>Making           | Pre-booking required   | Hednesford Library,<br>Market Street,<br>Hednesford, WS12 1AD                | Contact Maureen Leeson via<br><a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website<br><a href="#">Groups - Cannock Chase</a> or<br>email<br><a href="mailto:cannockchaseu3a@gmail.com">cannockchaseu3a@gmail.com</a> |   | £2 per<br>session |
| Weds                                       | 10am-<br>12pm | Knitting &<br>crocheting<br>group |  | Cherished Café, Hayes<br>Green Community<br>Centre, Hayes Green,<br>WS11 7WA |   |   |                   |

#### Performing Arts

| Day  | Time            | Activity                      | About   | Location   | Contact Details  | Facebook   | Cost |
|------|-----------------|-------------------------------|---|--|--|--|------|
| Weds | 7:20-<br>9:30pm | Chase Choral<br>Society       | A mixed voice community choir.<br>We are a welcoming group,<br>open to all ages & abilities.<br>During our meetings, we sing<br>together & enjoy sharing music.                                     | Bethany Baptist Church,<br>Cannock Road,<br>Chadsmoor, WS11 5DA  | Contact via the website<br><a href="#">Chase Choral Society – A<br/>Mixed Voice Choir</a>  | <a href="#">Chase<br/>choral<br/>society  <br/>Facebook</a>                  |      |
| Weds | 6:30-9pm        | Seasons<br>Theatre<br>Company | Seasons Theatre Company is a<br>Constituted Community Amateur<br>Dramatic Group supported<br>solely by volunteers. Most of our<br>Actors have a variety of needs<br>including Autism, Mental Health | Mill Street Community<br>Room, Mill Street,<br>Cannock, WS11 0DR | Lydia 07794 581726 or email<br><a href="mailto:info@seasonstheatrecompany.com">info@seasonstheatrecompany.com</a><br>Website <a href="#">Seasons Theatre<br/>Company – Seasons Theatre<br/>Company is a non-profit</a> | <a href="#">Seasons<br/>Theatre<br/>Company  <br/>Cannock  <br/>Facebook</a> |      |

|      |             |                      |  |   |  |   |                         |
|------|-------------|----------------------|--|---|--|---|-------------------------|
|      |             |                      | Conditions & Learning Difficulties/Disabilities.   |   | <a href="#">inclusive amateur dramatics group.</a>   |   |                         |
| Weds | 7:15-9:15pm | Songbirds in Harmony | Our first concert is held in Spring, our main concert being in Early Autumn before rounding off the year with a Christmas Concert. We are dedicated to sharing our music with as many people in & around our community as possible.  | St Joseph's Catholic Primary School, Hednesford | <a href="#">All Ladies Choir   Songbirds In Harmony   England (songbirdsinharmonyuk.com)</a> | <a href="#">Songbirds in Harmony   Facebook</a> |                         |
| Weds | 7:30pm      | Tower Players        | Tower Players are a rag-tag bunch of theatrical ne'er-do-wells who meet weekly to be dramatic. We like plays & the pub. We regularly perform 2 plays per year at the Prince of Wales theatre in Cannock, one in Spring & one in Autumn. We sometimes do other smaller dramatic performances throughout the rest of the year. | Cannock Conservative Club                       | <a href="mailto:towerplayers@live.com">towerplayers@live.com</a>                             | <a href="#">Tower Players   Facebook</a>        | £20 per year membership |

#### Literature

| Day                            | Time         | Activity               | About   | Location  | Contact Details  | Facebook   | Cost |
|--------------------------------|--------------|------------------------|---|---|--|--|------|
| Weds                           | 10am-12pm    | Coffee and Poetry Club | If you enjoy poetry & a cuppa then join our Coffee and Poetry Club (tea is available too!)  | Rugeley Library                                       | 01889 869063 or email <a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a>   | <a href="#">Staffordshire Libraries   Facebook</a> |      |
| 3rd<br>Weds<br>of the<br>month | 11am-1pm     | U3A Poetry             | We usually bring along 2 poems on the theme of the month, which we read to the group. We say why we like the poem & perhaps a little about the poet. If there is time we have a go at writing poems too. We will look at specific genres or themes. | Heddins Ford Pub, Market Street, Hednesford, WS12 1AD | Contact Carol Deakin via <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website <a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a> |  |      |
| 2nd<br>Weds<br>of the<br>month | 10:30am-12pm | Reading Group          |   | Rugeley Library, Anson Street, Rugeley, WS15 2BB      | 01889 869063, or email <a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a>  | <a href="#">Staffordshire Libraries   Facebook</a> |      |

|      |       |  |   |  |   |   |  |
|------|-------|--|---|--|---|---|--|
| Weds | 2-4pm | Rugeley Phoenix Social Afternoon & Book Club | A friendly group & welcome newcomers. We have a social chat over a game of cards & refreshments. Need to be a member of Rugeley Phoenix Activities Club | Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT | Email <a href="mailto:secretary@rugeleyphoenix.org.uk">secretary@rugeleyphoenix.org.uk</a> For membership information visit <a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a> | - |  |
|------|-------|--|---|--|---|---|--|

### Dance

| Day              | Time        | Activity                          | About   | Location   | Contact Details  | Facebook   | Cost |
|------------------|-------------|-----------------------------------|---|--|--|--|------|
| Weds             | 2:30-4:30pm | Tea Dance                         | Jack Holsten Room, Avon Business and Leisure, Avon Road, Cannock, WS11 1LH  | Jack Holsten Room, Avon Business and Leisure, Avon Road, Cannock, WS11 1LH | 01543 503163 or email <a href="mailto:ablccannock@gmail.com">ablccannock@gmail.com</a> |  |      |
| Weds             | 2-4pm       | Tea Dance                         |   | Avon Business and Leisure Centre, Avon Road, Cannock, WS11 1LH             | Terry and Ethel Grundy 01922 413473  |  |      |
| Weds             | 6:45-9PM    | Strictly Latin Dance Fit/Fitsteps |   | Avon Business and Leisure Centre, Avon Road, Cannock, WS11 1LH             | 01543 503163 or email <a href="mailto:ablccannock@gmail.com">ablccannock@gmail.com</a> |  |      |
| Weds (term time) | 8-10pm      | Rugeley Folk Dance Club           | Folk Dancing is a fun activity that helps to keep you physically & mentally fit but is not too strenuous. We are a very friendly group & everyone is always made welcome whatever your age, whether beginners or experienced, with or without a partner. All dances are walked through & called. Our priority is to provide an evening of enjoyment for all, with encouragement as you build your confidence. The most difficult step you'll take is the one through the door on the first night. | Slitting Mill Victory Hall, Slitting Mill Road, Rugeley, WS15 2US          | Carol Dawson 01889 585653 or Geoff Morgan on 01543 268268                              | <a href="#">Rugeley Folk Dance Club   Rugeley   Facebook</a> |      |

### Support Groups

| Day | Time | Activity | About | Location | Contact Details | Facebook | Cost |
|-----|------|----------|-------|----------|-----------------|----------|------|
|-----|------|----------|-------|----------|-----------------|----------|------|

|                                     |                |                                     |   |   |   |  |  |
|-------------------------------------|----------------|-------------------------------------|---|---|---|--|--|
| Last Weds of the month              | 11am-1pm       | The Chase Parkinson's Support Group | Fancy a chat, some information company, activity or just a coffee? Come along & join members of the Chase Parkinson's Support Group.  | The Soldiers Club, Anglesey Street, Hednesford, WS12 1AB          | Call Margaret on 07952 747854 or email <a href="mailto:margaret.sampson171@gmail.com">margaret.sampson171@gmail.com</a> or call Alison 07990 813814 or email <a href="mailto:alisonheath394@btinternet.com">alisonheath394@btinternet.com</a> | <a href="#">Chase Parkinson's Group   Facebook</a>                 |  |
| Weds                                | 9:30AM-12:30PM | Citizens Advice SSW-Drop-in session | No appointment required   | Pye Green Community Centre, Bradbury Lane, Hednesford, WS12 4EP   | 0808 2787874  | <a href="#">Pye Green Community Centre   Cannock   Facebook</a>    |  |
| Weds                                | 11am-12pm      | Credit Fusion Bank                  |   | Hednesford Community Library, Market Street, Hednesford, WS12 1AD | 01543 422798 or email <a href="mailto:hednesford.library@staffordshire.gov.uk">hednesford.library@staffordshire.gov.uk</a>  | <a href="#">Friends of Hednesford Library   Cannock   Facebook</a> |  |
| 4th Weds of the month               | 7:30-9:30pm    | Survivors of Bereavement by Suicide | Do you need support with Suicide Bereavement? Help & support is available from the Survivors of Bereavement Suicide. Our friendly, safe & confidential peer led support groups are open to all those over the age of 18 impacted by suicide loss. | Call for location   | Call 07538 524858 or email <a href="mailto:cannock@uksobs.org">cannock@uksobs.org</a>   |  |  |
| Fortnightly on Weds (begins 16 Oct) | 6pm            | Bereavement Hub                     | In partnership with St Giles  | Heath Hayes Library, Hednesford Road, Cannock, WS12 3EA           | 01543 279675  | <a href="#">Heath Hayes Library   Facebook</a>                     |  |

### Social Groups

| Day  | Time       | Activity                                       | About  | Location   | Contact Details | Facebook   | Cost |
|------|------------|--|--|--|-----------------|--|------|
| Weds | 10-11:30am | Cannock Library Multigenerational Social Group | Come along for a cosy chat and FREE refreshments | Cannock Library, Manor Avenue, Cannock, WS11 1AA | 01543 334525    | <a href="#">Staffordshire Libraries   Facebook</a> | Free |

|  |        |                                 |  |   |   |  |  |
|--|--------|---------------------------------|--|---|---|--|--|
| 1st<br>Weds<br>of the<br>month   | 7-9pm  | League of<br>Ladies             | Appointment required   | Norton Canes Library,<br>Burntwood Road, Norton<br>Canes, WS11 9RF          | 01543 279592  | <a href="#">Friends of<br/>Norton<br/>Canes<br/>Library  <br/>Facebook</a> |  |
| Weds   | 2-5pm  | Friendship<br>Café              | Serving light refreshments on a<br>'pay as you feel' basis. We also<br>receive surplus food - donated<br>by local supermarkets - so bring<br>a bag!  | Hednesford Salvation<br>Army, 7 Anglesey Street,<br>Hednesford, WS12 1AB    | 01543 426128 or email<br><a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a> |  |  |
| Weds   | 2-4pm  | Chase Friends                   |  | Avon Room, Avon<br>Business and Leisure,<br>Avon Road, Cannock,<br>WS11 1LH | 01543 503163 or email<br><a href="mailto:ablccannock@gmail.com">ablccannock@gmail.com</a>                     |  |  |
| 2 <sup>nd</sup><br>Weds<br>of the<br>month   | 7pm    | Cannock<br>Chase<br>Woodturners | A local woodturning club offering<br>'hands on' coaching sessions &<br>regular demonstrations by<br>professional woodturners. New<br>members from beginners to<br>more advanced are always<br>welcome. | Trinity Methodist Church,<br>Poplar Street, Norton<br>Canes, WS11 9SG       | Pauline 01543 271987  |  |  |
| Weds<br>(except<br>the last<br>Weds<br>of the<br>month<br>when it<br>is on a<br>Thurs) | 7:30pm | Model Railway<br>Group          | Members can bring their own<br>stock to run or participate in any<br>current modelling project or just<br>come for a chat & enjoy<br>company of people with similar<br>interests                       | St Pauls Church, 53<br>Lichfield Street, Rugeley,<br>WS15 2EH               | Andy or Jenny Lowe 01889<br>881561 or Hugh West 01889<br>578280   |  |  |

### Warm Hubs and Places of Welcome

| Day  | Time    | Activity                     | About  | Venue  | Contact Details | Facebook  | Cost |
|------|---------|------------------------------|--|--|-----------------|---|------|
| Weds | 9am-5pm | A Cool<br>Space/Warm<br>Room | Open safe space, all welcome.<br>Cherishers can provide<br>transport to attend and free<br>refreshments are also provided. | Cherishers Wellbeing<br>Rooms, 19, 21 & 23<br>Upper Brook Street,<br>Rugeley, WS15 2DP | 01889 578822    | <a href="#">Cherishers  <br/>Rugeley  <br/>Facebook</a> |      |

|                                   |                 |                                     |   |   |  |  |                               |
|-----------------------------------|-----------------|-------------------------------------|---|---|--|--|-------------------------------|
| Weds                              | 10:30am-12:30pm | Place of Welcome                    | A place where everyone can go for a friendly conversation and free refreshments   | Hednesford Library, Market Street, Hednesford, WS12 1AD             | 01543 422798 or email <a href="mailto:hednesford.library@staffords-hire.gov.uk">hednesford.library@staffords-hire.gov.uk</a> | <a href="#">Friends of Hednesford Library   Cannock   Facebook</a> |                               |
| Weds                              | 2-5pm           | Friendship Café/ Place of Welcome   | Serving light refreshments - Jacket potatoes, filled paninis etc on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so bring a bag!           | Hednesford Salvation Army, 7 Anglesey St, Hednesford, WS12 1AB      | 01543 426128 or email <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a>                   |  |                               |
| Weds                              | 10am-2pm        | Place of Welcome                    | Join us for a warm welcome and coffee, tea & biscuits & a chat in the church hall. Board games also available if you're that way inclined!  | St Aidan's Church, Albert Street, Chadsmoor, WS11 5JD               | 01543 505706   |  |                               |
| Weds                              | 9am-3pm         | Cherished Coffee Shop               |   | Hayes Green Community Centre, Heath Way, Cannock WS11 7WA           | <a href="mailto:clerk@hhandw.org.uk">clerk@hhandw.org.uk</a> or call 07951 409707  |  |                               |
| Weds                              | 10:30-11:30am   | The Rendezvous Tea, Coffee and Chat | Chat over a cuppa with a biscuit - maybe a cake on birthdays. Concludes with a volunteer giving a "Thought for the Day".  | Chadsmoor Methodist Church, Cannock Rd, Chadsmoor, Cannock WS11 5DD | 01543 571003 or 01543 577365   |  |                               |
| 1 <sup>st</sup> Weds of the month | 10:30am-12pm    | Coffee morning                      | An informal get together over tea/coffee & cake. There is a book stall & raffle & bric-a-brac stall. Occasionally a themed morning. Everyone is most welcome. Come along & have a chat. | St John the Baptist, Church Close, Slitting Mill, Rugeley, WS15 2TQ |  |  |                               |
| Weds                              | 1:30-3:30pm     | Place of Welcome Coffee morning     | A free cuppa, board games, cards & dominos, warm conversations in a safe space, and a chance to develop new friendships.  | St Thomas Church, 18 Dual Way, Huntington WS12 4GD                  | 01902 696228 or email <a href="mailto:welfaresupport@sstaffs.gov.uk">welfaresupport@sstaffs.gov.uk</a>                       |  |                               |
| 3rd Weds of the month             | 12-1:30pm       | Lunch Bunch                         | Come along for a hot meal and pudding. Everyone welcome, but please let us know in advance if you are planning to   | St Michaels Church, Main Road, Brereton, WS15 2DU                   | Message Gill Shaw on 077730 01813  |  | Suggested minimum donation £2 |

|                                    |                          |                                |   |  |  |  |  |
|------------------------------------|--------------------------|--------------------------------|---|--|--|--|--|
|                                    |                          |                                | attend so that we can ensure there is enough food.  |  |  |  |  |
| Weds<br>(dates to be found online) | Times to be found online | Landor (Local History) Society | The society is a focus for those who wish to learn more about the history of Rugeley and surrounding parishes. Meetings normally include a guest speaker or visits in summer months | Sneydlands, Bryans Lane, Rugeley, WS15 2JS | General Secretary Mrs Marion Kettle, 01889 576674 or email <a href="mailto:markettle@btinternet.com">markettle@btinternet.com</a><br><a href="#">Home</a><br><a href="http://landorsocietyrugeley.uk"> (landorsocietyrugeley.uk)</a> |  |  |

### Foodbanks and Community Table

| Day  | Time     | Activity                             | About | Venue   | Contact Details             | Facebook  | Cost |
|------|----------|--------------------------------------|-------|---|-----------------------------|---|------|
| Weds | 10am-3pm | Foodbank and Community Table/Fridge  |       | Coniston Hall, Cecil Street, Chads Moor WS115HG                                   | 01543 624887                | <a href="#">Cannock and District foodbank   Hednesford   Facebook</a> |      |
| Weds | 6-9pm    | Foodbank                             |       | Kingsmead Baptist Church, 13a Hill Street, Hednesford, Cannock, WS12 1DJ          | 07455503643                 | <a href="#">Cannock and District foodbank   Hednesford   Facebook</a> |      |
| Weds | 2-5pm    | Foodbank, Community Table and Fridge |       | Hednesford Salvation Army, 7 Anglesey Street, Hednesford, Staffordshire, WS12 1AB | 01543 426128 / 07918 286742 |   |      |

### Outdoor Recreation

| Day                               | Time        | Activity                               | About  | Venue  | Contact Details   | Facebook | Cost |
|-----------------------------------|-------------|--|--|--|---|----------|------|
| 1 <sup>st</sup> Weds of the month | 10am        | Chase Fit walk                         | Level 2 - 30-60 minutes, moderate/uneven surfaces/steps, steady stroll. Look out for the Chase Fit high viz jacket as you pull onto the car park | Front of the Pye Green Community Centre, Bradbury Lane, Hednesford, WS12 4EP | Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a> |          | Free |
| Weds                              | 9:30am-12pm | Potter in the Park                     | Gardening, All weather   | Hednesford Park  | Lynn Evans 07855 099353   |          | Free |
| Weds                              | 10:15am     | Rugeley Phoenix Activities Short Walks | Walks are approximately 2 or 3 miles, taken at a leisurely pace and often continuing the social atmosphere by having lunch at a                  | Activity leader will confirm start point                                     | Email <a href="mailto:wednesdaywalks@rugeleyphoenix.org.uk">wednesdaywalks@rugeleyphoenix.org.uk</a> For  |          |      |



|                        |             |   |  |  |   |  |  |
|------------------------|-------------|---|--|--|---|--|--|
|                        |             |   | nearby pub. Need to be a member of Rugeley Phoenix Activity Clun   |  | membership information visit <a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a>  |  |  |
| Every other Weds       | 11am        | ChaseFit Walk for Health                                  | Level 3 - 60-90 minutes, mixed terrains including steep slopes/stiles/steps, brisk walk  | Meet at Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ  | Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a> |  | Free   |
| Weds March - November  | 2:15-3pm    | Chase Fit Inclusive Cycling (Physical and Learning needs) | All abilities  | Meet at main entrance Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL   | Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a> |  | £4 or free to IHL paying members                     |
| Weds                   | 9:30am      | Chase Fit Wellness Walk                                   | Level 2 - 30-60 minutes, moderate/uneven surfaces/steps, steady stroll. Look out for the Chase Fit high viz jacket as you pull onto the car park   | Meet at Golf entrance, back of the main building, Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL   | Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a> |  | Free   |
| Weds                   | 10am-12pm   | Gardening Group   | A community group coming together to learn and grow our own food. Come along and learn how to become more self-sufficient, gain skills to help you thrive and make friends. Everybody is welcome | Stadium Allotments, Lovatt Place, Cannock, WS11 5FH (from Pye Green Road, turn down Princess Street, then see Lovatt Place. Car parking available) | Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a> |  | Free   |
| Last Weds of the month | 7:30-9:30pm | Garden Guild  |  | Etching Hill Village Hall, East Butts Road, Etching Hill, Rugeley, WS15 2LU  | Call Derek on 01889 582922  |  | <a href="#">Etching Hill Village Hall   Facebook</a> |

|         |         |            |              |          |             |           |
|---------|---------|------------|--------------|----------|-------------|-----------|
| Cannock | Rugeley | Hednesford | Norton Canes | Brereton | Heath Hayes | Chadsmoor |
|---------|---------|------------|--------------|----------|-------------|-----------|

### Thursday

| Education                              |   |                               |   |  |   |  |      |
|--|---|-------------------------------|---|--|---|--|------|
| Day                                    | Time  | Activity                      | About   | Venue  | Contact Details   | Facebook   | Cost |
| Thurs                                  | 10am-2:30pm with 30 min break in the middle | Maths and English through art | Runs through term time. Come and try a session even in the middle of term   | Pavilion in Hednesford Park                                  | Lynn Evans, 07855 099353  |  | Free |
| Thurs                                  | 9:30am-2pm                                  | Access English                | Free weekly English lessons for people whose language is not English.   | Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX  | Call 01889 579341 or email <a href="mailto:office@rugeleycc.org.uk">office@rugeleycc.org.uk</a><br>More information can be found at <a href="https://rugeleycc.org.uk/centre/access-english/">https://rugeleycc.org.uk/centre/access-english/</a> | <a href="#">Rugeley Community Church &amp; Centre   Rugeley   Facebook</a> | Free |
| 1 <sup>st</sup> Thurs day of the month | 2-4pm                                       | U3A Science and Technology    | The group has several areas of interest, depending on members' aspirations, inquisitive minds, and the need to use technology items. Some areas of interest include: The uses and benefits of Technology; Scientific and Engineering achievements of interest; Research into famous Scientists and Engineers; Studies of Railways, Industrial Age, Air transport, Road transport, Buildings, & Waterways; Group visits to locations of interest; Electronics practical projects and workshops; and members' other interests, as they arise. | Slitting Mill Victory Hall, Slitting Mill, Rugeley, WS15 2UW | Email <a href="mailto:cannockchaseu3a@gmail.com">cannockchaseu3a@gmail.com</a> or visit <a href="#">Groups - Cannock Chase</a>  |  |      |
| Sport                                  |   |                               |   |  |   |  |      |
| Day                                    | Time  | Activity                      | About   | Venue  | Contact Details   | Facebook   |      |

|       |                      |                            |  |  |  |   |   |
|-------|----------------------|----------------------------|--|--|--|---|---|
| Thurs | Between 6:30-10:30am | Lane Swim                  |  | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL                           | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Thurs | 7-9am                | Lane Swim                  |  | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ                        | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Thurs | 9-10am               | Casual Swim (2 lanes)      |  | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ                        | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Thurs | 10:30-11:30am        | U3A Tai Chi and Relaxation |  | Slitting Mill Victory Hall, Slitting Mill Road, Slitting Mill, Rugeley, WS15 2US | If you are interested contact Maureen Leeson via the contact page <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website <a href="#">Groups - Cannock Chase</a> or email <a href="mailto:cannockchaseu3a@gmail.com">cannockchaseu3a@gmail.com</a> |   |   |
| Thurs | 10:30am-12pm         | Casual Swim (2 lanes)      |  | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL                           | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Thurs | 11am-12pm            | Recovery Swim              |  | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL                           | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Thurs | 12-1pm               | Lane Swim                  |  | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL                           | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |

|   |                  |  |   |  |  |  |   |
|---|------------------|--|---|--|--|--|---|
| 2 <sup>nd</sup><br>Thurs<br>of the<br>month | 2-4pm            | U3A Kurling,<br>boules and<br>cards                            | If you are not playing New Age Kurling you don't know what you're missing. It's fast, exciting & great fun. Kurling is a sport that requires participants to deliver 'Stones' from one end of a court to a target at the other end. It's not dissimilar to the winter sport of Curling, but instead of being played on ice it's played on a wooden floor. | Slitting Mill Victory Hall,<br>Slitting Mill Road, Slitting<br>Mill, Rugeley, WS15 2US | Dianne Hooper via<br><a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website<br><a href="#">Groups - Cannock Chase</a> or<br>email<br><a href="mailto:cannockchaseu3a@gmail.com">cannockchaseu3a@gmail.com</a>   |  |   |
| 4 <sup>th</sup><br>Thurs<br>of the<br>month | 2-4pm            | U3A Cycling  | Get fit & see the great outdoors with the local cycle group at Cannock Chase U3A. Easy routes for beginners & experienced cyclists are also welcome. Rides are guided & include maintenance support of your bike. Instruction is available & we can give your old bike a free check-up if it has not seen action for a while.                             | Different routes   | Contact Peter Harding via the<br>contact page<br><a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website<br><a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a> or email<br><a href="mailto:cannockchaseu3a@gmail.com">cannockchaseu3a@gmail.com</a> or visit <a href="#">Groups - Cannock Chase</a> |  |   |
| Thurs                                       | 12:30-2pm        | Silver<br>Sneakers<br>Gentle<br>Exercise<br>Class- Ages<br>60+ |   | Norton Canes Methodist<br>Church, Poplar Street  | Mrs Pamela Louies 01543<br>899367  |  |   |
| Thurs                                       | 12:30-<br>2:30pm | Walking<br>Cricket   | Walking Cricket is an adaption of the traditional game of Cricket that will suit anyone. No matter what your ability or skill level, this game is one that everyone will enjoy and be able to take part in. It may be an inclusive game, but it sure is competitive! Our teams always give it their all.  | Chase Leisure Centre,<br>Stafford Road, Cannock,<br>WS11 4AL                           | Gerard Hill 07976 771468 or<br>email <a href="mailto:Gerald.Hill@ihlmail.org">Gerald.Hill@ihlmail.org</a>  |  | First session<br>free and<br>£4.20 per<br>session after<br>that |

|   |                    |                                       |  |  |   |   |   |
|---|--------------------|---------------------------------------|--|--|---|---|---|
| 2 <sup>nd</sup><br>Thurs<br>of<br>month | 2-4pm              | U3A Boules                            | Boules will take place outside in the grounds - in season (i.e. excluding winter) and weather permitting. Interested parties should watch out for email and Facebook announcements as to exact dates | Slitting Mill Victory Hall, Slitting Mill Road, Slitting Mill, Rugeley, WS15 2US | Carole Howard, contact page<br><a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website<br><a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a> |   |   |
| Thurs                                   | Between 1-3:30pm   | Casual Swim (2 lanes)                 |  | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL                           |   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Thurs                                   | 6:10-7pm           | Disability Swim                       |  | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ                        | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>  | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Thurs                                   | 6:30-7:30pm        | Fordy Runs                            | Weekly social runs where all abilities are welcome. The aim is to bring runners together and to have some fun! Thursday runs are trail runs and require a headtorch during the winter months.        | Marquis Drive Visitor Centre, Marquis Drive, Cannock Chase, WS12 4PE             | <a href="mailto:hello@fordyruns.com">hello@fordyruns.com</a> or visit <a href="#">FRRRC Staffordshire - FORDY RUNS</a>  |   |   |
| Thurs                                   | 8-9pm              | Lane Swim                             |  | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ                        | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>  | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Thurs                                   | 8:40-10pm          | Lane Swim                             |  | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL                           | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>  | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Thurs                                   | 7-8pm              | Casual Swim (2 lanes)                 |  | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ                        | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>  | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Thurs                                   | Throughout the day | Variety of classes throughout the day |  | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ                        | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>  | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> |   |

|                                |                            |                                       |   |  |  |   |  |
|--------------------------------|----------------------------|---------------------------------------|---|--|--|---|--|
| Thurs                          | Throughout the day         | Variety of classes throughout the day |   | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyle.es.org/">https://inspiringhealthylifestyle.es.org/</a> | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> |  |
| 3 <sup>rd</sup> Thurs or month | Gardening Talks and Visits | Various                               | Visiting local gardens and attractions as well as garden centres and nurseries. | Various locationa                                      | <a href="mailto:cannockchaseu3a@gmail.com">cannockchaseu3a@gmail.com</a> or visit <a href="#">Groups - Cannock Chase</a>             |   |  |

### Arts and Crafts

| Day   | Time            | Activity             | About  | Venue  | Contact Details   | Facebook  | Cost |
|-------|-----------------|----------------------|--|--|---|---|------|
| Thurs | 9:45am-12:15pm  | Pop In Craft Group   | Our main craft is cards i.e. Decoupage, Parchment, Iris Folding, Rubber Stamping, Die Cutting, we also Knit, Crochet and Beading (bracelets, necklaces & earrings. | Coffee Bar, Chadsmoor Methodist Church                                 | June 01543 502336 and Margaret 07854 758057   |   |      |
| Thurs | Afternoons      | Crafty Sew and Sews  |  | Norton Canes Community Centre, Brownhills Road, Norton Canes, WS11 9SF | Mrs Jean Hill, 07412 191439   | <a href="#">Norton canes Community Centre Events   Cannock   Facebook</a> |      |
| Thurs | 10am-12pm       | Knit and Natter      | Bring your own knitting. All abilities welcome   | Heath Hayes Library, Hednesford Road, Cannock, WS12 3EA                | 01543 279675, <a href="mailto:heathhayes.library@staffordshire.gov.uk">heathhayes.library@staffordshire.gov.uk</a>  | <a href="#">Heath Hayes Library   Facebook</a>                            | Free |
| Thurs | 10am-1pm        | Chase Craft and Chat |  | Chadsmoor Methodist Church, Cannock Road, Chadsmoor, WS11 5DD          | 01543 876610 or email <a href="mailto:chadsmoormethodistchurch@aol.com">chadsmoormethodistchurch@aol.com</a>  | <a href="#">Chadsmoor Methodist Church   Cannock   Facebook</a>           |      |
| Thurs | 10am-12pm       | Card Craft           | Bring your own card craft  | Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF           | 01543 279592 or email <a href="mailto:nortoncanes.library@staffordshire.gov.uk">nortoncanes.library@staffordshire.gov.uk</a> or visit <a href="https://www.nortoncanescommunitylibrary.co.uk/">https://www.nortoncanescommunitylibrary.co.uk/</a> | <a href="#">Friends of Norton Canes Library   Facebook</a>                |      |
| Thurs | 10:45am-12:45pm | Art Class            |  | Etching Hill Village Hall, East Butts Road, Rugeley                    |   | <a href="#">Etching Hill Village Hall   Facebook</a>                      |      |

|                             |          |                                 |   |  |   |  |                                |
|-----------------------------|----------|---------------------------------|---|--|---|--|--------------------------------|
| Thurs                       | 1-4pm    | Painting Group                  |   | Norton Canes Library,<br>Burntwood Road, Norton<br>Canes, WS11 9RF | 01543 279592 or email<br><a href="mailto:nortoncanes.library@staffordshire.gov.uk">nortoncanes.library@staffordshire.gov.uk</a> or<br><a href="https://www.nortoncanescommunitylibrary.co.uk/">https://www.nortoncanescommunitylibrary.co.uk/</a> | <a href="#">Friends of Norton Canes Library   Facebook</a> |                                |
| Thurs                       | 2-4pm    | Natter and Knit                 |   | Cannock Library, Manor<br>Avenue, Cannock, WS11 1AA                | 01543 334525  | <a href="#">Staffordshire Libraries   Facebook</a>         |                                |
| Thurs                       | 2-4pm    | Art for All                     | Chat and paint, enjoy & create!<br>Everyone welcome   | Heath Hayes Library,<br>Hednesford Road,<br>Cannock, WS12 3EA      | 01543 279675,<br><a href="mailto:heathhayes.library@staffordshire.gov.uk">heathhayes.library@staffordshire.gov.uk</a>   | <a href="#">Heath Hayes Library   Facebook</a>             |                                |
| Thurs                       | 2-4pm    | Rugeley Phoenix Knit and Natter | Welcomes new beginners & all abilities. Need to be a member of Rugeley Phoenix Activity Club. | Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT           | Email<br><a href="mailto:knitandnatter@rugeleyphoenix.org.uk">knitandnatter@rugeleyphoenix.org.uk</a> For information about membership visit<br><a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a>                       |  |                                |
| Thurs<br>(during term time) | 4-5:30pm | Community Crafts                | Families and adults welcome   | Rugeley Library, Anson Street, Rugeley, WS15 2BB                   | 01889 869063 or email<br><a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a>   | <a href="#">Staffordshire Libraries   Facebook</a>         | 50p per person & under 4s free |

### Performing Arts & Music

| Day   | Time     | Activity      | About | Location   | Contact Details   | Facebook | Cost |
|-------|----------|---------------|-------|--|---|----------|------|
| Thurs | 1:15-3pm | Village Choir |       | Cannock Wood & Gentleshaw Village Hall, Buds Road, Cannock Wood, Rugeley, WS15 4NB | Sharron Burns 01543 271008 or email<br><a href="mailto:sharronburns@outlook.com">sharronburns@outlook.com</a> |          |      |
| Thurs | 7-9pm    | Adult Dance   |       | Prospect Village Hall, Williamson Avenue, Cannock, WS12 0QF                        |   |          |      |

|                        |             |                            |  |   |  |   |   |
|------------------------|-------------|----------------------------|--|---|--|---|---|
| Thurs                  | 7-30-9:30pm | Mixed voice choir          | A friendly, fun-loving mixed voice choir who love to entertain. We pride ourselves on having a really varied repertoire of songs from pop & rock, through to folk & musical theatre - something for everyone! We are always happy to welcome new members. If you would like to find out more come & sit in on one of our rehearsals. We would love to see you! | Chadsmoor Methodist Church                                  | 01543 491539   |   |   |
| 3rd Thurs of the month | 3-4pm       | Sing and Smile Group       | A fun informal singing group. No experience necessary. No need to book just turn up!   | Cannock Library, Manor Avenue, Cannock, WS11 1AA            | 01543 334525 or email <a href="mailto:cannock.library@staffordshire.gov.uk">cannock.library@staffordshire.gov.uk</a> |   | £4.20                                     |
| Thurs                  | 7:30-10pm   | Backstreet Theatre Company | We are now in our 12th year of production & have gone from strength to strength, performing musical theatre & pantomime  | Bridgtown Primary School, North Street, Bridgtown, WS11 0AZ | 07970 968160 or email <a href="mailto:backstreettheatrecompany@gmail.com">backstreettheatrecompany@gmail.com</a>     | <a href="#">Backstreet Theatre Company   Facebook</a> | £40 annual membership and £20 monthly fee |

#### Literature

| Day                    | Time      | Activity  | About | Location   | Contact Details  | Facebook  | Cost   |
|------------------------|-----------|-----------|-------|--|--|---|--|
| 1st Thurs of the month | 10am-12pm | Book Club |       | Brereton Community Library, Talbot Road, Rugeley, WS15 1AU | 01889 869067 or email <a href="mailto:brereton.library@staffordshire.gov.uk">brereton.library@staffordshire.gov.uk</a> | <a href="#">Brereton Library   Rugeley   Facebook</a> | No charge donations for refreshments welcome |

#### Dance

| Day   | Time      | Activity              | About | Location  | Contact Details      | Facebook | Cost |
|-------|-----------|-----------------------|-------|---|----------------------|----------|------|
| Thurs | 12:30-3pm | Social Sequence Dance |       | Pye Green Community Centre, Bradbury Lane, Hednesford, WS12 4EP | Ian Denny 0776038754 |          |      |

#### Support Groups

| Day   | Time | Activity             | About | Location   | Contact Details   | Facebook | Cost |
|-------|------|----------------------|-------|--|---|----------|------|
| Thurs | 2pm  | Over 60's Fellowship |       | Cannock Salvation Army, Walhouse Street, Cannock, WS11 0DY | 01543 500895 <a href="mailto:cannock@salvationarmy.org.uk">cannock@salvationarmy.org.uk</a> |          |      |

#### Social Groups

| Day | Time | Activity | About | Location | Contact Details | Facebook | Cost |
|-----|------|----------|-------|----------|-----------------|----------|------|
|-----|------|----------|-------|----------|-----------------|----------|------|



|   |           |  |  |  |   |  |  |
|---|-----------|--|--|--|---|--|--|
| Altern<br>ative<br>Thurs                    |           | Hednesford<br>Mens Probus<br>Club        | Prospective new members & guests are very welcome to join for a cuppa & a chat & usually a very interesting speaker  | Soldiers Club, Anglesey Street, Hednesford                   | Colin on 01543 876278 or Roger 01889 358145   |  |  |
| 4 <sup>th</sup><br>Thurs<br>of the<br>month |           | U3A<br>Luncheon Club                     | This was one of the first groups from the start of Cannock Chase U3A. Over the years we have developed a number of places to dine, in the Cannock, Rugeley, Lichfield & Stafford areas. We rotate around these areas in turn, also in turn the pubs/restaurants within them - always open to new places to try. Average numbers are 8-12 | Various  | Irene Bohnan via contact form<br><a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website<br><a href="#">Groups - Cannock Chase</a> or email<br><a href="mailto:cannockchaseu3a@gmail.com">cannockchaseu3a@gmail.com</a> |  |  |
| Last<br>Thurs<br>of the<br>month            | 2-3pm     | Coffee and<br>Poetry Club                | If you enjoy poetry & a cuppa then join  | Rugeley Library, Anson Street, Rugeley, WS15 2BB             | 01889 869063 or email<br><a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a>   | <a href="#">Staffordshire Libraries   Facebook</a>         |  |
| 3 <sup>rd</sup><br>Thurs<br>of the<br>month | 10am-12pm | Historical<br>Society Coffee<br>Mornings |  | Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF | Roger Knowles 01543 279313  | <a href="#">Friends of Norton Canes Library   Facebook</a> |  |
| Thurs                                       | 10am-12pm | Knit and Natter                          |  | Heath Hayes Library  | 01543 279675  | <a href="#">Heath Hayes Library   Facebook</a>             |  |
| Thurs                                       | 10am-1pm  | Joining Hands<br>Befriending<br>Group    | A befriending group that specialises in creating a warm and sociable environment with the aim of making members comfortable to express themselves and meet new people. There are also activities available including: arts and crafts, quizzes, bingo and chair exercises.   | Avon Business and Leisure Centre, Avon Road, Cannock, WS LH  | <a href="mailto:joininghandsgroup@gmail.com">joininghandsgroup@gmail.com</a>  |  |  |

|                        |             |  |  |   |  |   |                |
|------------------------|-------------|--|--|---|--|---|----------------|
| 2nd Thurs of the month | 10:30am     | Cannock W.I.                                     | Meetings will usually include a speaker or demonstrator. The WI provides educational opportunities and the chance to try and develop new skills & crafts with outings & social events. A link with Staffordshire Federation provides further activities like craft fairs & quizzes. Guests & prospective members are always welcome. | St Luke's Church Hall, Cannock, Church Street, Cannock, WS11 1DE        | <a href="mailto:cannockwi@gmail.com">cannockwi@gmail.com</a> or <a href="http://www.thewi.org.uk/staffordshire">www.thewi.org.uk/staffordshire</a> | <a href="https://www.facebook.com/oa.kleafstlukes">www.facebook.com/oa.kleafstlukes</a>   |                |
| 1st Thurs of the month | 12pm        | Cannock and District Ladies Probus               | Retired & professional business ladies meet each month for a meal and listen to a speaker. New members and guests are welcome to join if they book in advance & choose their meal  | Chase Golf and Country Club   | <a href="mailto:cannockladiesprobus@gmail.com">cannockladiesprobus@gmail.com</a> or <a href="http://www.probusonline.org">www.probusonline.org</a> |   |                |
| Thurs                  | 12:30-2pm   | Silver Sneakers Gentle Exercise Class - ages 60+ |  | Norton Canes Methodist Church, Poplar Street                            | Mrs Pamela Louies 01543 899367   |   |                |
| Thurs                  | 12-2pm      | Connect café                                     |  | Victory Church  | 01889 576246   |   |                |
| Thurs                  | 1:30-3:30pm | M and M's Group                                  | Crafts, painting and card making, cards and games and bingo. Once a month will be film afternoon   | St Peters Church, Church Hill, Hednesford, WS12 1BD                     | 01543 426954   | <a href="#">The Parish of St Peter's Hednesford Facebook</a>  | £1 per session |
| Thurs                  | 2-5pm       | Friendship Café                                  | Serving light refreshments on a 'pay as you feel' basis. Serving sandwiches/sausage rolls - unfortunately we are unable to serve hot food due to having no cook for the Thursday shift. We also receive surplus food - donated by local supermarkets - so brings a bag!  | Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB      | 01543 426128 or email <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a>   |   |                |
| Thurs                  | 6-8pm       | Stand By Me men's group                          | This is a social/friendship group open to anyone to come along   | West Chadsmoor Family Centre, 98-100 Princess Street, Cannock, WS11 5JT |  | <a href="https://www.facebook.com/westchadsmoorfamilycentre/?locale=en_GB">https://www.facebook.com/westchadsmoorfamilycentre/?locale=en_GB</a> | Free           |

|       |           |                                   |   |  |  |  |  |
|-------|-----------|-----------------------------------|---|--|--|--|--|
| Thurs | 7:30-10pm | Trent Valley Photographic Society | We welcome all abilities from the enthusiastic beginner to advanced photographers. We have our own studio set-ups with a variety of lighting systems and backdrops which members are able to use on club nights.  | Slitting Mill Victory Hall, Slitting Mill Road, Slitting Mill, Rugeley, WS15 2US | Email <a href="mailto:trentvps@gmail.com">trentvps@gmail.com</a>   |  |  |
| Thurs | 6:30pm    | Happy Jack's Games Night          | If you have got stuck in a rut watching video games every night, sleep through the day and have stopped socialising face to face, this is a great way to make new friends and get out of the house. Lovely people that will make you welcome and comfortable. | 71-75 Market Street, Hednesford, WS12 1AD  | 01543 897298 or email <a href="mailto:happyjackscommunitycafe@gmail.com">happyjackscommunitycafe@gmail.com</a> | <a href="#">Happy Jack's Community Cafe - formally Bella's   Hednesford   Facebook</a> |  |

### Warm Hubs and Places of Welcome

| Day   | Time           | Activity                        | About   | Venue   | Contact Details  | Facebook  | Cost |
|-------|----------------|---------------------------------|---|---|--|---|------|
| Thurs | 9am-5pm        | A Cool Space/Warm Room          | Open safe space, all welcome. Cherishers can provide transport to attend and free refreshments are also provided.                                 | Cherishers Wellbeing Rooms, 19, 21 & 23 Upper Brook Street, Rugeley, WS15 2DP | 01889 578822   | <a href="#">Cherishers   Rugeley   Facebook</a>       |      |
| Thurs | 2-5pm          | Friendship Café                 | Serving sandwiches/sausage rolls etc on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so bring a bag! | Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB            | 01543 426128 or email <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a> |   |      |
| Thurs | 10am-1pm       | Coffee Drop In/Place of Welcome | A place where everyone can go for a friendly conversation and free refreshments   | The Salvation Army, Walhouse Street, Cannock, WS11 0DY                        | 01543 500895 or email <a href="mailto:cannock@salvationarmy.org.uk">cannock@salvationarmy.org.uk</a>       |   |      |
| Thurs | 9:30am-12:30pm | Place of Welcome Coffee morning | Free refreshments and open chat with other local people   | Brereton Community Library, Talbot Road, Brereton, Rugeley, WS15 1AU          | 01889 869067 or email <a href="mailto:library@rugeleyrotary.org.uk">library@rugeleyrotary.org.uk</a>       | <a href="#">Brereton Library   Rugeley   Facebook</a> |      |

### Foodbanks and Community Tables

| Day | Time | Activity | About | Venue | Contact Details | Facebook | Cost |
|-----|------|----------|-------|-------|-----------------|----------|------|
|-----|------|----------|-------|-------|-----------------|----------|------|

|       |          |                                      |  |   |                             |   |   |
|-------|----------|--------------------------------------|--|---|-----------------------------|---|---|
| Thurs | 10am-3pm | Foodbank and Community Table/Fridge  |  | Coniston Hall, Cecil Street, Chadsmoor WS115HG                                    | 01543 624887                | <a href="#">Cannock and District foodbank   Hednesford   Facebook</a> |   |
| Thurs | 2-5pm    | Foodbank, Community Table and Fridge |  | Hednesford Salvation Army, 7 Anglesey Street, Hednesford, Staffordshire, WS12 1AB | 01543 426128 / 07918 286742 |   |   |
| Thurs | 4-6pm    | Community Shop                       |  | Community Hub, Armitage Road, Brereton, Rugeley, WS15 1DF                         | 07446 824727                | <a href="#">Brereton Million   Facebook</a>                           | £2.00 per year membership and £5.00 per bag |

#### Games Clubs

| Day                    | Time  | Activity              | About   | Venue  | Contact Details   | Facebook | Cost              |
|------------------------|-------|-----------------------|---|--|---|----------|-------------------|
| Thurs                  | 2-3pm | Games Club            | A range of board and card games available. No booking required  | Cannock Library, Manor Avenue, Cannock, WS11 1AA                                 | 01543 334525  |          | Free refreshments |
| Thurs                  | 2-3pm | Games Group           | Pop along for a chat and a game of cards or a board game. Refreshments available  | Rugeley Library, Anson Street, Rugeley, WS15 2BB                                 | 01889 869063  |          |                   |
| 2nd Thurs of the month | 2-4pm | Cards and Board games | At present the Games group focuses primarily on card games (especially Canasta) and sometimes board games but are prepared to consider other suggestions. | Slitting Mill Victory Hall, Slitting Mill Road, Slitting Mill, Rugeley, WS15 2US | Contact Dianne Hooper via <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website <a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a> |          |                   |

|       |        |                          |   |   |  |  |  |
|-------|--------|--------------------------|---|---|--|--|--|
| Thurs | 6:30pm | Happy Jack's Games Night | If you have got stuck in a rut watching video games every night, sleep through the day and have stopped socialising face to face, this is a great way to make new friends and get out of the house. Lovely people that will make you welcome and comfortable. | 71-75 Market Street, Hednesford, WS12 1AD | 01543 897298 or email <a href="mailto:happyjackscommunitycafe@gmail.com">happyjackscommunitycafe@gmail.com</a> | <a href="#">Happy Jack's Community Cafe - formally Bella's   Hednesford   Facebook</a> |  |
|-------|--------|--------------------------|---|---|--|--|--|

#### Outdoor Recreation

| Day   | Time   | Activity       | About  | Venue | Contact Details  | Facebook | Cost |
|-------|--------|----------------|--|-------|--|----------|------|
| Thurs | 9:30am | Community Mile | The Community Mile helps to break down barriers. It provides that first important step to start in your physical activity journey. Join us for a walk around our beautiful Brereton and Ravenhill Park |       | Emily 07719 072485 or email <a href="mailto:bmvolunteercoordinator@gmail.com">bmvolunteercoordinator@gmail.com</a> |          |      |

|         |         |            |              |          |             |           |
|---------|---------|------------|--------------|----------|-------------|-----------|
| Cannock | Rugeley | Hednesford | Norton Canes | Brereton | Heath Hayes | Chadsmoor |
|---------|---------|------------|--------------|----------|-------------|-----------|

### Friday

| Education   |                     |                |  |   |   |   |   |
|---|---------------------|----------------|--|---|---|---|---|
| Day   | Time                | Activity       | About  | Venue   | Contact Details   | Facebook  | Cost                                      |
| 1 <sup>st</sup> , 3 <sup>rd</sup> and 4 <sup>th</sup> Friday of the month | 2-4pm               | French For All |  | Rugeley Fire Station, Bryans Lane, Rugeley, WS15 2JN      | Maggie Causer or Chris Travers-Brookes via contact page<br><a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website<br>Groups - Cannock Chase or email<br><a href="mailto:cannockchaseu3a@gmail.com">cannockchaseu3a@gmail.com</a> |   |   |
| Friday  | 1:30-3:30pm         | Digital Angels | Offering digital support & guidance on the following areas: NHS App Drop-in Sessions, Learn My Way, CV and Job Hunting Advice, Registering for Online Banking, How to use a mobile phone - Text, calls, settings, Installing WhatsApp, Setting up eMail Addresses, How to send/reply to an email/add an attachment, Microsoft Skills, Websites that provide resident with local hobbies, shopping and translation services, Applying for a passport Online | Heath Hayes Library, Hednesford Road, Cannock, WS12 3DZ   | 01543 279675 or email<br><a href="mailto:heathhayes.library@staffordshire.gov.uk">heathhayes.library@staffordshire.gov.uk</a>   | <a href="#">Heath Hayes Library   Facebook</a>          | Free                                      |
| Sports  |                     |                |  |   |   |   |   |
| Day   | Time                | Activity       | About  | Venue   | Contact Details   | Facebook  | Cost                                      |
| Friday  | Between 6:30-9:30am | Lane Swim      |  | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL    | To book call 01543 504065 or visit<br><a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Friday  | 7-9am               | Lane Swim      |  | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ | 01889 586260 or email<br><a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |

|        |                     |  |   |   |   |   |  |
|--------|---------------------|--|---|---|---|---|--|
| Friday | 9-11am              | Casual Swim<br>(2 lanes)                           |   | Rugeley Leisure Centre,<br>Burnthill Lane, Rugeley,<br>WS15 2HZ   | 01889 586260 or email<br><a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Included in<br>membership<br>or £5.30 a<br>session |
| Friday | 9:30-<br>10:30am    | Gentle<br>Exercise                                 |   | Rugeley Community<br>Centre, Burnthill Lane,<br>Rugeley, WS15 2HX | 01889 579341  |   |  |
| Friday | 10am-12pm           | Rugeley<br>Phoenix Indoor<br>Tennis (Soft<br>Ball) | A friendly group. All abilities<br>welcome. Need to be a member<br>of Rugeley Phoenix Activities<br>Club.   | Rugeley Leisure Centre,<br>Burnthill Lane, Rugeley,<br>WS15 2HZ   | Email<br><a href="mailto:indoortennis@phoenix.org.uk">indoortennis@phoenix.org.uk</a><br>For membership information<br>visit<br><a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a> |   |  |
| Friday | 11am-<br>12pm       | Recovery<br>Swim                                   |   | Chase Leisure Centre,<br>Stafford Road, Cannock,<br>WS11 4AL      | To book call 01543 504065<br>or visit<br><a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>  | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Included in<br>membership<br>or £5.30 a<br>session |
| Friday | 11:10am-<br>12pm    | Recovery<br>Swim                                   |   | Rugeley Leisure Centre,<br>Burnthill Lane, Rugeley,<br>WS15 2HZ   | 01889 586260 or email<br><a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Included in<br>membership<br>or £5.30 a<br>session |
| Friday | 11:30am-<br>12:30pm | Young at Heart<br>group exercise                   | A Low intensity exercise to<br>music class that is as much<br>about having a good time as<br>improving your fitness! Perfect<br>for beginners, or those returning<br>to exercise, this class will ease<br>you in with a gentle warm up,<br>easy to follow routine & cool<br>down. The session will improve<br>your cardio fitness, balance &<br>mobility. All exercises can be<br>adapted to be chaired based if<br>needed. | Chase Leisure Centre,<br>Stafford Road, Cannock,<br>WS11 4AL      | To book call 01543 504065<br>or visit<br><a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a> - members or pay as<br>you go  | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> |  |
| Friday | 12-1pm              | Lane Swim  |   | Rugeley Leisure Centre,<br>Burnthill Lane, Rugeley,<br>WS15 2HZ   | 01889 586260 or email<br><a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Included in<br>membership<br>or £5.30 a<br>session |

|        |   |                               |  |   |   |   |  |
|--------|---|-------------------------------|--|---|---|---|--|
| Friday | 12-1pm  | Lane Swim                     |  | Chase Leisure Centre,<br>Stafford Road, Cannock,<br>WS11 4AL    | To book call 01543 504065<br>or visit<br><a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>  | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Included in<br>membership<br>or £5.30 a<br>session |
| Friday | 1-2:30pm  | Casual Swim<br>(2 lanes)      |  | Chase Leisure Centre,<br>Stafford Road, Cannock,<br>WS11 4AL    | To book call 01543 504065<br>or visit<br><a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>  | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Included in<br>membership<br>or £5.30 a<br>session |
| Friday | 11am-<br>1pm<br>1:30-3:30,<br>3:30-5:30<br>5:30pm | Crown Green<br>Bowling        | April - September  | The Rag at Rawnsley,<br>Ironstone Road,<br>Cannock, WS12 0QD    | <a href="mailto:cannockchaseu3a@gmail.com">cannockchaseu3a@gmail.co<br/>m</a> or visit <a href="#">Groups - Cannock<br/>Chase</a>   |   |  |
| Friday | 2-3pm   | Rugeley<br>Phoenix Tai<br>Chi | The styles taught are Yang short<br>Sun and Wu. Need to be a<br>member of Rugeley Phoenix<br>Activity Club | Sheepfair Community<br>Centre, Sheepfair,<br>Rugeley, WS15 2AT  | Email<br><a href="mailto:taichi@rugeleyphoenix.org.uk">taichi@rugeleyphoenix.org.uk</a><br>For membership information<br>visit<br><a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a> |   |  |
| Friday | 2:30-<br>3:30pm                                   | Lane Swim                     |  | Chase Leisure Centre,<br>Stafford Road, Cannock,<br>WS11 4AL    | To book call 01543 504065<br>or visit<br><a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>  | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Included in<br>membership<br>or £5.30 a<br>session |
| Friday | 2-3:30pm  | Casual Swim<br>(2 lanes)      |  | Rugeley Leisure Centre,<br>Burnthill Lane, Rugeley,<br>WS15 2HZ | 01889 586260 or email<br><a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Included in<br>membership<br>or £5.30 a<br>session |
|        | 7-8pm   | Casual Swim<br>(2 lanes)      |  | Rugeley Leisure Centre,<br>Burnthill Lane, Rugeley,<br>WS15 2HZ | 01889 586260 or email<br><a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Included in<br>membership<br>or £5.30 a<br>session |
| Friday | 7:50-<br>8:50pm                                   | Lane Swim                     |  | Chase Leisure Centre,<br>Stafford Road, Cannock,<br>WS11 4AL    | To book call 01543 504065<br>or visit<br><a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>  | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Included in<br>membership<br>or £5.30 a<br>session |



|        |                        |           |  |   |  |   |  |
|--------|------------------------|-----------|--|---|--|---|--|
| Friday | 8-9pm                  | Lane Swim |  | Rugeley Leisure Centre,<br>Burnthill Lane, Rugeley,<br>WS15 2HZ | 01889 586260 or email<br><a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>  | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Included in<br>membership<br>or £5.30 a<br>session |
| Friday | Througho<br>ut the day | Classes   | Variety of classes throughout<br>the day | Rugeley Leisure Centre,<br>Burnthill Lane, Rugeley,<br>WS15 2HZ | 01889 586260 or email<br><a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>  | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Included in<br>membership<br>or pay as you<br>go   |
| Friday |                        | Classes   | Variety of classes throughout<br>the day | Chase Leisure Centre,<br>Stafford Road, Cannock,<br>WS11 4AL    | To book call 01543 504065<br>or visit<br><a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a> | <a href="#">Inspiring<br/>Healthy<br/>Lifestyles  <br/>Facebook</a> | Included in<br>membership<br>or pay as you<br>go   |

#### Arts and Crafts

| Day    | Time          | Activity                                 | About  | Venue   | Contact Details  | Facebook   | Cost |
|--------|---------------|--|--|---|--|--|------|
| Friday | 10am-<br>12pm | Coffee<br>morning and<br>knit and natter |  | Prospect Village Hall,<br>Williamson Avenue,<br>Cannock, WS12 0QF                   |  |  |      |
| Friday | 10am-<br>12pm | Let's Get<br>Together Craft<br>Group     | Bring your own craft   | Norton Canes Library,<br>Burntwood Road, Norton<br>Canes, WS11 9RF                  | 01543 279592 or email<br><a href="mailto:nortoncanes.library@staffordshire.gov.uk">nortoncanes.library@staffordshire.gov.uk</a> or visit <a href="#">Norton<br/>Canes Community Library &amp;<br/>Information Hub, Norton<br/>Canes, Cannock</a> | <a href="#">Friends of<br/>Norton<br/>Canes<br/>Library  <br/>Facebook</a>               |      |
| Friday | 10am-<br>1pm  | Craft Buddies                            | Could you create small random<br>acts of kindness, be part of a<br>team making displays around<br>the village, make blankets,<br>scarfs or hats to donate to<br>residents during the winter<br>months. Crocheting, knitting,<br>sewing & being creative. Meet<br>new friends, learn a new skill<br>and enjoy a cuppa and a biscuit | Brereton Community<br>Hub, Rugeley, WS15<br>1DF                                     | <a href="https://linktr.ee/BreretonMillion">https://linktr.ee/BreretonMillio<br/>n</a>   | <a href="#">Brereton<br/>Million  <br/>Facebook</a>                                      |      |
| Friday | 12-<br>1:30pm | Knit and Natter                          | Community craft group  | Allotments building,<br>Cannock Stadium Park,<br>Lovatt Place, Cannock,<br>WS11 5FH |  | <a href="#">Friends of<br/>Cannock<br/>Stadium<br/>Park  <br/>Cannock  <br/>Facebook</a> |      |

|        |       |                 |  |  |  |  |      |
|--------|-------|-----------------|--|--|--|--|------|
| Friday | 1-3pm | Craft Club      | Join for all things crafty. Bring your own craft and also learn new techniques from our guest crafters. Limited places - contact Rugeley Library | Rugeley Library, Anson Street, Rugeley, WS15 2BB             | 01889 869063 or email <a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a>         | <a href="#">Staffordshire Libraries   Facebook</a>         |      |
| Friday | 2-4pm | Knit and Natter | Have a cuppa & make friends. Bring your own knitting.  | Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF | 01543 279592 or email <a href="mailto:nortoncanes.library@staffordshire.gov.uk">nortoncanes.library@staffordshire.gov.uk</a> | <a href="#">Friends of Norton Canes Library   Facebook</a> | Free |

#### Dance

| Day    | Time        | Activity           | About | Venue  | Contact Details  | Facebook | Cost |
|--------|-------------|--------------------|-------|--|--|----------|------|
| Friday | 1:30-3:30pm | Friday Tea Dance   |       | Norton Canes Community Centre, Brownhills Road, Norton Canes   | Mort Bakewell 01543 278368   |          |      |
| Friday | 8-10:15pm   | Friday Night Dance |       | Avon Business and Leisure Centre, Avon Road, Cannock, WS11 1LH | 01543 503163 or email <a href="mailto:ablcanock@gmail.com">ablcanock@gmail.com</a> |          |      |

#### Support Groups

| Day                     | Time  | Activity                                   | About  | Venue                                      | Contact Details   | Facebook | Cost |
|-------------------------|-------|--|--|--|---|----------|------|
| 3rd Friday of the month | 7-9pm | MASE (Monthly Alzheimer's Support Evening) | MASE brings together people with Alzheimer's/dementia, their families & carers and also has health care professionals in attendance. Many people withdraw from social activities when a diagnosis has been made; however at the MASE everyone is fully aware of the illness & Carers are able to network with each other and build up friendships & support each other in times of difficulty. | The Davy Room, Lea Hall, Rugeley, WS15 2LB | <a href="tel:01785211140">01785 211140</a> or <a href="tel:07939505455">07939 505455</a><br><a href="https://themasegroup.org/">https://themasegroup.org/</a> |          | Free |

|                            |                 |                                      |   |  |  |  |             |
|----------------------------|-----------------|--------------------------------------|---|--|--|--|-------------|
| Friday                     | 10:30am-12pm    | Memory Café                          | Are you a caregiver for an individual living with dementia? Come & have a cuppa with someone who understands. No booking required. Free refreshments provided. Practical advice on living with dementia. Musical & sensory activities. Regular talks from healthcare professionals  | Cannock Library, Manor Avenue, Cannock, WS11 1AA                       | 01543 572349/ 01543 334525   |  |             |
| Friday                     | 9am-12pm        | Everyone Health                      | Join us in our free weekly nutrition sessions, aimed at providing practical information and advice for creating long-term healthy eating habits. Our sessions are delivered by a qualified Nutritionist, and you will also be supported by a Physical Activity Specialist to help maximise weight loss through a tailored exercise programme. | Chadsmoor Methodist Church, Cannock Road, Chadsmoor, Cannock, WS11 5DD | Call 0333 0050095 or visit <a href="https://staffordshire.everyonehealth.co.uk/services/weight-management/">https://staffordshire.everyonehealth.co.uk/services/weight-management/</a> | <a href="#">Everyone Health - Staffordshire</a>   <a href="#">Facebook</a>                                 | Free        |
| Friday                     | 10am-12pm       | Sidney Sight Support Group           | Braille   | Hednesford Park Pavilion, WS12 1TB                                     | Lynn Evans 07855 099353  | <a href="#">The Friends of Hednesford Park</a>   <a href="#">Hednesford</a>   <a href="#">Facebook</a>     | Free        |
| Second Friday of the month | 10am-2pm        | Alzheimer's Society Dementia Adviser |   | Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX            | 01889 579341   | <a href="#">Rugeley Community Church &amp; Centre</a>   <a href="#">Rugeley</a>   <a href="#">Facebook</a> |             |
| Friday                     | 10:30am-12:30pm | St Giles Bereavement Group           |   | Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX            | 01889 579341 or email <a href="mailto:sct@stgileshospice.com">sct@stgileshospice.com</a>   | <a href="#">Rugeley Community Church &amp; Centre</a>   <a href="#">Rugeley</a>   <a href="#">Facebook</a> |             |
| <b>Social Groups</b>       |                 |                                      |   |  |  |  |             |
| <b>Day</b>                 | <b>Time</b>     | <b>Activity</b>                      | <b>About</b>  | <b>Location</b>  | <b>Contact Details</b>   | <b>Facebook</b>  | <b>Cost</b> |

|                                     |                        |                            |  |  |  |  |               |
|-------------------------------------|------------------------|----------------------------|--|--|--|--|---------------|
| Friday                              | 9:30am-12:30pm & 1-4pm | Cannock Chase Shed         | The 'Shed' is a charity workshop group, mostly retired men and women, who make repair and upcycle items for ourselves, friends and local community groups. They also meet and socialise.               | Cannock Chase Enterprise Centre, Hednesford, WS12 0QU            | Dave 07964 851114 or visit <a href="https://cannockchaseshed.org.uk/about-us">https://cannockchaseshed.org.uk/about-us</a>   |  |               |
| Friday                              | 9am-3pm                | Cherished Coffee Shop      |  | Hayes Green Community Centre, Heath Way, Cannock WS11 7WA        | <a href="mailto:clerk@hhandw.org.uk">clerk@hhandw.org.uk</a> or call 07951 409707  |  |               |
| Friday                              | 9:30-11:30am           | U3A Photography            | This group is aimed at members who wish to improve their photos taken on either smartphones and/or digital cameras – without the need to purchase additional equipment or software                     | Rugeley Fire Station, Bryans Lane, Rugeley, WS15 2JN             | Email <a href="mailto:cannockchaseu3a@gmail.com">cannockchaseu3a@gmail.com</a> or visit <a href="#">Groups - Cannock Chase</a>   |  |               |
| Friday                              | 10am-12:30pm           | Get Together Group         |  | Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF     | 01543 279592   | <a href="#">Friends of Norton Canes Library Facebook</a> |               |
| Friday                              | 10am-12pm              | Rugeley Phoenix Floral Art | A small lively group of people, who enjoy learning new ways to display flowers. Need to be a member of Rugeley Phoenix Activities Club.  | Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT         | Email <a href="mailto:floralart@rugeleyphoenix.org.uk">floralart@rugeleyphoenix.org.uk</a> For membership information visit <a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a>  |  |               |
| Friday                              | 12:30pm                | Lunch Club                 | A place where you can make new friends, enjoy nutritious, fresh and affordable food & have fun. Pre-book. Enjoy the company of friendly people, a three-course lunch & unlimited cups of tea & coffee. | Hednesford Salvation Army, Anglesey Street, Hednesford, WS12 1AB | 01543 426128, <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a>   |  | £3 per person |
| 1 <sup>st</sup> Friday of the month | 12pm                   | U3A Theatre Appreciation   | This group organises Theatre visits or other special events such as musicals, choir recitals, plays, ballet & other dance events, comedy acts and bands  | The White Hart, 57 Wolverhampton Road, Cannock, WS11 1AP         | Contact Pam Ratcliffe via <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website <a href="#">Groups - Cannock Chase</a> or email <a href="mailto:cannockchaseu3a@gmail.com">cannockchaseu3a@gmail.com</a> | -  |               |

|                           |           |                            |   |   |   |  |                       |
|---------------------------|-----------|----------------------------|---|---|---|--|-----------------------|
| First Friday of the month | 7-10pm    | South Staffs Woodturners   |   | Etching Hill Village Hall, East Butts Road, Rugeley, WS15 2LU |   | <a href="#">Etching Hill Village Hall</a>   <a href="#">Facebook</a> |                       |
| Friday                    | 10am-12pm | Rugeley Phoenix Floral Art | A small lively group of people, who enjoy learning new ways to display flowers. Need to be a member of Rugeley Phoenix Activities Club. | Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT      | Email <a href="mailto:floralart@rugeleyphoenix.org.uk">floralart@rugeleyphoenix.org.uk</a> For membership information visit <a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a> |  |                       |
| Friday - starts 5 July    | 7-10pm    | B-Hive Accessible Disco    | Bar snacks available but you can bring your own food.   | Longford Social Cub WS11 1PY                                  | Libby 07938 755114 or email <a href="mailto:libby@robrobinsonfoundation.co.uk">libby@robrobinsonfoundation.co.uk</a>  |  | Entry £5, carers free |

### Warm Hubs and Places of Welcome

| Day    | Time      | Activity                        | About   | Venue   | Contact Details  | Facebook  | Cost |
|--------|-----------|---------------------------------|---|---|--|---|------|
| Friday | 9am-5pm   | A Cool Space/Warm Room          | Open safe space, all welcome. Cherishers can provide transport to attend and free refreshments are also provided. | Cherishers Wellbeing Rooms, 19, 21 & 23 Upper Brook Street, Rugeley, WS15 2DP | 01889 578822   | <a href="#">Cherishers   Rugeley   Facebook</a>                 |      |
| Friday | 10am-12pm | Place of Welcome Coffee morning | Join us for a chat and a nice cup of tea.   | Heath Hayes Library, 194 Hednesford Road, Heath Hayes, WS12 3AA               | 01543 279675 or email <a href="mailto:heathhayes.library@staffords-hire.gov.uk">heathhayes.library@staffords-hire.gov.uk</a> | <a href="#">Heath Hayes Library   Facebook</a>                  |      |
| Friday | 10am-11pm | Place of Welcome Coffee morning | Join us for a chat and a nice cup of tea.   | Rugeley Library, 12 Anson Street, Rugeley, WS15 2BB                           | 01889 869063 or email <a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a>         | <a href="#">Staffordshire Libraries   Facebook</a>              |      |
| Friday | 10am-12pm | Coffee Morning                  | Knit, Craft and Chat, donations toward tea, coffee and cake or biscuits.  | Prospect Village Hall, Williamson Ave, Cannock WS12 0QF                       | 07354 756336.00  | <a href="#">Prospect Village Hall 2023   Cannock   Facebook</a> |      |
| Friday | 10am-12pm | Coffee morning                  | Drop-in for a cuppa and a chat  | Cannock Library, Manor Avenue, Cannock, WS11 1AA                              | 01543 334525   | <a href="#">Staffordshire Libraries   Facebook</a>              |      |

|        |           |                               |   |   |   |   |  |
|--------|-----------|-------------------------------|---|---|---|---|--|
| Friday | 10am-12pm | Coffee Break/Place of Welcome | You would be made very welcome if you call in for a coffee or tea. You will enjoy a friendly relaxed atmosphere and a beverage. | St Pauls Methodist and United Reform Church, 53 Lichfield Street, Rugeley, Staffs, WS15 2EH | <a href="mailto:webcontact@stpaulsrugeley.org.uk">webcontact@stpaulsrugeley.org.uk</a>  |   |  |
| Friday | 11am-1pm  | Open Hands Coffee and a chat  | A small open group meeting. Just pop in for a quick coffee or stop for a chat, open to everyone                                 | Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF                                | 01543 279592 or email <a href="mailto:nortoncanes.library@staffordshire.gov.uk">nortoncanes.library@staffordshire.gov.uk</a> or visit <a href="https://www.nortoncanescommunitylibrary.co.uk/community/norton-canecommunity-library-information-hub-20128/open-hands---coffee---a-chat/">https://www.nortoncanescommunitylibrary.co.uk/community/norton-canecommunity-library-information-hub-20128/open-hands---coffee---a-chat/</a> |   |  |
| Friday | 10am-12pm | Friday Warm Welcome           | Tea, Coffee, Toast and chat   | Chadsmoor Methodist Church, Cannock Rd, Chadsmoor, Cannock WS11 5DD                         | 01543 876610 or email <a href="mailto:chadsmoormethodistchurch@aol.com">chadsmoormethodistchurch@aol.com</a>  | <a href="#">Chadsmoor Methodist Church   Cannock   Facebook</a> |  |
| Friday | 1-3pm     | Free Lunch Club               | Free lunch club for the elderly and disabled in the community. Booking required   | Cherishers, 21 Upper Brook Street, Rugeley, WS15 2DP  | 01889 578822  | <a href="#">Cherishers   Rugeley   Facebook</a>                 |  |

### Foodbanks and Community Tables

| Day    | Time     | Activity                            | About | Venue  | Contact Details | Facebook  | Cost |
|--------|----------|-------------------------------------|-------|--|-----------------|---|------|
| Friday | 10am-3pm | Foodbank and Community Table/Fridge |       | Coniston Hall, Cecil Street, Chadsmoor WS115HG | 01543 624887    | <a href="#">Cannock and District foodbank   Hednesford   Facebook</a> |      |

|        |          |          |  |  |              |  |  |
|--------|----------|----------|--|--|--------------|--|--|
| Friday | 2-4pm    | Foodbank |  | Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX              | 07528-447504 | <a href="#">Rugeley Community Church &amp; Centre   Rugeley   Facebook</a> |  |
| Friday | 5:30-7pm | Foodbank |  | Kingsmead Baptist Church, 13a Hill Street, Hednesford, Cannock, WS12 1DJ | 07455503643  |  |  |

#### Games Clubs

| Day    | Time        | Activity               | About   | Location  | Contact Details  | Facebook   | Cost  |
|--------|-------------|------------------------|---|---|--|--|---|
| Friday | 10am-12pm   | Rugeley Phoenix Bridge | Need to be a member of Rugeley Phoenix Activities Club  | Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT      |  |  |   |
| Friday | 2:30-4:30pm | Jigsaw Club            | Join us for a jigsaw club in the library. Drop-in session for people who love puzzles                               | Brereton Library, Talbot Road, Rugeley, WS15 1AU              | 01889 869067 or email <a href="mailto:library@rugeleyrotary.org.uk">library@rugeleyrotary.org.uk</a> or visit facebook <a href="https://www.facebook.com/Breretonlibrary/">https://www.facebook.com/Breretonlibrary/</a> | <a href="#">Brereton Library   Rugeley   Facebook</a>              | Small donation for refreshments if required |
| Friday | 3:15-4:30pm | Tabletop Games         | Bring your family and friends to the library and have fun playing different games and learning how to play new ones | Hednesford Library, 75-79 Market Street, Hednesford, WS12 1AD | 01543 422798 or email <a href="mailto:hednesford.library@staffordshire.gov.uk">hednesford.library@staffordshire.gov.uk</a>   | <a href="#">Friends of Hednesford Library   Cannock   Facebook</a> | Free  |

#### Outdoor Recreation

| Day    | Time   | Activity  | About                | Location  | Contact Details         | Facebook | Cost |
|--------|--------|---|----------------------|---|-------------------------|----------|------|
| Friday | 12-2pm | Social Forestry Session in woods at Hednesford Park | Session in the woods | Hednesford Park, Rugeley Road, Hednesford, WS12 1TB | Lynn Evans 07855 099353 |          |      |

|         |         |            |              |          |             |           |
|---------|---------|------------|--------------|----------|-------------|-----------|
| Cannock | Rugeley | Hednesford | Norton Canes | Brereton | Heath Hayes | Chadsmoor |
|---------|---------|------------|--------------|----------|-------------|-----------|

#### Saturday and Sunday

|        |
|--------|
| Sports |
|--------|

| Day    | Time                | Activity              | About                                 | Venue   | Contact Details  | Facebook  | Cost                                      |
|--------|---------------------|-----------------------|---------------------------------------|---|--|---|---|
| Sat    | Between 11:30am-2pm | Casual Swim (2 lanes) |                                       | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL    | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a> | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Sat    | 11:45am-4pm         | Casual Swim (2 lanes) |                                       | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Sat    | 3-4pm               | Lane Swim             |                                       | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL    | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a> | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Sat    | Throughout the day  | Classes               | Variety of classes throughout the day | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or pay as you go   |
| Sat    | Throughout the day  | Classes               | Variety of classes throughout the day | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL    | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a> | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or pay as you go   |
| Sunday | 9am-12pm            | Casual Swim (2 lanes) |                                       | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Sunday | Between 11:30am-2pm | Casual Swim (2 lanes) |                                       | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL    | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a> | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Sunday | 1-2:30pm            | Casual Swim (2 lanes) |                                       | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or £5.30 a session |
| Sunday | 3-4pm               | Lane Swim             |                                       | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL    | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a> | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership                    |



|        |                    |         |                                       |   |  |   |   |
|--------|--------------------|---------|---------------------------------------|---|--|---|---|
|        |                    |         |                                       |   |  |   | p or £5.30 a session                    |
| Sunday | Throughout the day | Classes | Variety of classes throughout the day | Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL    | To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a> | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or pay as you go |
| Sunday | Throughout the day | Classes | Variety of classes throughout the day | Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ | 01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>   | <a href="#">Inspiring Healthy Lifestyles   Facebook</a> | Included in membership or pay as you go |

#### Arts and Crafts

| Day  | Time     | Activity               | About  | Venue  | Contact Details  | Facebook   | Cost |
|--|----------|------------------------|--|--|--|--|------|
| 1 <sup>st</sup> & 3 <sup>rd</sup> Sat of the month | 10:30am  | Craft Café             | New members are always welcome. We do not charge for this group except for materials used. | St Luke's Church, Church Street, Cannock, WS11 1DE | Call Linda Hopley or Margaret Walker via Parish Office 01543 502131  |  |      |
| 2 <sup>nd</sup> & 4 <sup>th</sup> Sat of the month | 1:30-3pm | Autism Friendly Crafts |  | Rugeley Library, Anson Street, Rugeley, WS15 2BB   | 01889 869063 or email <a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a> | <a href="#">Staffordshire Libraries   Facebook</a> |      |

#### Literature

| Day                         | Time       | Activity                 | About   | Venue  | Contact Details  | Facebook   | Cost |
|-----------------------------|------------|--------------------------|---|--|--|--|------|
| Fortnightly on a Sat        | 10-11:30am | Book & a Brew            | Relaxed Reading Group - A great way to maintain your wellbeing, make new friends & socialise. Free refreshments provided. | Cannock Library, Manor Avenue, Cannock, WS11 1AA             | 01543 334525<br>Follow on Instagram: @book_anda_brew for details of this fortnight's reading prompt.                         | <a href="#">Staffordshire Libraries   Facebook</a>         |      |
| Sat - dates tbc on Facebook | 11am       | Interactive Poetry Group |   | Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF | 01543 279592 or email <a href="mailto:nortoncanes.library@staffordshire.gov.uk">nortoncanes.library@staffordshire.gov.uk</a> | <a href="#">Friends of Norton Canes Library   Facebook</a> |      |

#### Support Groups

| Day | Time | Activity | About | Venue | Contact Details | Facebook | Cost |
|-----|------|----------|-------|-------|-----------------|----------|------|
|-----|------|----------|-------|-------|-----------------|----------|------|

|     |           |                                   |                                      |   |  |  |  |
|-----|-----------|-----------------------------------|--------------------------------------|---|--|--|--|
| Sat | 10am-12pm | Help a Squaddie drop-in breakfast | Free full English Breakfast & Banter | St Johns Church, Hednesford Road, Heath Hayes, WS12 3DZ | Call 0300 3651332 or email <a href="mailto:info@helpasquaddie.org.uk">info@helpasquaddie.org.uk</a> or visit <a href="https://helpasquaddie.org.uk/contact-us/">https://helpasquaddie.org.uk/contact-us/</a> | <a href="#">Help A Squaddie   Rugeley   Facebook</a> |  |
|-----|-----------|-----------------------------------|--------------------------------------|---|--|--|--|

### Social Groups

| Day                              | Time      | Activity             | About   | Location   | Contact Details  | Facebook  | Cost |
|----------------------------------|-----------|----------------------|---|--|--|---|------|
| 2nd Sat of the month             | 10am-12pm | Saturday Breakfast   | Enjoy a full English, bacon/sausage butties all at a reasonable price | Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB               | 01543 426128 or email <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a> |   |      |
| 1 <sup>st</sup> Sat of the month | 11am      | Burntwood Lions Club |   | Hazelwood House, 128 Ironstone Road, Chase Terrace, WS7 1LY                      | Jayne 01543 677730   | <a href="#">Burntwood Lions Club CIO   Burntwood   Facebook</a> |      |
| 1st Sunday of the month          |           | Drumming for Health  |   | Slitting Mill Victory Hall, Slitting Mill Road, Slitting Mill, Rugeley, WS15 2US | <a href="mailto:meichooselove@googlemail.com">meichooselove@googlemail.com</a>                             |   |      |

### Warm Hubs and Places of Welcome

| Day | Time     | Activity                     | About                                       | Venue   | Contact Details  | Facebook   | Cost |
|-----|----------|------------------------------|---|---|--|--|------|
| Sat | 8:30am   | Adams Return Men's Breakfast |   | 1st Saturday of the month at Church of the Holy Spirit, Etchinghill & the following Saturdays Wetherspoons in Rugeley | <a href="mailto:rugeleycofechurches@gmail.com">rugeleycofechurches@gmail.com</a> |  |      |
| Sat | 10am-1pm | Place of Welcome             | Friendly conversation and free refreshments | Norton Canes Community Library, Burntwood Road, Norton Canes, WS11 9EF  | 01543 279592   | <a href="#">Friends of Norton Canes Library   Facebook</a> |      |

### Foodbanks and Community Tables

| Day                | Time      | Activity            | About  | Venue   | Contact Details                    | Facebook | Cost                                      |
|--------------------|-----------|---------------------|--|---|------------------------------------|----------|---|
| Sat                | 10am-12pm | Community Shop      |  | Five Ways Pub, 1 Hednesford Rd, Heath Hayes, Cannock WS12 3HU |                                    |          | £2.00 per year membership & £5.00 per bag |
| <b>Games Clubs</b> |           |                     |  |   |                                    |          |   |
| Day                | Time      | Activity            | About  | Location  | Contact Details                    | Facebook | Cost                                      |
| Sunday             | 6-10pm    | Cannock Games Club  | Cannock Games Club is a social club for all likeminded people within the Cannock Chase area who play Role Playing Games, Wargames, Boardgames & Collectable Trading Card Games. Most meetings we have a variety of RPGs such as Dungeons & Dragons, Pathfinder, Cthulhu etc, along with a mixture of boardgames & wargames. We operate on a rolling six-week timetable, typically a game will run for a block of six consecutive weeks. Then at the start of week four we gather together & discuss who would like to run what. It's a great opportunity for players & Dungeon Masters (the players who run the game!) to decide what they would like to do for the following six weeks. | St Lukes Church Hall, Church Street, Cannock, WS11 1DE        | <a href="#">Cannock Games Club</a> |          | £15 for 6-week block                      |
| Sunday             | Evening   | The Vine Inn Gamers | Every Sunday night for fantasy/sci-fi gaming involving Warhammer 40k, Age of Sigmar, Kings of War, Deadzone, Firefight, Star Wars Legion, Necromunda, Blood Bowl and also CCG's (like Magic the gathering and Pokemon) and RPG's like Dungeons and Dragons.  | The Vine Inn, Sheepfair, Rugeley, WS15 2AT                    | 01889 574443                       |          |   |

|                                  |           |                                     | Teens must be accompanied by an adult.  |  |  |  |      |
|----------------------------------|-----------|-------------------------------------|---|--|--|--|------|
| Outdoor Recreation               |           |                                     |   |  |  |  |      |
| Day                              | Time      | Activity                            | About   | Location   | Contact Details  | Facebook   | Cost |
| Sat                              | 10:15am   | Chase Fit walk                      | Level 3 - 60-90 minutes, mixed terrains including steep slopes/stiles/steps, brisk walk   | Meet on the car park of the Shoal Hill Tavern, Sandy Lane, Cannock, WS11 1RF | Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a>  |  | Free |
| Sat                              | 1:30pm    | ChaseFit Mountain Biking            | Encouraging people from Cannock Chase to get out & ride and use the natural resource of Cannock Chase. Booking required   | Meet at the containers by the Tesco end of Hednesford Park, WS12 1TB         | Book a place join the Facebook Chase Fit cycling Riders Group or complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a> | Free   |      |
| 2 <sup>nd</sup> Sat of the month | 10am-12pm | ROSA Community Garden & ECO Rugeley |   |  |  |  |      |
| Sat                              | 11am-1pm  | Allotmates                          | Want to help on an allotment & make friends? We have a community allotment on the allotment site in the park. We socialise, make new friends & grow vegetables to donate to people that need them. The remaining harvest is given to vulnerable members of the public & voluntary groups that look after the homeless in the surrounding areas. All welcome! The groups will start up in Spring | Allotments, Cannock Stadium Park   | <a href="mailto:lynn@friendsofcannockstadium.org.uk">lynn@friendsofcannockstadium.org.uk</a>   | <a href="#">Friends of Cannock Stadium Park   Cannock   Facebook</a> |      |
| Sunday - twice a month           | 10am      | Chase Fit walk                      | Level 4 - 90-150 minutes. Longer distance/varied terrains and hills. Progressive walk   | Meet at Library, Hednesford Road, Heath Hayes, Cannock, WS12 3HU             | Check out Fiveways Ramblers Facebook page or complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a>  |  |      |

|        |      |                                 |   |                |  |   |  |
|--------|------|---------------------------------|---|----------------|--|---|--|
| Sunday | 10am | Chase & District Ramblers Group | <p>We cater for anyone who enjoys a good walk in the countryside with a programme suitable for all abilities graded from easy through to strenuous &amp; ranging from anywhere between five &amp; ten miles in distance.</p> <p>Try us for free! Everyone is welcome &amp; new walkers particularly so. If you're not already a Ramblers member you can come along three times before making up your mind to join officially.</p> <p>Please note that no dogs (with the exception of guide dogs) are permitted on our walks out of respect to landowners &amp; their livestock.</p> | Locations Vary | 0154 684254 or visit <a href="#">Chase &amp; District Group - Ramblers</a> | <a href="#">Chase Ramblers   Facebook</a> |  |
|--------|------|---------------------------------|---|----------------|--|---|--|