

Wakefield Countryside Directory for People with Disabilities

Second edition

Whatever your needs, access to and enjoyment of the countryside is rewarding, healthy and great fun. This directory can help you find out what opportunities are available to you in your area. Get yourself outdoors and enjoy all the benefits that come with it...

Foreword written by: Amy Garcia



This directory was designed for people with a disability, by people with disabilities, though the information included will be useful to everyone.

Wakefield is a landscape steeped in a history of coal mining, glass production and of course rhubarb! You can enjoy walks in over 70 green spaces, including many old collieries that are now fantastic places to discover heritage and wildlife.

There is something for everyone; you could take a stroll at the National Trust Nostell parkland and visit the 18th century house, admire the work of Barbara Hepworth at the Yorkshire Sculpture Park, enjoy the peace and quiet whilst watching the wildfowl at Newmillerdam lake, have a trip down a real pit at the National Coal Mining Museum or hire a bike at Thornes Park and whizz around the track!

Whatever your chosen form of countryside recreation, whether it's joining a group, getting out into the wild on your own, doing voluntary work, or investigating your local nature from home, we hope you get as much out of it as we do.

The authors of this Directory have made every effort to ensure that the information included was right at the time of going to print. However, we cannot accept any responsibility for any errors or omissions, or any loss or damage arising from the use of this information. **Sites and groups may have changed their services, facilities, prices and opening hours since the Coronavirus pandemic started.** We advise Directory users to ensure the suitability of all services described for their individual needs and always contact the venue or group before visiting.

Published in April 2021

Foreword

"Wakefield has some stunning countryside and green areas to explore. Being able to get outdoors, enjoy the fresh air and the changing of the seasons is something everyone should be able to enjoy, regardless of age, fitness or ability.

One of my favourite spots is the Yorkshire Sculpture Park and surrounding countryside. It's a place I have visited since I was a child. We often go with my cousin who is a wheelchair user. We all enjoy the stunning views, the art work and my children get to run wild with the sheep and roll down big hills! It's somewhere the whole family can enjoy together and make memories.

I hope you will find this Directory useful and it will encourage you to enjoy the benefits being outdoors brings".

With best wishes,



Amy Garcia

Amy Garcia is a presenter on BBC Look North. She lives in Wakefield and has a keen interest in the outdoors.

Using this Directory

Throughout the Directory you will see some symbols. These are to help you see what kind of facilities or information is available. Please also contact individual places to ask what they can offer people with disabilities.

Key:



Blue Badge parking is available



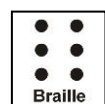
A wheelchair accessible toilet is available
(Changing Places facilities at venues have also been included. See www.changingplaces.org for a full list)



Scooters / wheelchairs are available for loan



Large print leaflets are available



A Braille guide is available

What3Words

www.what3words.com

What3Words is a geocode system that is designed to identify any location with a resolution of about 3 metres (9.8 ft) across the UK. You can use this app to find, save and share precise locations easily.

Breakfree Packs

Open Country have produced six *Breakfree* packs for Wakefield District, Leeds North West, Leeds South East, Harrogate District, Nidderdale AONB and Wharfedale (web-based).

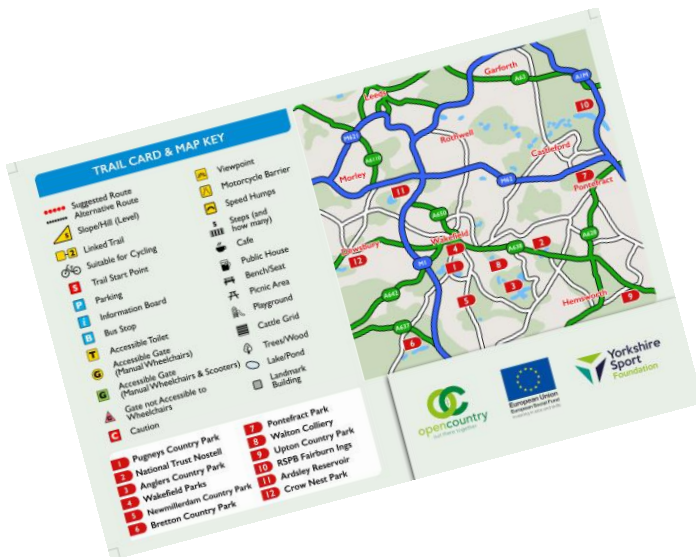


Great for short walks, nature trails, children, cycles and people with disabilities.

The packs have clear, colour maps for each place, with all the

information you need to help plan your day.

Call Open Country on 01423 507227 and we will gladly post them to you.



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Walking Clubs and Contacts

Open Country Walking Clubs

Based at Thornes Park Nursery,
Thornes Road, WF2 8QE

Tel: 07426 716677

Email: wakefield@opencountry.org.uk

www.opencountry.org.uk/wakefield-project

Open Country has three walking groups across Yorkshire. The 'Wakefield Wildlife Walking Group' goes out all year round with minibus provision and volunteer assistance, accessing the countryside by foot whilst discovering wildlife gems along the way. It is aimed at adults with learning disabilities or sensory impairments.



Disabled Ramblers

www.disabledramblers.co.uk

The Disabled Ramblers help mobility-challenged people get back out into the countryside. Able-bodied helpers are welcome to support members and to help load scooters and other jobs. About 30 rambles are run each year, across England and Wales.

Living Streets

Email: northwest@livingstreets.org.uk

www.livingstreets.org.uk

Living Streets is a national charity which aims to get people to enjoy the benefits of walking.

St George's Walking Group

St George's Community Centre, Broadway, Lupset, WF2 8AA

Contact: 01924 369631 (Diane Farrar)

This group meets at 10am every Thursday for an hour walk off-road around the Lupset area. The group is open to able-bodied people and the routes are not wheelchair accessible.

St Swithen's Healthy Walks

St Swithen's Community Centre, Arncliffe Road, WF1 4RR

Tel: 01924 361212

Email: info@eastmoorcommunity.co.uk



Walking Clubs and Contacts

They meet on Tuesdays at 10 – 11.30am. There is no guide on the first Tuesday of every month but walkers are still welcome to meet up and walk together. Walks are adapted for who turns up on the day and their ability. Large print maps are available on request.

Wakefield Council

www.wakefield.gov.uk



You can download a series of short walks from the Council's website – 'Active Wakefield Health Walks'. Large print versions are also available on request.

The Council's Health Improvement team deliver enjoyable, sociable walks throughout the week, each lasting approximately one hour. Walks start from various locations across the Wakefield District:

- Health Walks & Nordic Walking
Contact: Jon Ainsworth (Scheme Coordinator)
Tel: 01924 307348
Email: healthimprovement@wakefield.gov.uk



Wakefield and District Ramblers Club

Contact: Derek Lowery

Email: wakefieldramblers@gmail.com

www.ramblers.org.uk

This local Ramblers club help local people enjoy walking and protect the places we all love to walk. They organise regular walks led by local experts – a great way to get outside, make new friends and discover how walking boosts your health and happiness. Wakefield and District Ramblers aim to offer at least one walk per week throughout the year, ranging from 4 to 10 miles. Please get in touch to find out about accessibility. The Ramblers have also published 'The Wakefield Way' maps which are available to view at the local libraries and country parks. The colour maps are easy to read and the 70 mile circular route around the circumference of Wakefield is broken into walks of between 3-8 miles.

Wakefield Walking Week

www.wakefield.gov.uk/sport-and-leisure/active-wakefield/walking/wakefield-walking-week

This week long annual celebration of all things walking is held in May each year. Lots of free walks are held around the district for people with different abilities and interests.

Walking Clubs and Contacts

Wakefield Artwalks

Tel: 01924 312000
www.artwalk.org.uk

For ten years, venues across Wakefield have been opening their doors for a bi-monthly evening of visual arts, crafts, workshops, live music, and performances. Everyone is welcome and most events are free, so there's never been a better time to discover a city that's bursting with culture!

Easy Going Walks

Anglers Country Park and Haw Park Wood

Map: OS Explorer 278 Grid ref: SE 375154
Haw Park Lane, Wintersett, Wakefield, WF4 2EB
Contact: Wakefield Council Countryside Service
Tel: 01924 860280
Email: countryside_admin@wakefield.gov.uk



A 2 mile circular walk around the lake with benches and resting places provided along the way. Free electric scooter loan service is available from the Waterton Countryside Discovery Centre on a 'first come, first served' basis. There is an accessible café and two picnic areas on site, as well as accessible bird hides. There is a Changing Places toilet in the visitor centre. Paths are good, fairly flat and well bedded but can get muddy in prolonged periods of wet weather.

Haw Park Wood is an approximately 800m walk from the main car park. It is not as easily accessible by wheelchair because of the rough paths. It is a large plantation that is slowly being reverted back to deciduous woodland. Inside this woodland you will find several paths, including one that takes you past the famous wall of Charles Waterton's first ever nature reserve. You can also go on a less used track to what is thought to be the first ever bird hide in the world, also built by Charles Waterton in 1825. There is a new gate at the entrance to the woods that requires a NKS RADAR Key to open.

The Waterton Trail is a 4 or 5 mile circular trail that links Anglers Country Park with Haw Park Wood by some scenic farmland and public footpaths. The route is generally quieter than the main trails around Anglers lake and offers a good opportunity to witness wildlife and the famous Waterton Park Hotel. It is not suitable for wheelchairs because of the uneven terrain. Sections of the route can get quite boggy in wetter periods. There is an audio Podcast trail to download from the Wakefield Council website.

Easy Going Walks



Ardsley Reservoir

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Map: OS Explorer 289

Grid ref: SE285249

Parking on Haigh Moor Road, WF3 1EF

Contact: 0845 124 2424 (Yorkshire Water Customer Service)

Yorkshire Water has site at Ardsley Reservoir near Wakefield with good access for disabled visitors. Families head there to enjoy a gentle stroll around the water. The route around the perimeter of Ardsley Reservoir is approximately 1.5 miles, fairly flat and offers good views across the waterside and surrounding landscape. There is a free car park on Haigh Moor Road in Tingley. They have recently carried out some general maintenance of the paths. The walking route has been resurfaced to widen the paths. A wheelchair friendly kissing-gate has been installed to allow wheelchair and pushchair access to the Ardsley path. The new gate which is next to the main

access gate to the site is a traditional type kissing gate; you need a NKS RADAR Key to open it.

Bretton Country Park (Yorkshire Sculpture Park)

Map: OS Explorer 278

Grid ref: SE 296124

West Bretton, WF4 4LG

Tel: 01924 832631

Email: info@yvsp.co.uk



The stunning landscape, which is home to the Yorkshire Sculpture Park (YSP), was designed over 200 years ago as a private pleasure ground. Much thought was given to the planting of thousands of imported exotic trees, to the modelling of hills and valleys and the use of water and architectural features. Split up in the late 1940s, the estate has in recent years been brought together by YSP, providing open access. There is a pay and display car park, cafe and accessible toilets, including Blue Badge car parking spaces close to the entrance. There is a Changing Places toilet in YSP Learning. They can offer free maps in the visitor centre of all the accessible routes. Most marked paths are wide and paved but a few on

Easy Going Walks

the other side of the lake are unpaved, undulating and can get quite muddy in wet weather. Please note the car park is locked 30 minutes after closing. This is one of the most accessible outdoor spaces in the district, with a lot of interesting sculptures to enjoy around the site.

Campsall Country Park

Map: OS Explorer 279 Grid ref: SE 547141
Churchfield Road, Camsall, DN6 9NU
Contact: Doncaster Council
Tel: 01302 300789

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Just outside the Wakefield boundary into Doncaster is this wooded park with ponds, meadows and wildflower areas. The main car park for Camsall Park is sign posted off Churchfield Road; the access is at the top of the park and there is a large kissing gate which is wide enough for manual wheelchairs but some larger mobility scooters may not fit through. If parking at the main car park, you have to walk down a fairly steep hill. You can access the pond, avoiding the grass slope, via Back Lane. Once on the flat there is a recently resurfaced path made of limestone chippings, although the level is quite bumpy in a few places. This path is circular and goes all around the long pond and through woodland over a carriage bridge and past the small pond. All other paths are not suitable for wheelchairs or those with walking difficulties, especially in winter as they get very wet. Aside from the main path there is a good deal of grassland suitable for walkers or wheelchair users in the drier months.

Carr Lodge Park

Map: OS Explorer 278 Grid ref: SE 298185
Off Wakefield Road, Horbury, WF4 5HE (although it could be 5 other postcodes)
Contact: Wakefield Council
Tel: 0345 8 506 506

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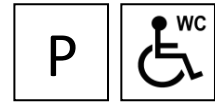
Carr Lodge Park is adjacent to Horbury town centre, surrounded by pleasant residential streets which would provide parking. In the heart of the park is Carr Lodge mansion, a large private residence dating back to the 18th century. The woodland and gardens are well maintained with mainly concrete and some loose gravel paths (although some of the concrete is a little uneven in places), walking is mainly on the flat with some slight inclines. There is a children's play area, basketball and tennis court, football pitch and also a skate park if you are feeling particularly adventurous.

Easy Going Walks

Wakefield Cathedral and Sandal Castle can be seen in the distance on clear days, along with the rest of Wakefield. Volunteer community groups help with some of the planting and maintenance of the grounds, restoring a vintage conical roofed shelter, painting it with beautiful graffiti style murals, some of which remember the fallen.

Crow Nest Park

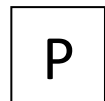
Map: OS Explorer 288 Grid ref: SE 233214
Heckmondwike Road, Dewsbury, WF13 2SA
Contact: Kirklees Council Streetscene Department
Tel: 01484 414700



Green Flag Award winning Crow Nest Park in Dewsbury opened to the public in 1893, founded upon the landscaped gardens of a country house estate. The grounds have been landscaped since the 16th century, gradually transforming the area from farmland into parkland. It is set on a sunny south facing hillside with outstanding views over the surrounding towns and countryside. There are a number of attractions including an adventure playground, museum, formal lawns, greenhouse with fernery, café, sports facilities, walled wildflower garden and an ornamental lake. The park was designed to bring a feel of the countryside into what was, at the time, a very industrial area, with most of the town's residents employed in the many nearby textile mills. Wheelchair access is generally good throughout the park with paved paths. There are no accessible toilets on site (the nearest one at the time of writing was Dewsbury West Community Centre, Church Street, Ravensthorpe). Wheelchair users may need assistance on some of the steeper hills.

Dearne Valley Country Park

Map: OS Explorer 278 Grid ref: 362066
Pontefract Road, Barnsley, S71 1HS
Tel: 01226 773136
Email: parkservices@barnsley.gov.uk



On the north side of Barnsley lies this stretch of 80 hectares of parkland that runs alongside the river for two miles from Old Mill to the Trans Pennine Trail viaduct at Lundwood. The site is popular with cyclists, walkers and birdwatchers and also features a skate park and children's play area. Dearne Valley Country Park consists mainly of pockets of woodland with a network of public footpaths. There is a 1.2 mile paved walk around the lake and Blue Badge parking just next to this.



Easy Going Walks

Dewsbury Country Park

Map: OS Explorer 288 Grid ref: SE 224207
Park Road, Dewsbury, WF13 3TH
Contact: Kirklees Council Streetscene department
Tel: 01484 414700

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Dewsbury Country Park is located on the former Lower Spen Valley Landfill site between Ravensthorpe, Dewsbury Moor and Heckmondwike. A newly developed park which offers a short easy access walk of 1.2 miles around the outside and links to the Spen Valley Greenway via a long stretch of traffic-free cycle path. It is one of the newest public open spaces and one of the largest new areas of tree planting in the north of England! At the time of writing, there were no public toilet facilities on site, with potential plans to put some in over the coming years. There are several 'A frame' barriers around the site, making access difficult for wide-framed wheelchairs but the paths are relatively flat, even and wide.

Fairburn Ings

Map: OS Explorer 289 Grid ref: SE 453274
Newton Lane, Castleford, WF10 2BH
Contact: RSPB
Tel: 01977 686191



The Lin Dike Link and Coal Tips trails provide up to 4 miles of gravel paths running alongside the River Aire. Accessed via RSPB Fairburn Ings nature reserve visitor centre, close to the A1. There is a steep hill at the beginning of the coal tips, but most of the path is level with a gravel surface. In periods of heavy rain and snow, these paths can occasionally flood and become inaccessible. You can walk through habitats including woodland, grassland, reedbed and open water which means more opportunity to spot birds and other wildlife that call this site their home. Fairburn Ings was awarded Open Country's 'Good Access Scheme' award in 2016 for improvements to their disabled access, in particular path improvements. The visitor centre is open 9am – 5pm every day of the week selling hot and cold drinks, snacks and sandwiches. Mobility scooters can be loaned for the day in advance through a donation scheme and site access advice can be given in the centre.

Fitzwilliam Country Park

Map: OS Explorer 289 Grid ref: SE 415153
Off Wentworth Terrace, Fitzwilliam, Wakefield, WF9 5BZ
Contact: Wakefield Council Countryside Service
Tel: 01924 860280
Email: countryside_admin@wakefield.gov.uk

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Easy Going Walks

The park is within a 30 minute drive of Wakefield. There is a small car park on the site but no toilets. Explore the open grassland, wander through the woodland and watch the wildlife meander around the ponds. Keep an eye out for water vole, skylarks, buzzards and meadow pipit as you explore the park along the accessible paths. Formerly a drift mine, landscaped in 1991 and transformed into a country park consisting of wide open spaces, woodland, amenity grassland and ponds, managed to protect and improve its habitats for the benefit of wildlife. There is a network of way-marked paths that are easily accessible in fair weather. The park is located right next to Fitzwilliam train station, 7 miles south east of Wakefield and is about a mile from Hemsworth Water Park and its facilities.

Friarwood Valley Gardens

Map: OS Explorer 289 Grid ref: SE 456216
Friarwood Lane, Pontefract, WF8 1PL
Contact: Wakefield Council Countryside Service
Tel: 01924 860280
Email: countryside_admin@wakefield.gov.uk

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Friarwood Valley Gardens were laid out as a public park in the mid-20th century in the town centre of Pontefract, on a site originally associated with the town's medieval monastery. There was a friary on the site of the present gardens until the dissolution of the monasteries in the mid-16th century. After this the site was used as a cemetery until orchards were planted in the 18th century. The area was laid out as private gardens towards the end of the 19th century. The area was developed as a public space in 1950 at the time that an adjacent road was widened. The Council hold special events at Friarwood Valley Gardens throughout the year. Ring for details. There is a sensory garden and aviary to visit, good wheelchair accessible paths around the gardens and new signage around the site. There is a charge for parking.

Frickley Country Park

Map: OS Explorer 289 Grid ref SE 463100
Broad Lane, Frickley, South Elmsall, WF9 2EF
Contact: The Land Trust
Tel: 01977 514741

The area was previously the Frickley Colliery and was transformed into a 75 hectare (180 acre) country park for the local community and visitors to enjoy. There are over 7 miles of footpaths and cycle ways to explore.



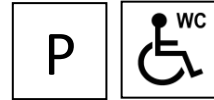
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Easy Going Walks

Wheelchair access is generally good with wide, well-compacted tracks; however some of the slopes of the former tip are steep due to the lay of the land. There are a few small parking spaces around the park, the largest being Curlew View Car Park at the end of Broad Lane. There are also several works of art which hark back to the land's industrial past.

Hemsworth Water Park

Map: OS Explorer 279 Grid ref: SE 425146
Hoyle Mill Road, Hemsworth, Wakefield, WF9 5JB
Contact: Hemsworth Town Council
Tel: 01977 617617
Email: clerk@hemsworthcouncil.co.uk

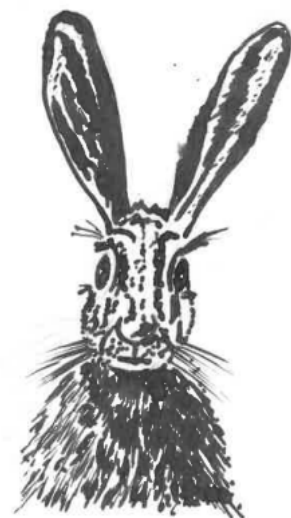


The park has two lakes; the largest lake has good wheelchair access and is available for pedalo rides and has sandy beaches; the smallest lake is in a more secluded area to attract wildlife. Both lakes are stocked for fishing which is available all year round dawn 'til dusk. There are also plenty of grassed areas for picnics and games. To extend your walk you can pick up footpaths around the site and head across Kinsley Common to Hoyle Mill Dam. Parking is discounted for local residents or free for Blue Badge holders. There are accessible toilets at the boating pavilion.

Lofthouse Colliery Nature Park

Map: OS Explorer 289 Grid ref: SE 328244
Roadside parking on Colliery Approach, WF3 3JG
Contact: Wakefield Council Countryside Service
Tel: 01924 860280
Email: countryside_admin@wakefield.gov.uk

Located 3 miles north of Wakefield, this special place for nature consists of woodlands, heathlands, a playing field and a pond. Restored in the late 1980s, this old pit site is maturing into a deciduous woodland of native species, mostly birch and oak, supporting woodpeckers, bullfinches and other woodland birds. The site was designated as a Local Nature Reserve in 2020. A range of wildflowers such as bird's foot trefoil can be found at the highest part of the park due to the thin soil. There are a few ways into the park and there is no formal car park but free roadside parking is available on Colliery Approach. Most of the paths are gently sloping and suitable for most abilities but there are some steeper tracks.



Easy Going Walks

Newmillerdam Country Park

Map: OS Explorer 278 Grid ref: SE 331157
Barnsley Road, Newmillerdam, WF2 6QP
Contact: Wakefield Council Countryside Service
Tel: 01924 860280
Email: countryside_admin@wakefield.gov.uk



Situated off the A61 between Wakefield and Barnsley, the site covers 237 acres of mixed woodland and a lake. The 1.8 mile lakeside path is suitable for wheelchair users with seating and leaning posts by the path. There is also a pleasant wheelchair accessible boardwalk through the woodland, although at the time of writing, some of the boardwalk had been burnt down, meaning the path is no longer circular. Accessible toilets are available in the smaller car park by the dam (RADAR key required). The larger Council-run car park at the other end of the dam has four Blue Badge car parking spaces (free all day parking for Blue Badge holders) that comfortably fit vehicles up to minibus size. Charges apply for non-disabled parking in the same car park. There is one Blue Badge car parking space in the smaller car park. There are several pubs and cafés around the country park but some involve crossing a busy road to get to. The Boathouse is now a privately run café – check for opening times.

Nostell

Map: OS Explorer 289 Grid ref: SE 404174
Doncaster Road, Nostell, WF4 1QE
Tel: 01924 863892
Email: nostellpriory@nationaltrust.org.uk
www.nationaltrust.org.uk/nostell-priory

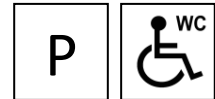


You can follow the accessible pathways around the parkland. The Carriageway Path reinstates the route of an 18th century carriage drive to the Obelisk Lodge. The Hardwick Beck path provides a surfaced linear route along the course of the stream heading east. There is an admission fee for the house and formal gardens, but the parkland is free to National Trust members or Blue Badge holders (there are parking charges if not). A single sheet map of the walking paths and visitor information is available from the hut by the main car park or stable courtyard reception. There are buggy rides from the main car park to within the stable courtyard, if available on the day.

Easy Going Walks

Pontefract Park

Map: OS Explorer 289 Grid ref: SE 442227
Park Side, Pontefract, WF8 4RD
Contact: Wakefield Council Countryside Service
Tel: 01924 860280
Email: countryside_admin@wakefield.gov.uk



Located just a mile north of the town centre, Pontefract Park holds many events each year and is home to a racecourse. It is an ideal place to visit because of its free parking and easy accessible routes.

Pontefract Park North is a Local Nature Reserve, offering a range of habitats and often forming complex mosaics of vegetation; with grassland, a lake, as well as young woodland, wetland and small areas of open water. The most accessible route follows the circular track around the lake where the path made of tarmac. Please note that in 2021, there are considerable construction changes in Pontefract Park that may affect parking and facilities.

Pugneys Country Park

Map: OS Explorer 278 Grid ref: SE 324180
Asdale Road, Off Denby Dale Road, Wakefield,
WF2 7EQ
Tel: 01924 302360
Email: pugneyscp@wakefield.gov.uk



A 250 acre site with two lakes, built on what was formerly an open cast mine and sand and gravel quarry, the largest of which has a 1.6 mile track running around it. An electric wheelchair is available for use around the park for a small charge. There is a visitor centre with café and accessible toilets by the car park, which is open every day. Also of interest are the ruins of Sandal Castle which overlook the park and Pugneys Light Railway - the little electric train around the some of the park and is well worth a trip! Please note the walking routes up to Sandal Castle are not wheelchair accessible but it can be accessed by car. The picnic benches and other seating are clustered around the main visitor centre.

Purston Park

Map: OS Explorer 289 Grid ref: SE 429197
Ackworth Road, Featherstone, Pontefract, WF7 5LR
Contact: Streetscene Services
Tel: 0345 8 506 506
Email: streetsceneestates@wakefield.gov.uk

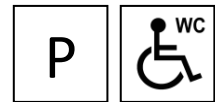


Easy Going Walks

Purston Park is a small recreational park just outside Featherstone with farmland surrounding it and an old stately home in the centre. There is a small car park and paved footpaths around the site but no public toilets. There is a pond, open field, kid's play area.

Rabbit Ings Country Park

Map: OS Explorer 278 Grid ref: SE 374117
Lund Hill Lane, Royston, S71 4BB
Contact: The Land Trust
Tel: 07786 748985 (Estates Manager, The Land Trust)
Email: iankendall@thelandtrust.co.uk



An extensive network of footpaths comprised mainly of non-bonded crushed material. Most are in excess of 2.5 metres wide, but there are narrower trails through wooded areas which are unsurfaced. Paths vary in gradient from flat to 1:10 or steeper. There are a limited number of seating areas at varied intervals throughout the woodland, most in excess of 500m apart. Access onto the site is through access-control barriers which permit motorised buggies. In spring, skylarks can be heard above you and kestrels regularly use the grasslands to hunt for rodents. Parking is free but the car park closes at night. There are toilet facilities on site, available during visitor centre opening hours.

Southern Washlands and Stanley Ferry Flash

Map: OS Explorer 289 Grid ref: SE 352229
Ferry Lane, Stanley, WF3 4LT
Contact: Wakefield Council Countryside Service
Tel: 01924 860280
Email: countryside_admin@wakefield.gov.uk

Starting from the main car park at Stanley Ferry pub, off Ferry Lane, there are a series of interlinking, short walks around this wildlife-rich area. The easiest route for wheelchairs is the linear one up and down the canal. Please note that older postcodes and maps to get to this site may not be readable as the local roads have been changed in the past few years. There are no public toilets but accessible toilets are available to paying customers at the Stanley Ferry pub. There are many signs highlighting the routes around the wetlands. Paths around the lakes can get muddy in the winter months.

Spen Valley Greenway and Jo Cox Community Woods

Map: OS Map 288 Grid ref: SE 191245
Best parking is at WF15 8DF, where there is no car park but on road parking near Quaker Lane.

Easy Going Walks

Contact: Spen Valley Civic Society (Erica Amende)

Tel: 01274 875262

Email: Erica.amende@talktalk.net

From *Tesco's* car park you go about 900 yards south, taking the second exit on the right (west side). This junction is marked with a sign for the wood (on a tall railway sleeper post) and has a seat made from a large digger's scoop. Go down the gently sloping access path and turn right at the bottom immediately after the two Greenway entrance ironworks.

There you will see one of the two kissing gate entrances to the Jo Cox Community Wood. You need a RADAR key to open the kissing gate to its full extent. Picnic tables are close to this entrance – one is designed for wheelchair users. From this start point, if you are on the Greenway and get to a dozen life-size scrap metal sheep, you have passed the exit you need. The path along the Greenway is generally flat and wide enough for two lanes of traffic although it can get busy. The paths in the Jo Cox Woods are mostly flat but narrow in places (ranging from 0.75m to 2m in width). There are no public toilets on the Greenway or the Wood. In the centre of Cleckheaton on Horncastle Street there is an accessible public toilet at the outside of the covered market (grid ref SE 190253).

Cleckheaton Town Hall should have a disabled access toilet but at the time of writing it was out of action.

St Aidan's Nature Park

Map: OS Explorer 289

Grid ref: SE 401287

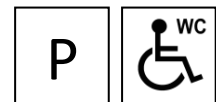
Astley Lane, Great Preston, Leeds, LS26 8AL

Contact: RSPB

Tel: 0113 232 0529 (visitor centre)

Email: staidans@rspb.org.uk

www.rspb.org.uk



This 400 hectare nature park, located between Leeds and Castleford, is great for walking, cycling, and wildlife watching alike. There is a network of 12 kilometres of footpath walks across four circular walking trails, taking you through a variety of habitats including reedbed and young woodland. You can download a trail map from the RSPB website or you can pick one up in the visitor centre on arrival. There is ramped access to the visitor centre and balcony (less than 1:12). Just to the side of the visitor centre is a short hill, leading onto some of the trails. This can be challenging to climb up with wheelchair users but there is a new more accessible route to the lakeside, which starts in front of the visitor centre. Picnic benches are currently clustered around the front of the visitor centre but plans are underway to put more seating along the routes. There is an accessible toilet in the visitor centre by the main car park which is open during centre opening hours (everyday, except Christmas Day).

Easy Going Walks

The new automatic car park gates are now fully installed and will lock promptly at 8pm each evening. The site was formerly an open-cast coal mine, home to the 'Oddball' walking dragline, where it last worked.

Thornes, Holmfield and Clarence Parks

Map: OS Explorer 278

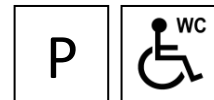
Grid ref: SE 321195

Main car park is off Horbury Road (signposted for Wakefield College and Thornes Park Stadium), WF2 8TY

Contact: Streetscene Services

Tel: 0345 8 506 506

Email: streetsceneestates@wakefield.gov.uk



This site is a combination of 3 parks linked together, which are sometimes referred to collectively as 'Wakefield Park' due to the proximity to the city centre (less than 1 mile south). Within the stadium you can find accessible toilets and a hot drinks machine. Another free parking option is the lower part of the park, next to the pond off Thornes Road, where there is a small, wheelchair accessible café. Finally, there is a small, free car park, just off the roundabout on Denby Dale Road, before the hill up to the Holmfield Arms pub. Inside the park you can find everything from a duck pond, aviary, pet graveyard, rose garden and plant shop, secret garden and even a wheelchair accessible cactus house! Paths in and around the park are mainly paved and well-surfaced. The exception is the path from Thornes Park to Clarence Park, through a small patch of woodland, which has a few protruding tree roots and can get muddy in winter. There are a few paved small hills through the centre of the park but most of these can be avoided by taking the lower circular path. Based on the children's book, there is a self-guided mini 'Room on the Broom' quiz trail around most of the park. An outdoor gym trail has been installed recently and offers a mile circuit around the park with fitness stations including bench press, pull-up bars and hurdles along the way. At the time of writing, the orienteering markers were still visible within the park but there is little information available about accessing appropriate orienteering maps to go with them.



Easy Going Walks

Upton Country Park

P

Map: OS Explorer 289

Grid ref: SE 475132

Main car park by fishing pond: Off High Street, WF9 1HR

Car Park next to Upton Library: Off Waggon Lane, WF9 1HX

Contact: Wakefield Council Countryside Service

Tel: 01924 860280

Email: countryside_admin@wakefield.gov.uk

There is a circular route around the fishing lake, which has free parking next to it. The route is approximately 800m. The path surface is generally smooth and consists of crushed stone. There are no steep gradients but some of the paths get narrower around the top end of the park. There are no toilets on site, but Upton Library is open four days a week with a accessible toilet available to park users. Bullcarr Mires is a Local Nature Reserve, the other side of High Street, down a short path next to the Coop shop. The Mires are not wheelchair accessible due the wet, marshy nature of the ground and narrow farm paths. Waterproof boots are always needed due to the lay of the land and boggy areas.

Vale Head Park

P

Map: OS Explorer 279

Grid ref: SE 425150

There is a car park outside the pavilion (just off Wakefield Road, WF5 9JA)

Contact: Wakefield Council Countryside Service

Tel: 01924 860280

Email: countryside_admin@wakefield.gov.uk

Just next to Hemsworth Water Park lies this small but beautiful park, managed well by Wakefield Council and a very proactive 'Friends of' group. Although there are some short, sharp hills in the park, wheelchair users can access most of the site, including a short trip down from the car park. There are two Blue Badge spaces outside the Pavillion. Inside the Pavillion are general toilets although they are not usually open. At the time of writing there were plans to develop the Pavillion into a café.

Walton Colliery Nature Park

P

Map: OS Explorer 289

Grid ref: SE364175

Shay Lane, Walton, WF2 6PR

Contact: Wakefield Council Countryside Service

Tel: 01924 860280

Email: countryside_admin@wakefield.gov.uk

This site ceased mining in the early 1990's and was soon transformed into the blossoming nature reserve it is today, with ponds, grassland and

Easy Going Walks

woodland at the side of the railway line. The trees are still getting established and the lakes are fairly new. There is a small, free car park just off Shay Lane with a few picnic benches at the entrance, on a grassy patch. There is a main, wide circular path that runs around the park with some smaller, less-well-marked tracks leading off.

Wilton Park

Map: OS Explorer 288 Grid ref: SE 232257
Car park off Bradford Road, Batley, WF17 8NN
Contact: Kirklees Council Streetscene department
Tel: 01484 414700

P

This recreational park in Batley was opened to the public in 1909 in the grounds of an old mansion, which now serves as the Bagshaw Museum. The grounds include formal gardens, a grand lake, open fields and natural woodlands. Both the park and museum have reasonable wheelchair access; there is a large lift in the museum, Blue Badge parking spaces and wide paved tracks throughout the park. The car park is just off Bradford Road. There are also several bus stops along the edge of the park (near the lake) on Bradford Road.

Wrenthorpe Park and Alverthorpe Meadows

Map: OS Explorer 289 Grid ref: SE 319223
Wrenthorpe Road, Wrenthorpe, WF2 OHS
Contact: Wakefield Council Countryside Service
Tel: 01924 860280
Email: countryside_admin@wakefield.gov.uk

P

Designated as a Local Nature Reserve in 2008, Alverthorpe Meadows and Wrenthorpe Park form a green oasis within the residential suburbs of Wakefield, which lies in a shallow valley drained by Balne Beck on its way south-eastwards to the River Calder. The meadows are a relic of a former time, with old hedgerows and clearly visible medieval ridge and furrow patterns. There are some new benches that have been put around the site. Access around most of the site is on fairly even, paved paths. There are also boardwalks and bridges over the wetter areas. The free car park is off the Wrenthorpe Road entrance, after you go under the railway bridge.

Markets

Wakefield Open Market

Union Street, Wakefield, WF1 3AD
Thursday, Friday, Saturday, 8.30am – 4pm
Tel: 01977 727196
Email: marketwakefield@wakefield.gov.uk

Wakefield's new Open Market has launched in the Cathedral Precinct in the heart of the city centre, offering a wide range of products including fresh fruit and vegetables, baked goods, clothing, cosmetics, household products, sweets, street food and much more. Catering and street food on offer include falafel, hot and cold sandwiches, jacket potatoes and salads.

Castleford Market

Carlton Street, Castleford, WF10 1BE
Indoor Market: Monday–Saturday, 9-5pm (Wednesday, 1pm closing)
Outdoor Market: Monday, Thursday, Friday, Saturday, 8.30am – 4pm
Tel: 01977 727196

Castleford Market Hall is home to more than 80 traders including a delicatessen, a fresh fishery and a butcher's shop. There are also cafés where you can stop for refreshment. The open market has clothing and unusual jewellery featuring semi-precious stones. There is also a popular second-hand market on Thursdays.

Normanton Market

Market Street, Normanton, WF6 2AT
Tuesdays and Saturdays, 8.30am – 4pm
Tel: 01924 305387 (market days) 01977 727196 (other times)
Email: markethnormanton@wakefield.gov.uk

Normanton Market has 18 shops which sell fresh produce, flowers, hardware, greetings cards, household textiles and much more. There is also a café where you can stop for refreshment. The Open Market has more than 40 stalls where local traders sell everything from fresh produce, plants and sweets to clothing, prams and DIY tools.

Ossett Market

Town Hall, Precinct Street, Ossett, WF5 8BE
Tuesdays and Fridays, 8.30am – 4pm
Tel: 01924 302998 (market days) or 01924 305907 (other times)
Email: marketossett@wakefield.gov.uk

Ossett Open Market is located on the pedestrian precinct. Its 60 stalls offer flowers, fruit and vegetables, household goods, clothes, shoes, carpets, cosmetics, handbags and much more. A Craft and Flea Market is

Markets

held in Ossett Town Hall alongside the outdoor market. It offers a wide variety of goods including bric-a-brac, jams and pickles.

Pontefract Market

Market Place, Pontefract, WF8 1AU

Monday – Saturday, 9am – 5pm

Tel: 01977 722725

Email: marketpontefract@wakefield.gov.uk

Pontefract is home to Wakefield District's largest street market, extending from the market place to the area near the museum and library behind St. Giles church. The market offers a wide variety of goods from fresh produce, baked breads and fish to fashion, jewellery and flowers. The open markets are held on Wednesday and Saturday with a local farmers' market on Fridays. Open six days a week, Pontefract Market Hall is home to 28 independent traders selling fresh meat, produce, cheese, carpets, fashion and much more.

South Elmsall Market

Market Place, Barnsley Road, South Elmsall, WF9 2SE

Tuesday, Friday & Saturday, 8.30am – 4pm

Tel: 01977 723375 (market days), 01977 722725 (other days)

Email: marketsthelmsall@wakefield.gov.uk

South Elmsall has an open market where you can buy fruit and vegetables, greetings cards, homeware and clothing for all ages.



Outing Clubs

Open Country Weekend Outings

Based at Thornes Park Nursery, Thornes Road, WF2 8QE

Tel: 07426 716677

Email: wakefield@opencountry.org.uk

www.opencountry.org.uk/wakefield-project



Open Country run outings every weekend throughout the year, with at least two a month in Wakefield. We travel to a wide variety of outdoor places, including beach trips, stately homes, gardens and nature reserves. We occasionally do evening activities too, like bat walks or ghost walks! The outings, which are run with minibus provision and volunteer assistance, are aimed at people with physical disabilities and sensory impairments.

Carers Wakefield Outings

25 King Street, WF1 2SR (main office)

Tel: 01924 305544

www.carerswakefield.org.uk

Through the week, various outings are run with minibus or coach provision to places such as Yorkshire Wildlife Park and Blackpool beach. You need to be a registered carer to go out with this support group. Ring for more details, a programme of activities and costings.

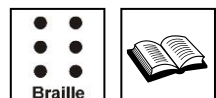
Wakefield District Sight Aid Outings

35 Peterson Road, Wakefield, WF1 4DU

Tel: 01924 215555

Email: admin@wdsa.org.uk

www.wdsa.org.uk



Outings

This charity supports local people living with sight loss, and runs a programme of regular trips and events during the year, such as outings to open gardens and nature reserves, lunches with entertainment and dancing, and more. Activities and trips are advertised in their quarterly newsletter which is available in large print, Braille and audio.

Outings

Cannon Hall Farm and Hall

Cannon Hall Farm, Cawthorne, Barnsley, South Yorkshire,
S75 4AT

Tel: 01226 790427 (office) 01226 792746 (farm shop)

Email: info@cannonhallfarm.co.uk



Just outside the Wakefield boundary, this large open farm has plenty to offer. From sheep racing to rare breeds of cattle, this is one of the most interesting and fun days out near Wakefield. Cannon Hall Farm opened to the public for the first time in 1989. Since that time they have added adventure playgrounds, a gift shop, farm shop, two restaurants and an indoor playground. There is a large barn which has accessible seating for picnics. There are some slopes where manual wheelchairs may need assistance, particularly the path down to the animal barn. It is now one of the largest farm attractions in the UK and the winner of many awards, including for improvements to its accessibility. Cannon Hall Country Park, Museum and Walled Gardens are separate and free to visit. They are owned and operated by Barnsley Metropolitan Borough Council. Please note the Gardens are locked at night and closed sometimes for special events.

Diggerland

Willowbridge Lane, Whitwood, Castleford, WF10 5NW

Tel: 0871 22 77 007

Email: mail@diggerland.com

www.diggerland.com



Diggerland is the Adventure theme park where adults and children can ride, drive and operate real diggers, dumpers and other full-size machinery. There are disabled car parking bays and the pathways inside Diggerland are concrete, tarmac or gravelled so wheelchair and mobility buggy access should be adequate.

Outings

Farmer Copley's

Ravensknowle Farm, Pontefract Road, Pontefract, WF7 5AF

Tel: 01977 600200

Email: info@farmercopleys.co.uk

www.farmercopleys.co.uk



With a farm shop, café and restaurant, Farmer Copley's showcases British agriculture to the community. There is ramped access to the shop and café, with an accessible toilet and Blue Badge parking near the entrance. The surrounding fields offer pleasant walks and are home to their weekly car boot sale.

Hepworth Gallery and Gardens

Gallery Walk, Wakefield, WF1 5AW

Tel: 01924 247360

Email: hello@hepworthwakefield.org

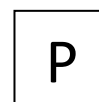


Set on the weir of the River Calder, this venue is more than just a world-famous art gallery. At the time of writing, the Hepworth Garden was almost finished and there is good wheelchair access throughout. The gallery itself has lifts and wide paths. Combine a visit to the Hepworth with Chantry Chapel, just across the road, but be cautious, the roads are busy. Use the pelican crossing points available.

Ledston Hall and Park

Hall Lane, Ledston, Castleford, WF10 2BB

www.parksandgardens.org



Ledston Hall has early formal gardens, pleasure grounds and a landscape park. The park covers around 170 hectares. It dates from the 17th century. The gardens to the south and west of the Hall are walled in stone apart from part of the north wall. To the south there are grassed terraces running down to the south and a path leads to iron gates and a set of stone steps. Please note there are no public toilets within the park and wheelchair access is limited to shorter routes.

National Coal Mining Museum for England

Caphouse Colliery, New Road, Overton,
Wakefield, WF4 4RH

Tel: 01924 848806

Email: info@ncm.org.uk

www.ncm.org.uk



Outings

Experience the working world of coal-mining, past and present. Based around an 18th century colliery, visitors can go 450 feet underground! A wheelchair accessible underground tour is available, but only two wheelchairs are allowed at a time. Electric wheelchairs are not permitted underground because of the interference from batteries; manual wheelchairs are available to borrow if you book in advance. The Nature Trail is barrier free, but very steep. There is no entry fee to the trail, and an audio tour is available.

Nostell

Doncaster Road, Nostell, Wakefield, WF4 1QE

Tel: 01924 863892

Email: nostellpriory@nationaltrust.org.uk

www.nationaltrust.org.uk/nostell-priory



An architectural masterpiece complemented by peaceful tree-lined walks beside the lake and through the parkland, breathtaking rhododendrons and a host of rose varieties. Most of the grounds, café and picnic area are accessible. Wheelchairs and a single-seater Protected Mobility Vehicle (PMV) are available but book prior to your visit. The entrance to the house is level and there are lifts to other floors. See 'Easy Going Walks' – page 10.

Oakwell House, Gardens and Park

Nutter Lane, Birstall, WF17 9LG

Contact: Kirklees Council

Tel: 01484 41470

www.kirklees.gov.uk/beta/museums-galleries-history/oakwell-hall



Oakwell Hall is furnished as a family home in the 1690s and offers visitors a real insight into a post-English Civil War household. The site also includes over 100 acres of country park, a visitor centre, gift shop, nature trail, picnic sites, playground and countryside centre. You can download an 'Easy Access' PDF map from the Council website.

Ponderosa Rural Therapeutic Centre

Ponderosa Park, off Smithies Lane,

Heckmondwike, WF16 0PN

Tel: 01924 235276

Email: info@ponderosa-centre.co.uk

www.ponderosa-park.co.uk/centre



Situated in 20 acres of lovely countryside, this farm has a variety of rare breeds, reptiles, birds of prey and mammals to visit and touch. There are also grounds to walk in, a shop, café and garden centre. The farm is fully

Outings

accessible, with disabled toilets and two wheelchairs for loan by prior arrangement.

Pontefract Castle

Disabled car park bays: Castle Chain, Pontefract, WF8 1QH

General car park bays: Castle Car Park, WF8 2JF

Tel: 01977 723440

Email: castles@wakefield.gov.uk



Once hailed as the Key to the North, this historically important fortress has seen many changes over the centuries and has some captivating stories to tell. From battles and sieges, starvation and destruction to royal infidelity and the cultivation of liquorice, you'll be surprised at what those walls have seen! Tread in the footsteps of Kings and Queens and explore the historic ruins of the castle. Go and play in their wide open space, experience the darkness of the dungeon. There are steps leading down to the dungeon. They have a visitor centre, gift shop and wheelchair accessible café. They recommend calling in advance to find out what's happening.

Pontefract Racecourse

Pontefract Park, Park Road, Pontefract, WF8 4QD

Tel: 01977 781307



Located in Pontefract Park, this popular day out has a lift for access to the Club Grandstand. A step free path runs around the back of the grandstands, and offers a link to all enclosures. There are also tarmac paths leading to the viewing lawns.

Sandal Castle

Manygates Lane, Sandal, Wakefield, WF2 7DS

Tel: 0345 850 6506 (Heritage Officer)

Email: castles@wakefield.gov.uk

www.wakefield.gov.uk



Dating back to the early 12th century, it is the finest excavated motte and bailey castle in northern Europe. This Castle has recently undergone some renovations and is now open to the public again. Access to the grounds is still limited to the perimeter path and bailey for those with mobility difficulties. The castle has free entry. Ring for further details. Join this outing with a visit to nearby Pugneys Country Park, see 'Easy Going Walks' – page 12.

Outings

Wonkey Donkey Sanctuary

Little Oaks Farm Donkey Sanctuary, Cobcroft Lane,
Criddling Stubbs, Knottingley, WF11 0AZ

Tel: 01977 219924

www.wonkey-donkey.co.uk



The Wonkey Donkey Visitors Centre is a family-run donkey sanctuary. They rescue and rehabilitate ill, mistreated and abandoned donkeys. They offer the chance to experience up-close contact with the donkeys, goats and horses in their care. The guided tour around their centre allows you to meet the animals. Wheelchair access is generally good throughout the farm and there is also a wheelchair to loan out. They have a café, ice cream parlour, under 5's indoor play area and indoor sensory room.

Yorkshire Sculpture Park

West Bretton, Wakefield, WF4 4LG

Tel: 01924 832631

Email: info@ysp.co.uk

www.ysp.co.uk



An international centre for modern and contemporary sculpture, housed in the 18th century Bretton Hall estate. There is an accessible sculpture trail for wheelchair and pram users (guides to this area available in different formats). Next to the 100 acre Bretton Country Park, which has a display of Henry Moore sculptures, is a visitor centre, cafe and shop with accessible toilets and lifts. Electric scooters available free for those with mobility problems – please book to ensure availability. There are a number of shuttle buses available to help get around the site. Admission is free but parking charges apply including for Blue Badge holders. See 'Easy Going Walks' – page 4.

Sports Clubs and Contacts

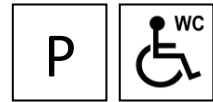
Disability Sport Yorkshire

Denhale Active Recreation Centre, Denhale Avenue,
Wakefield, WF2 9EF

Tel: 01924 372382

Email: staff@fsdo.co.uk

www.disabilitysportyorkshire.org



This local organisation creates sport and recreation opportunities for disabled people in Yorkshire and the Humber. They work with a number of partners to improve and increase opportunities offered, ensuring disabled people have a memorable experience of sport and physical activity.

Sports

Climbing

Gravity Rocks

Based at Xscape, Colorado Way, Castleford, WF10 4TA

Tel: 01977 529920

Email: centraladmin@gravity-uk.com

www.gravity-uk.com



Try climbing a huge Utah inspired rock climbing tower! This indoor wall is the biggest in the area and instructors offer classes and open sessions for people with most abilities, as long as the participant has full control over their limbs and can follow basic safety instructions. People at risk of panicking at heights or trying to tamper with their harness whilst on the wall cannot participate.

Cricket

Yorkshire Visually Impaired Cricket Club

Contact: John Garbett, Development Officer

Tel: 07769 909906

Email: JohnGarbett8@virginmedia.com



Formed in 2008, they cater for all visually impaired people and players of all ages & abilities. As well as the cricket, there is also a strong social side to the club. They run two teams, one in national competitions and a development team in the north & east regional league. There are also many opportunities throughout the year to be taught by their qualified Level 2 coaches, some of whom are visually impaired themselves and this includes a junior group funded by Children in Need. Their main bases for playing and training are Old Sharlston Cricket Club near Wakefield but matches are played all over the country.

Sports Clubs and Contacts

Football

Pontefract Pirates

Pontefract Collieries Football Club, Beechnut Lane, Pontefract, WF8 4QA

Contact: James Grayson

Tel: 07912 934417

www.pontefractcollieries.com

This club offers a range of football opportunities for people with learning and physical disabilities, including juniors.

Golf

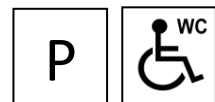
City of Wakefield Golf Club

Gaskell Pavilion, Horbury Road, WF2 8QS

Tel: 01924 360282

Email: jonfrancis@wakefield.gov.uk

www.cowgc.co.uk



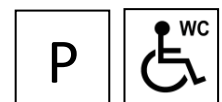
Length of the course is 6,400 yards, Par 72. One mile from the centre of Wakefield lies this 18 hole golf course on gently undulating mature parkland, providing a great test of golf to all levels of players. There are accessible toilets and changing facilities, Blue Badge parking and a fully accessible Sports Pavilion and Club House. Golf buggies are available to hire and lessons are available for adults through the Council's 'Exercise on Referral' programme.

Hockey

Wakefield Flyerz

Wakefield Sports Club, Eastmoor Road, WF1 3RR.

Tel: 079662 28505



They give people with disabilities an opportunity to learn and play hockey, running a weekly session, currently Tuesday evenings at 7pm.

Multi-sports

Wakefield Autism Leisure Club (WALC)

Contact: Claire Stephenson

Tel: 01924 820233

Email: Claire.richard@talktalk.net

www.walc-online.com

Sports Clubs and Contacts

This sports club for children and young adults with autism runs indoor and outdoor activities such as bowling, archery, football and swimming. The club also take part in the Special Olympics.

PHAB Clubs (North Region)

Contact: Rebecca Hargreaves

Tel: 01274 824784

Email: Rebecca.hargreaves@phab.org.uk

www.phab.org.uk

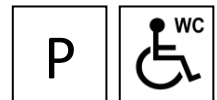
The charity's aim is to promote people of all abilities to come together on equal terms, to achieve complete inclusion within the wider sport community. There are no sessions in Wakefield but others in the wider West Yorkshire district.

Wheelers and Wobblers

Based at Cluntergate Centre, Cluntergate, Horbury,
WF4 5DA

Email: info@cluntergate.org.uk

Their group is made up of people with different disabilities, including people with sensory and physical impairments and wheelchair users. At the moment they have several regional and national disabled bowls, boccia, billiards and snooker champions in their ranks. They also run occasional countryside walks and day outings throughout the year.



Rugby

Castleford Tigers Disabled Rugby Team

The Jungle, Wheldon Road, Castleford, WF10 2SD

Email: foundation@castigers.com

www.castlefordtigersfoundation.co.uk

Catering for players at both a junior and adult level, this group focuses on ability, not disability. They deliver at least 50 sessions a season.



Wakefield Trinity Physical Disability Rugby League

Practicing at: Crigglestone ARLFC, South View Playing Fields,
Wakefield, WF4 3HN

Contact: Craig Fisher

Email: craig.fisher@wakefieldtrinity.com

This club offers consultations and introductory sessions for potential new members.



Outdoor Pursuits

Yorkshire Lions Wheelchair Rugby Club

Featherstone Sports Centre, Pontefract Road, Featherstone,
Pontefract, WF7 5AJ

Contact: Kevan Baker

Tel: 07865 960 520

Email: spine.pinderfields@gmail.com

This club offers full rugby sessions for people with spinal injuries.



Aerial Adventures

Gravity Aerial Adventures

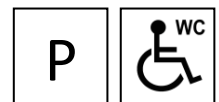
Based at Xscape, Colorado Way, Castleford, WF10 4TA

Tel: 01977 529920

Email: centraladmin@gravity-uk.com

www.gravity-uk.com

A new attraction to Xscape, this indoor activity is suitable to anybody who can climb the few steps up to the starting platform, with or without assistance. Participants must have full control over their limbs and be able to follow basic safety instructions. Persons at risk of panicking at heights or trying to tamper with their harness whilst on the ride cannot participate.



Activity Centres

Little Deer Wood

Shepley Bridge Marina, Huddersfield Road, Mirfield,
WF14 9HR

Tel: 07866 684043

Email: denise.bedford@kirklees.gov.uk

www.kirkleesdofe.org/littledeerwood

Situated next to the Calder & Hebble Navigation at Mirfield, the centre offers a wide range of exciting land and water-based activities which are accessible to people of all ages with sensory, learning or physical disabilities, including those with complex needs.



Outdoor Pursuits

Archery

Wakefield Archers

Email: beginners@wakefieldarchers.co.uk
www.wakefieldarchers.co.uk

P

A target archery club based in Wakefield, running weekday and weekend sessions, including adapted sessions for people with learning disabilities, sensory impairments and for wheelchair users.

Canals and River Cruises

Safe Anchor Trust

Shepley Bridge Marina, Huddersfield Road, Mirfield,
WF14 9HR
Tel: 01484 715572
Email: admin@safanchor.org.uk
www.safanchor.org.uk

P



An award-winning charity in Mirfield, providing canal boat trips for community groups which for reasons such as illness, special needs or social exclusion have no access to the waterways. Lift for wheelchairs and accessible toilet on-board. No charge is made for the trips; donations are appreciated as they rely solely on voluntary contributions and donations.



Outdoor Pursuits

Orienteering

There are three permanent orienteering courses in Wakefield at National Trust Nostell, Haw Park Wood and Newmillerdam Country Park:

Haw Park Wood

Contact: Wakefield Council Countryside Service
Tel: 01924 860280

Nostell

Contact: Nostell Visitor Services
Tel: 01924 866841

Newmillerdam Country Park

Contact: Wakefield Council Countryside Service
Tel: 01924 860280

Shooting

Wakefield Shooting Club

Wakefield Rifle and Pistol Club, College Grove Sports Club, Eastmoor Road, Wakefield, WF1 3RR
Email: secretary@wrpc.co.uk

The club have competitions available to all members to suit all levels of ability. Bench rest is particularly of interest to less physically able people and they have held a competition day for shooters in wheelchairs.

Skiing

Snow Sport at Xscape

Colorado Way, Castleford, WF10 4TA
Tel: 03330 030 520
Email: enquiries.cas@snozoneuk.com
www.xscape.co.uk



Snozone's aim is to make snowsports accessible and inclusive for everyone! Based at Xscape Castleford, the highly experienced and qualified Adaptive coaches provide bespoke adaptive tuition, guiding and coaching for all types of skiers and snowboarders, starting with beginners. For guests who have additional needs they have coaches who can use different teaching styles and additional equipment. The booking process can be difficult and waiting times might be long for some of their services.

Outdoor Pursuits

Watersports

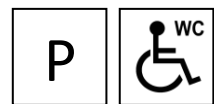
Since April 2018, Pugneys Country Park no longer runs boat hire from their visitor centre to members of the public. The future of the watersports provision at Pugneys is undecided and at the time of writing, local watersports groups that offer disability sessions (including Team 15 Windsurfing) are searching for alternative venues to work from. For up-to-date information, ring:

Pugneys Country Park

Asdale Road, off Denby Dale Road, Wakefield, WF2 7EQ
Tel: 01924 302360

Pontefract Scuba Diving Club

Pontefract Swimming Pool, Pontefract, WF8 4PQ
Contact: David Bell
Tel: 07751 837881
Email: pontefractbsac@gmail.com



This club runs fortnightly beginners sessions at Pontefract Pool, on Mondays at 8pm which has a hoist for access into the water. They offer sessions for people with disabilities, depending on the type and severity of the disability. They are the owners of two 5.3m Tornado Rigid Hulled Inflatable Boats (RHIBs) which are the workhorses of the club. Most of the members are boat handlers and can pilot the RHIBs which go out with the team to various lakes and coastal trips in the north of England.

West Yorkshire Canoe Club

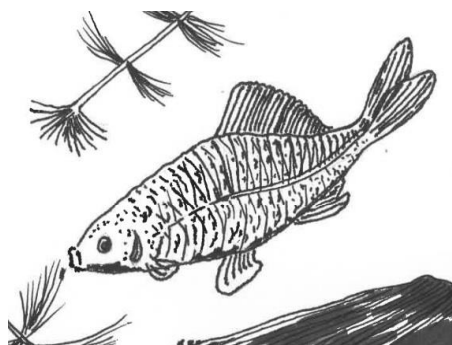
Email: club.secretary@westyorkshirecanoecub.com
www.westyorkshirecanoecub.com

Club membership is drawn from a wide geographical area and reflects the broad appeal of the Club's services and events, catering for a variety of interests including canoe polo, slalom, play boating, sea surfing, wild water racing, whitewater touring and recreation.



Fishing

Do remember that all fresh water fishing in England requires both a permit from the owner or manager of the water in question and an Environment Agency National Rod Licence. Licenses are available to buy online at www.gov.uk/fishing-licences, at Post Offices and tackle shops, or by ringing the Environment Agency on 0344 800 5386. You may be eligible for a concessionary licence.



Birkwood Farm Fisheries

Altofts, Normanton, Wakefield, WF6 2JE
Tel: 01924 892251
Email: dick@birkwoodfisheries.co.uk
www.birkwoodfisheries.co.uk

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A number of pegs are suitable for disabled anglers, as cars can be parked behind the pegs with prior agreement. There is also one dedicated disabled wheelchair peg. Payment is taken on lakeside.

Flanshaw Dam

Spout Fold, off Flanshaw Lane, Wakefield, WF2 9JF
Contact: Wakefield Angling Club
Email: info@wakefieldac.co.uk
www.wakefieldac.co.uk

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There is a club house and accessible toilet on site with good, wide access path running around the dam.

Hemsworth Water Park

Map: OS Explorer 279 Grid ref: SE 425146
Hoyle Mill Road, Hemsworth, Wakefield, WF9 5JB
Contact: Hemsworth Town Council
Tel: 01977 617617
Email: clerk@hemsworthcouncil.co.uk

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Pegs available on the lakes, with the larger lake being accessible.

Newmillerdam Lake

Barnsley Road, Newmillerdam, Wakefield, WF2 6QP
Email: info@wakefieldac.co.uk
www.wakefieldac.co.uk

P



There are accessible paths, Blue Badge parking spaces and accessible toilets.

Fishing

Pugneys Country Park

Asdale Road, off Denby Dale Road, Wakefield, WF2 7EQ
Tel: 01924 302360



Fishing allowed on a section of the large lake. Purchase tickets from the visitor centre. Good path around the lake and some spots suitable for disabled anglers. There is also a café and accessible toilets.

Wakefield Angling Club

Email: info@wakefieldac.co.uk
www.wakefieldac.co.uk

The Wakefield Anglers Club caters for anyone who wishes to fish in and around Wakefield. They aim to make angling available to everyone, offering venues such as Flanshaw Dam which are easily accessible for limited mobility members as well as providing secure fishing platforms at many of their waters.

Walker's Dam (Alverthorpe)

At the top of Weavers Chase, off Flanshaw Lane, WF2 9EU
Contact: Wakefield Angling Club
Tel: 07861 764314
Email: info@wakefieldac.co.uk
www.wakefieldac.co.uk

There is a good, accessible path around the lake.

Walton Hall Trout Fishery

The Balk, Walton, WF2 6PW
www.waltonhalltroutlake.co.uk



The lake at Walton Hall is a mature water that is over 300 years old. Tuition available and disabled anglers catered for, with wheelie boat hire available. This fishery has recently gone private – get in touch for enquiries and bookings.

Winterset Angler's Club

Haw Park Lane, Winterset, Wakefield, WF4 2EE
Tel: Paul Wright 07413 031719

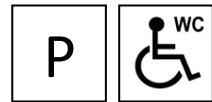


Purchase day tickets from Anglers Country Park to fish this privately owned club or call Paul for yearly membership information. There are accessible toilets and a café at nearby Anglers Country Park. You can drive round to pegs on the main lake.

Horse Riding

Ackworth Riding for the Disabled

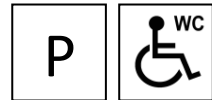
Long Lane, Ackworth, Pontefract, WF7 7EY
Tel: 07957 909148
Email: ackworth.rda@aol.com



They offer therapeutic and recreational riding for adults and children with physical disabilities and learning difficulties.

Middleton Park Riding for the Disabled

Middleton Grove, Leeds, LS11 5TZ
Tel: 0113 277 1962
www.mpec-rda.co.uk



Set in south Leeds, Middleton Park Equestrian Centre is an Approved RDA Centre and caters for all disabilities; all facilities are wheelchair accessible with a ramp and a hoist to help mount. Carriage driving is also available for wheelchair users. All of their instructors are trained and skilled in a range of equestrian disciplines. They welcome all levels of experience and ability from complete beginners to seasoned veterans.

Snydale Riding for the Disabled

Commonside Farm, Old Snydale, Normanton, WF7 6HE
Tel: 07852 141629
Email: karenfrendz@yahoo.co.uk



Snydale RDA provide weekly sessions to riders from Snydale and the surrounding areas. Sessions run all year round and incorporate lots of fun activities as well as horse riding.

Wakefield Riding for the Disabled

Camphill Wakefield, Chapelthorpe, Wakefield, WF4 3JH
Tel: 01924 241341
Email: enquiries@wrda.org.uk
www.wrda.org.uk



Wakefield Riding for the Disabled Association provides horse riding for adults and children with a wide variety of special needs. They also offer horse grooming sessions for those that do not want to ride and an accessible spectator area for family and carers.



Cycle routes and maps

There are several Wakefield District Cycle Ride Maps to download; many have sections on and off road, following traffic free cycle paths wherever possible.

www.wakefield.gov.uk/sport-and-leisure/active-wakefield/cycling/cycle-routes-and-maps

Wakefield Council has published the *Active Wakefield Cycle Map* which also covers the five towns. You can download easy to follow Entry, Easy, Steady and Challenging cycle ride maps for Pugneys Country Park, Thornes Park and Pontefract Park from the council website.

Wakefield District Cycle Forum has published some helpful cycle maps; *Wonders of Wakefield* (£1) and *Wakefield Wheel* (£2). These along with their free cycle ride programmes can be picked up from Anglers Country Park and Pugneys Country Park. These will be downloadable from the Wakefield Council website soon.

Routes at Thornes Park, Pugneys Country Park and Anglers Country Park offer the best off-road cycling for novices and children in Wakefield, generally on flat, well-surfaced paths. All have disabled facilities and easy routes for adapted bikes.

Maps can be downloaded under the 'Route Mapping' section of the Sustrans website: www.sustrans.org.uk

Castleford – Wakefield Greenway – NCN Route 697

Built as part of the West Yorkshire Combined Authority's award winning, £60m CityConnect programme, the new route provides an important link for the people of Castleford. It provides an attractive off-highway route, that is fully tarmacked and 3m in width for the majority of its length. At the time of writing a new section between Methley and Bottom Boat was being constructed. It is suitable for cycling, walking and other leisure activities. It will eventually link to the Transpennine Trail to the north and other traffic free routes that exist currently, to the south.

Spenn Valley Greenway - NCN Route 66

The Spenn Valley Greenway uses a disused railway line running near the River Spenn between the towns of Cleckheaton, Dewsbury and Heckmondwike, eventually linking to Bradford. In total there is 7 miles of wide, tarmac path.

Cycling

Trans Pennine Trail (central) – NCN Route 67

The stretch between Chesterfield and Leeds forms the main route of the Trans Pennine Trail (central). This part of the TPT runs horizontally through Wakefield and offers some scenic views as you ride through the countryside.

Cycle Clubs and Venues

Open Country Tandem Clubs (Wakefield, Harrogate, Ripon, Wetherby and York)

Wakefield office: Thornes Park Nursery, Thornes Road, WF2 8QR

Tel: 07426 716677

Email: wakefield@opencountry.org.uk

Open Country run five tandem clubs around Yorkshire, and the newest one in Wakefield meets at local parks such as Pugneys Country Park, Newmillerdam or Stanley Ferry to enjoy rides of between 8 – 20 miles a night. The back riders (stokers) have sensory impairments or learning disabilities so are not able to ride a solo bike. They meet at 6pm and usually finish around 9pm, with a pub stop en route!



British Cycling (Breeze Rides for Women and Guided Rides)

www.letsride.co.uk

British Cycling's Breeze programme organise guided cycle rides for women from 3 to 30 miles. All ages and abilities are welcome.

- Breeze rides are run in Wakefield for adult women of most abilities. Contact Jo Amess on 07761 302552 to find out if the sessions are suitable for you. Jo does not offer adapted cycling but can offer improvement training for people who can already ride a bike. She also offers guided rides for all adults.

Cycling

BKCAT Stadium

BKCAT Cycle Circuit, St. Thomas à Becket Catholic School,
Barnsley Road, Sandal, Wakefield, WF2 6EQ

Tel: 01924 303545

Email: info@beckets.bkcat.co.uk



A 1.1km closed circuit is located at St. Thomas à Becket Catholic Secondary School in Wakefield. The circuit provides high quality, traffic-free facility for cycle training, coaching, racing, para-cycling, roller skiing and more! Although spaces are limited as the school now uses the track for various other events, get in touch if you want to try and book it.

Experience Community

www.experiencecommunity.co.uk

Contact: Craig Grimes

Tel: 07958 591 481

Email: info@experiencecommunity.co.uk



Based in Slaithwaite, Experience Community is a not-for-profit Community Interest Company that provides films and information about walks and other leisure activities for disabled people and the wider community. They provide written information, maps, photos and links to other websites so that you can decide if an activity is suitable for your needs. The first Thursday of every month they offer a Mountain Trike and Mountain Bike Hand Cycle Taster Session from 11am – 3pm at Pugneys Country Park. Booking is essential.

John Charles Centre for Sport (South Leeds Stadium)

Middleton Grove, Leeds, LS11 5DJ

Tel: 0113 395 0000

Email: jccs@leeds.gov.uk

www.leeds.gov.uk/sports/Pages/John-Charles-Centre-for-Sport

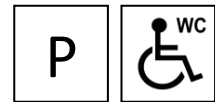


The stadium has a variety of adapted cycles available for use, including hand cycles, quad cycles and wheelchair tandems. There are regular sessions through the week. Bookings can be made through the stadium. At other times, all the bikes can be booked out for private hire. A small charge is made for use of the bikes, but carers are free. A bar area, café and accessible toilets are available.

Cycling

Rycroft Leisure Centre

Off Mulberry Avenue, Ryhill, Wakefield, WF4 2BB
Email: trading@rycroftleisure.com
www.rycroftleisure.com



Rycroft Leisure Centre has a fleet of specially adapted bikes which makes cycling accessible to all who find it difficult to ride a two-wheeled cycle. Their regular sessions at Rycroft take place in a safe, traffic-free environment and are led by qualified cycle leaders who have the knowledge to work with participants and promote their confidence and mobility. At the time of writing they were looking into creating an accessible outdoor track next to the centre.

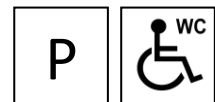
Tandem Trekkers

Tel: 07774 213372 (Paul Stark)
Email: hello@tandemtrekkers.org.uk
www.tandemtrekkers.org.uk

Tandem Trekkers is a Huddersfield based cycling club for blind and visually impaired riders. Their core membership numbers over 40 riders but they always welcome new pilots and stokers. They manage a fleet of twenty tandems and several members ride their own bikes.

Wakefield District Cycle Forum

Email: info@cycling-wakefield.org.uk
www.cycling-wakefield.org.uk



A cycle campaign group, providing information on cycle routes, cycle maps, cycle rides and health rides. They organise guided cycle rides for all abilities; entry level, easy and steady at various locations in Wakefield, including Anglers Country Park, Pugneys Country Park, Nostell and Castleford Mill. A limited number of bikes are available to borrow at Nostell, Castleford Mill and Thornes Park.

Thornes Park Stadium Track

Tel: 01924 302385



The adapted bikes at Thornes Park are available to hire out whenever the facility is open. These include various styles of trikes as well as duets (side-by-side bike) and tandems. They can be taken into the park to ride around the path. Booking is not always needed but it is best to ring ahead.

Cycling

Wakefield Council

Contact: Sport and Active Lifestyles

Tel: 01924 307348

Email: healthimprovement@wakefield.gov.uk

www.wakefield.gov.uk/residents/sport-and-leisure/cycling

They can provide details about cycling in Wakefield, including group-led rides and other events. You can hire solo bikes at Anglers Country Park or Thornes Park Stadium for a small fee, although the fire at the Stadium had meant there are no bike rental services running at the time of writing.

- **Anglers Country Park**
Tel: 01924 860280
- **Thornes Park Stadium**
Tel: 01924 302385



Wildlife Clubs and Organisations

Open Country's Nature Force Group

Based at Thornes Park Nursery,
Thornes Road, WF2 8QE
Tel: 07426 716677
Email: wakefield@opencountry.org.uk
www.opencountry.org.uk/wakefield-project

Open Country go out with a team of adults with learning disabilities, making Wakefield District's green spaces more wildlife friendly. On a Tuesday, the Wakefield Nature Force group carries out important nature conservation tasks around the district such as tree planting, scrub clearing, wildflower meadow cutting and reedbed planting, with partners including Wakefield Council's Countryside Ranger team and private landowners.



Wakefield District Badger Group

Tel: 07939 585826 (Pam)
Email: wakefieldbadgergroup@gmail.com
This group helps to protect and conserve badgers. They can give advice and information as well as presentations for larger groups.

Royal Society for the Protection of Birds (RSPB)

North of England Regional Office: Denby Dale Office, Westleigh Mews,
Wakefield Road, Denby Dale, Huddersfield, HD8 8QD
Tel: 0300 777 2676
www.rspb.org.uk

A national charity working to secure a healthy environment for birds and other wildlife. You can help out the wildlife in your garden by taking part in the annual 'Big Garden Birdwatch'; the world's largest wildlife survey. Their website also has advice for disabled bird watchers. There are several groups in West Yorkshire see www.rspb.org.uk/localgroups:

- **Wakefield District Local Group**

Contact: Duncan Stokoe
Tel: 01924 280458
Email: duncanstokoe@gmail.com
www.rspb.org.uk/groups/wakefield

Wildlife Clubs and Organisations

The main monthly meetings are held at Ossett Community Centre, on Prospect Road between September and April. They have monthly bird watching outings by car or coach to local reserves and venues further afield.

Wakefield Tree Wardens

Contact: Roger Parkinson

Tel: 07973 421146

Email: parkinsonr78@gmail.com

The Wakefield District Tree Wardens are a group of volunteers, supported by and supporting various other groups and agencies. Their aim is to protect and enhance trees and woodland throughout the Wakefield District. Whether they are undertaking practical work such as tree planting or giving talks and displays to people about tree conservation you are very welcome to come and lend a hand. Membership is free.

Wakefield Naturalists' Society

www.wakefieldnaturalists.org

Wakefield's oldest established nature group and one of the oldest in Yorkshire. They are a small and very friendly group of enthusiastic nature lovers that meet as a group on the second Tuesday of every month (September - April) to discuss recent sightings and enjoy an entertaining nature talk from visiting speakers.



West Yorkshire Bat Group

www.westyorkshire.org.uk

This group works in partnership with Natural England to provide hands-on bat conservation. They are on call to help injured and stranded bats and to carry out research including roost and habitat surveys to build our knowledge of the ecology of the bats of West Yorkshire. They also give talks at schools and provide bat walks and talks to educate the public.

Yorkshire Wildlife Trust and Wildlife Watch

1 St George's Place, York, YO24 1GN

Tel: 01904 659570

Email: info@ywt.org.uk

The Trust conserves and promotes the diversity of Yorkshire wildlife and habitat for the benefit and well being of both wildlife and people. They manage over 96 nature reserves in Yorkshire. Their Wildlife Watch groups are run by volunteers, allowing kids to meet and have fun exploring.

Accessible Wildlife Watching Sites

History

Wakefield Historical Society

Contact: Dr Phil Judkins

Tel: 07971 449451

Email: info@wakefieldhistoricalsociety.org.uk

www.wakefieldhistoricalsociety.org.uk

Currently the Society has nearly a hundred members and they are always keen to involve members in activities and projects, some of which are outdoor-based.

Accessible Wildlife Watching Sites

Anglers Country Park

Map: OS Explorer 278 Grid ref: SE 375153

Haw Park Lane, Winterset, WF4 2EB

Contact: Wakefield Council Countryside Service

Tel: 01924 860280



There is a mobility scooter accessible route around the lake and two out of the three bird hides are accessible; one overlooking the main lake; great for spotting wildfowl, and the other by the bird feeders. There is a nice collection of popular bird feeding stations in the car park for people that don't want to go far to bird watch! See 'Easy Going Walks' – page 3.

RSPB Fairburn Ings

Map: OS Explorer 289 Grid ref: SE 453274

Fairburn Ings, Castleford, WF10 2BH

Tel: 01977 628191

Email: fairburnings@rspb.org.uk

www.rspb.org.uk

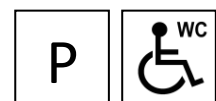


600 acres of wetland close to the A1. A boardwalk from the car park offers an excellent viewpoint for observing a great number of waterfowl. There is also a 500m board walk over marshy ground and good surfaced paths that lead to an accessible bird hide. The visitor centre is accessible, with an indoor picnic area overlooking a bird feeding station and wildlife garden. There is an accessible pond dipping platform and dipping kits are available to borrow in the visitor centre for a small fee (free to RSPB members). See 'Easy Going Walks' – page 6.

Newmillerdam Country Park

Map: OS Explorer 278

Grid ref: SE 331157



Accessible Wildlife Watching Sites

Barnsley Road, Newmillerdam, Wakefield, WF2 6QP
Contact: Wakefield Council Countryside Service
Tel: 01924 860280

Although there are currently no bird hides around Newmillerdam, it is still a popular site for wildlife watching with a great number of wildfowl species found on the water. The park is famous for its variety of bird life including goldcrests (UK's tiniest bird!) and great crested grebes, which can be seen carrying out a beautiful courtship display on the water in spring. Bats can be seen feeding above the Dam after sunset in the warmer months, with Daubenton's bats skimming insects off the water's surface. See 'Easy Going Walks' – page 10.

Pugneys Country Park

Map: OS Explorer 278 Grid ref: SE 324180
Asdale Road, Off Denby Dale Road, Wakefield,
WF2 7EQ
Tel: 01924 302360
Email: pugneyscp@wakefield.gov.uk



An accessible bird hide overlooks the smaller lake and is a good place to see common terns in summer. See 'Easy Going Walks' – page 12.

Stanley Marsh Local Nature Reserve

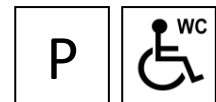
Map: OS Explorer 289 Grid ref: SE 346236
Lime Pit Lane, Stanley, Wakefield, WF3 4DF
Contact: Wakefield Council Countryside Service
Tel: 01924 860280



Created by mining subsidence, the reserve is a patchwork of woodland, meadow, marsh and ponds alive with wildlife. Various butterfly and dragonfly species have been recorded here. A $\frac{3}{4}$ mile wheelchair accessible path takes you around the reserve.

Wakefield Peregrine Falcon Viewpoint

Map: OS Explorer 289 Grid ref: SE 286229
In front of Wakefield Cathedral, Northgate, WF1 1HG
www.wakefieldperegrines.com



This seasonal viewpoint is run by volunteers from Wakefield Naturalists' Society over spring and summer. In the main square, they show people this powerful wild falcon as it nests and hunts locally. They have adjustable telescopes to look through and a web cam showing live footage of the peregrines is on the website above, during the nesting period. The live footage can also be viewed in the Cathedral Café. The closest accessible toilets are also found in the Cathedral.

Volunteering Outdoors

Nova Wakefield District

11 Upper York Street, Wakefield, WF1 3LQ
Tel: 01924 367418
www.nova-wd.org.uk

Nova Wakefield District is the support agency for community organisations in Wakefield District. Nova do not provide volunteering opportunities – please see the Do-it.org website for current roles or visit: www.volunteerwakefield.org.uk

Friends of Haw Park Wood and Winterset

Waterton Countryside Discovery Centre, Anglers Country Park, Haw Park Lane, Winterset, Wakefield, WF4 2EB
Asdale Road, Off Denby Dale Road, Wakefield, WF2 7EQ
Email: countryside_admin@wakefield.gov.uk

The group helps the countryside rangers to manage and maintain Anglers Country Park and Haw Park Wood.

Friends of CHaTs Park (Clarence, Holmfield and Thornes Parks)

Thornes Park Nursery, Off Thornes Road
Contact: Chris Welch
Tel: 07775 603809
Email: cdgwelch@aol.com

This active group aims to work with Wakefield Council to protect and preserve the parks for the local people to enjoy. They collectively manage the Secret Garden at the top of Thornes Park and run the golf, pitch and putt and tennis centre at the Denby Dale and Thornes Road junction in summer. They seek active volunteers to assist with tasks such as litter picking, managing the weather station, secret garden maintenance and volunteering in the ticket office during busier periods. It is a big park and it needs all the friends it can get!

Friends of Crow Nest Park

Heckmondwike Road, Dewsbury. WF13 2SG
Contact: Denis Ripley
Tel: 01924 464945
Email: denis.ripley@lineone.net

A voluntary organisation which aims to encourage people to use the park and make it a better place for everyone to enjoy. Meetings are on the 1st Monday of the month at 6.30pm.

Volunteering Outdoors

Groundwork

www.groundwork.org.uk

A charity that helps people and organisations make changes in order to create better neighbourhoods, to build skills and job prospects, and to live and work in a greener way. Contact them for details of volunteer opportunities. Please note the Wakefield office has now merged with the Leeds branch.

- Leeds office; Environment & Business Centre, Merlyn-Rees Avenue, Leeds LS27 9SL
Tel: 0113 238 0601
Email: wakefield@groundwork.org.uk



Open Country

Thornes Park Nursery Office, Thornes Road, Wakefield, WF2 8QE
Tel: 07426 716677
Email: wakefield@opencountry.org.uk

This charity needs volunteers to help guide adults with visual impairments, assist wheelchair users on countryside walks and support members with conservation tasks. All training is provided and the activities run throughout the week and on weekends.

Yorkshire Wildlife Trust

Contact: Connor Byers (West Reserves Assistant)
Tel: 07824 542 314

Volunteers are needed at Stoneycliffe Wood and Stockmoor Common. Stoneycliffe is an ancient woodland and tasks include glade creation and infrastructure repairs. Stockmoor management involves balsam pulling, scrub bashing, reed removal, and fence repairs to keep the highland cattle in. Some tasks can be adapted but most require volunteers to be able-bodied.

Community Transport

AccessBus is a door to door service, which, for a small fee, allows people with disabilities to get out and access places more easily. Advanced bookings must be made.

For public bus access, timetables and AccessBus information, contact:

- **West Yorkshire Metro**
Tel: 0113 348 1903
Email: accessbus@wypte.gov.uk

Bus Pass Application and Renewal

Blue Badge, PO BOX 700, Wakefield One, WF1 2EB

Tel: 0345 8 506 506

Email: customerservices@wakefield.gov.uk

CT Plus Yorkshire

www.ctplusyorks.org

Part of the award-winning social enterprise, helping community groups and people with mobility difficulties and/or disabilities to get out and about. They operate out of two West Yorkshire Depots:

- **Wakefield depot:** Greens Industrial Park, Calder Vale Road, Wakefield, WF1 5PF
Tel: 01924 377084
They offer MyBus services and school and swim runs.

St George's Community Centre

Tel: 01924 369631

www.stgeorgeslupset.org.uk/centre/#transport-hire

St George's Community Centre offer minibus hire at a daily rate.

Train Travel assistance

Tel: 0800 0223 720 (free) – ring 24 hours before travelling

www.disabledpersons-railcard.co.uk/travel-assistance

Travel Line

www.yorkshiretravel.net

Tourist Information

Visitor Information Point

Treacy Hall, Wakefield Cathedral, Wakefield, WF1 1HG

Tel: 0845 601 8353

Email: vic@wakefield.gov.uk

Disability Information and Links

The main Tourist Information Centre in central Wakefield has closed down but a Visitor Information Point with a café remains behind the Cathedral. Please note that they are not open on Sundays. The Five Towns do not currently have Tourist Information Centres.

The 'Experience Wakefield' website has lots of useful links and ideas:
www.experiencewakefield.co.uk

Disability Information and Links

Blue Badge Scheme

www.gov.uk/apply-blue-badge

The Blue Badge scheme is for people with severe mobility problems. It allows Blue Badge holders to park close to where they need to go. The scheme operates throughout the UK and is managed by local authorities, who deal with applications and issue Blue Badges.

RADAR

The RADAR National Key Scheme (NKS) ensures that one key will open wheelchair accessible toilets throughout the country. RADAR padlocks are also used on many nature reserves and cycle paths. Keys are available directly from Disability Rights UK, DIAL Wakefield, the Ridings Shopping Centre Customer Service and Carlton Lanes Shopping Centre (costs vary).

Wheelchair Services

Wheelchair Services, Unit 10, Trinity Business Park, Turner Way, WF2 8EF
Tel: 01924 302448.

This Council-run service:

- provides manual and powered wheelchairs and specialist seating to help people with clinical needs for posture and mobility
- runs a voucher scheme for you to put money towards upgrading your wheelchair
- offers repairs and planned preventative maintenance checks on our wheelchairs

Disability Information and Advice Line (DIAL Wakefield)

Castleford, Civic Centre, Ferrybridge Road, Castleford, WF10 4JH
Tel: 01977 723933
www.dialwakefield.co.uk

Disability Information and Links

DIAL Wakefield covers the Wakefield Council area. They provide a free, comprehensive, confidential, independent advice and information service to disabled people, their carers, families, friends and other professionals.

Appletree Allotment and Community Garden

Off Agbrigg Road, (follow directions to WF1 5AE, the entrance is down the track opposite Newland Street)

Tel: 07933 099445

Email: spectrumpeople@spectrum-cic.nhs.uk



This large outdoor gardening space is run by the Spectrum People. There is a wheelchair accessible portaloo, hard standing areas and most of the vegetable or flower beds are raised so wheelchair users can work on them. A circular path allows decent wheelchair access to most areas and the site has an outdoor kitchen, outdoor classroom, polytunnel and pond. The garden is open for 'drop-in' sessions on Tuesdays, Wednesdays and Fridays. Ring for further information (leave a message if no answer).

Camphill Wakefield

Boyne Hill House, Boyne Hill, Chapelthorpe, WF4 3JL

Tel: 01924 255281

www.pennine.ac.uk



Camphill Wakefield runs a specialist day and residential college for young people with special educational needs and disabilities. On site are five houses, craft workshops and other learning spaces which include a 58 acre working farm and vegetable garden with orchard. There are twice yearly fairs held there in summer and December.

Greentracks Enterprise

Barnsley Road, Wakefield, WF1 5NU

Tel: 07708 566300

Email: info@greentracksenterprise.org.uk

www.greentracksenterprise.org.uk



Green Tracks is a market garden that offers day placements for adults with additional needs. They are a not for profit organisation that works organically and is environmentally sensitive. There is a toilet large enough to accommodate a wheelchair but no grab handles at the time of writing. The site is flat with good access, except in periods of wet weather, when the paths can become very muddy.

Disability Information and Links

Hemsworth Community Allotment

Springfield Grange, Grove Lane, Hemsworth, Pontefract,
(follow directions to WF9 4BE then walk down the track from
the nursing home)

Contact: Dean Darley

Tel: 01924 367579

Email: sackhemsworth@gmail.com

P

Still in its early development, this small site near Hemsworth Town Centre has been turned into a communal place where local people can come grow edible plants, look for wildlife and take care of the chickens. Most of the site is considered to be wheelchair accessible at the time of writing but the site management have further plans to improve access in the coming years, including path widening to ensure larger wheelchairs can easily get around the raised beds.

Horticare

Lindhill Nurseries, Batley Road, Kirkhamgate, WF2 0SH

Contact: Rosemary Robertshaw (Trustee)

Tel: 01924 367579

Email: info@horticarewakefield.org.uk

P

Horticare is a local charity that provides training in horticulture for adults with learning disabilities. They run a plant nursery, selling a wide range of garden plants in their greenhouses, polytunnel and outdoor display.

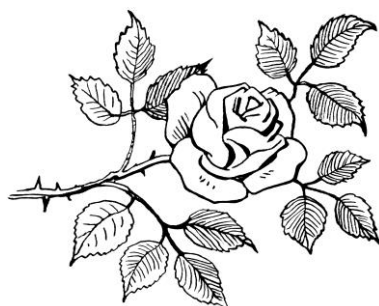
Rose Garden Nursery, Thornes Park

Off Thornes Road, WF2 8QE

Contact: Wakefield Council's Day Opportunities

P

Run by the Council's Day Opportunities, the Rose Garden Nursery at Thornes Park runs as a sustainable, local garden centre. Working with adults with learning disabilities, they sell a wide variety of perennial and annual plants, specialising in roses and seasonal, edible crops. All profits go back into the project.



Authors and Funders

The following people have helped to update this Directory by auditing sites and making enquiries.

Authors:



Anna Grudna is a keen cyclist, walker and artist. Her favourite place to visit is Yorkshire Sculpture Park because she likes that she can feel some of the sculptures and thinks it is a very positive place to be.



Carl Brown is a keen gardener and walker. His favourite spot to go walking is Vale Head Park, where he has been tree planting with Open Country.



Catherine Brocklesby has always enjoyed the outdoors and says that volunteering has given her many opportunities to visit interesting places around Wakefield, not only ones she hadn't been to but also ones she didn't know of.

Chrissy Brighton is a member of Open Country's Weekend Outing Club. She loves nature and wildlife, particularly squirrels and often feels inspired to draw and write poetry. She created most of the art in this Directory and has an upcoming art gallery at Wakefield Art House.



Emma Oldfield joined Open Country in 2019 but for many years beforehand she has regularly enjoyed walking with her family around Wakefield, particularly at Pugneys Country Park.

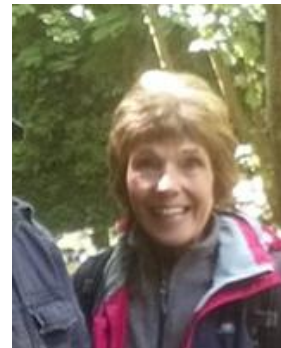
Authors and Funders

Jacob Chandler is a keen walker and has been a member of our Thursday Walking Group since early 2018. He lives in a rural spot near Ossett and enjoys taking care of his chickens, horses and wild birds.



Joolz Turner is a keen Open Country volunteer. She helps out with most of our activity groups and brings a welcoming smile out with her.

Joyce Ainsworth is a keen walker and enjoys long rambles with us on a Thursday and on a Saturday with her sister. She is especially fond of the woodland walks – Newmillerdam Country Park particularly.



Richard Doherty is a keen runner, walker and cyclist. As well as gym trips, Richard enjoys tandem cycling and weekend strolls with Open Country. He also helps the charity with community fundraising.

Ryan Churm is a fan of his including Thornes Park, Park and Newmillerdam. He enjoys helping nature, local hedgehogs and foxes!



local parks, Pugneys Country Park. especially the

Authors and Funders



Sean Swales is a keen conservation volunteer and has worked hard on numerous nature projects with us over the past few years. He also enjoys mountain biking, particularly around the Netherton area.

Seth Davies is a keen allotment owner, who likes spending time with his chickens, or working on gardening projects. He has been involved with the local scout groups since he was a young boy himself.



Zoe Senior joins Open Country on our Walking, Outings, Tandem and Adventure activities throughout the week. Her favourite outings involve long, wild walks or beach trips with her family and friends.

Funders:

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We hope to update this Directory in the future, if you have any comments or additions please contact us at our head office:

Open Country
Community House
46 East Parade
Harrogate
North Yorkshire
HG1 5LT

Tel: 01423 507227

Wakefield enquiries: 07426 716677

Email: wakefield@opencountry.org.uk

www.opencountry.org.uk

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