

## Regular Activities across the District

### Monday

Cannock	Rugeley	Hednesford	Norton Canes	Heath Hayes	Brereton	Chadsmoor
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Education							
Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Monday (term time)	10am-3pm	Access English	Free weekly English lessons for people whose language is not English.	Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX	Call 01889 579341 or email <a href="mailto:office@rugeleycc.org.uk">office@rugeleycc.org.uk</a> <a href="https://rugeleycc.org.uk/centre/access-english/">https://rugeleycc.org.uk/centre/access-english/</a>	<a href="#">Rugeley Community Church &amp; Centre   Rugeley   Facebook</a>	Free
Monday	10:30am-12:30pm	Adult Community Learning Courses	SCC's Community Learning Service works with schools, colleges, third sector organisations and local community groups to deliver a range of learning which includes: Leisure, Health and Wellbeing, Employability, Digital Skills, STEM, Supported Learning and Progression Pathways	Cannock Library, Manor Avenue, Cannock, WS11 1AA	To find out about the courses, contact and book through Adult and Community Learning. Email <a href="mailto:communitylearning@staffordshire.gov.uk">communitylearning@staffordshire.gov.uk</a> or visit <a href="https://staffordshirecommunitylearning.org.uk/">https://staffordshirecommunitylearning.org.uk/</a>	<a href="#">Staffordshire Community Learning   Facebook</a>	
1st Monday of the month	11am-1pm	U3A Philosophy	This group gives you the opportunity to discuss the themes of philosophy e.g. truth, freedom, politics, humanity, wisdom etc. Also discover/rediscover past and more recent Philosophers e.g. Socrates, Kant, John Locke, Karl Marx etc. In a safe and friendly Group. The group size is limited to 10 members to enable good discussion and interaction	Hednesford Library, Market Street, Hednesford, WS12 1AD	Contact Joan Gripton or Pauline Foster via contact page <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website <a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a>	<a href="#">Cannock Chase U3A   Rugeley   Facebook</a>	
Sports							
Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Monday	9-10am	Casual Swim (2 lanes)		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or

							£5.30 a session
Monday	10am-12pm	Rugeley Phoenix Table Tennis	Very popular activity and there is a waiting list. Need to be a member of Rugeley Phoenix Activities Club.	Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT	Email <a href="mailto:tabletennis@rugeleyphoenix.org.uk">tabletennis@rugeleyphoenix.org.uk</a> for membership information visit <a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a>		
Monday	10:30-11:30am	U3A Tai Chi and Exercise	Tai Chi is a gentle form of exercise of Chinese origin, to assist in the total wellbeing of each individual, by keeping body and mind active. Thus reducing stress levels but increasing energy and improving concentration and flexibility. It is also good for the heart and lungs. This group is for those more experienced. Starts with gentle warm up exercises to keep the whole body supple and then go on to do Tai Chi. We are a friendly group, so come along to the village hall and try us out, no need to book.	Slitting Mill Victory Hall, Slitting Mill Road, Slitting Mill, Rugeley, WS15 2US	Contact Ann Round via <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website <a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a>  Slitting Mill Victory Hall, Slitting Mill Road, Slitting Mill, Rugeley, WS15 2US		
Monday	1-3:30pm	Casual Swim (2 lanes)		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Monday	6-7pm	Casual Swim		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Monday	8:50-7:30pm	Recovery Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>		

Monday	7:30-8:30pm	Casual Swim (2 lanes)		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>		
Monday	8:30-10pm	Lane Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>		
<b>Arts and Crafts</b>							
Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Monday	9am-12pm	Art Class		Prospect Village Hall, Williamson Avenue, Cannock, WS12 0QF	<a href="mailto:prospectvillagehall97@gmail.com">prospectvillagehall97@gmail.com</a>	<a href="#">Prospect Village Hall 2023   Cannock   Facebook</a>	
Monday	10am-1pm	Watercolour Club		Norton Canes Community Centre	Maureen Garbett 01543 275426 mo.garbett@aol.com	<a href="#">Norton canes Community Centre Events   Cannock   Facebook</a>	
Monday	10am-12pm	Craft Club		Avon Room, Avon and Business Leisure, Avon Road, Cannock, WS11 1LH	01543 503163 or email abllcannock@gmail.com		
Monday	1-3pm	Knit and Natter	Bring your own knitting. All abilities welcome	Hednesford Library, Market Street, Hednesford, WS12 1AD	01543 422798 or email hednesford.library@staffordshire.gov.uk	<a href="#">Friends of Hednesford Library   Cannock   Facebook</a>	
Monday	afternoon	U3A Painting and Drawing	All abilities welcome	Etching Hill Church Hall, Mount Road, Rugeley, WS15 2UW	Contact Valma Cooper via <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website <a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a>	-	
2nd Monday of month	2-4pm	U3A Craft Group	Exciting and different craft or bring your own projects if you wish	Etching Hill Church Hall, Mount Road, Rugeley, WS15 2UW	Chris Travers-Brookes on the contact page <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website <a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a>		

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

### Performing Arts & Music

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Last Monday of month	11am-1pm	U3A Music Appreciation	This group provides an opportunity to share, listen and discuss contemporary music/artists/bands from the mid-20th Century to the present in an informal and friendly group. The group size is limited to 10 members to enable good discussion and interaction, so if you have an enthusiasm for modern music and a good supply of CDs, this may be the Group for you. Places are limited	Hednesford Library, 75-79 Market Street, Hednesford, WS12 1AD	Contact Pauline Foster on pauline2000@gmail.com Website <a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a>		
Monday	2-3pm	Drama Group		Rugeley Library, Anson Street, Rugeley, WS15 2BB	01889 869063 or email rugeley.library@staffordshire.gov.uk		£1 per session <a href="#">Staffordshire Libraries   Facebook</a>

Monday	7:30-9:15pm	Cannock Festival Chorus	A small group (22+) but very happy and friendly. We have 2 concerts a year May & November structured around the seasons and contain a miscellany of the serious and not so serious. Members are encouraged to make individual contributions so if you can sing and want to sing give us a try.	Memorial Hall, Chadsmoor Methodist Church	Jim Brookes 01543 422742		
Monday	7:30-9:30pm	Cannock Ex-Servicemen's Male Voice Choir	You do not have to be ex-service. No previous experience or musical background is required.	Victoria Working Men's Club, Church Hill, Hednesford, WS12 1BQ	David Rimmer 07814 146160		

### Dance

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Monday	1:45-4pm	Rugeley Phoenix Sequence Dancing	Would you like to learn to dance in sequence with others then come along. This is a popular activity and there is a waiting list. You need to be a member of Rugeley Phoenix Activity Club	Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT	Email David Jenkins <a href="mailto:sequencedancing@rugeleyphoenix.org.uk">sequencedancing@rugeleyphoenix.org.uk</a> To find out more about membership visit <a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a>		
Monday	7:30-9:30pm	Xaquarian Line Dancers	This groups caters for line dancers with some experience, usually at least 1 year called 'Improvers'. Line dancing is very popular because you don't need a partner. Line dancing is a great way to help keep you fit and to socialise at the same time. It gets your heart rate up a little and if it gets "too much", you just sit down and have a rest! It's supposed to be a very good memory exerciser as well. They dance to different types of music - country, pop, latin	Chadsmoor Methodist Church, Cannock Road, Chadsmoor, Cannock, WS11 5DD	Jane - 07515 931389 or email <a href="mailto:jane.linedance@yahoo.co.uk">jane.linedance@yahoo.co.uk</a>		<a href="#">XAquarians Line Dance Club   Facebook</a>

			etc. Come along and have a look at what we do.				
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### Support Groups

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

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

Monday	2:30-4:30pm	St Giles Bereavement Group	Information on coping with both the practical and emotional aspects of losing a relative or friend, a chance to chat over a cup of tea with one of our support volunteers and perhaps meet others in a similar situation.	St John's Community Church, High Street, Burntwood, WS7 1LR	01543 434536 or email <a href="mailto:sct@stgileshospice.com">sct@stgileshospice.com</a>		
Social Groups							
Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
Monday	9:30am - 12:30pm & 1-4pm	Cannock Chase Shed	The 'Shed' is a charity workshop group, mostly retired men and women, who make repair and upcycle items for ourselves, friends and local community groups. They also meet and socialise.	Cannock Chase Enterprise Centre, Hednesford, WS12 0QU	Dave 07964 851114 or visit <a href="https://cannockchaseshed.org.uk/about-us">https://cannockchaseshed.org.uk/about-us</a>		
Monday	10am-12pm	Stand By Me men's group	This is a social/friendship group open to anyone to come along	West Chadsmoor Family Centre, Princess Street, Chadsmoor		<a href="#">Stand By Me #BTS (facebook.com)</a>	
Monday -every 2 weeks	10:30-12pm	Past Times	Local people get together to discuss local history and socialise	Heath Hayes Library, 194 Hednesford Road, Cannock, WS12 3DZ	01543 279675	<a href="#">Heath Hayes Library   Facebook</a>	
Alternative Mondays		Cannock Chase Probus Club	Visitors welcome by prior arrangement	Cannock Conservative Club, 92 High Green, Cannock	John Withers 01543 684275		
Monday	1-3pm	Knit and Natter	Friendly social group where you can knit to your hearts content in a pleasant social group	Hednesford Library, Market Street, Hednesford, WS12 1AD	01543 422798	<a href="#">Friends of Hednesford Library   Cannock   Facebook</a>	
2nd Monday of the month	1-3pm	Women's Institute	A small group of ladies who welcome new members. Speakers on many varied subjects followed by stimulating debates of local, national and international issues	Cannock Wood and Gentleshaw Village Hall, Buds Road, Cannock Wood, Rugeley, WS12 4NB	Diane Harley 01543 686373 or email <a href="mailto:dianeharley31@hotmail.co.uk">dianeharley31@hotmail.co.uk</a>		



Monday	1:30-3:30pm	Rugeley Phoenix Photography	Ranging from beginners to award winners. Socialising is a most important part of the sessions. Meetings cover a wide spectrum of topics from camera basics to mounting photographs to editing images and the software used for creating presentations and audio-visual story books. Need to be members of Rugeley Phoenix Activity Group	Etching Hill Village Hall, East Butts Road, Rugeley, WS15 2LU	Email <a href="mailto:alan.arty.shaw@outlook.com">alan.arty.shaw@outlook.com</a> or <a href="mailto:PPG-Keoth@virginmedia.com">PPG-Keoth@virginmedia.com</a> For membership information visit <a href="https://rugeleyphoenix.org.uk/activities/">https://rugeleyphoenix.org.uk/activities/</a>		
Alternate Mondays	2-4pm	Monday Club	Play dominoes, cards, scrabble, darts, kurling and more	Cannock Wood and Gentleshaw Village Hall, Buds Road, Cannock Wood, Rugeley, WS12 4NB	Annette Johnson 01543 675801 or email <a href="mailto:amandbj@btinternet.com">amandbj@btinternet.com</a>	<a href="#">Cannock Wood and Gentleshaw Village Hall   Facebook</a>	
2 <sup>nd</sup> Monday of the month	2pm	Hednesford Afternoon Townswomen's Guild	Visitors and new members welcome	St Peter's Church, Church Hill, Hednesford	01543 423750		
Monday	2-5pm	Friendship Café	Serving light refreshments on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so brings a bag!	Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB	01543 426128 or email <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a>		
Selected Mondays - 24 June, 22 July, 19 Aug, 23 Sep, 21 Oct, 18 Nov	2-4pm	St Luke's Friendship Group	Just come along	St Luke's Centre Lounge, St Luke's Church, Church Street, Cannock, WS11 1DE	Linda 01543 503369 or Margaret 01543 505860		

2 <sup>nd</sup> and 4 <sup>th</sup> Monday of the month	7-9pm	Burntwood Family History Group	2 regular meetings a month. One has a speaker on a range of relevant topics and the other is a drop-in/research evening with expert help available	Chase Terrace Academy, Bridge Cross Road, Burntwood, WS7 2DB	<a href="http://bfhg.org.uk">Burntwood Family History Group (bfhg.org.uk)</a>		
Monday (September to June)	7:30PM	Rugeley and Armitage Camera Club	A welcoming and friendly group who are keen amateur photographers who meet every Monday evening.	Davy Suite, Lea Hall Miners Welfare Centre, Sandy Lane, Rugeley, WS15 2LB	<a href="#">Contact Us – Rugeley and Armitage Camera Club</a>	<a href="#">Rugeley and Armitage Camera Club   Facebook</a>	

### Warm Hubs and Places of Welcome

Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
Monday	10am-5pm	A Cool Space/Warm Room	Open safe space	Cherishers Wellbeing Rooms, 19, 21 & 23 Upper Brook Street, Rugeley, WS15 2DP	01889 578822		
Monday	2-5pm	Friendship Café	Serving light refreshments - Jacket potatoes, filled paninis etc on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so bring a bag!	Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB	01543 426128 or email <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a>		
Monday	13:00-15:00	The Hub	Tea, coffee, and chat	Pye Green Community Centre, Bradbury Lane, Hednesford, WS12 4EP	01543424872 or email <a href="mailto:Matthew.Johnson@hednesford-tc.gov.uk">Matthew.Johnson@hednesford-tc.gov.uk</a>	<a href="#">Pye Green Community Centre   Cannock   Facebook</a>	
Monday	10am-12pm	Place of Welcome Coffee morning	Free drop in. Come along for a coffee and chat with the Friends of Cannock Library. Everyone welcome	Cannock Library, Manor Ave, Cannock, WS11 1AA			Free
Monday	11:00-13:30	Cosy Club	Free social club with tabletop games, nibbles and drinks	Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX	01889 579341 or email <a href="mailto:office@rugeleycc.org.uk">office@rugeleycc.org.uk</a>	<a href="#">Rugeley Community Church &amp; Centre  </a>	

[Rugeley | Facebook](#)

### Foodbanks and Community Tables

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

### Games Clubs

Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
1st and 4th Mondays	7-10pm	Whist Club		Cannock Wood and Gentleshaw Village Hall, Buds Road, Cannock Wood, Rugeley, WS15 4NB	<a href="#">Cannock Wood and Gentleshaw Village Hall   What's on at the hall (cwagvh.co.uk)</a>		

### Outdoor Recreation

Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
Monday	9:45am	Rugeley Phoenix Activities Club Walking	Walking group walks in all weathers and ends with a refreshment. Need to be a member of Rugeley Phoenix	TBC	<a href="mailto:mondaywalks@rugeleyphoenix.org.uk">mondaywalks@rugeleyphoenix.org.uk</a> Visit the website to find out about membership <a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a>		
Monday (except Bank Holidays)	10am	Chase Fit Walk for Health	Level 3 - 60-90 minutes, mixed terrains including steep slopes/stiles/steps, brisk walk	Meet at the compound at the Tesco end of Hednesford Park, WS12 1TB	Lynn Evans 07855 099353	Free	
Monday (except Bank Holidays)	10am	Chase Fit walk	Level 2 - 30-60 minutes, moderate/uneven surfaces/steps, steady stroll. Look out for the Chase Fit high viz jacket as you pull onto the car park	Cannock Chase Forest Centre (Birches Valley), Rugeley, WS15 2UQ	Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a>	Free	

Monday (except Bank Holidays)	1:30pm	Chase Fit Inclusive walk (Physical and Learning Needs)	Level 1 - 30 minutes, flat gentle slopes, slow pace	Café at Marquis Drive Visitor Centre, Brindley Heath Road, WS12 4PW	Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a>	Free	
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## Tuesday

Cannock	Rugeley	Hednesford	Norton Canes	Heath Hayes	Brereton	Chadsmoor
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Education							
Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
Tuesday	10am-12pm & 1-3pm	Multiply Programme	Understand everyday maths, 18 years +. Steps to Work	Pye Green Community Centre, Bradbury Lane, Hednesford, WS12 4EP	<a href="mailto:multiply@stepstowork.co.uk">multiply@stepstowork.co.uk</a>	<a href="#">Pye Green Community Centre   Cannock   Steps To Work   Walsall   Facebook</a>	
Sport							
Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
Tuesday	Between 7-9am	Lane Swim		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Tuesday	Between 7am-10am	Lane Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session

Tuesday	10-11am	Walking Hockey	Walking Hockey is perfect for players who are looking for a less physically demanding version of this fantastic sport. Don't worry! You'll still be able to showcase your skills and get your blood pumping - it's always a good match! Just like all our other walking sports, this is also a great way to make new friends and enjoy each other's	Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Gerard Hill 07976 771468 or email <a href="mailto:Gerald.Hill@ihlmail.org">Gerald.Hill@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	First session free and £4.20 per session after that
Tuesday	10-11:30am	Rugeley Phoenix Keep Fit/Folk Dancing	Keep fit followed by country dancing. A lot of fun, finishing off with tea, coffee and a good chat. Need to be a member of Rugeley Phoenix Activity Club	Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT	Email <a href="mailto:keepfit@rugeleyphoenix.org.uk">keepfit@rugeleyphoenix.org.uk</a> For membership information visit <a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a>		
Tuesday	10:30am-12pm	Casual Swim (2 lanes)		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Tuesday	10:45-11:45am	Strength and Movement	Adaptive sports class	21 Upper Brook Street, Rugeley, WS15 2DP	01889 578822		

Tuesday	11am-12pm	Walking Football	Walking Football is a unique small-sided ball game. It's similar in some respects to Association Football and this is what makes it such a great sport. When playing the sport, all the skills you have learned in the past will come flooding back. It's the game you love and remember but played in a new way	Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Gerard Hill 07976 771468 or email <a href="mailto:Gerald.Hill@ihlmail.org">Gerald.Hill@ihlmail.org</a>		First session free and £4.20 per session after that
Tuesday	12-1pm	Lane Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Tuesday	12-1pm	Lane Swim		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Tuesday	between 1-3:30pm	Casual Swim (2 lanes)		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Tuesday	6-9pm	Cannock Chase Cobras Basketball		Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX		<a href="#">Cannock Chase Cobras Basketball   Facebook</a>	
Tuesday	7-7:50pm	Disability Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>		

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

### Arts and Crafts

Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
2nd Tuesday of the month	9:30-11:30am	Craft and a cuppa		Burntwood Library, Sankeys Corner, Bridge Cross Road, Burntwood, WS7 2BX	01543 334466 or email <a href="mailto:burntwood.library@staffordshire.gov.uk">burntwood.library@staffordshire.gov.uk</a>	<a href="#">Friends of Burntwood Library   Facebook</a>	
Tuesday	10am-12pm	Craft Group	Sewing group. Booking required.	Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	01543 279592	<a href="#">Friends of Norton Canes Library   Facebook</a>	

Tuesday	1:30-4pm	Knit and Natter	Free drop in 19+	Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	01543 279592	<a href="#">Friends of Norton Canes Library   Facebook</a>	Free
Tuesday	2-4pm	Knit and Natter	Bring knitting and sewing and come along for a chat. Waiting list for places.	Cannock Library, Manor Avenue, Cannock, WS11 1AA	01543 334525		50p for refreshments
Tuesday	12-2pm	Jewellery Workshop		Hednesford Library, Market Street, Hednesford, WS12 1AD	01543 422798 or email <a href="mailto:hednesford.library@staffordshire.gov.uk">hednesford.library@staffordshire.gov.uk</a>	<a href="#">Friends of Hednesford Library   Cannock   Facebook</a>	Free
Tuesday	12-2pm	Chat and Nit	Meet upstairs in the café with sewing, knitting or crocheting. 10% off refreshments in the café	Hednesford Park, The Parlour Café, WS12 1TB	Lynn Evans 07855 099353	<a href="#">The Friends of Hednesford Park   Hednesford   Facebook</a>	Free
Tuesday	1-2:45pm	Knit for Love		Hednesford Library, Market Street, Hednesford, WS12 1AD	01543 422798 or email <a href="mailto:hednesford.library@staffordshire.gov.uk">hednesford.library@staffordshire.gov.uk</a>	<a href="#">Friends of Hednesford Library   Cannock   Facebook</a>	
2nd Tuesday of the month	1:30-3:30pm	Creative Writing	Ask staff for details	Rugeley Library, Anson Street, Rugeley, WS15 2BB	01889 869063 or email <a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a>	<a href="#">Staffordshire Libraries   Facebook</a>	

### Literature

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

### Performing Arts and Music

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

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

### Support Groups

Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
1st Tuesday of the month	10am	MHA Live at Home Scheme Care and Share	This group is for those living with short term memory loss, Alzheimer's and Dementia. We aim to provide a warm and welcoming environment for people living with a form of dementia and their carers	St Pauls Church, Lichfield Street, Rugeley, WS15 2EH	01543 415020 MHA contact, 24-hour answer phone service in place. Rugeley Office 01889 358984,		

			to gather for a relaxing coffee morning and informal chat where experiences can be shared.		Weds 9am-3pm & Fri 10am-2pm		
Tuesday	10:30am-2:30pm	Stroke Association	We offer friendship and support to those affected by stroke. Lunch provided.	Lea Hall Club, Sandy Lane, Rugeley, WS15 2LB	01889 583517 or email <a href="mailto:judywinter@talktalk.net">judywinter@talktalk.net</a>		
1st Tuesday of the month	1:30-3:30pm	Bereavement Support Group		Bethany Baptist Church, Chadsmoor	Suzanne 07514 736301 (Mon, Tue, Thurs) or Preet 07871 988337 (Mon-Fri)		
Last Tuesday of every month	11am-1pm	Let's Talk Menopause	Are you feeling the heat of menopause? You are not alone. Join our monthly group for a friendly chat, support, advice and shared experiences.	The Longford Centre, Longford Road, Cannock, WS11 1RJ	To register interest or for more details contact <a href="mailto:letstalkmenopausegroup@gmail.com">letstalkmenopausegroup@gmail.com</a>		

### Social Groups

Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
Tuesday	10am-12pm	Friends of Burntwood Library Coffee Shop	Pop in for a drink and a chat at Burntwood Library Coffee Shop	Burntwood Library, Sankeys Corner, Bridge Cross Road, Burntwood, Lichfield	0300 1118000 or email <a href="mailto:burntwood.library@staffordshire.gov.uk">burntwood.library@staffordshire.gov.uk</a>	<a href="https://www.facebook.com/burntwoodlibrary/">https://www.facebook.com/burntwoodlibrary/</a>	
Third Tuesday of the month	11am-12pm	Golden Oldies	Music group	St Paul's Community Room, Lichfield Street, Rugeley, WS15 2EH	01761 470006		
Tuesday	10:30am-12:30pm	Connections Friendship Group	A time of fellowship, fun and activities. Call in for tea/coffee and a chat. Connect with friends, old and new. Join in with quizzes and table games, craft activities.	Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB	01543 426128 or email <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a>		£2

1st Tuesday of the month	2-4pm	U3A Local History	The Local History group takes on projects to examine the historical background of local features. For example, recently we have looked at activities on Cannock Chase during the 1st World War and one of the "lost treasures" of Staffordshire, Wolseley Hall.	Slitting Mill Victory Hall, Slitting Mill Road, Slitting Mill, Rugeley, WS15 2US	Contact Sheila Simpson via <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website <a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a>		
Tuesday	7-9pm	Tuesday Club	Offers people 18+ with learning disabilities crafts, fun, music and friends. In a friendly atmosphere the club provides a social and recreational setting where members can meet friends and follow their interests at a pace to suit themselves. Established in 1979 the club is supervised entirely by volunteers.	Chadsmoor Methodist Church	Dave Bailey 01543 504851		
One Tuesday a month see Facebook		Community Lunch	Community lunch and social afternoon. Ticket price includes live entertainment. Food, free raffle and games. Book in advance	St Mary's Social Club, 2 Hallcourt Lane, Cannock	01543 579364 or email <a href="mailto:office@stmarysclub.net">office@stmarysclub.net</a>	<a href="#">St. Mary's Social Club Cannock   Cannock   Facebook</a>	£6 per ticket
1st Tuesday of the month	8pm	Cannock Branch Royal Engineers Association	All Sappers past and present regular army, National Service, TAVR, Reserve Army are welcome to come along	The Drill Hall (Army Reserve Centre), Walsall Road, Bridgtown, Cannock	<a href="http://www.reahq.org.uk/branches/cannock">www.reahq.org.uk/branches/cannock</a>	-	
Tuesday	2-5pm	Friendship Café	Serving light refreshments on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so brings a bag!	Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB	01543 426128 or email <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a>		

Last Tuesday of the month	7:30pm	West Midlands Branch of Air Britain	If you are interested in aviation and/or aircraft then come along to our next meeting. Discussions, talks, speakers, presentations, videos etc. A very active groups and arrange outings to airfields, airports, aviation companies, museums, along with spotting outings etc	Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	Contact Nigel on 07793 451430 or email <a href="mailto:nigrex100@aol.com">nigrex100@aol.com</a>	<a href="#">Friends of Norton Canes Library   Facebook</a>	
1 <sup>st</sup> Tuesday of the month (except Jan. which is the 2nd Tues)	7:30-10:30pm	Hayes Green Women's Institute	Speakers, outings, raffles, quizzes, competitions, bring and buy and lots more. We are a very friendly bunch of ladies.	Five Ways Inn, 1 Hednesford Road, Heath Hayes, Cannock, WS12 3HU	07789 303852		

#### Warm Hubs and Places of Welcome

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
1 <sup>st</sup> Tuesday of the month	10:15-11:45am	Tuesday Club		Avon Business and Leisure Centre, Avon Road, Cannock, WS11 1LH	<a href="mailto:admin@livingsprings.cc">admin@livingsprings.cc</a>		
Tuesday	14:00-17:00	Friendship Café	Serving light refreshments - Jacket potatoes, filled paninis etc on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so bring a bag!	The Salvation Army, 7 Anglesey St, Hednesford, WS12 1AB	01543 426128 or email <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a>		
Tuesday	11:00-13:00	Place of Welcome Coffee morning	Refreshments and company for all, dog friendly.	Church of the Holy Spirit, Mount Road, Etchinghill, Rugeley, WS15 2TL			
Tuesday	10:00-12:00	Coffee and Craft Club with Place of Welcome	Coffee and Craft	St Augustine's Church, Station Road, Rugeley, WS15 2HG	<a href="mailto:rugeleycofechurches@gmail.com">rugeleycofechurches@gmail.com</a>		
Tuesday	9am-3pm	Cherished Coffee Shop		Hayes Green Community Centre, Heath Way, Cannock WS11 7WA			

Tuesday	12:30-14:00	Chitter Chatter	Warm space drop in. Come and sit and natter. Everyone welcome. Family friendly. See Facebook for weekly meals	West Chadsmoor Family Centre, 98-100 Princess St, Cannock WS11 5JT	01543 571698 or email <a href="mailto&gt;Hello_WCFC@outlook.com">Hello_WCFC@outlook.com</a>	<a href="https://www.facebook.com/westchadsmoorfamilycentre/?locale=en_GB">https://www.facebook.com/westchadsmoorfamilycentre/?locale=en_GB</a>	
Tuesday	2-5pm	Friendship Café	Serving light refreshments - Jacket potatoes, filled paninis etc on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so bring a bag!	Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB	01543 426128 or email <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a>		

### Foodbanks and Community Tables

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

### Outdoor Recreation

Day	Time	Activity	About	Venue	Contact Detail	Facebook	Cost
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Tuesday	10am	Chase Fit walk	Level 2 - 30-60 minutes, moderate/uneven surfaces/steps, steady stroll. Look out for the Chase Fit high viz jacket as you pull onto the car park	Meet at Heath Hayes Library, 194 Hednesford Road, Heath Hayes, Cannock, WS12 3EA	Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a>	<a href="#">Fiveways Rambler's   Facebook</a>	Free
2nd Tuesday of the month	7:30-10pm	Gardening Club		Cannock Wood and Gentleshaw Village Hall, Buds Road, Cannock Wood, Rugeley, WS15 4NB	Deborah Jackson 01543 877973 <a href="mailto:deborah.gardening@live.com">deborah.gardening@live.com</a> Lesley Griffiths 01543 270839 <a href="http://www.cwggc.co.uk/">http://www.cwggc.co.uk/</a>		
Every second Tuesday of each month	11am	Chase Fit walk	Level 3 - 60-90 minutes, mixed terrains including steep slopes/stiles/steps, brisk walk	Marquis Drive Visitor Centre, Brindley Heath Road, WS12 4PW	Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a>	Free	
Last Tuesday of the month		U3A Walking Group	The Walking Group undertakes a range of country walks of around 3-5 miles, mainly in the local area on & around Cannock Chase, but there are times when we travel further afield. These walks last between one and a half to two hours, occasionally a little longer, but care is taken to make sure walks are safe and suitable for all abilities. Walks take place on a monthly basis, on the last Tuesday each month (mid-Winter excepted), from appropriate rendezvous points. Check notice board for monthly details.	Check notice board for monthly details and meeting points	Contact Angela Allison via the contact page <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website <a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a>		

### Wednesday

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

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



Wednesday	3-5pm & 6-8pm	U3A Crown Green Bowling	Meets from April to September. Each session will consist of a 30 minute break for refreshments	The Rag at Rawnsley Crown Green Bowling Club, Ironstone Road, Rawnsley, WS12 0QD	Andy Cowan on 01543 274966 or 07885 660530 or email <a href="mailto:cowanandrew959@gmail.com">cowanandrew959@gmail.com</a> or via the contact page <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website <a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a>		
Wednesday	6-7pm	Casual Swim		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session

### Arts and Crafts

Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
Wednesday	10am-12pm	Crochet Club	costs to cover materials	Rugeley Library, Anson Street, Rugeley, WS15 2BB	01889 869063 or email <a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a>	<a href="#">Staffordshire Libraries   Facebook</a>	
Wednesday	10am-12pm	Craft Group		Pavilion in Hednesford Park	Lynn Evans 07855 099353		Free
Wednesday	11am-1pm	Norton Canes Card Craft Club		Norton Canes Community Centre, Brownhills Road, Norton Canes, WS11 9SF	<a href="mailto:diamondcardcraft@yahoo.co.uk">diamondcardcraft@yahoo.co.uk</a>	<a href="#">Norton canes Community Centre Events   Cannock   Facebook</a>	
Wednesday	1:30-4pm	Darby and Joan Club		Norton Canes Community Centre, Brownhills Road, Norton Canes, WS11 9SF	Maureen Hall <a href="mailto:maureenhall008@gmail.com">maureenhall008@gmail.com</a>	<a href="#">Norton canes Community Centre Events   Cannock   Facebook</a>	

Wednesday	7:15-9:30pm	Chadsmoor Tapestry Group	It is open to people of all ages both male and female. The aim of the group is to awaken and develop creative and artistic skills in the field of needlework, embroidery and other related skills and also provide a base for the development of individual and community projects, whilst fostering fellowship and social interaction.	Chadsmoor Methodist Church	Contact Chadsmoor Methodist Church for more information on 01543 876610		
2nd Wednesday of the month	7-10pm	Cannock Chase Woodturners	Hands on coaching and demonstrations by a professional	Trinity Methodist Church, Poplar Street, Norton Canes	Steve Cassidy <a href="mailto:steve_cas2000@hotmail.com">steve_cas2000@hotmail.com</a>	<a href="#">Friends of Norton Canes Library   Facebook</a>	
3rd Wednesday of the month	7:30pm	Norton Canes Flower Club		Trinity Methodist Church, Poplar Street, Norton Canes	Chris Flood, 01543 277492		
1st Wednesday of the month	8pm	Cannock Lions	We love to help our community and enjoy what we do.	Roman Way Hotel, Watling Street, Cannock	0845 8334967 or email <a href="mailto:cannocklionsclub@hotmail.com">cannocklionsclub@hotmail.com</a>	<a href="#">Cannock Lions Club - CIO   Burntwood   Facebook</a>	
Wednesday	10am-12pm	Crochet Club	A weekly crochet and knitting group. For beginners and advanced creators who want to get together to make and chat	Rugeley Library, Anson Street, Rugeley, WS15 2BB	01889 869063 or email <a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a>	<a href="#">Staffordshire Libraries   Facebook</a>	
Last two Wednesdays of the month	11am-1pm	U3A Jewellery Making	Pre-booking required	Hednesford Library, Market Street, Hednesford, WS12 1AD	Contact Maureen Leeson via <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website <a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a>		£2 per session

Wednesday	10am-12pm	Knitting and crocheting group		Cherished Café, Hayes Green Community Centre, Hayes Green, WS11 7WA			
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### Literature

Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
Wednesday	10am-12pm	Coffee and Poetry Club	If you enjoy poetry and a cuppa then join our Coffee and Poetry Club (tea is available too!)	Rugeley Library	01889 869063 or email <a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a>	<a href="#">Staffordshire Libraries   Facebook</a>	
3rd Wednesday of the month	11am-1pm	U3A Poetry Appreciation	We usually bring along 2 poems on the theme of the month, which we read to the group. We say why we like the poem and perhaps a little about the poet. If there is time we have a go at writing poems too. We will look at specific genres or themes. These may include War Poets, Local Poets, Sonnets, Inspirational Poems or Specific Poets.	Heddins Ford Pub, The Lightworks, Market Place, Hednesford, WS12 1AD	Contact Carol Deakin via <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website <a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a>		
2nd Wednesday of the month	10:30am-12pm	Reading Group		Rugeley Library, Anson Street, Rugeley, WS15 2BB	01889 869063, or email <a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a>	<a href="#">Staffordshire Libraries   Facebook</a>	
Wednesday	2-4pm	Rugeley Phoenix Social Afternoon and Book Club	A friendly group and welcome newcomers. We have a social chat over a game of cards and refreshments. Need to be a member of Rugeley Phoenix Activities Club	Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT	Email <a href="mailto:secretary@rugeleyphoenix.org.uk">secretary@rugeleyphoenix.org.uk</a> For membership information visit <a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a>	-	

### Dance

Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
Wednesday	2:30-4:30pm	Tea Dance	Jack Holsten Room, Avon Business and Leisure, Avon Road, Cannock, WS11 1LH	Jack Holsten Room, Avon Business and Leisure, Avon Road, Cannock, WS11 1LH	01543 503163 or email <a href="mailto:ablccannock@gmail.com">ablccannock@gmail.com</a>		

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

Last Wednesday of the month	11am-1pm	The Chase Parkinson's Support Group	Fancy a chat, some information company, activity or just a coffee? Come along and join members of the Chase Parkinson's Support Group.	The Soldiers Club, Anglesey Street, Hednesford, WS12 1AB	Call Margaret on 07952 747854 or email <a href="mailto:margaret.sampson171@gmail.com">margaret.sampson171@gmail.com</a> or call Alison 07990 813814 or email <a href="mailto:alisonheath394@btinternet.com">alisonheath394@btinternet.com</a>	<a href="#">Chase Parkinson's Group</a>   <a href="#">Facebook</a>	
Wednesday	1-4pm	Everyone Health	Join us in our free weekly nutrition sessions, aimed at providing practical information and advice for creating long-term healthy eating habits. Our sessions are delivered by a qualified Nutritionist and you will also be supported by a Physical Activity Specialist to help maximise weight loss through a tailored exercise programme. If you're aged 18 or above and think you could benefit from this service contact to discuss your eligibility to book your free place.	Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX	Call 0333 0050095 or visit <a href="https://staffordshire.everyonehealth.co.uk/services/weight-management/">https://staffordshire.everyonehealth.co.uk/services/weight-management/</a>	<a href="#">Everyone Health - Staffordshire</a>   <a href="#">Facebook</a>	Free
Wednesday	9:30AM-12:30PM	Citizens Advice SSW- Drop-in session	No appointment required	Pye Green Community Centre, Bradbury Lane, Hednesford, WS12 4EP	0808 2787874	<a href="#">Pye Green Community Centre</a>   <a href="#">Cannock</a>   <a href="#">Facebook</a>	

Wednesday	11am-12pm	Credit Fusion Bank		Hednesford Community Library, Market Street, Hednesford, WS12 1AD	01543 422798 or email <a href="mailto:hednesford.library@staffordshire.gov.uk">hednesford.library@staffordshire.gov.uk</a>	<a href="#">Friends of Hednesford Library   Cannock   Facebook</a>	
4th Wednesday of the month	7:30-9:30pm	Survivors of Bereavement by Suicide	Do you need support with Suicide Bereavement? Help and support is available from the Survivors of Bereavement Suicide. Our friendly, safe and confidential peer led support groups are open to all those over the age of 18 impacted by suicide loss.	Call for location	Call 07538 524858 or email <a href="mailto:cannock@uksobs.org">cannock@uksobs.org</a>	-	

### Social Groups

Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
Wednesday	10-11:30am	Cannock Library Multigenerational Social Group	Come along for a cosy chat and FREE refreshments	Cannock Library, Manor Avenue, Cannock, WS11 1AA	01543 334525	<a href="#">Staffordshire Libraries   Facebook</a>	Free
Wednesday (certain dates - 5 June, 3 July)	11am	Cookie Club-Monthly Book Club	Do you like to meet new people, read women's popular fiction and talk about what you're reading? Come to Cookie Club and see what they are reading and talking about. Just pop along. The coffee shop is also open selling hot drinks and cakes	Museum of Cannock Chase, Valley Road, Hednesford, WS12 1TD	01543 877666		Free, no booking required
1st Wednesday of the month	7-9pm	League of Ladies	Appointment required	Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	01543 279592	<a href="#">Friends of Norton Canes Library   Facebook</a>	

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

### Warm Hubs and Places of Welcome

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Wednesday	10am-5pm	A Cool Space/Warm Room	Open safe space	Cherishers Wellbeing Rooms, 19, 21 & 23 Upper Brook Street, Rugeley, WS15 2DP	01889 578822		
Wednesday	2-5pm	Friendship Café	Serving light refreshments - Jacket potatoes, filled paninis etc on a 'pay as you feel' basis. We also receive surplus food -	The Salvation Army, 7 Anglesey St, Hednesford, WS12 1AB	01543 426128 or email <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a>		

			donated by local supermarkets - so bring a bag!				
Wednesday	10am-12pm	Place of Welcome Coffee morning	Join us for a warm welcome and coffee, tea and biscuits and a chat in the church hall. Board games also available if you're that way inclined!	St Aidens Church Hall, Chadsmoor, Cannock, WS11 5JD			
Wednesday	9am-3pm	Cherished Coffee Shop		Hayes Green Community Centre, Heath Way, Cannock WS11 7WA	<a href="mailto:clerk@hhandw.org.uk">clerk@hhandw.org.uk</a> or call 07951 409707		
Wednesday	10:30-11:30am	The Rendezvous Tea, Coffee and Chat	Chat over a cuppa with a biscuit - maybe a cake on birthdays. Concludes with a volunteer giving a "Thought for the Day".	Chadsmoor Methodist Church, Cannock Rd, Chadsmoor, Cannock WS11 5DD	01543 571003 or 01543 577365		
1 <sup>st</sup> Wednesday of the month	10:30am-12pm	Coffee morning	An informal get together over tea/coffee and cake. There is a book stall and raffle and bric-a-brac stall. Occasionally a themed morning. Everyone is most welcome. Come along and have a chat.	St John the Baptist, Church Close, Slitting Mill, Rugeley, WS15 2TQ			
Wednesday	1:30-3:30pm	Place of Welcome Coffee morning	A free cuppa, board games, cards and dominos, warm conversations in a safe space, and a chance to develop new friendships.	St Thomas Church, 18 Dual Way, Huntington WS12 4GD	01902 696228 or email <a href="mailto:welfaresupport@sstaffs.gov.uk">welfaresupport@sstaffs.gov.uk</a>		
Every 1st and last Wednesday of the month	2-4pm	Place of Welcome Coffee morning		St Michaels Church, Main Road, Brereton, WS15 2DU			



3rd Wednesday of the month	12-1:30pm	Lunch Bunch	Come along for a hot meal and pudding. Everyone welcome, but please let us know in advance if you are planning to attend so that we can ensure there is enough food.	St Michaels Church, Main Road, Brereton, WS15 2DU	Message Gill Shaw on 077730 01813		Suggested minimum donation £2
Wednesday (dates to be found online)	Times to be found online	Landor (Local History) Society	The society is a focus for those who wish to learn more about the history of Rugeley and surrounding parishes. Meetings normally include a guest speaker or visits in summer months	Sneydlands, Bryans Lane, Rugeley, WS15 2JS	General Secretary Mrs Marion Kettle, 01889 576674 or email <a href="mailto:markettle@btinternet.com">markettle@btinternet.com</a> <a href="http://Home.landorsocietyrugeley.uk">Home (landorsocietyrugeley.uk)</a>		

### Foodbanks and Community Table

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

### Outdoor Recreation

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
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First Wednesday of the month	10am	Chase Fit walk	Level 2 - 30-60 minutes, moderate/uneven surfaces/steps, steady stroll. Look out for the Chase Fit high viz jacket as you pull onto the car park	Front of the Pye Green Community Centre, Bradbury Lane, Hednesford, WS12 4EP	Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a>		Free
Wednesday	9:30am-12pm	Potter in the Park	Gardening, All weather	Hednesford Park	Lynn Evans 07855 099353		Free
Wednesday	10:15am	Rugeley Phoenix Activities Short Walks	Walks are approximately 2 or 3 miles, taken at a leisurely pace and often continuing the social atmosphere by having lunch at a nearby pub. Need to be a member of Rugeley Phoenix Activity Clun	Activity leader will confirm start point	Email <a href="mailto:wednesdaywalks@rugeleyphoenix.org.uk">wednesdaywalks@rugeleyphoenix.org.uk</a> For membership information visit <a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a>		
Every other Wednesday	11am	ChaseFit Walk for Health	Level 3 - 60-90 minutes, mixed terrains including steep slopes/stiles/steps, brisk walk	Meet at Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a>		Free
Wednesday March - November	2:15-3pm	Chase Fit Inclusive Cycling (Physical and Learning needs)	All abilities	Meet at main entrance Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a>		£4 or free to IHL paying members
Wednesday	9:30am	Chase Fite Wellness Walk	Level 2 - 30-60 minutes, moderate/uneven surfaces/steps, steady stroll. Look out for the Chase Fit high viz jacket as you pull onto the car park	Meet at Golf entrance, back of the main building, Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a>	Free	

Wednesday	10am-12pm	Gardening Group	A community group coming together to learn and grow our own food. Come along and learn how to become more self-sufficient, gain skills to help you thrive and make friends. Everybody is welcome	Stadium Allotments, Lovatt Place, Cannock, WS11 5FH (from Pye Green Road, turn down Princess Street, then see Lovatt Place. Car parking available)	Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email Guy for more information <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a>	Free	
Last Wednesday of the month	7:30-9:30pm	Garden Guild		Etching Hill Village Hall, East Butts Road, Etching Hill, Rugeley, WS15 2LU	Call Derek on 01889 582922		<a href="#">Etching Hill Village Hall   Facebook</a>

### Thursday

Cannock	Rugeley	Hednesford	Norton Canes	Brereton	Heath Hayes	Chadsmoor
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Education							
Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Thursday	10am-2:30pm with 30 min break in the middle	Maths and English through art	Runs through term time. Come and try a session even in the middle of term	Pavilion in Hednesford Park	Lynn Evans, 07855 099353		Free
Thursday	9:30am-2pm	Access English	Free weekly English lessons for people whose language is not English.	Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX	Call 01889 579341 or email <a href="mailto:office@rugeleycc.org.uk">office@rugeleycc.org.uk</a> More information can be found at <a href="https://rugeleycc.org.uk/centre/access-english/">https://rugeleycc.org.uk/centre/access-english/</a>	<a href="#">Rugeley Community Church &amp; Centre   Rugeley   Facebook</a>	Free

### Sport

Day	Time	Activity	About	Venue	Contact Details	Facebook
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Thursday	7-9am	Lane Swim		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Include d in member ship or £5.30 a session
Thursday	9-10am	Casual Swim (2 lanes)		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Include d in member ship or £5.30 a session
Thursday	10:30- 11:30am	U3A Tai Chi Beginners/Im provers		Slitting Mill Victory Hall, Slitting Mill Road, Slitting Mill, Rugeley, WS15 2US	If you are interested contact Maureen Leeson via the contact page <a href="https://u3asites.org.uk/c/annock-chase/contact">https://u3asites.org.uk/c/ annock-chase/contact</a> Website <a href="https://u3asites.org.uk/c/annock-chase/home">https://u3asites.org.uk/c/ annock-chase/home</a>		
Thursday	10:30am- 12pm	Casual Swim (2 lanes)		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthyliifestyles.org/">https://inspiringhealthyli ifestyles.org/</a>		
Thursday	Between 6:30- 10am	Lane Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthyliifestyles.org/">https://inspiringhealthyli ifestyles.org/</a>		
Thursday	11am- 12pm	Recovery Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthyliifestyles.org/">https://inspiringhealthyli ifestyles.org/</a>		
Thursday	12-1pm	Lane Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthyliifestyles.org/">https://inspiringhealthyli ifestyles.org/</a>		

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

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

Thursday	7-8pm	Casual Swim (2 lanes)		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Include d in member ship or £5.30 a session
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### Arts and Crafts

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Thursday	9:45am - 12:15pm	Pop In Craft Group	The Pop In has been running for over 30 years, however as a craft group over 16 years. Our main craft is cards i.e. Decoupage, Parchment, Iris Folding, Rubber Stamping, Die Cutting, we also Knit, Crochet and Beading (bracelets, necklaces and earrings).	Coffee Bar, Chadsmoor Methodist Church	June 01543 502336 and Margaret 07854 758057		
Thursday	Afterno ons	Crafty Sew and Sews		Norton Canes Community Centre, Brownhills Road, Norton Canes, WS11 9SF	Mrs Jean Hill, 07412 191439	<a href="#">Norton canes Community Centre Events   Cannock   Facebook</a>	
Thursday	10am- 12pm	Knit and Natter	Bring your own knitting. All abilities welcome	Heath Hayes Library, Hednesford Road, Cannock, WS12 3EA	01543 279675, <a href="mailto:heathhayes.library@staffordshire.gov.uk">heathhayes.library@sta ffordshire.gov.uk</a>	<a href="#">Heath Hayes Library   Facebook</a>	Free
Thursday	10am- 1pm	Chase Craft and Chat		Chadsmoor Methodist Church, Cannock Road, Chadsmoor, WS11 5DD	01543 876610 or email <a href="mailto:chadsmoormethodistchurch@aol.com">chadsmoormethodistch urch@aol.com</a>	<a href="#">Chadsmoor Methodist Church   Cannock   Facebook</a>	
Thursday	10am- 12pm	Card Craft	Bring your own card craft	Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	01543 279592 or email <a href="mailto:nortoncanes.library@staffordshire.gov.uk">nortoncanes.library@st affordshire.gov.uk</a> or visit <a href="https://www.nortoncanecommunitylibrary.co.uk/community/norton-canecommunity/">https://www.nortoncane communitylibrary.co.u k/community/norton- canes-community-</a>	<a href="#">Friends of Norton Canes Library   Facebook</a>	

					<a href="http://library-information-hub-20128/opening-hours/">library-information-hub-20128/opening-hours/</a>		
Thursday	10:45am-12:45pm	Art Class		Etching Hill Village Hall, East Butts Road, Rugeley		<a href="#">Etching Hill Village Hall</a>   <a href="#">Facebook</a>	
Thursday	11am-1pm	Craft and Chat	Do you like to meet new people and make your own crafts? Bring your own project along; knitting, crochet, needle felting, sewing, jewellery making, whatever it is. Drop In	Museum of Cannock Chase, Valley Road, Hednesford, WS12 1TD	01543 877666	<a href="#">Museum of Cannock Chase</a>   <a href="#">Hednesford</a>   <a href="#">Facebook</a>	Free, no booking required
Thursday	1-4pm	Painting Group		Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	01543 279592 or email <a href="mailto:nortoncanes.library@staffordshire.gov.uk">nortoncanes.library@staffordshire.gov.uk</a> or visit <a href="https://www.nortoncanescommunitylibrary.co.uk/community/norton-can-es-community-library-information-hub-20128/opening-hours/">https://www.nortoncanescommunitylibrary.co.uk/community/norton-can-es-community-library-information-hub-20128/opening-hours/</a>	<a href="#">Friends of Norton Canes Library</a>   <a href="#">Facebook</a>	
Thursday	2-4pm	Natter and Knit		Cannock Library, Manor Avenue, Cannock, WS11 1AA	01543 334525	<a href="#">Staffordshire Libraries</a>   <a href="#">Facebook</a>	
Thursday	2-4pm	Art for All	Chat and paint, enjoy and create! Everyone welcome	Heath Hayes Library, Hednesford Road, Cannock, WS12 3EA	01543 279675, <a href="mailto:heathhayes.library@staffordshire.gov.uk">heathhayes.library@staffordshire.gov.uk</a>	<a href="#">Heath Hayes Library</a>   <a href="#">Facebook</a>	



Thursday	2-4pm	Rugeley Phoenix Knit and Natter	Welcome new beginners and all abilities. Need to be a member of Rugeley Phoenix Activity Club.	Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT	Email <a href="mailto:knitandnatter@rugeleyphoenix.org.uk">knitandnatter@rugeleyphoenix.org.uk</a> For information about membership visit <a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a>	-	
Thursday (during term time)	4-5:30pm	Community Crafts	Families and adults welcome	Rugeley Library, Anson Street, Rugeley, WS15 2BB	01889 869063 or email <a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a>	<a href="#">Staffordshire Libraries   Facebook</a>	50p per person and under 4s free

### Performing Arts

Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
Thursday	1:15-3pm	Village Choir		Cannock Wood and Gentleshaw Village Hall, Buds Road, Cannock Wood, Rugeley, WS15 4NB	Sharron Burns 01543 271008 or email <a href="mailto:sharronburns@outlook.com">sharronburns@outlook.com</a>		
Thursday	7-9pm	Adult Dance		Prospect Village Hall, Williamson Avenue, Cannock, WS12 0QF		<a href="#">Prospect Village Hall 2023   Cannock   Facebook</a>	
Thursday	7-30-9:30pm	Mixed voice choir	A friendly, fun-loving mixed voice choir who love to entertain. We pride ourselves on having a really varied repertoire of songs from pop and rock, through to folk and musical theatre - something for everyone! We are always happy to welcome new members. If you would like to find out more come and sit in on one of our rehearsals. We would love to see you!	Chadsmoor Methodist Church	01543 491539		
3rd Thursday of the month	3-4pm	Sing and Smile Group	A fun informal singing group. No experience necessary. No need to book just turn up!	Museum of Cannock Chase, Valley Road, Hednesford, WS12 1TD		<a href="#">Museum of Cannock Chase   Hednesford   Facebook</a>	

(begins 20 June)							
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### Literature

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

### Dance

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

### Support Groups

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

### Social Groups

Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
Alternative Thursdays		Hednesford Mens Probuss Club	Prospective new members and guests are very welcome to join for a cuppa and a chat and usually a very interesting speaker	Soldiers Club, Anglesey Street, Hednesford	Colin on 01543 876278 or Roger 01889 358145		

Last Thursday of the month	pm	U3A Luncheon Club	This was one of the first groups from the start of Cannock Chase U3A. Over the years we have developed a number of places to dine, in the Cannock, Rugeley, Lichfield and Stafford areas. We rotate around these areas in turn, also in turn the pubs/restaurants within them - always open to new places to try. Average numbers are 8-12		Irene Bohnan via contact form <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website <a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a>		
Last Thursday of the month	2-3pm	Coffee and Poetry Club	If you enjoy poetry and a cuppa then join	Rugeley Library, Anson Street, Rugeley, WS15 2BB	01889 869063 or email <a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a>	<a href="#">Staffordshire Libraries</a>   <a href="#">Facebook</a>	
3rd Thursday of the month	10am-12pm	Historical Society Coffee Mornings		Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	Roger Knowles 01543 279313	<a href="#">Friends of Norton Canes Library</a>   <a href="#">Facebook</a>	
3rd Thursday of the month		Community Choir		Museum of Cannock Chase, Valley Road, Hednesford, WS12 1TD		<a href="#">Museum of Cannock Chase</a>   <a href="#">Hednesford</a>   <a href="#">Facebook</a>	
Thursday	10am-12pm	Knit and Natter		Heath Hayes Library	01543 279675	<a href="#">Heath Hayes Library</a>   <a href="#">Facebook</a>	
Thursday	10am-1pm	Joining Hands Befriending Group	A befriending group that specialises in creating a warm and sociable environment with the aim of making members comfortable to express themselves and meet new people. There are also activities available including: arts and crafts, quizzes, bingo and chair exercises.	Avon Business and Leisure Centre, Avon Road, Cannock, WS LH	<a href="mailto:joininghandsgroup@gmail.com">joininghandsgroup@gmail.com</a>		

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

Thursday	6-8pm	Stand By Me men's group	This is a social/friendship group open to anyone to come along	West Chadsmoor Family Centre, 98-100 Princess Street, Cannock, WS11 5JT		<a href="https://www.facebook.com/westchadsmoorfamilycentre/?locale=en_GB">https://www.facebook.com/westchadsmoorfamilycentre/?locale=en_GB</a>	Free
Thursday	7:30-10pm	Trent Valley Photographic Society	We welcome all abilities from the enthusiastic beginner to advanced photographers. We have our own studio set-ups with a variety of lighting systems and backdrops which members are able to use on club nights.	Slitting Mill Victory Hall, Slitting Mill Road, Slitting Mill, Rugeley, WS15 2US	Email <a href="mailto:trentvps@gmail.com">trentvps@gmail.com</a>	-	
Thursday	6:30pm	Happy Jack's Games Night	If you have got stuck in a rut watching video games every night, sleep through the day and have stopped socialising face to face, this is a great way to make new friends and get out of the house. Lovely people that will make you welcome and comfortable.	71-75 Market Street, Hednesford, WS12 1AD	01543 897298 or email <a href="mailto:happyjackscommunitycafe@gmail.com">happyjackscommunitycafe@gmail.com</a>	<a href="#">Happy Jack's Community Cafe - formally Bella's   Hednesford   Facebook</a>	

### Warm Hubs and Places of Welcome

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Thursday	2-5pm	Friendship Café	Serving sandwiches/sausage rolls etc on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so bring a bag!	Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB	01543 426128 or email <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a>		
Thursday	10am-1pm	Coffee Drop in 'pay as you feel'		The Salvation Army, Walhouse Street, Cannock, WS110DY			
Thursday	9:30am-12pm	Place of Welcome Coffee morning	Free refreshments and open chat with other local people	Brereton Community Library, Talbot Road, Brereton, Rugeley, WS15 1AU	01889 869067 or email <a href="mailto:library@rugeleyrotary.org.uk">library@rugeleyrotary.org.uk</a>	<a href="#">Brereton Library   Rugeley   Facebook</a>	

### Foodbanks and Community Tables

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

### Games Clubs

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
2nd Thursday of the month	2-4pm	Cards and Board games	At present the Games group focuses primarily on card games (especially Canasta) and sometimes board games but are prepared to consider other suggestions.	Slitting Mill Victory Hall, Slitting Mill Road, Slitting Mill, Rugeley, WS15 2US	Contact Dianne Hooper via <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website <a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a>		
Thursday	6:30pm	Happy Jack's Games Night	If you have got stuck in a rut watching video games every night, sleep through the day and have stopped socialising face to face, this is a great way to make new friends and get out of the house. Lovely people that will make you welcome and comfortable.	71-75 Market Street, Hednesford, WS12 1AD	01543 897298 or email <a href="mailto:happyjackscommunitycafe@gmail.com">happyjackscommunitycafe@gmail.com</a>	<a href="#">Happy Jack's Community Cafe - formerly Bella's   Hednesford   Facebook</a>	

### Outdoor Recreation

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

Cannock	Rugeley	Hednesford	Norton Canes	Brereton	Heath Hayes	Chadsmoor
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Education							
Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
2nd and 4th Friday of the month	2-4pm	U3A Advanced Conversational French	The course is designed for those who have a sound background in French and who now wish to brush up on their skills. There is ample opportunity to practice the 4 language skills of speaking, listening, reading and writing. Pronunciation activities are built into each session.	Rugeley Fire Station, Bryans Lane, Rugeley, WS15 2JN	Maggie Causer or Chris Travers-Brookes via contact page <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website <a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a>		
Sports							
Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Friday	Between 6:30-9:30am	Lane Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Friday	7-9am	Lane Swim		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeylelc@ihlmail.org">rugeylelc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Friday	9-11am	Casual Swim (2 lanes)		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeylelc@ihlmail.org">rugeylelc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Friday	9:30-10:30am	Gentle Exercise		Rugeley Community Centre, Burnthill	01889 579341		

				Lane, Rugeley, WS15 2HX			
Friday	10am-12pm	Rugeley Phoenix Indoor Tennis (Soft Ball)	A friendly group. All abilities welcome. Need to be a member of Rugeley Phoenix Activities Club.	Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Email <a href="mailto:indoortennis@phoenix.org.uk">indoortennis@phoenix.org.uk</a> For membership information visit <a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a>		
Friday	11am-12pm	Recovery Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Friday	11:10am-12pm	Recovery Swim		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Friday	12-1pm	Lane Swim		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Friday	12-1pm	Lane Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Friday	1-2:30pm	Casual Swim (2 lanes)		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Friday	2-3pm	Rugeley Phoenix Tai Chi	The styles taught are Yang short Sun and Wu. Need to be a member of Rugeley Phoenix Activity Club	Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT	Email <a href="mailto:taichi@rugeleyphoenix.org.uk">taichi@rugeleyphoenix.org.uk</a> For membership information visit <a href="https://rugeleyphoenix.org.uk/">https://rugeleyphoenix.org.uk/</a>		
Friday	2:30-3:30pm	Lane Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session



Friday	2-3:30pm	Casual Swim (2 lanes)		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
	7-8pm	Casual Swim (2 lanes)		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Friday	7:50-8:50pm	Lane Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Friday	8-9pm	Lane Swim		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session

### Arts and Crafts

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Friday (monthly)	10am-12pm	Coffee morning and knit and natter		Prospect Village Hall, Williamson Avenue, Cannock, WS12 0QF		<a href="#">Prospect Village Hall 2023   Cannock   Facebook</a>	
Friday	10am-12pm	Let's Get Together Craft Group	Bring your own craft	Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	01543 279592 or email <a href="mailto:nortoncanes.library@staffordshire.gov.uk">nortoncanes.library@staffordshire.gov.uk</a> or visit <a href="#">Norton Canes Community Library &amp; Information Hub, Norton Canes, Cannock</a>	<a href="#">Friends of Norton Canes Library   Facebook</a>	
Friday	10am-1pm	Craft Buddies	Could you create small random acts of kindness, be part of a team making displays around the village, make blankets, scarfs or hats to donate to residents during the winter months. Crocheting, knitting, sewing and being creative. Meet new friends, learn a new skill and enjoy a cuppa and a biscuit	Brereton Community Hub, Rugeley, WS15 1DF	<a href="https://linktr.ee/BreretonMillion">https://linktr.ee/BreretonMillion</a>	<a href="#">Brereton Million   Facebook</a>	

Friday	12-1:30pm	Knit and Natter	Community craft group	Allotments building, Cannock Stadium Park, Lovatt Place, Cannock, WS11 5FH		<a href="#">Friends of Cannock Stadium Park   Cannock   Facebook</a>	
Friday	1-3pm	Craft Club	Join for all things crafty. Bring your own craft and also learn new techniques from our guest crafters. Limited places - contact Rugeley Library	Rugeley Library, Anson Street, Rugeley, WS15 2BB	01889 869063 or email <a href="mailto:rugeley.library@staffordshire.gov.uk">rugeley.library@staffordshire.gov.uk</a>	<a href="#">Staffordshire Libraries   Facebook</a>	
Friday	2-4pm	Knit and Natter	Have a cuppa and make friends. Bring your own knitting.	Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	01543 279592 or email <a href="mailto:nortoncanes.library@staffordshire.gov.uk">nortoncanes.library@staffordshire.gov.uk</a>	<a href="#">Friends of Norton Canes Library   Facebook</a>	Free

### Dance

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

### Support Groups

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

Friday	10am-11:30am	Memory Café	Are you a caregiver for an individual living with dementia? Come and have a cuppa with someone who understands. No booking required. Free refreshments provided. Practical advice on living with dementia. Musical and sensory activities. Regular talks from healthcare professionals	Cannock Library, Manor Avenue, Cannock, WS11 1AA	<a href="tel:01453572349">01453 572349</a>	-	
Friday	9am-12pm	Everyone Health	Join us in our free weekly nutrition sessions, aimed at providing practical information and advice for creating long-term healthy eating habits. Our sessions are delivered by a qualified Nutritionist, and you will also be supported by a Physical Activity Specialist to help maximise weight loss through a tailored exercise programme.	Chadsmoor Methodist Church, Cannock Road, Chadsmoor, Cannock, WS11 5DD	Call 0333 0050095 or visit <a href="https://staffordshire.everyonehealth.co.uk/services/weight-management/">https://staffordshire.everyonehealth.co.uk/services/weight-management/</a>	<a href="#">Everyone Health - Staffordshire</a>   <a href="#">Facebook</a>	Free
Friday	10am-12pm	Sidney Sight Support Group	Braille	Hednesford Park Pavilion, WS12 1TB	Lynn Evans 07855 099353	<a href="#">The Friends of Hednesford Park</a>   <a href="#">Hednesford</a>   <a href="#">Facebook</a>	Free
Second Friday of the month	10am-2pm	Alzheimer's Society Dementia Adviser		Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX	01889 579341	<a href="#">Rugeley Community Church &amp; Centre</a>   <a href="#">Rugeley</a>   <a href="#">Facebook</a>	
Friday	10:30am-12:30pm	St Giles Bereavement Group		Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX	01889 579341 or email <a href="mailto:sct@stgileshospice.com">sct@stgileshospice.com</a>	<a href="#">Rugeley Community Church &amp; Centre</a>   <a href="#">Rugeley</a>   <a href="#">Facebook</a>	

### Social Groups

Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
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Friday	10am-12:30pm	Get Together Group		Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	01543 279592	<a href="#">Friends of Norton Canes Library</a>   <a href="#">Facebook</a>	
Friday	9:30am-12:30pm & 1-4pm	Cannock Chase Shed	The 'Shed' is a charity workshop group, mostly retired men and women, who make repair and upcycle items for ourselves, friends and local community groups. They also meet and socialise.	Cannock Chase Enterprise Centre, Hednesford, WS12 0QU	Dave 07964 851114 or visit <a href="https://cannockchaseshed.org.uk/about-us">https://cannockchaseshed.org.uk/about-us</a>		
Friday	9am-3pm	Cherished Coffee Shop		Hayes Green Community Centre, Heath Way, Cannock WS11 7WA	<a href="mailto:clerk@hhandw.org.uk">clerk@hhandw.org.uk</a> or call 07951 409707	<a href="#">Heath Hayes Library</a>   <a href="#">Facebook</a>	
Friday	12:30pm	Lunch Club	A place where you can make new friends, enjoy nutritious, fresh and affordable food and have fun. Pre-book. Enjoy the company of friendly people, a three-course lunch and unlimited cups of tea and coffee.	Hednesford Salvation Army, Anglesey Street, Hednesford, WS12 1AB	01543 426128, <a href="mailto:hednesford@salvationarmy.org.uk">hednesford@salvationarmy.org.uk</a>		£3 per person
Friday	10am-12pm	Places of Welcome Coffee Morning	Drop-In session	Rugeley Library	01889 869063	<a href="#">Staffordshire Libraries</a>   <a href="#">Facebook</a>	
3rd Friday of the month	12pm	U3A Theatre Visit	This group organises Theatre visits or other special events such as musicals, choir recitals, plays, ballet & other dance events, comedy acts and bands	The Hen House, Eskrett Street, Hednesford, WS12 1AR	Contact Pam Ratcliffe via <a href="https://u3asites.org.uk/cannock-chase/contact">https://u3asites.org.uk/cannock-chase/contact</a> Website <a href="https://u3asites.org.uk/cannock-chase/home">https://u3asites.org.uk/cannock-chase/home</a>	-	
First Friday of the month	7-10pm	South Staffs Woodturners		Etching Hill Village Hall, East Butts Road, Rugeley, WS15 2LU		<a href="#">Etching Hill Village Hall</a>   <a href="#">Facebook</a>	
Friday 14 June - other dates tbc	11am-1pm	Cakes and Ladders - Board and card game café	Pop along to our board game café with friends or on your own and make new friends. We have a wide selection of games to choose from or you can bring your own. Drop In	Museum of Cannock Chase, Valley Road, Hednesford, WS12 1TD	01543 877666	<a href="#">Museum of Cannock Chase</a>   <a href="#">Hednesford</a>   <a href="#">Facebook</a>	Free, no booking required

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

### Warm Hubs and Places of Welcome

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

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

### Foodbanks and Community Tables

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

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

### Volunteering

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Friday	9:30-11:30am	Countryside Volunteering	Activities include: Heathland and grassland conservation, Access improvements, habitat management.		Get in touch of Facebook Cannock Chase Countryside Service or call 01543 450018		

### Games Clubs

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

Friday 14 June - other dates tbc	11am-1pm	Cakes and Ladders - Board and card game café	Pop along to our board game café with friends or on your own and make new friends. We have a wide selection of games to choose from or you can bring your own. Drop In	Museum of Cannock Chase, Valley Road, Hednesford, WS12 1TD	01543 877666	<a href="#">Museum of Cannock Chase   Hednesford   Facebook</a>	Free, no booking required
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### Outdoor Recreation

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

### Saturday and Sunday

Cannock	Rugeley	Hednesford	Norton Canes	Brereton	Heath Hayes	Chadsmoor
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### Sports

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Saturday	11am-12pm	Casual Swim (small pool)		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Saturday	11:30am-12:45pm	Casual Swim (2 lanes)		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Saturday	11:45am-4pm	Casual Swim (2 lanes)		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Saturday	12:30-1:30pm	Casual Swim (small pool)		Chase Leisure Centre, Stafford	To book call 01543 504065 or visit	<a href="#">Inspiring Healthy</a>	Included in membership



				Road, Cannock, WS11 4AL	<a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Lifestyles   Facebook</a>	ip or £5.30 a session
Saturday	12:45-2pm	Casual Swim (2 lanes)		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Saturday	2:50-3:50pm	Casual Swim (small pool)		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Saturday	3-4pm	Lane Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Sunday	9am-12pm	Casual Swim (2 lanes)		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Sunday	11:30am-12:45pm	Casual Swim (2 lanes)		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Sunday	12:30-1:30pm	Casual Swim (small pool)		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Sunday	12:45-2pm	Casual Swim (2 lanes)		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership

							ip or £5.30 a session
Sunday	1-2:30pm	Casual Swim (2 lanes)		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	01889 586260 or email <a href="mailto:rugeleylc@ihlmail.org">rugeleylc@ihlmail.org</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session
Sunday	2:50-3:50pm	Casual Swim (small pool)		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	To book call 01543 504065 or visit <a href="https://inspiringhealthylifestyles.org/">https://inspiringhealthylifestyles.org/</a>	<a href="#">Inspiring Healthy Lifestyles   Facebook</a>	Included in membership or £5.30 a session

### Arts and Crafts

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

### Literature

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Saturday - dates tbc on Facebook	11am	Interactive Poetry Group		Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	01543 279592 or email <a href="mailto:nortoncanes.library@staffordshire.gov.uk">nortoncanes.library@staffordshire.gov.uk</a>	<a href="#">Friends of Norton Canes Library   Facebook</a>	

### Support Groups

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
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Saturday	10am-12pm	Help a Squaddie drop-in breakfast	Free full English Breakfast and Banter	St Johns Church, Hednesford Road, Heath Hayes, WS12 3DZ	Call 0300 3651332 or email <a href="mailto:info@helpsquaddie.org.uk">info@helpsquaddie.org.uk</a> or visit <a href="https://helpsquaddie.org.uk/contact-us/">https://helpsquaddie.org.uk/contact-us/</a>	<a href="#">Help A Squaddie   Rugeley   Facebook</a>	
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### Social Groups

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

### Warm Hubs and Places of Welcome

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Saturday	8:30am	Adams Return Men's Breakfast		1st Saturday of the month at Church of the Holy Spirit, Etchinghill & the following Saturdays Wetherspoons in Rugeley	<a href="mailto:rugeleycofechurches@gmail.com">rugeleycofechurches@gmail.com</a>		

### Foodbanks and Community Tables

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Saturday	10am-12pm	Community Shop		Five Ways Pub, 1 Hednesford Rd, Heath Hayes, Cannock WS12 3HU			£2.00 per year membership & £5.00 per bag

Games Clubs							
Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
Sunday	6-10pm	Cannock Games Club	Cannock Games Club is a social club for all likeminded people within the Cannock Chase area who play Role Playing Games, Wargames, Boardgames & Collectable Trading Card Games. Most meetings we have a variety of RPGs such as Dungeons and Dragons, Pathfinder, Cthulhu ...etc, along with a mixture of boardgames & wargames. We operate on a rolling six-week timetable, typically a game will run for a block of six consecutive weeks. Then at the start of week four we gather together & discuss who would like to run what. It's a great opportunity for players & Dungeon Masters (the players who run the game!) to decide what they would like to do for the following six weeks.	St Lukes Church Hall, Church Street, Cannock, WS11 1DE	<a href="#">Cannock Games Club</a>		£15 for 6-week block
Sunday	Evening	The Vine Inn Gamers	Every Sunday night for fantasy/sci-fi gaming involving Warhammer 40k, Age of Sigmar, Kings of War, Deadzone, Firefight, Star Wars Legion, Necromunda, Blood Bowl and also CCG's (like Magic the gathering and Pokemon) and RPG's like Dungeons and Dragons. Teens must be accompanied by an adult.	The Vine Inn, Sheepfair, Rugeley, WS15 2AT	01889 574443		
Outdoor Recreation							
Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
Saturday	10:15am	Chase Fit walk	Level 3 - 60-90 minutes, mixed terrains including steep slopes/stiles/steps, brisk walk	Meet on the car park of the Shoal Hill Tavern, Sandy Lane, Cannock, WS11 1RF	Complete the registration online at <a href="http://www.chasefit.co.uk">www.chasefit.co.uk</a> or email <a href="mailto:guy.etchells@ihlmail.org">guy.etchells@ihlmail.org</a>		Free

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

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