Regular Activities across the District

Cannock	Rugeley	Hednesford	Norton Canes	Heath Hayes	Brereton	Chadsmoor

Monday

Education							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**
Monday (term time)	10am-3pm	Access English	Free weekly English lessons for people whose language is not English.	Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX	Call 01889 579341 or email office@rugeleycc.org.uk https://rugeleycc.org.uk/centre/access-english/	Rugeley Community Church & Centre | Rugeley | Facebook	Free
Monday	10:30am-12:30pm	Adult Community Learning Courses	SCC's Community Learning Service works with schools, colleges, third sector organisations & local community groups to deliver a range of learning which includes: Leisure, Health & Wellbeing, Employability, Digital Skills, STEM, Supported Learning & Progression Pathways	Cannock Library, Manor Avenue, Cannock, WS11 1AA	To find out about the courses, contact & book through Adult and Community Learning. Email communitylearning@staffordshire.gov.uk or visit https://staffordshirecommunitylearning.org.uk/	Staffordshire Community Learning | Facebook	
3rd Monday of the month	10:30am-12pm and 1-2:30pm	Comparative Religions (2 sessions)	Exploring various religions across the world, their origins and how they developed.	Heddin's Ford Micro Pub, Market Street, Hednesford, WS12 1AD	cannockchaseu3a@gmail.com or visit Groups - Cannock Chase		
Sport & Exercise							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**
Monday	6:30am, 7:30am, 8:30am, 11:15am, 12:15pm, 2:45pm, 7pm, 8pm, 9pm	Lane Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go

Monday	6:30am, 7:30am, 11am, 12pm, 1:15pm, 2:30pm	Lane Swim		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go
Monday	8:45-9:45am	Inclusive Quiet Adult Swimming	Sessions for adults to swim socially, no lanes. These sessions are generally quieter and so may be more suitable for those living with a disability, dementia, neurodivergence and/or other long term health conditions.	Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go
Monday	10am-12pm	Rugeley Phoenix Table Tennis	Very popular activity & there is a waiting list. Need to be a member of Rugeley Phoenix Activities Club.	Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT	Email tabletennis@rugeleyphoenix.org.uk For membership info visit https://rugeleyphoenix.org.uk/		
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 & mind active. Thus reducing stress levels but increasing energy & improving concentration & flexibility. It is also good for the heart & lungs. This group is for those more experienced. Starts with gentle warm up exercises to keep the whole body supple & then go on to do Tai Chi. We are a friendly group, so come along to the village hall & try us out, no need to book.	Slitting Mill Victory Hall, Slitting Mill Road, Sliting Mill, Rugeley, WS15 2US	Contact Ann Round via https://u3asites.org.uk/cannock-chase/contact Website Groups - Cannock Chase or email cannockchaseu3a@gmail.com		
Monday	2-3pm	Love to Move	A fun, age and dementia friendly seated movement programme to music. Physical, emotional and cognitive benefits designed to get you moving more and having fun.	The Old Mining College, Ron Bradbury Room, Queen Street, WS7 4QH	Kay McQueen, 07596 045626 or email Kay.Mcqueen@mha.org.uk		£6 per session

Monday	2:15-3:45pm	Social Bowls		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Monday	6:45-7:45pm	Inclusive Quiet Adult Swimming	Sessions for adults to swim socially, no lanes. These sessions are generally quieter and so may be more suitable for those living with a disability, dementia, neurodivergence and/or other long term health conditions.	Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Monday	Throughout the day	Classes	A variety of classes take place throughout the day.	Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Monday	Throughout the day	Classes	A variety of classes take place throughout the day.	Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go

Arts and Crafts

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Monday	9am-12pm	Art Space Club	Bring your own art supplies. Free tea, coffee and biscuits	Prospect Village Hall, Williamson Avenue, Cannock, WS12 0QF	prospectvillagehall97@gmail.com		Free
Monday	10am-1pm	Watercolour Club		Norton Canes Community Centre	Maureen Garbett 01543 275426 mo.garbett@aol.com	Norton canes Community Centre Events | Cannock | Facebook	
Monday	10am-12pm	Craft Club		Avon Room, Avon and Business Leisure, Avon Road, Cannock, WS11 1LH	01543 503163 or email abllcannock@gmail.com		
Monday	12:30-2:30pm	Sewing Group	Drop-in sewing group. Experienced sewing instructor on hand to help you with any projects your struggling with.	West Chadsmoor Family Centre,	01543 571698 or email hello_wcfc@outlook.com	West Chadsmoor Family Centre |	Free

			Beginner friendly projects for those without sewing experience. Bring your own machine. No machine, no problem just email to book one of ours. Free tea and coffee		Family Support | West Chadsmoor Family Centre | England	Cannock | Facebook	
Monday	1-3pm	Knit & Natter	Bring your own knitting. All abilities welcome	Hednesford Library, Market Street, Hednesford, WS12 1AD	01543 422798 or email hednesford.library@staffordshire.gov.uk	Friends of Hednesford Library | Cannock | Facebook	
2nd Monday of month	2-4pm	U3A Craft and Art	Exciting & different craft or bring your own projects if you wish	Heddin's Ford Micro Pub, Market Street, Hednesford, WS12 1AD	Email cannockchaseu3a@gmail.com or visit Groups - Cannock Chase		
3rd Monday of the month	7-10pm	Floral Art		Cannock Wood & Gentleshaw Village Hall, Buds Road, Cannock Wood, Rugeley, WS15 4NB	Sue Davies 01543 271026 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	Heath Hayes Art Society | Facebook	
Monday	1-3pm	Knit & Natter	Friendly social group where you can knit to your hearts content in a pleasant social group	Hednesford Library, Market Street, Hednesford, WS12 1AD	01543 422798	Friends of Hednesford Library | Cannock | Facebook	
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	Rugeley Rose Theatre | Rugeley | Facebook	£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 & discus contemporary music/artists/bands from the mid-20th Century to the present in an informal & friendly group. The group size is limited to 10 members to enable good discussion & interaction, so if you have an enthusiasm for modern music & a good supply of CDs, this may be the group for you. Places are limited	Heddin's Ford Micro Pub, Market Street, Hednesford, WS12 1AD	Contact Pauline Foster on pauline2000@gmail.com Website https://u3asites.org.uk/cannock-chase/home		
Monday	2-3pm	Drama Group		Rugeley Library, Anson Street, Rugeley, WS15 2BB	01889 869063 or email rugeley.library@staffordshire.gov.uk	Staffordshire Libraries | Facebook	£1 per session
Monday	7:30-9:15pm	Cannock Festival Chorus	A small group (22+) but very happy & friendly. We have 2 concerts a year May & November structured around the seasons & contain a miscellany of the serious & not so serious. Members are encouraged to make individual contributions so if you can sing & want to sing give us a try.	Memorial Hall, Chadsmoor Methodist Church	Jim Brookes 01543 422742		
Monday	7:30-9:30pm	Cannock Ex-Servicemen's Male Voice Choir	You do not have to be ex-service. No previous experience or musical background is required.	Victoria Working Men's Club, Church Hill, Hednesford, WS12 1BQ	David Rimmer 07814 146160		
Monday	7:30pm	Chase Harmony	A four part harmony theatre group	Cannock Chase Methodist Churhc, Wesley Centre, Mill Street, Cannock, WS11 0DR	chaseharmony1@gmail.com 07850 039829	Chase Harmony | Cannock | Facebook	
Monday	7-9pm (excluding bank holiday)	Bridgtown Concert Showband	A friendly & relaxed band that welcomes players of all ages & abilities. We have a diverse & enjoyable repertoire that suits any taste in music.	Bridgtown Social Club, 170 Walsall Road, Cannock, WS11 0JB	Shaun Middleton 07973 408036 or email bridgtownconcertshowband@gmail.com	Bridgtown Concert Show Band | Facebook	
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 & 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 sequencedancing@rugeleyphoenix.org.uk To find out more about membership visit https://rugeleyphoenix.org.uk/		
Monday	7:30-9:30pm	Xaquarian Line Dancers	This groups caters for line dancers with some experience, usually at least 1 year called 'Improvers'. Line dancing is very popular because you don't need a partner. Line dancing is a great way to help keep you fit & to socialise at the same time. It gets your heart rate up a little & if it gets "too much", you just sit down & have a rest! It's supposed to be a very good memory exerciser as well. Come along & have a look at what we do.	Chadsmoor Methodist Church, Cannock Road, Chadsmoor, Cannock, WS11 5DD	Jane - 07515 931389 or email jane.linedance@yahoo.co.uk	XAquarians Line Dance Club | Facebook	XAquarians Line Dance Club | Facebook

Support Groups

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Mon	10am-3pm	Achieve Beyond Limits Day Centre	SEND day centre supporting young people and adults to develop confidence, independence and practical life skills. Providing meaningful opportunities including cooking, travel training, community activities, volunteering and independent living skills.	Daisy's Kitchen, 6 Lower Brook Street, Rugeley, WS15 2DF	07533 924779 or email hello@beyond-limits.co.uk		
Monday	10am-12pm	Brereton Million Resident Support & Advice	Drop In - Advice, Help, Guidance & Support	Brereton Community Hub, Rugeley	https://linktr.ee/BreretonMillion	Brereton Million | Facebook	

4th Monday of the month	10am-12pm	Breast Cancer Support Group	You are not alone. Join our supportive community.	Hednesford Town Football Club	Katrina: 07484 413442 Michelle: 07507 643145		
Monday	10:30am-12:30pm	St Giles Bereavement Help Point	Information on coping with both the practical & emotional aspects of losing a relative or friend, a chance to chat over a cup of tea with one of our support volunteers & perhaps meet others in a similar situation.	Cannock Library, Manor Avenue, Cannock, WS11 1AA	01543 434536 or email sct@stgileshospice.com		
1st Monday of each month	1-3pm	MASE (Monthly Alzheimer's Support Evening)	MASE brings together people with Alzheimer's/dementia, their families & carers & also has health care professionals in attendance. Many people withdraw from social activities when a diagnosis has been made; however at the MASE everyone is fully aware of the illness & Carers are able to network with each other & build up friendships & support each other in times of difficulty.	St Lukes Church Hall, Church Street, Cannock, WS11 1DE	01785 211140 or 07939 505455 https://themasegroup.org/		Free
Monday	2-4pm	St Giles Bereavement Help Point	Information on coping with both the practical & emotional aspects of losing a relative or friend, a chance to chat over a cup of tea with one of our support volunteers & perhaps meet others in a similar situation.	St John's Community Church, Chase Terrace, Burntwood	01543 434536 or email sct@stgileshospice.com		

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 & 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	Outreach Staffordshire | Facebook	
Monday	1-3:30pm	Everyone Health	Join us in our free weekly nutrition sessions, aimed at providing practical information & advice for creating long-term healthy eating habits. Our sessions are delivered by a qualified Nutritionist, & you will also be supported by a Physical Activity Specialist to help maximise weight loss through a tailored exercise programme.	Avon Business Centre, Cannock, WS11 1LH	Call 0333 0050095 or visit https://staffordshire.everyonehealth.co.uk/services/weight-management/	Everyone Health - Staffordshire | Facebook	Free
Monday – every 2 weeks	2-4pm	Brighter Days Cancer Support and Friendship Group	A friendly, informal groups for anyone affected by cancer – whether you are living with cancer, in treatment, recovering, supporting a partner or family member, or caring for someone. A cuppa, biscuits and good company. Meet others who understand. Support, friendship and understanding. Information about local services and support	Jerome Room, Norton Canes Library			Free
Monday	2:30-4:30pm	St Giles Bereavement Group	Information on coping with both the practical & emotional aspects of losing a relative or friend, a chance to chat over a cup of tea with one of our support volunteers & perhaps meet others in a similar situation.	St John's Community Church, High Street, Burntwood, WS7 1LR	01543 434536 or email sct@stgileshospice.com		

Social Groups							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Monday	9:30am-12:30pm & 1-4pm	Cannock Chase Shed	The 'Shed' is a charity workshop group, mostly retired men & women, who make repair & upcycle items for ourselves, friends & local community groups. They also meet & socialise.	Cannock Chase Enterprise Centre, Hednesford, WS12 0QU	Dave 07964 851114 or visit https://cannockchaseshed.org.uk/about-us		
Monday	10am-12pm	Stand By Me men's group	This is a social/friendship group open to anyone to come along	New venue coming soon, check the Facebook page		Stand By Me #BTS (facebook.com)	
Monday	10am-12pm	Come in, the kettle's on!	Drop by for a cuppa and cake. Meet new friends and more. Also featuring book swap, games station and craft activities	The Wesley Centre, Mill Street, WS11 0DR			
Monday -every 2 weeks	10:5-12pm	Bygone Days	Local people get together to discuss local history and socialise. Look at photographs, newspapers, documents and census recorfd	Heath Hayes Library, Hednesford Road, Cannock, WS12 3DZ	01543 279675	Heath Hayes Library | Facebook	
Alternative Mondays		Cannock Chase Probus Club	Visitors welcome by prior arrangement	Cannock Conservative Club, 92 High Green, Cannock	John Withers 01543 684275		
1st Monday of the month	11am-1pm	U3A Philosophy	This group gives you the opportunity to discuss the themes of philosophy e.g. truth, freedom, politics, humanity, wisdom etc. Also discover/rediscover past & more recent Philosophers e.g. Socrates, Kant, John Locke, Karl Marx etc. In a safe & friendly Group. The group size is limited to 10 members to enable good discussion & interaction	Heddins Ford Pub, Market Place, Hednesford, Cannock, WS12 1AD	Contact Joan Gripton or Pauline Foster via contact page https://u3asites.org.uk/cannock-chase/contact Website Groups - Cannock Chase or email cannockchaseu3a@gmail.com	Cannock Chase U3A | Rugeley | Facebook	

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	Friends of Hednesford Library | Cannock | Facebook	
2nd Monday of the month	1-3pm	Women's Institute	A small group of ladies who welcome new members. Speakers on many varied subjects followed by stimulating debates of local, national & international issues	Cannock Wood and Gentleshaw Village Hall, Buds Road, Cannock Wood, Rugeley, WS12 4NB	Diane Harley 01543 686373 or email dianeharley31@hotmail.co.uk		
Monday	1:30-3:30pm	Rugeley Phoenix Photography	Ranging from beginners to award winners. Socialising is a most important part of the sessions. Meetings cover a wide spectrum of topics from camera basics to mounting photographs to editing images & the software used for creating presentations & audio-visual story books. Need to be members of Rugeley Phoenix Activity Group	Etching Hill Village Hall, East Butts Road, Rugeley, WS15 2LU	Email alan.arty.shaw@outlook.com or PPG-Keoth@virginmedia.com For membership information visit https://rugeleyphoenix.org.uk/activities/		
Alt. Mondays	2-4pm	Monday Club	Play dominoes, cards, scrabble, darts, kurling & more	Cannock Wood and Gentleshaw Village Hall, Buds Road, Cannock Wood, Rugeley, WS12 4NB	Annette Johnson 01543 675801 or email amandbj@btinternet.com	Cannock Wood and Gentleshaw Village Hall | Facebook	
2nd Monday of the month	2pm	Hednesford Afternoon Townswomen's Guild	Visitors & new members welcome	St Peter's Church, Church Hill, Hednesford	01543 423750		
Monday	2-5pm	Friendship Café	Serving light refreshments on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so brings a bag!	Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB	01543 426128 or email hednesford@salvationarmy.org.uk		
Selected Mondays	2-4pm	St Luke's Friendship Group	Just come along	St Luke's Centre Lounge, St Luke's Church, Church Street, Cannock, WS11 1DE	Linda 01543 503369 or Margaret 01543 505860		

2nd & 4th Monday of the month	7-9pm	Burntwood Family History Group	2 regular meetings a month. One has a speaker on a range of relevant topics & the other is a drop-in/research evening with expert help available	Erasmus Darwin Academy, Pool Road, Burntwood, WS7 3QW	Burntwood Family History Group (bfhg.org.uk)		
Monday (September to June)	7:30pm	Rugeley & Armitage Camera Club	A welcoming & friendly group who are keen amateur photographers who meet every Monday evening.	Davy Suite, Lea Hall Miners Welfare Centre, Sandy Lane, Rugeley, WS15 2LB	Contact Us – Rugeley and Armitage Camera Club	Rugeley and Armitage Camera Club | Facebook	
Warm Hubs and Places of Welcome							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Monday	9am-5pm	A Cool Space/Warm Room	Open safe space, all welcome. Cherishers can provide transport to attend and free refreshments are also provided.	Cherishers Wellbeing Rooms, 19, 21 & 23 Upper Brook Street, Rugeley, WS15 2DP	01889 578822	Cherishers | Rugeley | Facebook	
Monday	2-5pm	Friendship Café/Place of Welcome	Serving light refreshments - Jacket potatoes, filled paninis etc on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so bring a bag!	Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB	01543 426128 or email hednesford@salvationarmy.org.uk		
Monday	1-3pm	The Hub/Place of Welcome	Tea, coffee, & chat	Pye Green Community Centre, Bradbury Lane, Hednesford, WS12 4EP	01543424872 or email Matthew.Johnson@hednesford-tc.gov.uk	Pye Green Community Centre | Cannock | Facebook	
Monday	11am-1pm	Place of Welcome Coffee morning	Free drop in. Come along for a coffee & chat with the Friends of Cannock Library. Everyone welcome	Cannock Library, Manor Ave, Cannock, WS11 1AA	01543 334525 or email cannock.library@staffordshire.gov.uk		Free
Monday	11am-1:30pm	Cosy Club	Free social club with tabletop games, nibbles and drinks, soup and a roll	Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX	01889 579341 or email office@rugeleycc.org.uk	Rugeley Community Church & Centre | Rugeley | Facebook	
Foodbanks and Community Tables							

Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
Monday	10am-3pm	Foodbank		Coniston Hall, Cecil Street, Chadsmoor, WS11 5HG	01543 624887	Cannock and District foodbank | Hednesford | Facebook	
Monday	2-5pm	Friendship Café/Place of Welcome	Serving light refreshments - Jacket potatoes, filled paninis etc on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so bring a bag!	Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB	01543 426128 or email hednesford@salvationarmy.org.uk		
Games Clubs							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
1st and 4th Mondays	7-10pm	Whist Club		Cannock Wood & Gentleshaw Village Hall, Buds Road, Cannock Wood, Rugeley, WS15 4NB	Cannock Wood and Gentleshaw Village Hall | What's on at the hall (cwagvh.co.uk)		
Outdoor Recreation							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Monday	9:45am	Rugeley Phoenix Activities Club Walking	Walking group walks in all weathers & ends with a refreshment. Need to be a member of Rugeley Phoenix	TBC	mondaywalks@rugeleyphoenix.org.uk Visit the website to find out about membership https://rugeleyphoenix.org.uk/		
Monday (except Bank Holidays	10am	Hednesford Park Walk	he Hednesford Park walks all start and finish in Hednesford Park, but incorporate our surrounding Areas of Outstanding Natural Beauty and local history. We include the Museum of Cannock Chase, the Mining Memorial and the War Memorial in our Monday walks in Hednesford Park. Our walks are a great way to make friends, learn more about our natural environment and local history. All are welcome. We can support anyone who is vulnerable or has a difficulty, we have volunteers trained to	Meet at the container at the Tesco end of Hednesford Park, WS12 1TB	Lynn Evans 07855 099353 or email lynnevans@cannockchasedc.gov.uk Chase Fit | Find Activities Around The Cannock Chase District		Free

			support your individual needs. Dogs are welcome provided they are accompanied by responsible owners.				
Monday (except Bank Holidays	10-11:30am	Chase Fit walk Birches Valley	A lovely walk around the Birches Valley site. Taking in the beautiful scenery of the pools, climbing over the stepping stones and admiring the range of trees on show. The walk around Birches Valley is one of our walkers favourites, stay after, have a hot drink and a chinwag in the café.	Cannock Chase Forest Centre (Birches Valley), Rugeley, WS15 2UQ	Complete the registration online at Chase Fit | Search Activities		Free
Monday (except Bank Holidays)	1:30-2:30pm	Chase Fit walk Marquis Drive	An easy to access route enabling people with mobility /medical /access issues to walk over Cannock Chase from the Marquis Drive site.	Café at Marquis Drive Visitor Centre, Brindley Heath Road, WS12 4PW	Complete the registration online at Chase Fit | Activities List or call 07917 724177 or email chasefit@chasefit.co.uk		Free

Cannock	Rugeley	Hednesford	Norton Canes	Heath Hayes	Brereton	Chadsmoor

Tuesday

Education							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Tues	10am-12pm & 1-3pm	Multiply Programme	Understand everyday maths, 18 years +. Steps to Work	Pye Green Community Centre, Bradbury Lane, Hednesford, WS12 4EP	multiply@stepstowork.co.uk	Pye Green Community Centre | Cannock | Steps To Work | Walsall | Facebook	

Tues	11:30am-12:30pm	Learn French	Do you want to keep your mind sharp? Why not give your brain a weekly workout by learning French? Fun & friendly environment, experienced, supportive tutor	Cannock Library, Manor Avenue, Cannock, WS11 1AA	01543 334525 or contact Jane on 07793556020 or email jane@jhlanguages.org		
Sport & Exercise							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Tues	6:30am, 7:30am, 12pm. 7pm, 8pm	Lane Swim		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go
Tues	6:30am, 7:30am,8:30am, 11am, 12pm, 1pm, 2pm, 9pm	Lane Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Tues	9:45-10:45am	Inclusive Adult Swimming	Sessions for adults to swim socially, no lanes. These sessions are generally quieter and so may be more suitable for those living with a disability, dementia, neurodivergence and/or other long term health conditions.	Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Tues	10-11am	Walking Football		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go

Tues	11am-12pm	Walking Hockey		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Tues	10-11:30am	Rugeley Phoenix Keep Fit/Folk Dancing	Keep fit followed by country dancing. A lot of fun, with tea, coffee & a good chat. Need to be a member of Rugeley Phoenix Activity Club	Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT	Email keepfit@rugeleyphoenix.org.uk For membership information visit https://rugeleyphoenix.org.uk/		
Tues	11am	Cherishers Strength and Movement Class	Strength and movement class for seniors. Reserve your spot	21 Upper Brook Street, Rugeley, WS15 2DP	01889 578822	Cherishers | Rugeley | Facebook	Free
Tues	11:30am-12:30pm	Forever Fit	A fun, low intensity, low impact session for older adults who want to work their heart, muscles and increase flexibility, all in one easy to follow class. These sessions vary centre to centre and may include badminton and other activities.	Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Tues	6-9pm	Cannock Chase Cobras Basketball		Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX		Cannock Chase Cobras Basketball | Facebook	
Tue	7-7:50pm	Disability Swim	Sessions for all ages looking to build their water confidence for disabled people or those with long term medical or health conditions.	Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Tues	6:30-7:30pm	Fordy Runs	Weekly social runs where all abilities are welcome! The aim is to bring runners together & 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	FRRC Staffordshire - FORDY RUNS hello@fordyruns.com		

Tues	Throughout the day	Classes	A variety of classes take place throughout the day.	Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go
Tues	Throughout the day	Classes	A variety of classes take place throughout the day.	Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Arts and Crafts							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
2nd Tues 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 burntwood.library@staffordshire.gov.uk	Friends of Burntwood Library | Facebook	
3rd Tues of the month	10am-12pm	Art Appreciation - Cannock Chase U3A		Church of the Holy Spirit Church Hall, Mount Road, Rugeley, WS15 2TL	cannockchaseu3a@gmail.com or visit Groups - Cannock Chase		
Tues	10am-12pm	Craft Group	Sewing group. Booking required.	Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	01543 279592	Friends of Norton Canes Library | Facebook	
Tues	10am-12 noon	Knit and Natter	All welcome, just pop along	Cannock Library, Manor Avenue, Cannock, WS11 1AA	01543 334525 or email cannock.library@staffordshire.gov.uk		
Tues	1:30-4pm	Knit and Natter	Free drop in 19+	Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	01543 279592	Friends of Norton Canes Library | Facebook	Free
Tues	2-4pm	Knit and Natter	Bring knitting & sewing & come along for a chat. Waiting list for places.	Cannock Library, Manor Avenue, Cannock, WS11 1AA	01543 334525		50p for refreshments
Tues	12-2pm	Jewellery Workshop		Hednesford Library, Market Street, Hednesford, WS12 1AD	01543 422798 or email hednesford.library@staffordshire.gov.uk	Friends of Hednesford Library | Cannock | Facebook	Free

Tues	12-2pm	Chat and Nit	Meet upstairs in the café with sewing, knitting or crocheting. 10% off refreshments in the café	Hednesford Park, The Parlour Café, WS12 1TB	Lynn Evans 07855 099353	The Friends of Hednesford Park | Hednesford | Facebook	Free
Tues	1-2:45pm	Knit for Love		Hednesford Library, Market Street, Hednesford, WS12 1AD	01543 422798 or email hednesford.library@staffordshire.gov.uk	Friends of Hednesford Library | Cannock | Facebook	
2nd Tues of the month	1:30-3:30pm	Creative Writing	Ask staff for details	Rugeley Library, Anson Street, Rugeley, WS15 2BB	01889 869063 or email rugeley.library@staffordshire.gov.uk	Staffordshire Libraries | Facebook	
Literature							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Tues	1:30-2:30pm	Book Group		Hednesford Library, Market Street, Hednesford, WS12 1AD	01543 422798 or email hednesford.library@staffordshire.gov.uk	Friends of Hednesford Library | Cannock | Facebook	
2nd Tues of the month	1-3pm	Creative Writing Group	Join our creative writing group	Rugeley Library, Anson Street, Rugeley, WS15 2BB	01889 869063 or email rugeley.library@staffordshire.gov.uk	Staffordshire Libraries | Facebook	
Tues	1-4pm	Writers Group	Come and join our new group for a fun and free creative writing session open to adults of all writing abilities.	Cannock Library, Manor Avenue, Cannock, WS11 1AA	Contact Gloria on 07467 031700 or 01543 334525		Free. Refreshments for £1
Performing Arts and Music							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Tues	7:30-9:30pm	Lea Hall Brass Band full rehearsal	A non-contesting band with an emphasis on promoting & enjoying music & ensuring that it has a secure future. Repertoire ranges from traditional brassband & classics through to popular & modern music. The band actively encourages & welcomes players of all ages & playing abilities.	The Pavilion, Lea Hall Miners Welfare Centre and Social Club, Sandy Lane, Rugeley, WS15 2LB	07743 606798 or visit Lea Hall Brass – Lea Hall Brass Band	Lea Hall Brass Band | Rugeley | Facebook	
Dance							

Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
Tues	1:30-3:30pm	Ballroom Dancing with Heather Roberts	Ballroom/Latin/Sequence	The Aquarius Hednesford, Victoria Shopping Park, Victoria Street, Hednesford, WS12 1BT	07726308595 or email heather.roberts.dance@hotmail.com or visit the website https://www.heatherrobertsschoolofdancing.com/classes		£5 per person
Tues	2-3pm	Rugeley Phoenix Line Dancing	All abilities welcome. Need to be a member of Rugeley Phoenix Activities Club	Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT	Email linedancing@rugeleyphoenix.org.uk To find out more about membership visit https://rugeleyphoenix.org.uk/		-
Tues	6:45-9pm	Zumba and Line dancing		Avon Business and Leisure Centre, Avon Road, Cannock, WS11 1LH	01543 503163 or email abllcannock@gmail.com		
Tues	8-10pm	Cannock Folk and Dance Club	English & American folk/country dancing. All dances are called and no previous experience necessary. All ages welcome	St Stephen's Church Hall, Bideford Way, Cannock, WS11 1QD	Vicky Baker 01543 574602 vabaker_6@hotmail.com or http://www.cannockfolkdanceclub.co.uk/		£2 includes tea & biscuits
Support Groups							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Tues	10am-3pm	Achieve Beyond Limits Day Centre	SEND day centre supporting young people and adults to develop confidence, independence and practical life skills. Providing meaningful opportunities including cooking, travel training, community activities, volunteering and independent living skills.	Daisy's Kitchen, 6 Lower Brook Street, Rugeley, WS15 2DF	07533 924779 or email hello@beyond-limits.co.uk		
1st Tues of the month	10am	MHA Live at Home Scheme Care and Share	This group is for those living with short term memory loss, Alzheimer's & Dementia. We aim to provide a warm & welcoming environment for people living with a form of dementia & their carers to gather for a relaxing coffee	St Pauls Church, Lichfield Street, Rugeley, WS15 2EH	01543 415020 MHA contact, 24-hour answer phone service in place. Rugeley Office 01889 358984, Weds 9am-3pm & Fri 10am-2pm		

			morning & informal chat where experiences can be shared.				
Tues	10:30am-2:30pm	Stroke Association	We offer friendship & support to those affected by stroke. Lunch provided.	Lea Hall Club, Sandy Lane, Rugeley, WS15 2LB	01889 583517 or email judywinter@talktalk.net		
1st Tues of the month	1:30-3:30pm	Bereavement Support Group		Bethany Baptist Church, Chadsmoor	Suzanne 07514 736301 (Mon, Tue, Thurs) or Preet 07871 988337 (Mon-Fri)		
Social Groups							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Tues	10am-12pm	Friends of Burntwood Library Coffee Shop	Pop in for a drink & a chat at Burntwood Library Coffee Shop	Burntwood Library, Sankeys Corner, Bridge Cross Road, Burntwood, Lichfield	0300 1118000 or email burntwood.library@staffordshire.gov.uk	https://www.facebook.com/burntwoodlibrary/	
3rd Tues of the month	11am-12pm	Golden Oldies	Music group	St Paul's Community Room, Lichfield Street, Rugeley, WS15 2EH	01761 470006		
Every Tues except 1st Tues of month	10:30am-12:30pm	Connections Friendship Group	A time of fellowship, fun & activities. Call in for tea/coffee & a chat. Connect with friends, old & new. Join in with quizzes & table games, craft activities.	Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB	01543 426128 or email hednesford@salvationarmy.org.uk		£2
2nd Tues of the month	11am-1pm	U3A Philosophy 2	This group gives you the opportunity to discuss the themes of philosophy e.g. truth, freedom, politics, humanity, wisdom etc. Also discover/rediscover past & more recent Philosophers e.g. Socrates, Kant, John Locke, Karl Marx etc. In a safe & friendly Group. The group size is limited to 10 members to enable good discussion & interaction	Heddins Ford Pub, Market Place, Hednesford, Cannock, WS12 1AD	Contact Joan Gripton or Pauline Foster via contact page https://u3asites.org.uk/cannock-chase/contact Website https://u3asites.org.uk/cannock-chase/home	Cannock Chase U3A | Rugeley | Facebook	

1st Tues of the month	2-4pm	U3A Local History	The Local History group takes on projects to examine the historical background of local features. For example, recently we have looked at activities on Cannock Chase during the 1st World War & one of the "lost treasures" of Staffordshire, Wolseley Hall.	Slitting Mill Victory Hall, Slitting Mill Road, Slitting Mill, Rugeley, WS15 2US	Contact Sheila Simpson via https://u3asites.org.uk/cannock-chase/contact Website Groups - Cannock Chase or email cannockchaseu3a@gmail.com		
Tues	7-9pm	Tuesday Club	Offers people 18+ with learning disabilities crafts, fun, music & friends. In a friendly atmosphere the club provides a social & recreational setting where members can meet friends & follow their interests at a pace to suit themselves. Established in 1979 the club is supervised entirely by volunteers.	Chadsmoor Methodist Church	Dave Bailey 01543 504851		
One Tues a month		Community Lunch	Community lunch & social afternoon. Ticket price includes live entertainment. Food, free raffle & games. Book in advance	St Mary's Social Club, 2 Hallcourt Lane, Cannock	01543 579364 or email office@stmarysclub.net	St. Mary's Social Club Cannock | Cannock | Facebook	£6 per ticket
1st Tues of the month	8pm	Cannock Branch Royal Engineers Association	All Sappers past & present regular army, National Service, TAVR, Reserve Army are welcome to come along	The Drill Hall (Army Reserve Centre), Walsall Road, Bridgtown, Cannock	www.reahq.org.uk/branches/cannock		
Tues	2-5pm	Friendship Café	Serving light refreshments on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so brings a bag!	Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB	01543 426128 or email hednesford@salvationarmy.org.uk		
Last Tues of the month	7:30pm	West Midlands Branch of Air Britain	If you are interested in aviation and/or aircraft then come along to our next meeting. Discussions, talks, speakers, presentations, videos etc. A very active groups & arrange outings to airfields, airports, aviation companies, museums, along with spotting outings etc	Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	Contact Nigel on 07793 451430 or email nigrex100@aol.com	Friends of Norton Canes Library | Facebook	

1st Tues 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 & buy & 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**
Tues	9am-5pm	A Cool Space/Warm Room	Open safe space, all welcome. Cherishers can provide transport to attend and free refreshments are also provided.	Cherishers Wellbeing Rooms, 19, 21 & 23 Upper Brook Street, Rugeley, WS15 2DP	01889 578822	Cherishers | Rugeley | Facebook	
1st Tues of the month	10:15-11:45am	Tuesday Club		Avon Business and Leisure Centre, Avon Road, Cannock, WS11 1LH	admin@livingsprings.cc		
Tues	2-5pm	Friendship Café/Place of Welcome	Serving light refreshments - Jacket potatoes, filled paninis etc on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so bring a bag!	Hednesford Salvation Army, 7 Anglesey St, Hednesford, WS12 1AB	01543 426128 or email hednesford@salvationarmy.org.uk		
Tues	11am-1pm	Place of Welcome Coffee morning	Free cuppa and a biscuit, chat and a bit of company	Church of the Holy Spirit, Mount Road, Etchinghill, Rugeley, WS15 2TL	01889 574157		
Tues	10am-12pm	Coffee and Craft Club with Place of Welcome	Coffee & Craft. Bring along your own craft. All welcome.	St Augustine's Church, Station Road, Rugeley, WS15 2HG	rugeleycofechurches@gmail.com		
Tues	2-5pm	Friendship Café	Serving light refreshments - Jacket potatoes, filled paninis etc on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so bring a bag!	Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB	01543 426128 or email hednesford@salvationarmy.org.uk		
Foodbanks and Community Tables							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**

Tues	10am-3pm	Foodbank		Coniston Hall, Cecil Street, Chadsmoor WS115HG	01543 624887	Cannock and District foodbank | Hednesford | Facebook	
Tues	2-5pm	Foodbank, Community Table and Fridge		Hednesford Salvation Army, 7 Anglesey Street, Hednesford, Staffordshire, WS12 1AB	01543 426128 / 07918 286742		
Tues	10am-12pm	Community Shop		Community Hub, Armitage Road, Brereton, Rugeley, WS15 1DF	bmvolunteercoordinator@gmail.com	Brereton Million | Facebook	£2.00 per year membership & £5.00 per bag
Tues	2-4pm	Rugeley Foodbank		Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX			
Tues	3:30-5:30pm	Great Wyrley Community Fridge	Join our surplus food sharing club. Help reduce food waste, save money on food shop, connect and support friends	Great Wyrley Academy, Hall Lan, Great Wyrley, WS6 6LQ	www.greawryleyacademy.org.uk		£2 annual membership and £5 per bag of food
Outdoor Recreation							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Detail**	**Facebook**	**Cost**
Tues	10-11:30am	Heath Hayes Library Chase Fit walk	A lovely walk around the Heath Hayes area. Taking in the beautiful scenery of the pools and admiring the range of trees on show. The walk is very friendly. Stay after, have a hot drink and a chinwag in the Pub.	Meet at Heath Hayes Library, 194 Hednesford Road, Heath Hayes, Cannock, WS12 3EA	Complete the registration online Chase Fit | Activities List	Fiveways Rambler's | Facebook	Free
2nd Tues 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 deborah.gardening@live.com Lesley Griffiths 01543 270839 http://www.cwggc.co.uk/		
Last Tues of the month	10:30am	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	Various locations	Contact Angela Allison via the contact page https://u3asites.org.uk/cannock-chase/contact Website Groups - Cannock Chase or		

			walks last between 1 ½ - 2 hours, occasionally a little longer, but care is taken to make sure walks are safe & suitable for all abilities. Walks take place on a monthly basis, (mid-Winter excepted), from appropriate rendezvous points.		email cannockchaseu3a@gmail.com		

Cannock	Rugeley	Hednesford	Norton Canes	Heath Hayes	Brereton	Chadsmoor

Wednesday

Sport & Exercise							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Weds	6:30am, 7:30am, 8:30am, 11:45am, 2:30pm, 8:30pma	Lane Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Weds	6:30am, 7:30am, 8:30am, 12pm,	Lane Swim		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go

	2:30pm, 6pm						
Weds	10-11am	Deep Water swimming	Adults only	Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go
Weds	9:30-10:30am	Rugeley Phoenix Tai Chi	The styles taught are Yang short Sun & Wu. Need to be a member of Rugeley Phoenix Activity Club	Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT	Email taichi@rugeleyphoenix.org.uk For membership information visit https://rugeleyphoenix.org.uk/		
Weds	12-1pm	Walking Netball		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Weds	1-2pm	Inclusive Quiet Adult Swimming	Sessions for adults to swim socially, no lanes. These sessions are generally quieter and so may be more suitable for those living with a disability, dementia, neurodivergence and/or other long term health conditions.	Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Weds	1:15-2:15pm	Senior Swimming	A relaxing session for adults aged 50 and over to swim socially in a lane.	Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go
Weds	1:50-3:50pm	Rugeley Phoenix Badminton	All abilities welcome. Need to be a member of Rugeley Phoenix Activities Club.	Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX	Email badminton@rugeleyphoenix.org.uk For membership information visit https://rugeleyphoenix.org.uk/		

Weds	Throughout the day	Classes	Variety of classes throughout the day	Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go
Weds	Throughout the day	Classes	Variety of classes throughout the day	Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Arts and Crafts							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Weds	10am-12pm	Crochet Club	costs to cover materials	Rugeley Library, Anson Street, Rugeley, WS15 2BB	01889 869063 or email rugeley.library@staffordshire.gov.uk	Staffordshire Libraries | Facebook	
Weds	10am-12pm	Craft Group		Pavilion in Hednesford Park	Lynn Evans 07855 099353		Free
Weds	11am-1pm	Norton Canes Card Craft Club		Norton Canes Community Centre, Brownhills Road, Norton Canes, WS11 9SF	diamondcardcraft@yahoo.co.uk	Norton canes Community Centre Events | Cannock | Facebook	
Weds	1pm	Cherishers Art Class	Relaxing art class with a local artist. Boost your mental wellbeing and health by getting creative. Book your place	19-21 Upper Brook Street, Rugeley, WS15 2DP	01889 578822	Cherishers | Rugeley | Facebook	
Weds	1:30-4pm	Darby and Joan Club		Norton Canes Community Centre, Brownhills Road, Norton Canes, WS11 9SF	Maureen Hall maureenhall008@gmail.com	Norton canes Community Centre Events | Cannock | Facebook	

Weds	7:15-9:30pm	Chadsmoor Tapestry Group	It is open to people of all ages both male & female. The aim of the group is to awaken & develop creative & artistic skills in the field of needlework, embroidery & other related skills whilst fostering fellowship & social interaction.	Chadsmoor Methodist Church	Contact Chadsmoor Methodist Church for more information on 01543 876610		
2nd Weds of the month	7-10pm	Cannock Chase Woodturners	Hands on coaching & demonstrations by a professional	Trinity Methodist Church, Poplar Street, Norton Canes	Steve Cassidy steve_cas2000@hotmail.com	Friends of Norton Canes Library | Facebook	
3rd Weds of the month	7:30pm	Norton Canes Flower Club		Trinity Methodist Church, Poplar Street, Norton Canes	Chris Flood, 01543 277492		
1st Weds 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 cannocklionsclub@hotmail.com	Cannock Lions Club - CIO | Burntwood | Facebook	
Weds	10am-12pm	Crochet Club	A weekly crochet & knitting group. For beginners and advanced creators who want to get together to make & chat.	Rugeley Library, Anson Street, Rugeley, WS15 2BB	01889 869063 or email rugeley.library@staffordshire.gov.uk	Staffordshire Libraries | Facebook	
Last Weds of the month	11am-1pm	U3A Jewellery Making	Pre-booking required	Hednesford Library, Market Street, Hednesford, WS12 1AD	Contact Maureen Leeson via https://u3asites.org.uk/cannock-chase/contact Website Groups - Cannock Chase or email cannockchaseu3a@gmail.com		£2 per session
Performing Arts							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Weds	7:20-9:30pm	Chase Choral Society	A mixed voice community choir. We are a welcoming group, open to all ages & abilities. During our meetings, we sing together & enjoy sharing music.	Bethany Baptist Church, Cannock Road, Chadsmoor, WS11 5DA	Contact via the website Chase Choral Society – A Mixed Voice Choir	Chase choral society | Facebook	

Weds	6:30-9pm	Seasons Theatre Company	Seasons Theatre Company is a Constituted Community Amateur Dramatic Group supported solely by volunteers. Most of our Actors have a variety of needs including Autism, Mental Health Conditions & Learning Difficulties/Disabilities.	Mill Street Community Room, Mill Street, Cannock, WS11 0DR	Lydia 07794 581726 or email info@seasonstheatrecompany.com Website Seasons Theatre Company – Seasons Theatre Company is a non-profit inclusive amateur dramatics group.	Seasons Theatre Company | Cannock | Facebook	
Weds	7:15-9:15pm	Songbirds in Harmony	Our first concert is held in Spring, our main concert being in Early Autumn before rounding off the year with a Christmas Concert. We are dedicated to sharing our music with as many people in & around our community as possible.	St Joseph's Catholic Primary School, Hednesford	All Ladies Choir | Songbirds In Harmony | England (songbirdsinharmonyuk.com)	Songbirds in Harmony | Facebook	
Weds	7:30pm	Tower Players	Tower Players are a rag-tag bunch of theatrical ne'er-do-wells who meet weekly to be dramatic. We like plays & the pub. We regularly perform 2 plays per year at the Prince of Wales theatre in Cannock, one in Spring & one in Autumn. We sometimes do other smaller dramatic performances throughout the rest of the year.	Cannock Conservative Club	towerplayers@live.com	Tower Players | Facebook	£20 per year membership
Literature							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Weds	10am-12pm	Coffee and Poetry Club	If you enjoy poetry & a cuppa then join our Coffee and Poetry Club (tea is available too!)	Rugeley Library	01889 869063 or email rugeley.library@staffordshire.gov.uk	Staffordshire Libraries | Facebook	
3rd Weds of the month	11am-1pm	U3A Poetry	We usually bring along 2 poems on the theme of the month, which we read to the group. We say why we like the poem & perhaps a little about the poet. If there is time we have a go at writing poems too. We will look at specific genres or themes.	Heddins Ford Pub, Market Street, Hednesford, WS12 1AD	Contact Carol Deakin via https://u3asites.org.uk/cannock-chase/contact Website https://u3asites.org.uk/cannock-chase/home		

2nd Weds of the month	10:30am-12pm	Reading Group		Rugeley Library, Anson Street, Rugeley, WS15 2BB	01889 869063, or email rugeley.library@staffordshire.gov.uk	Staffordshire Libraries | Facebook	
Weds	2-4pm	Rugeley Phoenix Social Afternoon & Book Club	A friendly group & welcome newcomers. We have a social chat over a game of cards & refreshments. Need to be a member of Rugeley Phoenix Activities Club	Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT	Email secretary@rugeleyphoenix.org.uk For membership information visit https://rugeleyphoenix.org.uk/		
Dance							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Weds	2:30-4:30pm	Tea Dance	Jack Holsten Room, Avon Business and Leisure, Avon Road, Cannock, WS11 1LH	Jack Holsten Room, Avon Business and Leisure, Avon Road, Cannock, WS11 1LH	01543 503163 or email abllcannock@gmail.com		
Weds	6:45-9PM	Strictly Latin Dance Fit/Fitsteps		Avon Business and Leisure Centre, Avon Road, Cannock, WS11 1LH	01543 503163 or email abllcannock@gmail.com		
Weds (term time)	8-10pm	Rugeley Folk Dance Club	Folk Dancing is a fun activity that helps to keep you physically & mentally fit but is not too strenuous. We are a very friendly group & everyone is always made welcome whatever your age, whether beginners or experienced, with or without a partner. All dances are walked through & called. Our priority is to provide an evening of enjoyment for all, with encouragement as you build your confidence. The most difficult step you'll take is the one through the door on the first night.	Slitting Mill Victory Hall, Slitting Mill Road, Rugeley, WS15 2US	Carol Dawson 01889 585653 or Geoff Morgan on 01543 268268	Rugeley Folk Dance Club | Rugeley | Facebook	
Support Groups							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**

Last Weds of the month	11am-1pm	The Chase Parkinson's Support Group	Fancy a chat, some information company, activity or just a coffee? Come along & join members of the Chase Parkinson's Support Group.	The Soldiers Club, Anglesey Street, Hednesford, WS12 1AB	Call Margaret on 07952 747854 or email margaret.sampson171@gmail.com or call Alison 07990 813814 or email alisonheath394@btinternet.com	Chase Parkinson's Group | Facebook	
Weds	9:30AM-12:30PM	Citizens Advice SSW-Drop-in session	No appointment required	Pye Green Community Centre, Bradbury Lane, Hednesford, WS12 4EP	0808 2787874	Pye Green Community Centre | Cannock | Facebook	
Weds	11am-12pm	Credit Fusion Bank		Hednesford Community Library, Market Street, Hednesford, WS12 1AD	01543 422798 or email hednesford.library@staffordshire.gov.uk	Friends of Hednesford Library | Cannock | Facebook	
4th Weds of the month	7:30-9:30pm	Survivors of Bereavement by Suicide	Do you need support with Suicide Bereavement? Help & support is available from the Survivors of Bereavement Suicide. Our friendly, safe & confidential peer led support groups are open to all those over the age of 18 impacted by suicide loss.	Call for location	Call 07538 524858 or email cannock@uksobs.org		
Fortnightly on Weds (begins 16 Oct)	6pm	Bereavement Hub	In partnership with St Giles	Heath Hayes Library, Hednesford Road, Cannock, WS12 3EA	01543 279675	Heath Hayes Library | Facebook	
Weds	5-7pm	Achieve Beyond Limits CIC – Beyond the Programme	A drop-off session for members, offering a range of social, creative and practical activities to help develop confidence, independence and new skills	Daisy's Kitchen, 6 Lower Brook Street, Rugeley, WS15 2DF	07533 924779 or email hello@beyond-limits.co.uk		£15 per session
Social Groups							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Weds	10-11:30am	Cannock Library Multigeneratio	Come along for a cosy chat and FREE refreshments	Cannock Library, Manor Avenue, Cannock, WS11 1AA	01543 334525	Staffordshire Libraries | Facebook	Free

		nal Social Group					
Mon	10am-12pm	Come in, the kettle's on!	Drop by for a cuppa and cake. Meet new friends and more. Also featuring book swap, games station and craft activities	The Wesley Centre, Mill Street, WS11 0DR			
1st Weds of the month	7-9pm	League of Ladies	Appointment required	Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	01543 279592	Friends of Norton Canes Library | Facebook	
Weds	2-5pm	Friendship Café	Serving light refreshments 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 hednesford@salvationarmy.org.uk		
Weds	2-4pm	Chase Friends		Avon Room, Avon Business and Leisure, Avon Road, Cannock, WS11 1LH	01543 503163 or email abllcannock@gmail.com		
2nd Weds of the month	7pm	Cannock Chase Woodturners	A local woodturning club offering 'hands on' coaching sessions & 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		
Weds (except the last Weds of the month when it is on a Thurs)	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 & 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		

Weds (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 markettle@btinternet.com Home (landorsocietyrugeley.uk)		
Warm Hubs and Places of Welcome							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**
Weds	9am-5pm	A Cool Space/Warm Room	Open safe space, all welcome. Cherishers can provide transport to attend and free refreshments are also provided.	Cherishers Wellbeing Rooms, 19, 21 & 23 Upper Brook Street, Rugeley, WS15 2DP	01889 578822	Cherishers | Rugeley | Facebook	
Weds	11am-12:30pm	Place of Welcome	A place where everyone can go for a friendly conversation and free refreshments	Hednesford Library, Market Street, Hednesford, WS12 1AD	01543 422798 or email hednesford.library@staffordshire.gov.uk	Friends of Hednesford Library | Cannock | Facebook	
Weds	2-5pm	Friendship Café/ Place of Welcome	Serving light refreshments - Jacket potatoes, filled paninis etc on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so bring a bag!	Hednesford Salvation Army, 7 Anglesey St, Hednesford, WS12 1AB	01543 426128 or email hednesford@salvationarmy.org.uk		
Weds	10am-12pm	Place of Welcome	Join us for a warm welcome and coffee, tea & biscuits & a chat in the church hall. Board games also available if you're that way inclined!	St Aidan's Church, Albert Street, Chadsmoor, WS11 5JD	01543 505706		
Weds	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		
Weds	1:30-3:30pm	Place of Welcome Coffee morning	A free cuppa, board games, cards & dominos, warm conversations in a safe space,	St Thomas Church, 18 Dual Way, Huntington WS12 4GD	01543 229233		

			and a chance to develop new friendships.				
3rd Weds of the month	12-1:30pm	Lunch Bunch	Come along for a hot meal and pudding. Everyone welcome, but please let us know in advance if you are planning to attend so that we can ensure there is enough food.	St Michaels Church, Main Road, Brereton, WS15 2DU	Message Gill Shaw on 077730 01813	St Michael's Church, Brereton | Rugeley | Facebook	Suggested minimum donation £2.50
1st and last Weds	2-4pm	Place of Welcome	Join for refreshments and company	St Michaels Church, Main Road, Brereton, WS15 2DU	01889 574157	St Michael's Church, Brereton | Rugeley | Facebook	
Foodbanks and Community Table							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**
Weds	10-11am	Community Table	Open to anyone in our community who may need a little extra support	West Chadsmoor Family Centre, 98-100 Princess Street, West Chadsmoor, WS11 5JT	01543 571698 OR EMAIL Hello_WCFC@outlook.com	West Chadsmoor Family Centre | Cannock | Facebook	£2 per family
Weds	10am-3pm	Foodbank and Community Table/Fridge		Coniston Hall, Cecil Street, Chadsmoor WS115HG	01543 624887	Cannock and District foodbank | Hednesford | Facebook	
Weds	6-9pm	Foodbank		Kingsmead Baptist Church, 13a Hill Street, Hednesford, Cannock, WS12 1DJ	07455503643	Cannock and District foodbank | Hednesford | Facebook	
Weds	2-5pm	Foodbank, Community Table and Fridge		Hednesford Salvation Army, 7 Anglesey Street, Hednesford, Staffordshire, WS12 1AB	01543 426128 / 07918 286742		
Outdoor Recreation							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**

Weds	9:30-10:30am	Health Walk at Chase Leisure Centre Chase Fit walk	A lovely walk around the Golf course and shoal hill area. Taking in the beautiful scenery and admiring the range of trees on show. The walk around Cannock chase leisure centre is one of our walkers' favourites	By golf entrance at back of Chase Leisure Centre	Complete the registration online at Chase Fit | Activities List		Free
Weds	9:30am-11:30pm	Potter in the Park	Learn gardening and conservation skills, share horticultural expertise and make new friends while having fun.	Hednesford Park	Lynn Evans 07855 099353		Free
Weds	10am-12pm	Chase Fit Community Garden	Join us at the Chase Fit Community Garden with our fantastic activity leader at the Stadium Allotments! Get involved in some gardening, grow fresh fruit and vegetables for yourself and the local community, and enjoy plenty of fun plus a great cuppa at 11am	Stadium Allotments, Lovatt Place	07917 724177 or email chasefit@chasefit.co.uk		Free
Weds	10:15am	Rugeley Phoenix Activities Short Walks	Walks are approximately 2 or 3 miles, taken at a leisurely pace and often continuing the social atmosphere by having lunch at a nearby pub. Need to be a member of Rugeley Phoenix Activity Clun	Activity leader will confirm start point	Email wednesdaywalks@rugeleyphoenix.org.uk For membership information visit https://rugeleyphoenix.org.uk/		
1st Weds of the month	10am	Pye Green Community Walk	Walk along a circular route across Cannock Chase often heading towards old Brindley Village	Pye Green Community Centre	Complete the registration online at Chase Fit | Activities List		Free
Every other Weds	11am - 1pm	Chase Fit Rugeley Leisure Centre walk	It's a lovely walk around the Rugeley area, taking in the beautiful scenery. Walk is every second Wednesday.	Meet at Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Complete the registration at Chase Fit | Activities List		Free
Weds March - November	2:15-3pm	Chase Fit Inclusive Cycling (Physical and Learning needs)	All abilities	Meet at main entrance Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Complete the registration online at www.chasefit.co.uk or email for more information chasefit@chasefit.co.uk		

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

Cannock	Rugeley	Hednesford	Norton Canes	Brereton	Heath Hayes	Chadsmoor

Thursday

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

1st Thurs day of the month	2-4pm	U3A Science and Technology	The group has several areas of interest, depending on members' aspirations, inquisitive minds, and the need to use technology items. Some areas of interest include: The uses and benefits of Technology; Scientific and Engineering achievements of interest; Research into famous Scientists and Engineers; Studies of Railways, Industrial Age, Air transport, Road transport, Buildings, & Waterways; Group visits to locations of interest; Electronics practical projects and workshops; and members' other interests, as they arise.	Slitting Mill Victory Hall, Slitting Mill, Rugeley, WS15 2UW	Email cannockchaseu3a@gmail.com or visit Groups - Cannock Chase		
Sport & Exercise							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	
Thurs	6:30am, 7:30am, 8:30am, 11:30am, 12:30pm, 1:30pm, 2:30pm, 8:30pm	Lane Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Thurs	6:30am, 7:30am, 8:30am, 7pm, 8pm	Lane Swim		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go
Thurs	10:30-11:30am	U3A Tai Chi and Relaxation		Slitting Mill Victory Hall, Slitting Mill Road, Slitting Mill, Rugeley, WS15 2US	If you are interested contact Maureen Leeson via the contact page https://u3asites.org.uk/cannock-chase/contact Website Groups - Cannock Chase or email cannockchaseu3a@gmail.com		

Thurs	10am-12pm	Walking Cricket		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Thurs	10:30-11:30am	Senior Swimming	A relaxing session for adults aged 50 and over to swim socially in a lane.	Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Thurs	11am-12pm, 12:30-1:30pm	Inclusive Quiet Adult Swimming	Sessions for adults to swim socially, no lanes. These sessions are generally quieter and so may be more suitable for those living with a disability, dementia, neurodivergence and/or other long term health conditions.	Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
2nd Thurs of the month	2-4pm	U3A Kurling, boules and cards	If you are not playing New Age Kurling you don't know what you're missing. It's fast, exciting & great fun. Kurling is a sport that requires participants to deliver 'Stones' from one end of a court to a target at the other end. It's not dissimilar to the winter sport of Curling, but instead of being played on ice it's played on a wooden floor.	Slitting Mill Victory Hall, Slitting Mill Road, Slitting Mill, Rugeley, WS15 2US	Dianne Hooper via https://u3asites.org.uk/cannock-chase/contact Website Groups - Cannock Chase or email cannockchaseu3a@gmail.com		
4th Thurs of the month	2-4pm	U3A Cycling	Get fit & see the great outdoors with the local cycle group at Cannock Chase U3A. Easy routes for beginners & experienced cyclists are also welcome. Rides are guided & include maintenance support of your bike. Instruction is available & we can give your old bike a free check-up if it has not seen action for a while.	Different routes	Contact Peter Harding via the contact page https://u3asites.org.uk/cannock-chase/contact Website https://u3asites.org.uk/cannock-chase/home or email cannockchaseu3a@gmail.com or visit Groups - Cannock Chase		
Thurs	12:30-2pm	Silver Sneakers		Norton Canes Methodist Church, Poplar Street	Mrs Pamela Louies 01543 899367		

		Gentle Exercise Class- Ages 60+					
2nd Thurs 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 https://u3asites.org.uk/cannock-chase/contact Website https://u3asites.org.uk/cannock-chase/home		
Thurs	4-5pm	Pedal Power	Pedal exercisers let you enjoy the gentle motion of cycling without needing to get on a full-sized bike. You simply sit comfortably in a chair and pedal at your own pace. How Does a Pedal Exerciser Help? A pedal exerciser offers a simple but effective way to stay active: Light cardio exercise that gets your heart gently moving Reduces the negative effects of long periods of sitting Helps tone and strengthen your legs and even your arms Supports joint mobility and circulation Low-impact movement, suitable for all fitness levels Its especially beneficial for anyone with limited mobility, recovering from surgery or injuries, or looking for a safe and comfortable way to stay active.	Rugeley Community Centre,	Register at www.chasefit.co.uk Gez Hill 01543 501517 or email chasefit@chasefit.co.uk		
Thurs	6-9pm	Disability Swimming	Sessions for all ages looking to build their water confidence for disabled people or those with long term medical or health conditions.	Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go
Thurs	6:30-7:30pm	Fordy Runs	Weekly social runs where all abilities are welcome. The aim is to bring runners together and to have some fun! Thursday runs are trail runs and require a	Marquis Drive Visitor Centre, Marquis Drive, Cannock Chase, WS12 4PE	hello@fordyruns.com or visit FRRC Staffordshire - FORDY RUNS		

			headtorch during the winter months.				
Thurs	Throughout the day	Variety of classes throughout the day		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go
Thurs	Throughout the day	Variety of classes throughout the day		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
3rd Thurs or month	Gardening Talks and Visits	Various	Visiting local gardens and attractions as well as garden centres and nurseries.	Various locationa	cannockchaseu3a@gmail.com or visit Groups - Cannock Chase		
Arts and Crafts							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**
Thurs	Afternoons	Crafty Sew and Sews		Norton Canes Community Centre, Brownhills Road, Norton Canes, WS11 9SF	Mrs Jean Hill, 07412 191439	Norton canes Community Centre Events | Cannock | Facebook	
Thurs	10am-12pm	Knit and Natter	Bring your own knitting. All abilities welcome	Heath Hayes Library, Hednesford Road, Cannock, WS12 3EA	01543 279675, heathhayes.library@staffordshire.gov.uk	Heath Hayes Library | Facebook	Free
Thurs	10am-1pm	Chase Craft and Chat		Chadsmoor Methodist Church, Cannock Road, Chadsmoor, WS11 5DD	01543 876610 or email chadsmoormethodistchurch@aol.com	Chadsmoor Methodist Church | Cannock | Facebook	
Thurs	10am-12pm	Card Craft	Bring your own card craft	Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	01543 279592 or email nortoncanes.library@staffordshire.gov.uk or visit https://www.nortoncanescommunitylibrary.co.uk/	Friends of Norton Canes Library | Facebook	

Thurs	10:45am-12:45pm	Art Class		Etching Hill Village Hall, East Butts Road, Rugeley		Etching Hill Village Hall | Facebook	
Thurs	12:30-2:30pm	Great Wyrley Art Club	Do you watercolour, acrylics or pastels? All levels of artists from beginner to expert are welcome	Senior Citizens Centre, Broadmeadow Lane, Great Wyrley	Phil on 07879 992948, Maeve 07742 302045 greatwyrleyartclub@gmail.com		
Thurs	1-4pm	Painting Group		Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	01543 279592 or email nortoncanes.library@staffordshire.gov.uk or https://www.nortoncanescommunitylibrary.co.uk/	Friends of Norton Canes Library | Facebook	
Thurs	2-4pm	Natter and Knit		Cannock Library, Manor Avenue, Cannock, WS11 1AA	01543 334525	Staffordshire Libraries | Facebook	
Thurs	2-4pm	Art for All	Chat and paint, enjoy & create! Everyone welcome	Heath Hayes Library, Hednesford Road, Cannock, WS12 3EA	01543 279675, heathhayes.library@staffordshire.gov.uk	Heath Hayes Library | Facebook	
Thurs	2-4pm	Rugeley Phoenix Knit and Natter	Welcomes new beginners & all abilities. Need to be a member of Rugeley Phoenix Activity Club.	Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT	Email knitandnatter@rugeleyphoenix.org.uk For information about membership visit https://rugeleyphoenix.org.uk/		
Thurs (during term time)	4-5:30pm	Community Crafts	Families and adults welcome	Rugeley Library, Anson Street, Rugeley, WS15 2BB	01889 869063 or email rugeley.library@staffordshire.gov.uk	Staffordshire Libraries | Facebook	50p per person & under 4s free
Performing Arts & Music							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Thurs	1:15-3pm	Village Choir		Cannock Wood & Gentleshaw Village Hall, Buds Road, Cannock Wood, Rugeley, WS15 4NB	Sharron Burns 01543 271008 or email sharronburns@outlook.com		
Thurs	7-9pm	Adult Dance		Prospect Village Hall, Williamson Avenue, Cannock, WS12 0QF			

Thurs	7-30-9:30pm	Mixed voice choir	A friendly, fun-loving mixed voice choir who love to entertain. We pride ourselves on having a really varied repertoire of songs from pop & rock, through to folk & musical theatre - something for everyone! We are always happy to welcome new members. If you would like to find out more come & sit in on one of our rehearsals. We would love to see you!	Chadsmoor Methodist Church	01543 491539		
Thurs	7:30-10pm	Backstreet Theatre Company	We are now in our 12th year of production & have gone from strength to strength, performing musical theatre & pantomime	Bridgtown Primary School, North Street, Bridgtown, WS11 0AZ	07970 968160 or email backstreettheatrecompany@gmail.com	Backstreet Theatre Company | Facebook	£40 annual membership and £20 monthly fee
Literature							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
1st Thurs of the month	10am-12pm	Book Club		Brereton Community Library, Talbot Road, Rugeley, WS15 1AU	01889 869067 or email brereton.library@staffordshire.gov.uk	Brereton Library | Rugeley | Facebook	No charge donations for refreshments welcome
Dance							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Thurs	12:30-3pm	Social Sequence Dance		Pye Green Community Centre, Bradbury Lane, Hednesford, WS12 4EP	Ian Denny 0776038754		
Support Groups							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Thurs	10am-3pm	Achieve Beyond Limits Day Centre	SEND day centre supporting young people and adults to develop confidence, independence and practical life skills. Providing meaningful opportunities including cooking, travel training, community activities, volunteering and independent living skills.	Daisy's Kitchen, 6 Lower Brook Street, Rugeley, WS15 2DF	07533 924779 or email hello@beyond-limits.co.uk		
Last Thurs of month	10am-12pm	Dementia Adviser Service	Come along and drop in to meet your local dementia adviser for an informal, friendly chat.	The Hub@Wyrley, Great Wyrley Academy, Hall Lane, Great Wyrley, WS6 6LQ	Call 01543 573936 (please leave name and number for a call back on the answer-machine) or email		

					staffordshire@alzheimers.org.uk		
Thurs	2pm	Over 60's Fellowship		Cannock Salvation Army, Walhouse Street, Cannock, WS11 0DY	01543 500895 cannock@salvationarmy.org.uk		
Every 2nd Thurs	5-7pm	SEND only café after hours	An inclusive social event for people with SEND, with families, friends, siblings and carers all welcome. It's an opportunity to meet others, socialise and enjoy a relaxed, welcoming environment.	Daisy's Kitchen, 6 Lower Brook Street, Rugeley, WS15 2DF	07533 924779 or email hello@beyond-limits.co.uk		£10 per session
2nd Thurs of the month	6-8pm	Breast Cancer Support Group	You are not alone. Join our Supportive Community.	Lea Hall, Sandy Lane, Rugeley	Katrina: 07484 413442 or Michelle: 07507 643145		

Social Groups

Day	Time	Activity	About	Location	Contact Details	Facebook	Cost
Alternative Thurs		Hednesford Mens Probus Club	Prospective new members & guests are very welcome to join for a cuppa & a chat & usually a very interesting speaker	Soldiers Club, Anglesey Street, Hednesford	Colin on 01543 876278 or Roger 01889 358145		
4th Thurs of the month		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 & Stafford areas. We rotate around these areas in turn, also in turn the pubs/restaurants within them - always open to new places to try. Average numbers are 8-12	Various	Irene Bohnan via contact form https://u3asites.org.uk/cannock-chase/contact Website Groups - Cannock Chase or email cannockchaseu3a@gmail.com		
Last Thurs of the month	2-3pm	Coffee and Poetry Club	If you enjoy poetry & a cuppa then join	Rugeley Library, Anson Street, Rugeley, WS15 2BB	01889 869063 or email rugeley.library@staffordshire.gov.uk	Staffordshire Libraries | Facebook	

3rd Thurs of the month	10am-12pm	Historical Society Coffee Mornings		Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	Roger Knowles 01543 279313	Friends of Norton Canes Library | Facebook	
Thurs	10am-12pm	Knit and Natter		Heath Hayes Library	01543 279675	Heath Hayes Library | Facebook	
Thurs	10am-12pm	Chit Chat Café	Free coffee morning – a friendly space for everyone in the community.	Great Wyrley Wesley Methodist Church	www.linktr.ee/gwchcommunity		
Thurs	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.	Harrisons Social Club, Great Wyrley	joininghandsgroup@gmail.com		
2nd Thurs of the month	10:30am	Cannock W.I.	Meetings will usually include a speaker or demonstrator. The WI provides educational opportunities and the chance to try and develop new skills & crafts with outings & social events. A link with Staffordshire Federation provides further activities like craft fairs & quizzes. Guests & prospective members are always welcome.	St Luke's Church Hall, Cannock, Church Street, Cannock, WS11 1DE	cannockwi@gmail.com or www.thewi.org.uk/staffordshire	www.facebook.com/oakleafstlukes	

1st Thurs of the month	12pm	Cannock and District Ladies Probus	Retired & professional business ladies meet each month for a meal and listen to a speaker. New members and guests are welcome to join if they book in advance & choose their meal	Chase Golf and Country Club	cannockladiesprobus@gmail.com or www.probusonline.org		
Thurs	12:30-2pm	Silver Sneakers Gentle Exercise Class - ages 60+		Norton Canes Methodist Church, Poplar Street	Mrs Pamela Louies 01543 899367		
Thurs	12-2pm	Connect café		Victory Church	01889 576246		
Thurs	1:30-3:30pm	M and M's Group	Crafts, painting and card making, cards and games and bingo. Once a month will be film afternoon	St Peters Church, Church Hill, Hednesford, WS12 1BD	01543 426954	The Parish of St Peter's Hednesford | Facebook	£1 per session
Thurs	2-5pm	Friendship Café	Serving light refreshments on a 'pay as you feel' basis. Serving sandwiches/sausage rolls - unfortunately we are unable to serve hot food due to having no cook for the Thursday shift. We also receive surplus food - donated by local supermarkets - so brings a bag!	Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB	01543 426128 or email hednesford@salvationarmy.org.uk		
Thurs	6-8pm	Stand By Me men's group	This is a social/friendship group open to anyone to come along	New venue coming soon, check the Facebook page	Stand By Me #BTS | Cannock | Facebook		Free
Thurs	7:30-10pm	Trent Valley Photographic Society	We welcome all abilities from the enthusiastic beginner to advanced photographers. We have our own studio ser-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 trentvps@gmail.com		
Warm Hubs and Places of Welcome							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**

Thurs	9am-5pm	A Cool Space/Warm Room	Open safe space, all welcome. Cherishers can provide transport to attend and free refreshments are also provided.	Cherishers Wellbeing Rooms, 19, 21 & 23 Upper Brook Street, Rugeley, WS15 2DP	01889 578822	Cherishers | Rugeley | Facebook	
Thurs	2-5pm	Friendship Café	Serving sandwiches/sausage rolls etc on a 'pay as you feel' basis. We also receive surplus food - donated by local supermarkets - so bring a bag!	Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB	01543 426128 or email hednesford@salvationarmy.org.uk		
Thurs	10am-1pm	Coffee Drop In/Place of Welcome	Serving hot drinks and light snacks on a 'pay as you feel' basis	The Salvation Army, Walhouse Street, Cannock, WS11 0DY	01543 500895 or email cannock@salvationarmy.org.uk		
Thurs	9:30am-12:30pm	Place of Welcome Coffee morning	Free refreshments and open chat with other local people	Brereton Community Library, Talbot Road, Brereton, Rugeley, WS15 1AU	01889 869067 or email library@rugeleyrotary.org.uk	Brereton Library | Rugeley | Facebook	
Foodbanks and Community Tables							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**
Thurs	10am-3pm	Foodbank and Community Table/Fridge		Coniston Hall, Cecil Street, Chadsmoor WS115HG	01543 624887	Cannock and District foodbank | Hednesford | Facebook	
Thurs	2-5pm	Foodbank, Community Table and Fridge		Hednesford Salvation Army, 7 Anglesey Street, Hednesford, Staffordshire, WS12 1AB	01543 426128 / 07918 286742		
Thurs	4-6pm	Community Shop		Community Hub, Armitage Road, Brereton, Rugeley, WS15 1DF	07446 824727	Brereton Million | Facebook	£2.00 per year membership and £5.00 per bag
Games Clubs							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**

Thurs	2-3pm	Games Club	A range of board and card games available. No booking required	Cannock Library, Manor Avenue, Cannock, WS11 1AA	01543 334525		Free refreshments
Thurs	2-3pm	Games Group	Pop along for a chat and a game of cards or a board game. Refreshments available	Rugeley Library, Anson Street, Rugeley, WS15 2BB	01889 869063		
2nd Thurs of the month	2-4pm	Cards and Board games	At present the Games group focuses primarily on card games (especially Canasta) and sometimes board games but are prepared to consider other suggestions.	Slitting Mill Victory Hall, Slitting Mill Road, Slitting Mill, Rugeley, WS15 2US	Contact Dianne Hooper via https://u3asites.org.uk/cannock-chase/contact Website https://u3asites.org.uk/cannock-chase/home		
Outdoor Recreation							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**
Thurs	9:30am	Community Mile	The Community Mile helps to break down barriers. It provides that first important step to start in your physical activity journey. Join us for a walk around our beautiful Brereton and Ravenhill Park		Emily 07719 072485 or email bmvolunteercoordinator@gmail.com		
Thurs	4-4:45pm	Couch to Walk – Rugeley Community Centre	6 week beginners gently walk	Car park entrance on Burnthill Lane just off Sandy Lane, Rugeley.. Gentle stroll on flat easy going route.	Register at www.chasefit.co.uk Terry Burke Email tez.burkel@googlemail.com		Free

Cannock	Rugeley	Hednesford	Norton Canes	Brereton	Heath Hayes	Chadsmoor

Friday

Education							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**
1st, 3rd and 4th Friday of the month	2-4pm	French For All		Rugeley Fire Station, Bryans Lane, Rugeley, WS15 2JN	Maggie Causer or Chris Travers-Brookes via contact page https://u3asites.org.uk/cannock-chase/contact Website Groups - Cannock Chase or email cannockchaseu3a@gmail.com		
Friday	1:30-3:30pm	Digital Angels	Offering digital support & guidance on the following areas: NHS App Drop-in Sessions, Learn My Way, CV and Job Hunting Advice, Registering for Online Banking, How to use a mobile phone - Text, calls, settings, Installing WhatsApp, Setting up eMail Addresses,	Heath Hayes Library, Hednesford Road, Cannock, WS12 3DZ	01543 279675 or email heathhayes.library@staffordshire.gov.uk	Heath Hayes Library | Facebook	Free

			How to send/reply to an email/add an attachment, Microsoft Skills, Websites that provide resident with local hobbies, shopping and translation services, Applying for a passport Online				
Sport & Exercise							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**
Friday	6:30am, 7:30am, 8:30am, 11:45am, 7:30pm	Lane Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Friday	6:30am, 7:30am, 12pm, 1:15pm, 2:30pm, 7pm, 8pm	Lane Swim		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go
Friday	8:45-9:45am, 10-11am	Inclusive Quiet Adult Swimming	Sessions for adults to swim socially, no lanes. These sessions are generally quieter and so may be more suitable for those living with a disability, dementia, neurodivergence and/or other long term health conditions.	Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go
Friday	10-11am	Deep Water Swimming	Adult only	Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go
Friday	9:30-10:30am	Gentle Exercise		Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX	01889 579341		
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 indoortennis@phoenix.org.uk For membership information visit https://rugeleyphoenix.org.uk/		

Friday	11am-12pm	Inclusive Quiet Adult Swimming	Sessions for adults to swim socially, no lanes. These sessions are generally quieter and so may be more suitable for those living with a disability, dementia, neurodivergence and/or other long term health conditions.	Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Friday	11:30am-12:30pm	Forever Fit	A fun, low intensity, low impact session for older adults who want to work their heart, muscles and increase flexibility, all in one easy to follow class. These sessions vary centre to centre and may include badminton and other activities.	Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Friday	11:30-12:15	Keep Fit/Gentle Exercise	Fun and friendly exercise to music from 1950 to present day. Aimed at the over 50s but door is open to all. No need to book. Just turn up.	Norton Canes Community Centre,	Claire Roden 07538 491849 or email Claire.Roden@outlook.com		First class free and £5 after
Friday	11am-1pm 1:30-3:30, 3:30-5:30 5:30pm	Crown Green Bowling	April - September	The Rag at Rawnsley, Ironstone Road, Cannock, WS12 0QD	cannockchaseu3a@gmail.com or visit Groups - Cannock Chase		
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 taichi@rugeleyphoenix.org.uk For membership information visit https://rugeleyphoenix.org.uk/		
Friday	Throughout the day	Classes	Variety of classes throughout the day	Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go
Friday		Classes	Variety of classes throughout the day	Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Arts and Crafts							

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost
Friday	10am-12pm	Coffee morning and knit and natter		Prospect Village Hall, Williamson Avenue, Cannock, WS12 0QF			
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 nortoncanes.library@staffordshire.gov.uk or visit Norton Canes Community Library & Information Hub, Norton Canes, Cannock	Friends of Norton Canes Library | Facebook	
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 & being creative. Meet new friends, learn a new skill and enjoy a cuppa and a biscuit	Brereton Community Hub, Rugeley, WS15 1DF	https://linktr.ee/BreretonMillion	Brereton Million | Facebook	
Friday	12-1:30pm	Knit and Natter	Community craft group	Allotments building, Cannock Stadium Park, Lovatt Place, Cannock, WS11 5FH		Friends of Cannock Stadium Park | Cannock | Facebook	
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 rugeley.library@staffordshire.gov.uk	Staffordshire Libraries | Facebook	
Friday	2-4pm	Knit and Natter	Have a cuppa & make friends. Bring your own knitting.	Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	01543 279592 or email nortoncanes.library@staffordshire.gov.uk	Friends of Norton Canes Library | Facebook	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 abllcannock@gmail.com		
Support Groups							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**
Fri	10am-3pm	Achieve Beyond Limits Day Centre	SEND day centre supporting young people and adults to develop confidence, independence and practical life skills. Providing meaningful opportunities including cooking, travel training, community activities, volunteering and independent living skills.	Daisy's Kitchen, 6 Lower Brook Street, Rugeley, WS15 2DF	07533 924779 or email hello@beyond-limits.co.uk		
3rd Friday of the month	7-9pm	MASE (Monthly Alzheimer's Support Evening)	MASE brings together people with Alzheimer's/dementia, their families & carers and also has health care professionals in attendance. Many people withdraw from social activities when a diagnosis has been made; however at the MASE everyone is fully aware of the illness & Carers are able to network with each other and build up friendships & support each other in times of difficulty.	The Davy Room, Lea Hall, Rugeley, WS15 2LB	01785 211140 or 07939 505455 https://themasegroup.org/		Free
Friday	10:30am-12pm	Memory Café	Are you a caregiver for an individual living with dementia? Come & have a cuppa with someone who understands. No booking required. Free refreshments provided. Practical advice on living with dementia. Musical & sensory activities. Regular talks from healthcare professionals	Cannock Library, Manor Avenue, Cannock, WS11 1AA	01543 572349/ 01543 334525		
Friday	9am-12pm	Everyone Health	Join us in our free weekly nutrition sessions, aimed at providing practical information and advice for creating long-term healthy eating habits. Our sessions are delivered by a	Chadsmoor Methodist Church, Cannock Road, Chadsmoor, Cannock, WS11 5DD	Call 0333 0050095 or visit https://staffordshire.everyonehealth.co.uk/services/weight-management/	Everyone Health - Staffordshire | Facebook	Free

			qualified Nutritionist, and you will also be supported by a Physical Activity Specialist to help maximise weight loss through a tailored exercise programme.				
Friday	10am-12pm	Sidney Sight Support Group	Braille	Hednesford Park Pavilion, WS12 1TB	Lynn Evans 07855 099353	The Friends of Hednesford Park | Hednesford | Facebook	Free
Second Friday of the month	10am-2pm	Alzheimer's Society Dementia Adviser		Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX	01889 579341	Rugeley Community Church & Centre | Rugeley | Facebook	
Friday	10:30am-12:30pm	St Giles Bereavement Group		Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX	01889 579341 or email sct@stgileshospice.com	Rugeley Community Church & Centre | Rugeley | Facebook	
Social Groups							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
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 https://cannockchaseshed.org.uk/about-us		
Friday	9:30-11:30am	U3A Photography	This group is aimed at members who wish to improve their photos taken on either smartphones and/or digital cameras – without the need to purchase additional equipment or software	Rugeley Fire Station, Bryans Lane, Rugeley, WS15 2JN	Email cannockchaseu3a@gmail.com or visit Groups - Cannock Chase		

Friday	10am-12:30pm	Get Together Group		Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	01543 279592	Friends of Norton Canes Library | Facebook	
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 floralart@rugeleyphoenix.org.uk For membership information visit https://rugeleyphoenix.org.uk/		
Friday	12:30pm	Lunch Club	A place where you can make new friends, enjoy nutritious, fresh and affordable food & have fun. Pre-book. Enjoy the company of friendly people, a three-course lunch & unlimited cups of tea & coffee.	Hednesford Salvation Army, Anglesey Street, Hednesford, WS12 1AB	01543 426128, hednesford@salvationarmy.org.uk		£3 per person
1st Friday of the month	12pm	U3A Theatre Appreciation	This group organises Theatre visits or other special events such as musicals, choir recitals, plays, ballet & other dance events, comedy acts and bands	The White Hart, 57 Wolverhampton Road, Cannock, WS11 1AP	Contact Pam Ratcliffe via https://u3asites.org.uk/cannock-chase/contact Website Groups - Cannock Chase or email cannockchaseu3a@gmail.com	-	
First Friday of the month	7-10pm	South Staffs Woodturners		Etching Hill Village Hall, East Butts Road, Rugeley, WS15 2LU		Etching Hill Village Hall | Facebook	
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 floralart@rugeleyphoenix.org.uk For membership information visit https://rugeleyphoenix.org.uk/		
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 libby@robrobinsonfoundation.co.uk		Entry £5, carers free

Warm Hubs and Places of Welcome

Day	Time	Activity	About	Venue	Contact Details	Facebook	Cost

Friday	9am-5pm	A Cool Space/Warm Room	Open safe space, all welcome. Cherishers can provide transport to attend and free refreshments are also provided.	Cherishers Wellbeing Rooms, 19, 21 & 23 Upper Brook Street, Rugeley, WS15 2DP	01889 578822	Cherishers | Rugeley | Facebook	
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 heathhayes.library@staffordshire.gov.uk	Heath Hayes Library | Facebook	
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 rugeley.library@staffordshire.gov.uk	Staffordshire Libraries | Facebook	
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	Prospect Village Hall 2023 | Cannock | Facebook	
Friday	10am-12pm	Coffee Break/Place of Welcome	You would be made very welcome if you call in for a coffee or tea. You will enjoy a friendly relaxed atmosphere and a beverage.	St Pauls Methodist and United Reform Church, 53 Lichfield Street, Rugeley, Staffs, WS15 2EH	webcontact@stpaulsrugeley.org.uk		
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 nortoncanes.library@staffordshire.gov.uk or visit https://www.nortoncanescommunitylibrary.co.uk/community/norton-canes-community-library-information-hub-20128/open-hands---coffee---a-chat/		
Friday	10am-12pm	Friday Warm Welcome	Tea, Coffee, Toast and chat	Chadsmoor Methodist Church, Cannock Rd, Chadsmoor, Cannock WS11 5DD	01543 876610 or email chadsmoormethodistchurch@aol.com	Chadsmoor Methodist Church | Cannock | Facebook	

Friday	1-3pm	Free Lunch Club	Free lunch club for the elderly and disabled in the community. Booking required	Cherishers, 21 Upper Brook Street, Rugeley, WS15 2DP	01889 578822	Cherishers | Rugeley | Facebook	
Friday	12-1:30pm	Community Lunch Club	A warm welcome awaits all and a free lunch, Bring a friend or come on your own.	St Johns Heath Hayes, Hednesford Road, Heath Hayes, Cannock, WS123 3DZ	07517 865200	St Johns' Church, Parish of Heath Hayes | Facebook	Free. Donations accepted but not compulsory
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	Cannock and District foodbank | Hednesford | Facebook	
Friday	2-4pm	Foodbank		Rugeley Community Centre, Burnthill Lane, Rugeley, WS15 2HX	07528-447504	Rugeley Community Church & Centre | Rugeley | Facebook	
Friday	5:30-7pm	Foodbank		Kingsmead Baptist Church, 13a Hill Street, Hednesford, Cannock, WS12 1DJ	07455503643		
Games Clubs							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Friday	10am-12pm	Rugeley Phoenix Bridge	Need to be a member of Rugeley Phoenix Activities Club	Sheepfair Community Centre, Sheepfair, Rugeley, WS15 2AT			

Friday	2:30-4:30pm	Jigsaw Club	Join us for a jigsaw club in the library. Drop-in session for people who love puzzles	Brereton Library, Talbot Road, Rugeley, WS15 1AU	01889 869067 or email library@rugeleyrotary.org.uk or visit facebook https://www.facebook.com/Breretonlibrary/	Brereton Library | Rugeley | Facebook	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	pm01543 422798 or email hednesford.library@staffordshire.gov.uk	Friends of Hednesford Library | Cannock | Facebook	Free
Outdoor Recreation							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Friday	9:30am-3:30pm	Countryside Volunteer Group	The Countryside Service runs a weekly volunteer group, open to adults wanting to help out on the nature reserves. Over the course of the year the group works on a range of countryside management tasks across the sites including everything from woodland coppicing and heathland management to footpath maintenance. The days run from 9:30am to approx 3:30pm. All tools and training is provided by the Countryside staff. We recommend outdoor clothing, sturdy boots and bring a packed lunch to those wanting to attend.	Deavalls Farm, Cannock	01543 450018		Free
Friday	10-11:30am	Chase Fit Marquis Drive to Birches Valley Walk	Join us for a rewarding walk through the stunning landscape of Cannock Chase. This route is suited to experienced walkers and involves uneven terrain and some challenging sections. Setting off from Marquis Drive, we'll head down through the woodlands to Birches Valley, where we'll pause for around 30 minutes for a well-earned brew. The return leg includes a steady climb back up to Marquis Drive.	Marquis Drive Visitor Centre	Colin Pritchard 07919 622025 Register at Chase Fit | Walking > Marquis Drive to Birches Valley Walk		Free

			Please be prepared for changing weather and allow extra time, as walks can often run longer than expected.				
Friday	10:30-11am	Chase Fit Chase Leisure Centre level 1 walk	A lovely, slow-paced walk designed for beginners, covering up to 1.5 miles. The route takes you through Cannock Chase Park, across the golf course, and onto Shoal Hill Common. While mostly gentle, there are a couple of hills in the forest as we make our way up to Shoal Hill.		Register at Chase Fit | Search Activities Terry Burke tez.burkel@googlemail.com		
Friday	12-2pm	Social Forestry Session in woods at Hednesford Park	Session in the woods	Hednesford Park, Rugeley Road, Hednesford, WS12 1TB	Lynn Evans 07855 099353		

Cannock	Rugeley	Hednesford	Norton Canes	Brereton	Heath Hayes	Chadsmoor

Saturday and Sunday

Sport & Exercise							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**
Sat	12:30pm	Lane Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Sat	2pm, 3pm	Lane Swim		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go
Sat	Throughout the day	Classes	Variety of classes throughout the day	Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go

Sat	Throughout the day	Classes	Variety of classes throughout the day	Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Included in membership or pay as you go
Sun	8am, 3pm	Lane Swim		Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Via membership or pay as you go
Sunday	8am, 11am	Lane Swim		Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go
Sunday	Throughout the day	Classes	Variety of classes throughout the day	Chase Leisure Centre, Stafford Road, Cannock, WS11 4AL	Everyone Active 01543 504065 Chase Leisure Centre - Everyone Active	Chase Leisure Centre | Cannock | Facebook	Included in membership or pay as you go
Sunday	Throughout the day	Classes	Variety of classes throughout the day	Rugeley Leisure Centre, Burnthill Lane, Rugeley, WS15 2HZ	Everyone Active 01889 586260 Rugeley Leisure Centre - Everyone Active	Rugeley Leisure Centre | Rugeley | Facebook	Via membership or pay as you go
Arts and Crafts							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**
1st & 3rd Sat of the month	10:30am	Craft Café	New members are always welcome. We do not charge for this group except for materials used.	St Luke's Church, Church Street, Cannock, WS11 1DE	Call Linda Hopley or Margaret Walker via Parish Office 01543 502131		
2nd & 4th Sat of the month	1:30-3pm	Autism Friendly Crafts		Rugeley Library, Anson Street, Rugeley, WS15 2BB	01889 869063 or email rugeley.library@staffordshire.gov.uk	Staffordshire Libraries | Facebook	
Literature							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**

Fortnightly on a Sat	10-11:30am	Book & a Brew	Relaxed Reading Group - A great way to maintain your wellbeing, make new friends & socialise. Free refreshments provided.	Cannock Library, Manor Avenue, Cannock, WS11 1AA	01543 334525 Follow on Instagram: @book_anda_brew for details of this fortnight's reading prompt.	Staffordshire Libraries | Facebook	
Sat - dates tbc on Facebook	11am	Interactive Poetry Group		Norton Canes Library, Burntwood Road, Norton Canes, WS11 9RF	01543 279592 or email nortoncanes.library@staffordshire.gov.uk	Friends of Norton Canes Library | Facebook	
Support Groups							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**
Sat	10am-12pm	Help a Squaddie drop-in breakfast	Free full English Breakfast & Banter	St Johns Church, Hednesford Road, Heath Hayes, WS12 3DZ	Call 0300 3651332 or email info@helpasquaddie.org.uk or visit https://helpasquaddie.org.uk/contact-us/	Help A Squaddie | Rugeley | Facebook	
Social Groups							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
2nd Sat of the month	10am-12pm	Saturday Breakfast	Enjoy a full English, bacon/sausage butties all at a reasonable price	Hednesford Salvation Army, 7 Anglesey Street, Hednesford, WS12 1AB	01543 426128 or email hednesford@salvationarmy.org.uk		
1st Sat of the month	11am	Burntwood Lions Club		Hazelwood House, 128 Ironstone Road, Chase Terrace, WS7 1LY	Jayne 01543 677730	Burntwood Lions Club CIO | Burntwood | Facebook	
1st Sunday of the month		Drumming for Health		Slitting Mill Victory Hall, Slitting Mill Road, Slitting Mill, Rugeley, WS15 2US	meichooselove@googlemail.com		
Warm Hubs and Places of Welcome							
Day	**Time**	**Activity**	**About**	**Venue**	**Contact Details**	**Facebook**	**Cost**
Sat	10:30am-12:30pm	Free cuppa and a chat	Open to anyone to just drop in for a free cuppa, biscuits, even a round of toast meet up with a friend, chat with others etc, even make use of the library facilities if you wish!	Norton Canes Community Library, Burntwood Road, Norton Canes, WS11 9EF	01543 279592	Friends of Norton Canes Library | Facebook	

Food banks and Food Tables							
Sat	10-10:45am	Community Food Table	A free food stall that operates in Norton Canes. Supporting members of the community by providing free food donated by retailers. Everyone welcome, limited to one bag per person.	Norton East Road, Norton Canes outside The Vic	07929 558885	Norton Canes Community Food Table | Facebookk	
Games Clubs							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Sat	10:30-11:30am	Lego Club	Everyone welcome, just sign up	Heath Hayes Library, 194 Hednesford Road, Heath Hayes, WS12 3EA	01543 279675	Heath Hayes Library | Facebook	
Sunday	6-10pm	Cannock Games Club	Cannock Games Club is a social club for all likeminded people within the Cannock Chase area who play Role Playing Games, Wargames, Boardgames & Collectable Trading Card Games. Most meetings we have a variety of RPGs such as Dungeons & Dragons, Pathfinder, Cthulhu etc, along with a mixture of boardgames & wargames. We operate on a rolling six-week timetable, typically a game will run for a block of six consecutive weeks. Then at the start of week four we gather together & discuss who would like to run what. It's a great opportunity for players & Dungeon Masters (the players who run the game!) to decide what they would like to do for the following six weeks.	St Lukes Church Hall, Church Street, Cannock, WS11 1DE	Cannock Games Club		£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	The Vine Inn, Sheepfair, Rugeley, WS15 2AT	01889 574443		

			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.				
Outdoor Recreation							
Day	**Time**	**Activity**	**About**	**Location**	**Contact Details**	**Facebook**	**Cost**
Sat	10:15-11:30am	Chase Fit Shoal Hill Saturday walk	This walk leads up through the forest and onto the heathland of Shoal Hill. Expect some hills and uneven ground, making it a route that will get your heart pumping, though there will be plenty of stops to enjoy the beautiful scenery along the way. At the end, those who wish can gather back at the tavern for a coffee.	Meet on the car park of the Shoal Hill Tavern, Sandy Lane, Cannock, WS11 1RF	Complete the registration online at www.chasefit.co.uk or email chasefit@chasefit.co.uk or call 07917 724177		Free
Sat	1:30pm	Chase Fit Mountain Biking	A family friendly ride, (child must be 12 and over) the ride starts in Hednesford Park and continues along the heritage trail on to Cannock Chase. Majority of the ride is off road, there are inclines (you are welcome to get off the bike and push!). The ride will be on multi use paths across the Chase and will do up to a maximum of 15 miles. Groups can be split if mixed ability as long as there is enough ride leaders at the session. This is not a cycle group for beginners. Be aware on certain weeks we would reduce this to a level 2. A mountain bike is required. If you need to borrow a bike we have a number available. To book a place on the ride please go to Facebook Chase Fit Cycling Riders group.	Meet at Hednesford Park, WS12 1TB	Book a place on the Facebook Chase Fit cycling Riders Group		Free

2nd Sat of the month	10am-12pm	ROSA Community Garden & ECO Rugeley					
Sat	11am-1apm	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	lynn@friendsofcannockstadium.org.uk	Friends of Cannock Stadium Park | Cannock | Facebook	
Sunday - twice a month	10am	Chase Fit Fiveways Ramblers Sunday Walk	A lovely walk for a few hours around the Heath Hayes and Cannock area. Taking in the beautiful scenery of the pools milking brook and admiring the range of trees on show. The walk is very friendly and has people of different age groups that participate. stay after, have a hot drink and a chinwag in the Pub.	Meet at Library, Hednesford Road, Heath Hayes, Cannock, WS12 3HU	Check out Fiveways Ramblers Facebook page or complete the registration online at www.chasefit.co.uk or email chasefit@chasefit.co.uk		

Sunday	9am-3pm	Chase & District Ramblers Group	Chase & District Ramblers Group offer local outdoor enthusiasts a variety of volunteer led walks in Staffordshire and adjoining counties every Sunday throughout the year. If you enjoy Chase Fit level 4 walks and would like to progress further why not get in touch with ourselves and give us a try for free. Our pace is leisurely and we always take a couple of refreshment breaks during the walks which range up to ten miles and are graded either as easy, moderate, or strenuous depending on the terrain. There is something for everyone within our programme from short evening walks to weekends away. Please note that no dogs (with the exception of guide dogs) are permitted on our walks out of respect to landowners & their livestock.	Locations Vary	01543 684254 or visit Chase & District Group - Ramblers or email chaseramblers@yahoo.co.uk	Chase Ramblers | Facebook	