



## Local Activities in Dronfield

*Are you feeling isolated, bored, or lonely?*

*Or do you simply want to meet new people or learn a new skill?*

**Lots of groups old and new have now started back up in the Dronfield area, for free or a minimal donation as below:**

- ◆ **St Philips Church, Dronfield-** run Monday munch on alternate Mondays of the month, 12pm-2pm includes a light lunch, bingo and quiz. Contact Judith Mumby on: 01246 413000  
**Cost: FREE BUT DONATIONS TO CHURCH WELCOME.**
- ◆ **Coffee and Cake session-** St Andrews Church, once a fortnight on a Wednesday- patients to make a small donation to church, session starts early afternoon, 2pm. If possible advise of planned attendance before date by contacting Reverend Ian - 07929 716502 OR 07918076939 – Kathryn Stringer  
**Cost: SMALL DONATION TO CHURCH**
- ◆ **Dronfield Luncheon Club at Cliffe Park-** Thursdays. – Currently fully booked, call Sharon on 07914 807838 to be added to waiting list.  
**Cost: CONFIRM WITH SHARON**
- ◆ **J Café, St Swithins Church, 2<sup>nd</sup> and 4<sup>th</sup> Fridays of the month, 10am-1.30pm.** No referral needed. WC Accessible and Disabled WC available.  
**Cost: SMALL DONATIONS FOR FOOD, £2.50 FOR LIGHT LUNCHES, £1 HOT DRINKS WITH FREE REFILLS.**
- ◆ **The Cardio Club,** exercise for patients whom have heart related illnesses, have had a stroke, or suffer with diabetes. Civic Hall. 10am-12pm, Mondays. Call: 0114 2890110 to book on.  
**Cost: FREE**
- ◆ **Befrienders-** [www.letsbfriend.org.uk](http://www.letsbfriend.org.uk)
- ◆ **Strictly No Falls Exercise Class,** Holmesfield Village Hall, Mondays 2-3pm. Contact: [Kerry@livingwellphysio.co.uk](mailto:Kerry@livingwellphysio.co.uk), tel- 07856735582  
**Cost: FREE.**
- ◆ **The Oaks Community Church- Knit and Natter-** Tuesday mornings, contact church to book on- 01246 414448  
**Cost: FREE**
- ◆ **Crafting2gether, Peel Centre,** Tuesdays and Thursday 10am-3pm- here you can learn a new skill, or learn a project, no need to book just “drop in”  
**Cost: FREE**
- ◆ **Dronfield Baptist Church – Coffee Pot - Dronfield Baptist Church – Coffee Pot.** Every Thursday, 10am-12pm for Coffee, Cakes, and a Chat.  
**COST: SMALL DONATION TO CHURCH**

Please contact your GP surgery if you feel you are struggling with day to day activities, your mobility, your health or your wellbeing—they can refer you into the Care Coordinators whom can help you remain independent, active and healthy in a range of ways. **The Care Coordinator service is for over 65s only.**