

Enrolment Day

Tuesday 4 September 10am-2pm at FGF. Come along and enrol for the new Better Together activities for Autumn. Call Damian or Esther for more information.

Pilates

Starts Wednesday 29 August 5.15-6.15pm at the BAME Health and Wellbeing Hub, Reginald Terrace, Chapeltown, LS7 3EZ. All muscle group workout with particular emphasis on core strength to improve general fitness and wellbeing. £2. Call Damian.

Feel Good Social Group

Every Saturday 10am-1pm at FGF. A social group for anyone 50 or over wanting to meet new people and make new friends. Take part in activities including cooking, fitness, sightseeing trips! **FREE**. Call Shabana.

Cook4Life

FREE 4 week healthy eating and cooking course. Starts Monday 1 October 11-1pm at St Aidan's Church, Roundhay Road, LS8 5QD. Places limited. Ring Esther for more information and to reserve a place.

Gardening Group

Wednesdays 10.30am -12.30pm at FGF. **FREE**. Call Esther.

Busy Fingers

Thursdays 1.30-3.30pm at FGF. 50p. Knitting for beginners and those with more experience. Call Damian.

Beauty Course with Leeds City College

Starts 11 September 10.30am-12.30pm at FGF for 12 weeks. £2 per session for concessions £8 non-concession. Call Damian for more details and to reserve a place.

Modern Living Project

Drop-in for anyone wanting to learn how to use modern technology and various apps including Facebook, WhatsApp and email. Tuesdays 10am-12noon at FGF. 50p for session and refreshments. Call Shabana.

Men's Club

Tuesday 1-3pm at FGF. Come along make new friends, socialise and take part in fun activities. **FREE**. Call Damian for more information.

Money Matters 4 week budgeting course

Starts Wednesday 17 October 1-3pm at FGF. Learn and share simple tips that could see you saving £££'s on your bills! **FREE**. Call Esther to find out more.

Mindful Textiles

Starts Thursday 27 September 10am-12noon at FGF for 10 weeks. Therapeutic art class with relaxation session each week. Free to those in receipt of benefits or with a health condition. Call Esther or East Street Arts on 0113 262 6633 to reserve a place.

Hands Up!

Friday 12.30-2pm at FGF. Non-accredited, informal introduction to BSL for family/friends of BME Deaf BSL users. **FREE**. Call Tracey.

Healthy Lives, Healthy Homes Activities for over 60's

Chair Based Exercise

Mondays 10.30 -11.30am at the BAME Health and Wellbeing Hub, Reginald Terrace, Chapeltown, LS7 3EZ.. Seated exercise that uses a mix between meditation, tai chi and minimal impact leg and arm movements. £1.50. Call Hiesha.

Tai Chi with Lishi International

Tuesdays 11.30am-12.30pm at Roscoe Methodist Church Community Hall (entrance in Cross Cowper Street), Chapeltown, LS7 4BY. Dementia friendly, minimal impact effective exercise. Movements can be adapted to those that want to carry out the session seated. £2.50. Call Hiesha.

Café and Peer Support Groups

Come along to the Oasis and Roscoe Cafés. Our peer-led and carers groups at the café will offer you the chance to meet new people and share similar experiences. The cafés are dementia friendly and will provide you with the opportunity to get involved in activities such as singing, arts and crafts, exercise, information and advice. Ideal for those with long-term health conditions (including dementia) and their carers. Once a month a Memory Loss Support Worker will attend the café to provide information and support to those that attend.

Lunch provided at an extra cost. Everyone welcome. For further information call Hiesha.

Roscoe Café Thursday 11am-1.30pm. Roscoe Church, Francis Street, Chapeltown, LS7 4BY. Free entry, £5 for hot lunch, £1.50 for hot drink and biscuits.

Oasis Café Wednesday 11am-1.30pm. Trinity Methodist Church, Roundhay Road, Harehills, LS8 5PX. Free entry, £5 for lunch, £1.50 for hot drink and biscuits.