

## SOCIAL GROUPS

### Monday

**Gipton Community Group** 10-11.30am, The Old Fire Station, Gipton Approach, Leeds, LS9 6NL. Join our weekly group and meet other people in your area for a cuppa. **FREE**. Contact Tara on 0113 240 6677.

**LS14 Men's Group** 2-3.30pm, LS14 Trust, 45 Ramshead Hill, LS14 1BT. Support, advice, games, activities and free refreshments. Contact 0113 240 6677.

**The Moonlight Café** 5-8pm, 41-47 Cromwell Mount, LS9 7ST (opposite Freshways). Good food, good company. Information, help and support available. All welcome. Contact 0113 248 4880.

### Tuesday

**Connect Men's Club** 1-3pm, Feel Good Factor, 53 Louis Street, LS7 4BP. Support, activities and games. **FREE**. Contact 0113 350 4200.

**Seacroft Men's Group** 10.30am-12.30pm, Dennis Healey Centre, Foundry Mill Street, LS14 6RD. Men's group with Tony. Contact 07981 755328 for information.

**Harehills Men's Group** 10.30am-12pm, Ark, Hovingham Avenue, LS8 3QY. **FREE**. Contact Tim on 07981 755328 for information.

**LINKS** 5-6.30pm, The Old Fire Station, Gipton Approach, Leeds, LS9 6NL. Group for young men aged 16-25. Contact 0113 240 6677 for information.

### Wednesday

**Culture Café** 9.15-11.00am Richmond Hill Primary School, Clark Lane, Leeds LS9 8PN. Come along to meet new people and explore different cultures. Contact 0113 240 6677

**Gipton Men's Group** 12.30-2pm, Church of Epiphany, Beech Lane, LS9 6SW. Support and advice, games and activities and free refreshments. Contact 0113 240 6677

## SOCIAL GROUPS

### Wednesday (contd...)

**Breakfast Club** 10am-12noon, 41-47 Cromwell Mount (opposite Freshways) LS9 7ST. Men and women welcome. Contact 0113 248 4880.

**Zest Men's group at Nowell Mount** 3-4.30pm, Nowell Mount Community Centre, Nowell Mount, LS9 6JJ. Support, advice, games, activities and free refreshments. Contact 0113 240 6677

### Thursday

**Busy Fingers** 1.30-3.30pm, Feel Good Factor, 53 Louis Street, LS7 4BP. Knitting for beginners and those with more experience. 50p. Contact 0113 350 4200

**St Martins Men's Group** Thursdays 10am-12noon, St Martins Practice, 210 Chapeltown Road, LS7 4HZ. Meet new friends, take part in fun activities. **FREE**. Call 0113 350 4200.

**Stitch n' Pitch** 1-2.30pm, Bangladeshi Centre, Roundhay Road, LS8 5AN. **WOMEN ONLY**. Chit chat and sewing group. Contact 0113 249 7120.

### Friday

**Late Breakfast Over 50 Men's Group** 10am-12.00noon, The Polish Centre, Newton Hill Road, Chapeltown, LS7 4JE. Health and support through social activities. Refreshments. 50p. Contact 07522 023402.

**50+ Lunch Club** 12.30-2.30pm, Bangladeshi Centre, Roundhay Road, LS8 5AN. **WOMEN ONLY 50+**. Social gathering for ladies with discussion around health and wellbeing. Contact 0113 249 7120.

### Saturday

**Feel Good Social Group** 10am-1pm, Feel Good Factor, 53 Louis Street, LS7 4BP. A social group for anyone 50 or over wanting to meet new friends, learn new things and have fun! **FREE**. Contact 0113 350 4200.

# Activity List

**April 2019 - June 2019**



**Shantona Women & Family Centre**  
Building confidence & independence in the community



## PHYSICAL ACTIVITY

### Monday

**Swimming** 2-3.30pm **MEN ONLY**. To register contact Sarah on 0113 248 4880 or sarahs@touchstonesupport.org.uk

**Music & Fitness** starts Monday 22 April. Venue TBC. Fun workout to improve general fitness. Call Damian on 0113 350 4200 for more information.

### Tuesday

**Zumba** 9.30-10.30am, Stainbeck Church, Stainbeck Road, LS7 2PP. £3. Contact 0113 240 6677

**Easy Exercise** 10-11.00am, St Stephen's Church, Cramner Road, LS17 5PX. **FREE**. Fun and games to get you moving! Contact 0113 240 6677.

### Wednesday

**Pilates** 5.15-6.15pm, BAME Hub, 3 Reginald Terrace, LS7 3EZ. £2. All muscle group workout to improve general fitness. Contact 0113 350 4200

**Swimming** 9.30-11.30am meet at Shantona, Shepherds Lane, LS8 5AW. **WOMEN ONLY 18+**. £1 transport plus pool charge. Contact 0113 249 7120

**Get Moving** (term-time only) Wednesdays 5.30-6.30pm, Space2, The Old Fire Station, Gipton Approach, LS9 6NL. Gentle exercise for all. Contact 0113 320 0159.

### Thursday

**At Your Own Pace** (term-time only) 9.45-11.45am. Meet Sally in the car park at Denbigh Heights, Wykebeck Valley Road for a gentle stroll for all abilities. Contact 0113 320 0159 / emma3@space2.org.uk to book a place.

**Zumba** 9.15-10.15am, Bangladeshi Centre, Roundhay Road, LS8 5AN. £1. **WOMEN ONLY 18+**. Contact 0113 249 7120

**Men's Gym session** 2-3pm, Fearnville Leisure Centre. Contact Sarah on 0113 248 4880.

## PHYSICAL ACTIVITY (contd..)

### Friday

**Running Group** 9.15-10.15, meet on Nowell Mount Field by the community centre. Walk or run at your own pace. Contact 0113 240 6677.

### Saturday

**Walking Group** 10.15am, meet at Leeds Central Bus Station (near the bakery) Call Sarah on 0113 248 4880 for more information.

## SUPPORT GROUPS

### Monday

**Conversation Club** 10am-12pm, Bangladeshi Centre, Roundhay Road, LS8 5AN. **WOMEN ONLY 18+**. Group session for basic English. Contact 0113 249 7120

**Money Matters** starts Monday 29 April 10.30am-12.30pm, Feel Good Factor, 53 Louis Street, LS7 4BP. Learn and share simple tips that could see you save £££'s! **FREE**. Contact Esther on 0113 350 4200 to book a place.

### Friday

**Lincoln Green Support Drop-In** 1.00-3.00pm, 47 Cromwell Mount, LS9 7ST (opposite Freshways). Free refreshments, health information, support with debt management, housing bids and more. Men and women welcome. Contact 0113 248 4880.

## IT & CREATIVITY

### Tuesday

**Modern Living** 10am-12noon, Feel Good Factor, 53 Louis Street, LS7 4BP. Drop-in to develop and improve your skills using modern technology. Call 0113 350 4200.

**Heart 2 Art** (term-time only) 2-3.30pm, Space2, The Old Fire Station, Gipton Approach, LS9 6NL. A relaxing art group with Tony. Contact emma3@space2.org.uk / 0113 320 0159 to book a place.

## IT CREATIVITY (contd..)

### Tuesday (contd..)

**Threading Tales** (term-time only) 9.30am-12.30pm with Sally at Space2, The Old Fire Station, Gipton Approach, LS9 6NL. Creative craft and sewing group. Contact Sally on 0113 320 0159 to book a place.

### Thursday

**Mindful Printing** starts Thursday 18 April 10am-12 noon at Feel Good Factor, 53 Louis Street, LS7 4BP for 10 weeks. Art class with relaxation session each week. Call 0113 350 4200

**Get Crafty** (term-time only) 12.30-2.30pm at Space2, The Old Fire Station, Gipton Approach, LS9 6NL. Creative arts for all, meet new people. Contact 0113 320 0159.

## HEALTH & WELLBEING GROUPS

### Monday

**Gipton Growers** (term-time only) Mondays 1-3pm at Space2, The Old Fire Station, Gipton Approach, LS9 6NL. Contact Camille on 0113 320 0159 to book a place.

### Tuesday

**Fork to Fork** (term-time only) 10am-12pm, The Church of Epiphany, 227 Beech Lane, LS9 6SW. Food growing and cooking project. Contact emma3@space2.org.uk / 0113 320 0159 for more information.

**Healthy Lifestyle & Life Skills** 9.30am-12 noon, Bangladeshi Centre, Roundhay Road, LS8 5AN. **WOMEN ONLY**. Contact 0113 249 7120.

### Thursday

**Caribbean Cooking** starts Thursday 25 April 10am-12noon for 6 weeks at Feel Good Factor, 53 Louis Street, LS7 4BP. Learn how to cook nutritious meals in a fun environment and enjoy a free meal in the process. Call 0113 350 4300.