

### Pilates

Wednesdays 5.15-6.15pm at the BAME Health and Wellbeing Hub, Reginald Terrace, Chapeltown, LS7 3EZ. Core strength workout to improve general fitness and wellbeing. £2. Call Damian.

### Modern Living Project

Tuesdays 10am-12noon at FGF. Drop-in for anyone wanting to learn how to use modern technology and social media. Call Shabana.

### Connect Men's Club

Tuesdays 1-3pm at FGF. Come along make new friends, socialise and take part in fun activities. **FREE**. Call Aulson.

### St Martins Men's Group

Thursdays 10-12am at St Martin's GP practice. Come along and meet new people, socialise and take part in fun activities. **FREE**. Call Aulson.

### Music and Fitness

Starts Wednesday 31 July for 6 weeks 5.30-6.30pm at St Aidan's Church Hall, Elford Place West, LS8 5QD. Exercise for all to music. £2 per session. Call Damian for more information.

### Summer Crafts

Tuesday 16 July (adults) & Tuesday 23 July (families) 10.30am-1.00pm at FGF. Make beautiful crafts using everyday household items. **FREE**. Call Damian to book a place.

### Walk with Me Befriending service

Help build your confidence and promote independence with someone like minded. Re-connect with hobbies and interests you enjoy. Call Shabana for more information.

### Global Cooking

Starts Thursday 5 September 10am-12noon. Venue TBC. Learn how to cook simple, healthy recipes and awaken your taste buds to flavours and spices from around the world. Call Shabana for more information.

### Mindful Textiles Sculptural Textiles

Starts Thursday 19 September 10am-12noon at FGF for 10 weeks. Combine mindfulness with creative craft. **FREE**. Call Esther to book.

### Family Fun Cooking

Starts Monday 29 July for 6 weeks 10.30am-12.30pm at St Aidan's Church, Elford Place West, LS8 5QD. Kids come and learn how to cook. All ingredients included, just bring an adult! Ring Esther to book.

### 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.

### Gardening Group

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

### Food Frenzy Cook 'n' eat sessions for 8-12 year olds

Starts Wednesday 31 July for 4 weeks 10.30am-12.30pm at Mandela Centre, Chapeltown Road, LS7 3HY. Fun recipes to make yourself, eat and enjoy! Places limited. Ring now to book your place.

### Food Frenzy Cook 'n' eat sessions for 13-17 year olds

Starts Wednesday 31 July for 4 weeks 1.30-3.30pm at Mandela Centre, Chapeltown Road, LS7 3HY. Bored over summer? Come and make new friends and learn how to cook, **FREE!** Places limited. Ring to book your place.

### APPA Adapted Ping Pong

Coming soon to FGF! Physical and mental exercise, stimulation and fun. Accessible to all including those with visual and/or hearing impairments. Get in touch and tell us when you want it! 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 Aulson for more information.

### Tai Chi with Lishi International

Tuesdays 11.30am-12.30pm at Roscoe Methodist Church Community Hall, Chapeltown, LS7 4BY. Low impact effective exercise, using mind and body co-ordination. £2.50. Call Aulson to book a place.

### Chang Shou Friendship Group for the Chinese & Vietnamese community

Walking group on a Wednesday 10.00am-12.00pm. £1. Contact Aulson for more details.

### Feel Good Cafés Roscoe

Thursdays 11.30am-1.30pm. Roscoe Methodist Church, Francis Street, Chapeltown, LS7 4BY. Free entry, £5 for hot lunch (booking required), £1.50 for hot drink and biscuits.

### Oasis Café & Sing for Joy

Wednesdays 11am-1.30pm. Trinity United Church, Roundhay Road, Harehills, LS8 5PX. Free entry. Food, tea and coffee can be purchased from the café. Singing group £1. Dementia friendly café with activities, exercise, information and advice. Call Aulson.

### Women's Swimming

Wednesday 9.00am-12pm. Meet in the car park at the Gurdwara Sikh Temple, 192 Chapeltown Road, LS7 4HZ. £3 covers transport and pool charge to Quarry House. Call 07877 595645 to book a place.