

HEALTH & WELLBEING GROUPS

Monday

1:1 Health Drop-in Surgery 12-2pm, Bangladeshi Centre, Roundhay Road, LS8 5AN. Contact Shantona 0113 249 7120.

Tuesday

Wellbeing Group 9.15-11.15am, Meadowfields Children's Centre, Halton Moor Avenue, LS9 0JY. Wellbeing activities, craft and conversation. Contact Zest 0113 240 6677.

Gipton Growers 1.30-3.30pm, The Gipton Garden, Space2, The Old Fire Station, Gipton Approach, LS9 6NL. Get involved in your community garden, meet others and learn new skills. Contact camillet@space2.org.uk 07519 042680.

Wednesday

Gardening Group 10.00am-12.00pm at Feel Good Factor, 53 Louis Street, LS7 4BP. **FREE.** Learn about plants and growing vegetables in our Community Garden. Contact 07702 869454.

Welcome Café 10am-1pm at Leeds Cookery School, Kirkgate Market, George Street, LS2 7HY. Drop in to share food and recipes. Open to migrant communities. Contact Zest 0113 240 6677.

Meditation Starts 2 April until 7 May, 6-7pm, Space2, The Old Workshop, The Old Fire Station, Gipton Approach, LS9 6NL. Meditation and light movement group to help with healing the mind, body and soul through chronic illness. Pay As You Feel (£5 suggested). Contact Jelena 0113 320 0159 jelenaz@space2.org.uk

Thursday

Shathi Group Over 50's Luncheon Club 12.00-2.00pm, Bangladeshi Centre, Roundhay Road, LS8 5AN. **WOMEN ONLY.** Over 50s activities and lunch club. Home cooked hot meal £2. Contact Shantona 0113 249 7120.

SOCIAL GROUPS

Monday

Men's Pie Club 3-5pm, Leeds Cookery School, Kirkgate Market, George Street, LS2 7HY. Meet new people, have a brew and make a vegetarian pie. Contact 0113 240 6677

Tuesday

Seacroft Men's Group 9.30am-12.30pm, Denis Healey Community Centre, Foundry Mill Street, LS14 6RD. Activities and freshly cooked lunch. Contact jelenaz@space2.org.uk 0113 320 0159

Connect Men's Club 11.30am-1.30pm, Thackray Museum Small Core Room, Beckett Street, LS9 7LN. Support, activities and games. **FREE.** Contact Aulson at Feel Good Factor on 07593 436608.

Wednesday

Gipton Men's Group 12-1.30pm, Church of the Epiphany, 227 Beech Lane, LS9 6SW. **FREE.** Contact Zest 0113 240 6677

Thursday

Connect Men's Club 11.30am-1.30pm, Feel Good Factor, 53 Louis Street, LS7 4BP. A group for Black & south Asian men to come and seek information with a cultural aspect of living in our community. **FREE.** Contact Aulson on 07593 436608.

Zest Men's Social Group 10.30am-12.30pm, The Compton Centre, Harehills Lane, LS9 7BG. Meet new people and visit places across Leeds to promote the work of Zest. Contact Zest 0113 240 6677.

Men's Pie Club 3-5pm, Wykebeck Day Centre. Wykebeck Valley Road, LS9 6NR. Get together, have a chat, make a pie. Contact Zest 0113 240 6677

Friday

Coffee & Toast Friendship Club 11am-2pm, Feel Good Factor, 53 Louis Street, LS7 4BP. **FREE.** Tea, coffee, toast and snacks. Guest speakers, games, gentle exercise. Contact 0113 350 4200

Saturday

Feel Good Social Group 10am-1pm, Catholic Church of the Holy Rosary Community Room, Chapeltown Road, LS7 4BZ. A social group for anyone wanting to have fun and meet new friends. **FREE.** Contact Shabana 07523 515267.



Activity List

April — June 2025



Shantona Women's & Family Centre



PHYSICAL ACTIVITY

Tuesday

Tai Chi 10am-11am & 11.15-12.15. Space2, The Old Workshop, The Old Fire Station, Gipton Approach, LS9 6NL. **FREE**. No experience needed, wear comfortable clothes.. Contact Camille 07519 042680 Camillet@space2.org.uk

Walk & Talk Active Group 10.45am-1.30pm, meet at The Old Fire Station, Gipton Approach, LS9 6NL. Variety of walks in the local area. Contact Zest 0113 240 6677.

Dance On 1.30-2.30pm, Community Room, Holy Rosary Church, Louis Street, LS7 4BZ. Fun way to stay active and boost wellbeing. Suitable for all mobility levels with seated and standing options. **FREE**. Contact Beverley 07702 869457

After School Cycling Club 4-5pm, Potternewton Park, LS7 4HA. Bring your own bike or you can borrow one! Come and join the fun. **FREE**. Contact Beverley 07702 869457.

Dance Classes 4.45-5.45pm, Bangladeshi Centre, Roundhay Road, LS8 5AN. **WOMEN ONLY. FREE..** Contact Shantona 0113 249 7129

Wednesday

Badminton session 11am-12noon, Fearnville Leisure Centre, Oakwood Lane, LS8 3LF. Men and women welcome. Contact Sarah on 07824 481269

Swim session 10.30-11.30am. Quarry House, Quarry Hill, LS2 7UA. **WOMEN ONLY.** £3 per session. Contact Shabana 07523 515267.

BOOKING ESSENTIAL.

Back to Cycling with British Cycling 12 noon-2pm, Potternewton Park, meet at Harehills Avenue entrance. Open to all adults whether a novice or training for the Tour de France! **FREE**. Contact Beverley on 07702 869457.

Thursday

Swim session 11.15am-12.45pm. Scott Hall Leisure Centre, Scott Hall Road, LS7 3DT. Men and women welcome. **FREE**. To register contact 07824 481269 or sarahs@touchstonesupport.org.uk

Chair Based Gentle Exercise 10.30-11.30am. The Old Workshop, Space2, The Old Fire Station, Gipton Approach, LS9 6NL. Gentle chair based exercise. Contact coralied@space2.org.uk 0113 320 0159

PHYSICAL ACTIVITY (contd..)

Friday

Zumba 9.15-10.15am, Kentmere Community Centre, Kentmere Avenue, LS14 1BW. £2. Let's get ready to Zumba! Contact Zest 0113 240 6677

Saturday

Walking Group 10.15am. Meet at Stand 10, Leeds Central Bus Station. **FREE TRANSPORT**. All welcome. To register contact Sarah on 07824 481269 or sarahs@touchstonesupport.org.uk

SUPPORT GROUPS

Monday

Conversation Class 10am-12 noon, Bangladeshi Centre, Roundhay Road, LS8 5AN. **WOMEN ONLY. FREE**. Learn English phrases, conversation skills. Contact Shantona 0113 249 7120

Leeds Hong Kong Women's Group 10am-12.30pm. Burmantofts. **WOMEN ONLY. FREE**. Refreshments and activities. Contact Sarah on 07824 481269 or sarahs@touchstonesupport.org.uk for information

IT & CREATIVITY

Tuesday

Rocking the Bot—Young Creatives Club Starting Tuesday 22 April, 4-6pm, The Old Workshop, The Old Fire Station, Gipton Approach, LS9 6NL. For 12-18 year olds. **FREE**. A safe space for young people to create, socialise, and talk about young people's issues. Contact Jelena 0113 320 0159 jelenaz@space2.org.uk

Wednesday

Knit and Natter 12.30-3.30pm, Feel Good Factor, 53 Louis Street, LS7 4BP. All levels of knitters welcome! £1. Contact 07702 869454.

Knit and Natter 12.30-2.30pm, Nowell Mount Community Centre, LS9 6JJ. A place to meet new people, share skills or learn new ones. Contact Zest 0113 240 6677

Needle & Thread Sewing Group 1.00-3.00pm, Bangladeshi Centre, Roundhay Road, LS8 5AN. **FREE. WOMEN ONLY.** Contact Shantona 0113 249 7120.

IT & CREATIVITY (contd..)

Thursday

Sewing Group 1-3.30pm, Feel Good Factor, 53 Louis Street, LS7 4BP. £5. Intermediate class for those with a basic understanding of sewing. Contact 0113 350 4200

Photography Club 12.30-2.30pm. Meet at The Old Fire Station, Gipton Approach, LS9 6NL. The club will equip you with the confidence, skills and techniques to take a great photo using your mobile phone. Call Zest 0113 240 6677.

Brave Words Drama Group 2.30-4.30pm, The Old Workshop, Space2, The Old Fire Station, Gipton Approach, LS9 6NL. Come and meet new people in a supportive and friendly drama group. Contact jelenaz@space2.org.uk or 0113 320 0159

Friday

Arts & Crafts 10am-12noon. Feel Good Factor, 53 Louis Street, LS7 4BP. **FREE**. Join us for coffee, craft and chat. For all abilities. Contact 0113 350 4200.

**** COMING SOON ****

WATCH THIS SPACE FOR MORE EXCITING ACTIVITIES TO COME INCLUDING:

ARTS & CRAFTS

TRIPS

COOKING

SCHOOL HOLIDAY CLUB