

HEALTH & WELLBEING GROUPS

Monday

Company of People 1.15-3pm at Roscoe Methodist Church, Francis Street, LS7 4BY. **FREE.** Join a fun filled session of music, movement and creativity. No previous dance experience needed. Contact 07702 869454 for more information.

Moved by Music 10am-12noon, HOPE (Halton Moor & Osmondthorpe Project for Elders, 8a Coronation Parade, LS15 0AY. Contact Zest for more information on 0113 240 6677.

Tuesday

Gipton Growers (term-time only) 1.30-3.30pm at Space2, The Old Fire Station, Gipton Approach, LS9 6NL. **FREE.** Dig, sow, grow, laugh and more! Contact camillet@space2.org.uk

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.

Moved by Music 12.30-2.30pm, Nowell Mount Community Centre, Nowell Mount, LS9 6JJ. Contact Zest for more information on 0113 240 6677.

Taste of the Market 10am-12noon or 1-3pm Wykebeck Day Centre, Wykebeck Valley Road, LS9 6NR. 4-week course. Contact Zest on 0113 240 6677 for more information.

Thursday

Over 50's Luncheon Club 11.30am-2.30pm, Bangladeshi Centre, Roundhay Road, LS8 5AN. **WOMEN ONLY.** Over 50s activities and lunch club. Discussion, refreshments and activities. Home cooked hot meal £1.50. Contact Shantona 0113 249 7120.

Men's Health Unlocked 10am-12noon, The Compton Centre, Harehills Lane, LS9 7BG. **FREE.** Contact Zest on 0113 240 6677.

Cook and Eat 1-3pm at Richmond Hill Academy Hub, Clark Lane, LS9 8PN. **FREE GROUP. MUST BOOK A PLACE.** 4-week course. Learn how to cook healthy and affordable food with our cook Neil. Contact Zest on 0113 240 6677.

SOCIAL GROUPS

Monday

Men@ARK 1-2.30pm, ARK Community Centre, Hovingham Avenue, LS8 3QY. **FREE.** Contact 0113 240 6677

Tuesday

Connect Men's Club 1-3pm, Feel Good Factor, 53 Louis Street, LS7 4BP. Support, activities and games. **FREE.** Contact 07593 436608.

Wednesday

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

Thursday

Fire Station Men's Group 2.45-4.15pm, The Old Fire Station, Gipton Approach, LS9 6NL. **FREE.** Contact 0113 240 6677

Men's Pie Club 3-5pm, Wykebeck Day Centre, Wykebeck Valley Road, LS9 6NR. Contact Zest on 0113 240 6677 for more information.

Saturday

Feel Good Social Group 10am-1pm, Feel Good Factor, 53 Louis Street, LS7 4BP. A social group for anyone wanting to meet new friends, learn new things and have fun! **FREE.** Contact 07523



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



Activity List

July — September 2023



PHYSICAL ACTIVITY

Monday

Easy Exercise 11.30am-12.30pm, Jimmi's Room. The Old Fire Station, Gipton Approach, LS9 6NL.

FREE. Grab your water bottle and enjoy some fun exercise. Suitable for all. Contact Zest on 0113 240 6677.

Tai Chi 11am-12noon. Roscoe Methodist Church Hall, Francis Street, LS7 4BY. £2.50. Contact Beverley on 07702 869457.

Tuesday

Tai Chi 10am-11am (beginners), 11-12 (intermediate/advanced), The Old Workshop, The Old Fire Station, Gipton Approach, LS9 6NL. **FREE.** Join David from Swirling Cloud for an hour of gentle exercise. Contact camillet@space2.org.uk 07519 042680

Walk & Talk 11.00am-1.30pm. Meet at The Old Fire Station, Gipton Approach, LS9 6NL. **FREE.** Walks in various locations across Leeds. Contact Zest on 0113 240 6677.

Get Moving 10am-12.30pm. Bangladeshi Centre, Roundhay Road, LS8 5AN. **WOMEN ONLY.** £1. Health and exercise. Contact Shantona 0113 249 7120.

Wednesday

Badminton session 11am-1pm. Fearnville Leisure Centre, Oakwood Lane, LS8 3LF. Men and women welcome. Contact Sarah on 07824 481269 or sarahs@touchstonesupport.org.uk

Active through Football with Leeds United

Foundation 12-1pm. Fearnville Leisure Centre, Oakwood Lane, LS8 3LF. **FREE.** Contact Zest on 0113 240 6677 for more information.

Thursday

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

Zumba 9.15-10.15am, Nowell Mount Community Centre, Nowell Mount, LS9 6HR. £2. Contact Zest on 0113 240 677.

Friday

Zumba 9.15-10.15am, Kentmere Community Centre, Kentmere Avenue, LS14 1BW. £2. Contact Zest on 0113 240 6677

PHYSICAL ACTIVITY (contd..)

Saturday

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

SUPPORT GROUPS

Monday

Conversation Club 10-11.30am (term-time only), Bangladeshi Centre, Roundhay Road, LS8 5AN. **WOMEN ONLY. FREE.** Learn English phrases, conversation skills—pre ESOL. Contact 0113 249 7120

Leeds Hong Kong Women's Group 10am-1pm, Touchstone, 41-47 Cromwell Mount, Lincoln Green, LS9 7ST. **WOMEN ONLY. FREE.** Refreshments and activities. Contact Sarah on 07824 481269 or sarahs@touchstonesupport.org.uk

COST OF LIVING SUPPORT

Monday

Lincoln Green Support Drop-in 12.45-3pm, 41-47 Cromwell Mount, LS7 7ST. Support with food, utilities, benefit applications, information/referrals to other services. Men and women welcome.

Thursday

Pop-up Shop 11am-2pm, Enterprise Room, The Old Fire Station, Gipton Approach, LS9 6NL. Pre-loved clothes from 20p-£2. People's Pantry for food hampers and individual items affordably priced for those on benefits or a low income. Contact sallyn@space2.org.uk

CREATIVITY

Tuesday

Make do and Mend 9.30-11.30am, Nowell Mount Community Centre, Nowell Mount, LS9 6HR. **FREE.** Call Zest on 0113 240 6677

Wednesday

Knit and Natter 1-3.00pm, Feel Good Factor, 53 Louis Street, LS7 4BP. All levels of knitters welcome! 50p. Contact 07702 869454.

Eco Club 4.15-5.15pm (term-time only). Feel Good Factor, 53 Louis Street, LS7 4BP. **FREE.** Age 6+ (parents/carers to stay). How we can all make a difference to our beautiful world using a range of media. Contact Beverley on 07702 869457.

Stitch n' Pitch 1.00-3.30pm, Bangladeshi Centre, Roundhay Road, LS8 5AN. **FREE. WOMEN ONLY.** Bring materials to up-cycle, creative sewing to celebrate 25 years of Shantona. Contact 0113 249 7120.

Make do and Mend 9.30-11.30am, Denis Healey Community Centre, Foundry Mill Street, LS14 6RD. **FREE.** Contact Zest on 0113 240 6677.

Thursday

Sewing Group 1-3pm, Feel Good Factor, 53 Louis Street, LS7 4BP. £5. Contact 0113 350 4200

Craft Group 1-2.30pm, The Old Fire Station, Gipton Approach, LS9 6NL. Contact Zest for more information on 0113 240 6677.

Friday

Arts & Crafts 10am-12noon. Feel Good Factor, 53 Louis Street, LS7 4BP. £2. Join us for coffee, craft and chat. For all abilities. Contact 07523 515267.

Sewing Group 11.00am-12.15pm. Touchstone, 41-47 Cromwell Mount, LS9 7ST. To register contact Sarah on 07824 481269 or sarahs@touchstonesupport.org.uk