

Monday

Health Advice & Advocacy Drop In (Asha) ladies only 9.00 am—3.00 pm, Asha, 43 Stratford Street, Leeds, LS11 6JG

Happy Global Families (HFA) Young parents group, mixed nationalities 9.00am-10.30pm @ St Mary's Church, Town Street, Leeds LS11 8PN

Kushy Nana's (HFA) Elder Bangladeshi Women's Group 10.00am-12.00pm @ Building Blocks, Maud Avenue, Leeds, LS11 7DD

Friendship Group (HFA) 10.00am-12.00pm @ Belle Isle Family Centre, Belle Isle road, Leeds, LS10 3DN

Physical Activity Session (Hamara)

Men only 12.00pm-5.00pm @ Hamara, Tempest Road, Leeds, LS11 6RD

Swimming (Asha) ladies only 12.30pm-4.00pm, meet at Asha

Kushy Dil (HFA) Bangladeshi Women's Group 1.00pm— 3.00 pm @ Building Blocks

Women's Wellbeing (HFA), 1.00pm-3.00pm @ Belle Isle Family Centre.

Middle Tones (HFA) singing group, 7.00pm-9.00pm Tenants Hall Enterprise Centre, Acre Close, Middleton, Leeds, LS10 4HX

Tuesday

Health Advice & Advocacy Drop In (Asha) ladies only 9.00 am—3.00 pm @ Asha

Free Advice Surgery (Hamara) appointment needed 9.30am-1.00pm @ Hamara

Friendship Group (HFA) Women's Social Group 10.00am-12.00pm @ Hunslet Methodist Church

Recycled Teenagers (Hamara) 10.00am-12.00pm @ Hamara

Happy Chinese Families (HFA) - contact Liu on 07460445244

Food for Crisis Service (Hamara) 4.00pm-8.00pm @ Hamara

Teenspirit (HFA) 4.00pm-5.30pm for teenage boys featuring a variety of activities @ Belle Isle Family Centre

Inside Out (HFA) —6.00pm-8.00pm Women's wellbeing group, exercise and weigh in @ Middleton Conservative Club, 4 Ring Road, Middleton, Leeds, LS10 4AX

Wednesday

Health Advice & Advocacy Drop In (Asha) ladies only 9.00 am—3.00 pm @ Asha

Physical Activity (Hamara) Men only 9.30am-1.30pm @ Hamara

Walking Group (Asha) ladies only 10.00am—11.00pm, meet @ Asha

Tai Chi (Hamara) 10.00am-11.00am @ Hamara

Sew it Seams (HFA) Sewing Group 10.00am-12.00pm @ Tenants Hall Enterprise Centre

Mental Health Awareness (Asha) ladies only 12.30pm-2.30pm 3 workshops starting 21st February @ Asha

Grandparents Group (HFA) 12.30pm-2.30pm @ Tenants Hall Enterprise Centre

Walk and Talk group (HFA) 2.00pm—3.00pm starting from Middleton Park Gates

Men's Sports Session (Hamara) 6.00pm-8.00pm meet @ Hamara various venues

Thursday

Physical Activity (Hamara) Men Only 8.30am-1.30pm @ Hamara

Health Checks (Hamara) one to one various times @ Hamara

Health Checks (Asha) ladies only 10.00am-12.00pm, blood pressure, weight, hearing, eyes @ Asha

Healthy Eating Luncheon Club (Asha) ladies only 12.30pm-2.00pm @ Asha

Khushal Zindagi (HFA) 1.00pm-3.00pm BME Women's Group at St Matthew's Community Centre, Holbeck, Leeds, LS11 9NR

Heal Men's Physical Sessions (Hamara) various times and venues

Teenspirit (HFA) 4.00pm-5.30pm for teenage girls featuring a variety of activities @ Belle Isle Family Centre

Health & Wellbeing Workshops (Hamara) please phone to book

Friday

Health Advice & Advocacy Drop In (Asha) ladies only 9.00 am—3.00 pm
@ Asha

Free Immigration Advice (Hamara)
11.00am-3.00pm. Free advice from a qualified solicitor on all immigration issues. Book an appointment. @ Hamara

Hobbies Together (HFA) £2 per session 10.00am-12.00pm @ Tenants Hall Enterprise Centre

Beetey Din Group (HFA), 10.30am-12.30am Older Sikh Women's Group, 78 Lady Pit Lane, Beeston, Leeds 11

Krok Po Kroku (HFA), Polish Group 12.30pm-2.30pm @ Tenants Hall Enterprise Centre

Middleton Minstrels (HFA) Women's only community choir 10.30am-12.30pm @ Tenants Hall Enterprise Centre

ESOL (Asha) ladies only 1.00pm-3.00pm



Please contact the relevant person /organisation prior to attending, as these groups are subject to change

Contact :

Asha: 0113 270 4600

Hamara: 0113 277 3330

Health for All : 0113 2725162

January - March 2018

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What's On

Better Together Service is delivered by 3 local charities :
Asha, Hamara and Health for All.
The service offers community - based health and well-being activities across **inner South Leeds**, funded by Leeds City Council Public Health. Healthy lifestyles, groups for fun and friendship, good food, cultural activities and much more!

