

Teenspirit (HFA) 4.00pm-5.30pm for teenage girls featuring a variety of activities @ Middleton Family Centre
Ruga (Hamara) 6.00pm-7.15pm @ Hamara
Heal Men's Active Social Group (Hamara) 7.00pm-9.00pm @ Hamara

Friday

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

Saturday

Ladies Cricket (Hamara) 4.00pm-6.00pm @ Old Cockburn Sports Hall, Primrose Lane, Leeds, LS11 5EW



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

Contact :

Asha: 01 13 270 4600

Hamara: 01 13 277 3330

Health for All : 01 13 2725162

April 2019 - March 2020

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Healthy Communities, Healthy Lives

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!



Monday

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

Sewing Classes (Asha) ladies only 9.30am—12.00 am, @ Building Blocks, Maud Avenue, Leeds, LS11 7DD

Crafting Together (HFA) £2 per session 9.30am-11.30am @ St George's Centre, Community Hub, St George's Road, Middleton, Leeds, LS10 4UZ

Friendship Group (HFA) 10.00am-12.00pm @ The Parochial Hall, North Lingwell Road, Middleton, Leeds, LS10 3SR

Pilates/Zumba (Asha) ladies only 9.45am—10.45 am, fitness class @ Building Blocks

Baking (Asha) ladies only 10.30am—12.30pm, fitness class @ Asha

Breastfeeding Group (Hamara) 10.30am-12.00pm @ Hamara, Tempest Road, Leeds, LS11 6RD

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

Food for Crisis Service (Hamara) 4.00pm-5.00pm @ Hamara

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

Men's Boxercise (Hamara) 2.15pm-3.00pm @ Hamara

Health and Advice Drop In (Asha) ladies only 12.00pm-3.00pm @ Asha

Tuesday

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

Gardening Group (Asha) ladies only @ Ladypit Lane allotment 10.00 am—11.00pm, meet at allotment

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

Recycled Teenagers (Hamara) 9.30am-12.00pm @ Hamara

Holbeck Women's Group (HFA) 10.00am-12.00pm @ Ingram Gardens Community Centre

Swimming @ Edge (Asha) 10.00 am—12.00 pm, meet at Asha

Happy Chinese Families (HFA) - contact Liu on 07460445244

Health and Advice Drop In (Asha) ladies only 12.00pm-3.00pm @ Asha

Boxercise - Women Only (Hamara) 12.30pm-2.00pm @ Hamara

Physical Activity Session (Hamara) Men only 1.00pm-3.00pm @ Hamara

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

Inside Out (HFA) —6.00pm-8.00pm Fun, Friendship, Food, fitness and wellbeing group @ The Parochial Hall, North Lingwell Road, Middleton, Leeds, LS10 3SR

Aerobics Session (Hamara) Ladies only 6.30pm-7.30pm @ Hamara

Wednesday

ESOL (Asha) ladies only 9.30am - 2.30pm @ Asha

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

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

Yoga (Asha) ladies only 10.00pm-11.00pm @ Building Blocks

Health and Advice Drop In (Asha) ladies only 12.00pm-3.00pm @ Asha

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

Rags 2 Riches (HFA) Sewing Group 1.00pm-3.00pm @ Tenants Hall Enterprise Centre

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

Heal Sports Activity Football with Leeds United - Male Only (Hamara) 5.00pm-7.00pm @ Hamara

Thursday

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

Women's Social Group with Swimming (Hamara) 16+ women only 11.30am-1.30pm, meet at Hamara

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