

Health for All Family Services What's on July - August 2018

Mondays at Middleton Family Centre

Women's Well Being Group: 1pm-3pm

Meet up for arts & crafts sessions, a chat and a cuppa.

Contact Josie Woliter on 3680373

Connected: 4pm – 5.30pm

Support group for young people aged 11 to 19 years offering peer strength.

Free refreshments and transport will be provided.

Contact Jill Bottomley on 2762386 or 07508 601337

Mondays at Parochial Hall

Friendship Group: 10am-12pm

Join us to meet new friends and a cuppa

Call Claire on 2828896 or 07910 587766

Lychee Red Chinese Seniors:

12pm – 2pm

Blossom:

Kinship Support group

4pm – 5.30pm

Contact Kam on 07432 721660

North Lingwell Road,

Middleton LS10 3SR

Tuesdays at Middleton Family Centre

Breast Feeding support: 10am - 12pm (drop in)

Meet other mums and babies, offering help and advice on breastfeeding. Contact Cath 2706903

Teenspirit Boys: 4pm – 6pm

Support group for teenage boys featuring variety of fun and confidence building activities.

Contact Sharon Bottomley on 2762386 or 07534 012634

Wednesdays at MFC

Mini Chefs : 10am – 11.15am

4th & 11th July

Contact Amy Clelland on 2762386 or 07908 134300

Thursdays at MFC

Incredible Years: 10.00am – 12pm

5th, 12 & 19th July

Thursdays at Parochial Hall

Teenspirit Girls Group: 4pm-5.30pm

For teenage girls featuring a variety of activities. Contact Sharon Bottomley on 2762386 or 07534 012634

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Fridays at Middleton Family Centre

Be Yourself: 10.30am – 12.30pm

Self-esteem group for women only

Free lunch & refreshments and crèche provided

Contact Amy Clelland on 2762386 or 07908 134300 or Alison Reynolds on 07956 078078

Saturdays at Middleton Family Centre

Men Behaving Dadly: 11am – 12.30pm

Dads spend quality time with the kids, activities & fun

Contact Paula on 2762386 or 07507 651937



Bangla Square Youth Project 4pm – 6pm

For Bangladeshi girls aged 9-16

Contact Thahmina on 07984 101394

Events - Parochial Hall

27th July – Babies sensory

2nd August – Paw Patrol Character breakfast

8th August – Intake Square Seaside Event

15th August – Active Family Fun Event

Bookings now been taken 0113 2762386

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