

Health for All Family Services What's on June - July 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

Venue : 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 Middleton Family Centre

Mini Chefs : 10am – 11.15am
Contact Amy Clelland on 2762386 or 07908 134300

Thursdays at Middleton Family Centre

Incredible Years Parenting Program:
10.00am – 12pm
7th, 14th, 21st & 28th June – 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

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

FREE Summer Events Coming Soon !

Breakfast with Paw Patrol- please see our Facebook page
Family Fun at Health for All for more info!

