

Monday

ESOL (Asha) ladies only 9.30am—2.30 pm, Asha, 43 Stratford Street, Leeds, LS11 6JG

Happy Global Families (HFA) Young parents group, mixed nationalities 9.30am-11.30pm @ 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

Basic Computer Classes (Hamara) - ladies only 12.30pm-3.00pm @ Hamara, Tempest Road, Leeds, LS11 6RD

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

Nutrition and Health Workshops (Hamara) 10.00am-1.00pm @ Hamara

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

Walking Group (Asha) ladies only 11.00am—1.00pm @ Asha

Happy Chinese Families (HFA) - contact Liu on 07460445244

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

Swimming (Asha) ladies only 9.30am—11.30am

Rags to Riches (HFA) Sewing Group 10.00am-12.00pm @ Tenants Hall Enterprise Centre

Multi Sports (Asha) ladies only 1.30pm-2.30pm @ Building Blocks.

Zumba (Asha) ladies only 1.30pm-2.30pm @ Building Blocks

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

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

Thursday

Swimming (Asha) ladies only 12.30pm-1.30pm at John Charles, Middleton Park Grove, Leeds, LS11 5DJ

Cooking (Asha) ladies only 11.00am-1.00pm

Arts & Crafts (Asha) ladies only 11.00am—1.00pm

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

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

Health and Wellbeing Workshops (Hamara) various times please enquire by phone

Men's Physical Session (Hamara) @ Hamara 11.00am-1.00pm

Friday

Free Immigration Advice (Hamara)

10.00am-4.30pm. 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

Basic Computer Classes (Hamara)—ladies only 10.30pm—1.00pm @ Hamara.

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

Sunday

Women's Brunch Club (Hamara) @ Hamara 10.00am-12.00pm



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

September - December 2017



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!

