

Working in
partnership



Your space, your ideas

Promoting health and
wellbeing space and support
by working together with
communities in South and
East Leeds

Your Space

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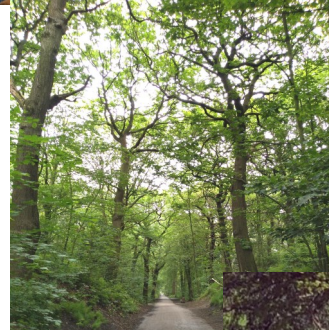
What does a good life look like to you?

What kind of neighbourhood do you want to live in?

What activities would you like to try or make more time for?

Here at Your Space, we want to support individuals and groups to think about these questions and help make your ideas a reality.

Our team can offer workplace training, pop-up stalls and regular activity sessions that help enhance wellbeing. We can support you to set up local interest groups too.



Formed in April 2019, so far we have run activities such as mindful runs and curry clubs, provided wellbeing talks for employers and popped up at community events including breakfasts and plant potting.

Our aim is to help create positive change, led by the ideas and contributions of community members in South and East Leeds.

This means we need you! Tell us what activities you'd like to be involved with, contact us to arrange an activity or training session, or bring a friend (or two) along to one of our sessions!

Please see the reverse for our contact details and social media.