Providing groups, events and workshops for community wellbeing in Leeds





Call: 0113 426 1141

Email: <u>yourspace@touchstonesupport.org.uk</u>

Your Space works with communities in South and East Leeds to create fun social activities that promote wellbeing through connection, participation and conversation.

We're YOUR space, so we support you to make YOUR ideas a reality. So far we've done all sorts of things together, from curry clubs to walking groups, games nights to crafternoons, dance classes to mindfulness. Folks in the community have also gone on to develop and run their own groups.

Your Space is run with and by the community so we need you! If you've got ideas for groups or activities you'd like to see in LS8, LS9, LS10 or LS11 please get in touch.

Your Space is a charity service run in partnership by Touchstone, Holbeck Together and Womens Health Matters with support from Leeds Beckett University. Your Space is funded by Leeds City Council.



















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