

## East Leeds Health for All- Weekly Activities program

### MONDAY



#### Ping Pong for Fun

**3:00pm-4:00PM**

**Touchstone, Boston Towers Lincoln Green, Leeds, LS9 7ST**  
All genders welcome. Free refreshments. Games and activities.

Come along and join Sarah

P: 07824481269 E: [sarahs@touchstonesupport.org.uk](mailto:sarahs@touchstonesupport.org.uk)

### TUESDAY



#### East Leeds Befriending Service

**Befriending Service with weekly on-going support.**  
We offer phone calls, face-face visits and accompanied outings  
for adults living in the East Leeds area who are experiencing  
social isolation.

Please contact Steph or Wendy on  
[mhl@touchstonesupport.org.uk](mailto:mhl@touchstonesupport.org.uk) or  
0113 248 4880 for more information.

### THURSDAY & FRIDAY



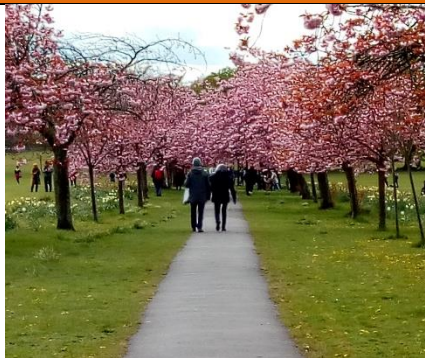
#### Free Swim Session

**1:15PM – 2:45PM**

To register please contact  
Sarah on P:07824481269

E: [sarahs@touchstonesupport.org.uk](mailto:sarahs@touchstonesupport.org.uk)

### SATURDAY



#### Free Walking Group

**Meeting point at Leeds Central Bus Station (near the cafe)**  
**Join Sarah at 10:15am with FREE transport.**

Men and women welcome

To register please contact Sarah on P: 07824481269

E : [sarahs@touchstonesupport.org.uk](mailto:sarahs@touchstonesupport.org.uk)

**For information on any of the groups or activities on this poster please contact**

**P: 0113 248 4880**

**E: [cmadmin@touchstonesupport.org.uk](mailto:cmadmin@touchstonesupport.org.uk)**