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| **East Leeds Health for All- Weekly Activities Program** | |
| ***MONDAY*** | |
| Indian Women's Group - Home | Facebook | ***Leeds Hong Kong Women’s Group***  ***10:00am- 1:00PM***  ***Venue: 41-47 Cromwell Mount LS9 7ST***  ***Women only. Free refreshments and activities.***  ***Come along and join Sarah*** |
|  | ***Warm Space/ Lincoln Green Support Drop-in***  ***12:45PM – 3:00PM***  ***41-47 Cromwell Mount, Lincoln Green***  *Support with food, utilities; benefits applications;* *debt management; form filling; housing bids. Information/referrals to other services.*  ***Men and women welcome*** |
| ***WEDNESDAY***   |  |  | | --- | --- | | Badminton: History, Types, Objective, & Equipment - Sportsmatik | ***Badminton Session***  ***11:00AM – 1:00PM***  ***Men and women welcome***  ***Venue: Fearnville Leisure Centre***  ***To register please contactSarah on P:07824481269***  ***E:*** [***sarahs@touchstonesupport.org.uk***](mailto:sarahs@touchstonesupport.org.uk) | | |
| ***THURSDAY*** | |
| A picture containing water, sport, water sport, swimming  Description automatically generated | ***Free Swim Session***  ***11:15AM – 12:45PM***  ***Venue: Scotthall Leisure Centre***  ***Men and women welcome***  ***To register please contact Sarah on P:07824481269***  ***E:*** [***sarahs@touchstonesupport.org.uk***](mailto:sarahs@touchstonesupport.org.uk) |
|  | ***FRIDAY*** |
|  | ***Sewing Group***  ***11:00AM – 12:15PM***  ***Venue: Touchstone 41-47 Cromwell Mount***  ***To register please contact***  ***Sarah on P:07824481269***  ***E:*** [***sarahs@touchstonesupport.org.uk***](mailto:sarahs@touchstonesupport.org.uk) |
| ***SATURDAY*** | |
| People walking on a path with cherry blossom trees on either side  Description automatically generated with low confidence | ***Free Walking Group***  ***Meeting point at Leeds Central Bus Station Stand 10***  ***Join Sarah at 10:15am with FREE transport.***  ***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) | |

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