



# FREE ACTIVITY GROUPS

## For East & West Leeds



### TUESDAY

#### Harehills Women's\* Group

Compton Centre, LS9 7BG

10:30 am - 12.00 pm

Contact Steph

07823 448432

Connect,  
have a laugh,  
make new friends.



#### Yoga Group

Farnley Community Centre, LS12 5AA

10.15 am - 11.30 am

Contact Quenby

07741 294005

Beginners yoga,  
anyone welcome.



#### Trust: BAME Men's\* Group

For more information:

Contact Joe

07741 328786



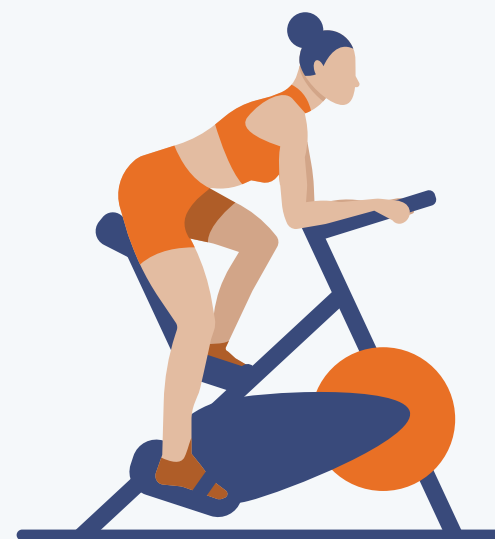
#### Gym Group

Cowper Lane, LS9 7AP

12.00 pm - 14.00 pm

Contact Steph

07823 448432



### WEDNESDAY

#### Breakfast Club

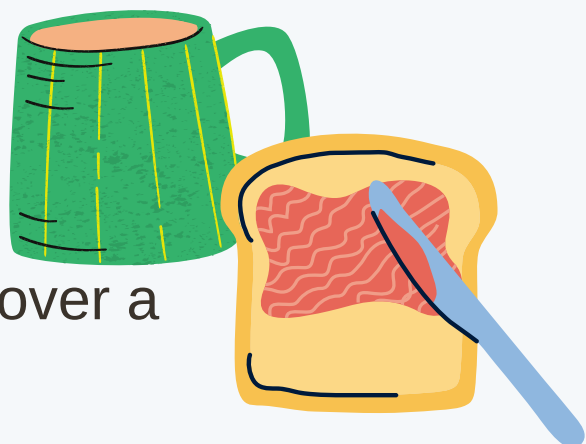
Cromwell Mount, Lincoln Green LS9 7ST

9:30 am - 11.00 am

Contact Steph

07823 448432

Start the day with a chat over a  
hot drink and breakfast,  
all welcome!



#### Out and About

Varied walks

1.00 pm - 4:00 pm

Contact Joe

07741 328786

Walking group- meet new people and get  
out into nature



### THURSDAY

#### Mums group

Cromwell Mount, Lincoln Green, LS9 7ST

Booking essential! Contact

Clare P. 07741077332

A chance for mums to  
relax, chat and meet new people.  
Babies and toddlers welcome.



#### Sunflower ESOL

CATCH, Hovingham Avenue, LS8 3QY

Contact Clare J.

07849 342 852

Learn English as a Second Language.  
Choose beginners, intermediate or an  
ESOL gardening group!



\*When a gender is specified it refers to anyone who self-identifies as that gender  
and to non-binary people who would benefit from accessing that space.



**Mentally Healthy Leeds**  
Let's connect and feel good



Follow Us @MHealthyLeeds

Contact Us

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