

## HEALTH AND WELLBEING GROUPS

### Monday

#### **1:1 Health Drop-in Surgery 12.00 noon - 2.00 pm**

The Haven at Connect Housing, 205 Roundhay Road, LS8 4HS  
Contact Shantona 0113 249 7120

### Tuesday

#### **Wellbeing Group 9.00 am - 11.00 am**

Temple Learning Academy LS15 ONN. Wellbeing activities, craft and conversation. Contact Syretta at Feel Good Factor  
syretta@fgfleeds.org 07519 387417

#### **Gipton Growers 1.30pm - 3.30 pm**

The Gipton Garden, Space2. The Old Fire Station, Gipton Approach, LS9 6NL. Get involved in your community garden, meet others and learn new skills. Contact nathans@space2.org.uk 0113 320 0159

### Wednesday

#### **Gardening Group 10.00 am - 12.00 pm**

Feel Good Factor, 53 Louis Street, LS7 4BP. Learn about plants and growing vegetables in our community garden. **FREE**  
Contact soo@fgfleeds.org 07702 869453

### Thursday

#### **Gipton Craft Garden 10.00 am - 12.00 pm**

Weekly Garden Group at Church of Epiphany Gipton, 227 Beech Lane, Leeds LS9 6SW. Creating a beautiful garden and learning craft throughout the year. No experience needed. **Booking essential.**  
Contact donnac@space2.org.uk 07734275130

#### **Shathi Group Over 50's Luncheon Club 12.00pm - 2.00 pm**

The Haven at Connect Housing, 205 Roundhay Road, LS8 4H  
**WOMEN ONLY.** Over 50's activities and lunch club. Home cooked hot meal, £2.00. Contact Shantona 0113 249 7120

## SOCIAL GROUPS

### Tuesday

#### **Seacroft Men's Group 9.30 am - 12.30 pm**

Denis Healey Community Centre, Foundry Mill Street, LS14 6RD. Activities and freshly cooked lunch.  
Contact lawrenceg@space2.org.uk 0113 320 0159

#### **Connect Men's Club 10.00 am - 1.30 pm**

Reginald Centre, 263 Chapeltown Road Leeds LS7 3EX. Support, activities and games. **FREE.**  
Contact Aulson at Feel Good Factor  
aulson@fgfleeds.org 07593 436608

#### **Warm Space 10.00 am - 2.00 pm**

The Haven at Connect Housing, 205 Roundhay Road, LS8 4HS  
Contact Shantona 0113 249 7120

## SOCIAL GROUPS (cont'd)

### Wednesday

#### **Man Cave 12.00 pm - 2.00 pm**

Henry Barran Centre, 14 Amberton Grove, Leeds LS8 3JL. Weekly social group for men in East Leeds. **FREE.**  
Contact Lloyd at Feel Good Factor  
lloyd@fgfleeds.org 07510 659049

### Thursday

#### **Men's Social Group 10.30 am - 12.30 pm**

The Compton Library, Harehills Lane, LS9 7BG. Meet new people and visit places across Leeds.  
Contact Syretta at Feel Good Factor  
syretta@fgfleeds.org 07519 387417

#### **Connect Men's Club 11.30 am - 1.30 pm**

Feel Good Factor, 53 Louis Street, LS7 4BP. A group for Black and South Asian men to come and seek information with a cultural aspect of living in our community. **FREE.**  
Contact aulson@fgfleeds.org 07593 436608

### Friday

#### **Village Square 10.30am - 12.15 pm**

Support Centre 53 - 55 Harehills Avenue LS8 4EX. Social, practical support and food for adults 18+. **FREE.**  
Contact naseem@touchstonesupport.org.uk 07776595745

#### **Coffee & Toast Friendship Club 11.30 am - 2.00 pm**

Feel Good Factor, 53 Louis Street, LS7 4BP. Tea, coffee, toast and snacks. Guest speakers, games, gentle exercise. **FREE.**  
Contact soo@fgfleeds.org 07702 869453

### Saturday

#### **Feel Good Social Group 10.00 am - 1.00 pm**

Catholic Church of the Holy Rosary Community Room, Chapeltown Road, LS7 4BZ. A social group for anyone wanting to have fun and meet new friends.  
Contact shabana@fgfleeds.org 07523 515267.

## SUPPORT GROUPS

### Monday

#### **Conversation Class 10.00 am - 12.00 noon**

The Haven at Connect Housing, 205 Roundhay Road, LS8 4HS.  
**WOMEN ONLY.** Learn English phrases, conversation skills. **FREE**  
Contact Shantona 0113 249 7120

#### **Leeds Hong Kong Women's Group 10.00 am - 12.30 pm**

Refreshments and activities. **WOMEN ONLY. FREE.**  
Contact sarahs@touchstonesupport.org.uk 07824 481269



## Activity List

## April - June 2026



Shantona Women's & Family Centre



## PHYSICAL ACTIVITY

### Tuesday

#### **Tai Chi 10.00 am - 11.00 am & 11.15 am - 12.15 pm**

Space2, The Old Workshop, The Old Fire Station, Gipton Approach, LS9 6NL. No experience needed. Wear comfortable clothes. **FREE**. Contact camillet@space2.org.uk 07519 042680

#### **Roots Walking Group - Walking with Plants**

**10am - 12 noon** Killingbeck Meadows. Gentle walking group, mainly around Killingbeck LS9. Identifying plants and collecting specimens for the Leeds Discovery Centre. **Booking essential**.

Contact donnac@space2.org.uk 07734 275130

#### **Walk & Talk Active Group 10.30am - 2.30 pm**

Meet at The Old Fire Station, Gipton Approach, LS9 6NL. Variety of walks in the local area. Contact Lloyd at Feel Good Factor lloyd@fgfleeds.org 07510 659049

#### **Harehills Women's Bike Group 12.30 pm - 2.30 pm**

Harehills LS9 6ND. Build bike riding confidence.

Contact Syretta at Feel Good Factor syretta@fgfleeds.org 07519 387417

### Wednesday

#### **Swim Session 10.30 am - 11.30 am**

Quarry House, Quarry Hill, LS2 7UA. **WOMEN ONLY**. £3.00 per session. **Booking Essential**.

Contact Shabana at Feel Good Factor shabana@fgfleeds.org 07523 515267

### Thursday

#### **Chair Based Gentle Exercise 10.30 am - 11.30 am**

Space2, The Old Workshop, The Old Fire Station, Gipton Approach, LS9 6NL. Gentle chair based exercise.

Contact coraliel@space2.org.uk 0113 320 0159

#### **Wandering & Wondering 10.30 am - 12.00 pm**

Meet at Trust LS14 1BT. Gently paced walking group. Engage and connect with local green space socialise and share a cuppa.

Contact nathans@space2.org.uk 0113 320 0159

#### **Swim Session 11.15 am - 12.45 pm**

Scott Hall Leisure Centre, Scott Hall Road, LS7 3DT. Men and women welcome. **FREE**. To register contact

sarahs@touchstonesupport.org.uk 07824 481269

#### **Walking Group 10.00 am - 12.30 pm**

This is a gentle walking group with nothing to challenging. There will be 2 planned walks a month. **Free**. Contact Soo at Feel Good Factor soo@fgfleeds.org 07702 869453

### Friday

#### **Dancercise 10.00 am - 11.00 am**

Space 2, The Old Workshop, Gipton Approach, LS9 6NL. Join us for some fun exercise as we dance along to our favourite songs! get active, meet others, and start your day off right!

Contact rafaela@space2.org.uk 0113 320 0159

## PHYSICAL ACTIVITY (contd..)

### Friday

#### **Yoga sessions for Health & Wellbeing 11.30am - 12.30pm**

Feel Good Factor, 53 Louis Street, LS7 4BP. Participants can be chair based or standing. **COST £2.00** Places limited. **Booking Essential**. Contact soo@fgfleeds.org 07702 869453

### Saturday

#### **Walking Group 10.15 am**

Meet at Stand 10, Leeds Central Bus Station. **FREE TRANSPORT**.

All welcome. To register contact

sarahs@touchstonesupport.org.uk 07824 481269

## IT & CREATIVITY

### Monday

#### **Write Club 11.00 am - 12.30 pm**

Space 2, The Old Workshop LS9 6NL. Write poetry plays and prose in our supportive weekly creative writing group. Open to all levels.

Contact jelenaz@space2.org.uk 0113 320 0159

#### **Sewing 101 1.30 pm - 3.30 pm**

Space 2, The Old Workshop LS9 6NL. Come along and learn basic sewing skills using a machine. Bring along a project that you are working on or sew something new.

Contact coraliel@space2.org.uk 0113 320 0159

### Tuesday

#### **Hooked on You 10.00 am - 12 noon**

A place to meet new people share crochet skills or learn new ones. Swarcliffe Community Centre LS14 5LS.

Contact Syretta at Feel Good Factor

syretta@fgfleeds.org 07519 387417

#### **Beginners Digital Course 10.00 am - 11.30 am**

Feel Good Factor, 53 Louis Street, LS7 4BP. 5 week basic digital course starting 21<sup>st</sup> April. **Free**. What you will learn:

- Understand what digital devices are
- How to use a laptop and different software packages
- Use online applications and send/receive emails

To book a place contact angela@fgfleeds.org 07701 338837

### Wednesday

#### **The Dead Plant Society 10.00 am - 12.00 pm**

Meet at Leeds Discoverey Centre to explore herbarium collection, we are making our own East Leeds Herbarium. **Booking essential**

Contact donnac@space2.org.uk 07734 275130

#### **Lino/Mono Printing 10.00 am - 12.00 pm**

29th April - 20th May, Space 2, The Old Workshop LS9 6NL. This course is an introduction to basic lino printing principles and methods. All materials provided. **Booking essential**.

Contact jelenaz@space2.org.uk 0113 320 0159

## IT & CREATIVITY (contd..)

### Wednesday

#### **Rags to Riches 10.00 am - 12.00 pm**

St Vincent's Centre Berking Avenue LS9 9LF. Come and learn how to make a rag rug in a relaxed and friendly environment.

Contact coraliel@space2.org.uk 0113 320 0159

#### **Knit and Natter 12.30 pm - 2.30 pm**

Nowell Mount Community Centre, LS9 6JJ.

A place to meet new people, share skills or learn new ones.

Contact Syretta at Feel Good Factor

syretta@fgfleeds.org 07519 387417

#### **Knit and Natter 12.30 pm - 3.30 pm**

Feel Good Factor, 53 Louis Street, LS7 4BP. All levels of knitters welcome! **COST £1**.

Contact soo@fgfleeds.org 07702 869453

#### **Heart 2 Art 1.00 pm - 2.30 pm**

Space2, The Old Workshop, Gipton Approach, LS9 6NL. Learn new art skills and express yourself in supportive and welcoming environment with professional artist Kevin Hickson.

Contact jelenaz@space2.org.uk 0113 320 0159

#### **Needle & Thread Sewing Class 1.00 pm - 3.00 pm**

The Haven at Connect Housing, 205 Roundhay Road, LS8 4HS **FREE. WOMEN ONLY**.

Contact Shantona 0113 249 7120

#### **Open Art Studio 3.00 pm - 5.00 pm**

Space2, The Old Workshop, Gipton Approach, LS9 6NL is opening its doors to anyone needing space to practice arts and crafts. Enjoy free studio space, materials, Wi-Fi, hot drinks, and friendly chats.

Contact jelenaz@space2.org.uk 0113 320 0159

### Thursday

#### **Sewing Group 1.00 pm - 3.30 pm**

Feel Good Factor, 53 Louis Street, LS7 4BP. Intermediate Class for those with a basic understanding of sewing. **COST £5.00**

Contact soo@fgfleeds.org 07702 869453

#### **Drama Group 2.30 pm - 4.30 pm.**

Space 2, The Old Workshop, The Old Fire Station, Gipton Approach, LS9 6NL. Come and meet new people in a supportive and friendly drama group. Contact jelenaz@space2.org.uk 0113 320 0159

### Friday

#### **Welcome to the World (Toddler stay & play)**

#### **10.00 am - 12 noon**

Space2, The Old Workshop, Gipton Approach, LS9 6NL.

Creative sensory storytelling adventures, to develop positive associations with drama, books, and reading for both child & adult. Contact jelenaz@space2.org.uk 0113 320 0159

#### **Arts & Crafts 10.30 am 12 noon**

Feel Good Factor, 53 Louis Street, LS7 4BP. **FREE**.

Join us for coffee, craft and chat. For all abilities.

Contact soo@fgfleeds.org on 07702 869453