

Connect together

There are lots of ways we can connect together, from sharing interests to trying new activities - plus we can find something we enjoy and look forward to!



Use your list of activities and events you enjoy to look for classes, workshops, events or talks. Ask at the library, look on social media or notice posters at the supermarket or health centre

Ask other people if they know of local activity or chat groups - they sometimes meet in cafés, parks, church halls or community centres



Explore our MindWell website for groups and classes around Leeds: see our 'Connect with others pages' for links and information



Tip: Libraries and community hubs are good places to look for activities and events - find your nearest on Leeds City Council's website

www.mindwell-leeds.org.uk

Follow @MindWellLeeds on Twitter

MindWell