

IT & CREATIVITY (contd..)

Thursday (contd..)

Men's Creative Group 2.45-4.15pm, The Old Fire Station, Gipton Approach, LS9 6NL. **FREE.** Variety of fun activities to increase skills. Contact Zest on 0113 240 6677.

Friday

Arts & Crafts 10am-12noon. Feel Good Factor, 53 Louis Street, LS7 4BP. £2. Join us for coffee, craft and chat. For all abilities. Contact 07523 515267.

FGF Choir 4.15-5.15pm, Feel Good Factor, 53 Louis Street, LS7 4BP. Come and be part of the FGF. All welcome. Contact Shabana on 07523 515267.

Singing Course 2-3.30pm, The Old Workshop, Space2, The Old Fire Station, Gipton Approach, LS9 6NL. Learn songs together in a welcoming environment. Contact paulb@space2.org.uk

HEALTH & WELLBEING GROUPS

Monday

Moved by Music 10.30am-12noon, HOPE, 8a Coronation Parade, LS15 0AY. Contact Zest for more information on 0113 240 6677.

Mindfulness for Health 10.30am-1pm, The Old Workshop, Space2, The Old Fire Station, Gipton Approach, LS9 6NL. Come and learn skills to help you live well. Contact jelenaz@space2.org.uk

Cook and Chat 11am-1pm, Leeds Cookery School, The Old Fire Station, Gipton Approach, LS9 6NL. **FREE GROUP. MUST BOOK A PLACE.** 4-week course. Contact Zest on 0113 240 6677.

Tuesday

Gipton Growers, 1.30-3.30pm at Space2, The Old Fire Station, Gipton Approach, LS9 6NL. **FREE.** Dig, sow, grow, laugh and more! Contact 07519 042680 or camillet@space2.org.uk

Taste of the Market 10am-12noon or 1-3pm Leeds Cookery School, The Old Fire Station, Gipton Approach, LS9 6NL.. 4-week course. Contact Zest on 0113 240 6677 for more information.

Wednesday

Moved by Music 12.30-2.30pm, Nowell Mount Community Centre, Nowell Mount, LS9 6JJ. Contact Zest for more information on 0113 240 6677.

HEALTH & WELLBEING GROUPS (contd..)

Wednesday (contd..)

Gardening Group 10.00am-12.00pm at Feel Good Factor, 53 Louis Street, LS7 4BP. **FREE.** Learn about plants and growing vegetables in our Community Garden. Contact 07702 869454.

Thursday

Over 50's Luncheon Club 11.30am-2.30pm, Bangladeshi Centre, Roundhay Road, LS8 5AN. **WOMEN ONLY.** Over 50s activities and lunch club. Home cooked hot meal £1.50. Contact Shantona 0113 249 7120.

SOCIAL GROUPS

Monday

Men@ARK 12.30-2pm, ARK Community Centre, Hovingham Avenue, LS8 3QY. **FREE.** Pool, table tennis, light refreshments and conversation. Contact 0113 240 6677

Tuesday

Seacroft Men's Group 9.30am-12.30pm, Denis Healey Community Centre, Foundry Mill Street, LS14 6RD. Activities and freshly cooked lunch. Contact jelenaz@space2.org.uk

Connect Men's Club 1-3pm, Feel Good Factor, 53 Louis Street, LS7 4BP. Support, activities and games. **FREE.** Contact 07593 436608.

Wednesday

Coffee & Chill 11am-12noon, Slate Café, The Old Fire Station, Gipton Approach, LS9 6NL. Come for a cuppa and a chat with Dee & Gina. Contact paulb@space2.org.uk

Gipton Men's Group 12-1.30pm, Church of the Epiphany, 227 Beech Lane, LS9 6SW. **FREE.** Contact Zest on 0113 240 6677

Thursday

Fire Station Men's Group 2.45-4.15pm, The Old Fire Station, Gipton Approach, LS9 6NL. **FREE.** Contact 0113 240 6677

Friday

Coffee & Toast Friendship Club 11am-2pm, Feel Good Factor, 53 Louis Street, LS7 4BP. Tea, coffee, toast, snacks and craft. Contact 0113 350 4200.

Saturday

Feel Good Social Group 10am-1pm, Feel Good Factor, 53 Louis Street, LS7 4BP. Come and meet new friends, have fun. Contact 07523 515267.



Activity List

October—December 2023



Shantona Women's & Family Centre



PHYSICAL ACTIVITY

Monday

Tai Chi 11am-12noon. Roscoe Methodist Church Hall, Francis Street, LS7 4BY. £2.50. Contact Beverley on 07702 869457.

Tuesday

Tai Chi 10am-11am (beginners), 11-12 (intermediate/advanced), The Old Workshop, The Old Fire Station, Gipton Approach, LS9 6NL. **FREE**. Join David from Swirling Cloud for an hour of gentle exercise. Contact camillet@space2.org.uk 07519 042680

Walk & Talk 10.45am-1.30pm. Meet at The Old Fire Station, Gipton Approach, LS9 6NL. **FREE**. Walks in various locations across Leeds. Contact Zest on 0113 240 6677.

Get Moving 10am-12.30pm. Bangladeshi Centre, Roundhay Road, LS8 5AN. **WOMEN ONLY**. £1. Health and exercise. Contact Shantona 0113 249 7120.

Zumba 1.45-2.45pm, Roscoe Methodist Church Hall, Francis Street, LS7 4BY. £2.50. Contact Beverley on 07702 869457.

Wednesday

Badminton session 11am-12noon. Fearnville Leisure Centre, Oakwood Lane, LS8 3LF. Men and women welcome. Contact Sarah on 07824 481269 or sarahs@touchstonesupport.org.uk

Thursday

Swim session 11.15am-12.45pm. Scott Hall Leisure Centre, Scott Hall Road, LS7 3DT. Men and women welcome. **FREE**. To register contact 07824 481269 or sarahs@touchstonesupport.org.uk

Zumba 9.15-10.15am, Nowell Mount Community Centre, Nowell Mount, LS9 6JJ. £2. Contact Zest on 0113 240 6677.

Breathe Easy 10.15-11.15am. The Old Workshop, Space2, The Old Fire Station, Gipton Approach, LS9 6NL. Gentle chair based exercise. Contact 07809 399124 janet.evans68@icloud.com

Friday

Zumba 9.15-10.15am, Kentmere Community Centre, Kentmere Avenue, LS14 1BW. £2. Contact Zest on 0113 240 6677

PHYSICAL ACTIVITY (contd..)

Saturday

Walking Group 10.15am. Meet at Stand 10, Leeds Central Bus Station. **FREE**. All welcome. To register contact Sarah on 07824 481269 or sarahs@touchstonesupport.org.uk

SUPPORT GROUPS

Monday

Conversation Club 10-11.30am (term-time only), Bangladeshi Centre, Roundhay Road, LS8 5AN. **WOMEN ONLY**. **FREE**. Learn English phrases, conversation skills—pre ESOL. Contact 0113 249 7120

Leeds Hong Kong Women's Group 10am-12.30pm. Touchstone, 41-47 Cromwell Mount, Lincoln Green, LS9 7ST. **WOMEN ONLY**. **FREE**. Refreshments and activities. Contact Sarah on 07824 481269 or sarahs@touchstonesupport.org.uk

COST OF LIVING SUPPORT

Monday

Outreach Food Stall 1-2pm, Lincoln Green Shopping Square, LS9 7SU. **FREE** hot food. Men and women welcome.

Lincoln Green Support Drop-in 1-2pm, 41-47 Cromwell Mount, LS7 7ST. Support with food, utilities, benefit applications, information/referrals to other services. Men and women welcome.

Thursday

Pop-up Shop 11am-2pm, Enterprise Room, The Old Fire Station, Gipton Approach, LS9 6NL. Pre-loved clothes from 20p-£2. People's Pantry for food hampers and individual items affordably priced

IT & CREATIVITY

Monday

Homemade Herbals 10.30am-12.30pm, Seacroft Hub, Deacon House, 1 Seacroft Avenue, LS14 6JD. Explore the use of different herbs to support your health making a different treat each week. Contact camillet@space2.org.uk 07519 042680 to book your place.

IT & CREATIVITY (contd..)

Tuesday

Make do and Mend 9.30-11.30am, Nowell Mount Community Centre, Nowell Mount, LS9 6JJ. **FREE**. Call Zest on 0113 240 6677

BOSS (Be Online Stay Safe) 10am-12noon, Feel Good Factor, 53 Louis Street, LS7 4BP. Beginners IT course. **FREE**. Contact Shabana on 07523 515267.

Threading Tales 10.30am-12noon. Chapel FM, Old Seacroft Chapel, York Road, LS14 6JB. Sewing, knitting and good conversation. Contact jelenaz@space2.org.uk

Wednesday

Knit and Natter 1-3.00pm, Feel Good Factor, 53 Louis Street, LS7 4BP. All levels of knitters welcome! 50p. Contact 07702 869454.

Arts & Crafts 4-5pm (term-time only). Feel Good Factor, 53 Louis Street, LS7 4BP. **FREE**. Age 5+ (parents/carers to stay). How we can all make a difference to our beautiful world using a range of media. Contact Beverley on 07702 869457.

Stitch n' Pitch 1.00-3.30pm, Bangladeshi Centre, Roundhay Road, LS8 5AN. **FREE**. **WOMEN ONLY**. Bring materials to up-cycle, creative sewing to celebrate 25 years of Shantona. Contact 0113 249 7120.

Make do and Mend 9.30-11.30am, Denis Healey Community Centre, Foundry Mill Street, LS14 6RD. **FREE**. Contact Zest on 0113 240 6677.

Heart 2 Art 1-2.30pm. The Old Workshop, Space2, The Old Fire Station, Gipton Approach, LS9 6NL. Learn new art skills in a supportive and welcoming environment. Contact jelenaz@space2.org.uk

Lens Club 4-5.30pm. The Old Workshop, Space2, The Old Fire Station, Gipton Approach, LS9 6NL. Learn how to take better photos, experiment with different techniques and enjoy good conversation. Contact coralied@space2.org.uk

Thursday

Sewing Group 1-3.30pm, Feel Good Factor, 53 Louis Street, LS7 4BP. £5. Contact 0113 350 4200

Craft Group 1-2.30pm, The Old Fire Station, Gipton Approach, LS9 6NL. Contact Zest for more information on 0113 240 6677.