













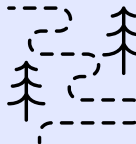







BEING YOU LEEDS: Free Groups and Activities May 2024



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<p>Men's Song-Writing Bramley 11am - 1pm Jonathan 07484 515 527</p>  <p>Weekly</p>	<p>Tea, Toast & Tots Seacroft 9am - 11am Mags 07484 515 520</p>  <p>BAME Men's Group Chapelton 10am - 12noon Jonathan 07484 515 527</p> <p>All Weekly</p>	<p>Sister Songbirds Lincoln Green 10.30am - 12noon Sally 07484 515 528</p> <p>Weekly</p>  <p>Proud Me LGBTQ+ Peer Support Leeds City Centre 12noon - 2pm Alison 07956 078 078</p>  <p>Monthly</p>	<p>Craft & Chat Belle Isle 10am - 12pm Margaret 07484 515519</p>  <p>Weekly</p>	<p>Tea, Talk & Trips Lincoln Green 10.30am - 12.30pm Robert 07484 515 529</p> <p>Weekly</p>  <p>*For women new to the country</p>	<p>Gardening Group Starting 18th May Holbeck 10am - 11.30am Seb 07484 515 517</p>  <p>Weekly</p>	<p>Lunch in the Park Coming soon! Beeston 12 - 2pm Alison 07484 515519</p>  <p>Monthly</p>
	<p>Monday Makers Seacroft 10.30am - 12pm Clarrie 07484 515 518</p>  <p>Weekly</p>	<p>Wellbeing & Gym Lincoln Green 12.30pm - 1.30pm Steph 07484 519 399</p> <p>Weekly Mixed group</p>  <p>West Leeds Men's Network Bramley 2pm - 4pm Jonathan 07484 515 527</p>  <p>All Weekly</p>	<p>Out & About Group Citywide locations 1pm - 3pm Jonathan 07484 515 527</p> <p>Weekly Mixed group</p>  <p>Weekly</p>	<p>Chess / Board Games Beeston 1pm - 3pm Robert 07484 515 529</p>  <p>Care Collective Belle Isle 5pm - 6pm Alison 07484 515519</p>  <p>All Weekly</p>	<p>Wellbeing Cafe Chapelton 2pm - 4pm Steph 07484 519 399</p>  <p>Weekly</p>	<p>Women's Only Walking Group Citywide locations 11am - 1pm Kim 07484 515 528</p>  <p>Fortnightly</p>	<p>Weekend Walkers Sun 19th May Black Carr Woods, Pudsey 12.30pm - 2.30pm Jonathan 07484 515 527</p>  <p>Monthly mixed group</p>
	<p>Online Book Club Mon 20th May Online 6.30pm - 8pm Jonathan 07484 515 527</p>  <p>Monthly</p>	<p>Women's Make-&-Do Beeston 5pm - 6pm Kim 07484 515 528</p> <p>Weekly</p> <p>Craft & Chat</p>  <p>Seacroft 6pm - 8pm Clarrie 07484 515 518</p> <p>Weekly Mixed group</p>	<p>Coffee, Cakes & Crafts Holbeck 5pm - 6.30pm Seb 07484 515 517</p>  <p>Weekly</p>	<p>Life & Loss Wed 22nd May Seacroft 6pm - 7.30pm Mags 07484 515 520</p>  <p>Monthly</p> <p>Women's only Cultural Conversations Beeston 6pm - 7.30pm Robert 07484 515 529</p> <p>Weekly</p>	<p>Games Night Holbeck 5pm - 7pm Seb 07484 515 517</p>  <p>Weekly</p>	<p>Saturday Socials 25th May Soap Making workshop Seacroft 11am-2pm Clarrie 07484 515 518</p>  <p>Monthly</p>	<p>Have an idea for a group? Please get in touch and let us know!</p> 

Search 'Being You Leeds' on Mindwell for our latest timetable

MindWell

To find out more contact us:



0113 248 4880

info@beingyouleeds.org.uk

*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.

BEING YOU LEEDS: Free Groups and Activities May 2024



Groups A-L

BAME Men's Group, BAME Hub, Chapeltown, LS7 3EZ

A friendly social for men who identify as Black, Asian or ethnic minority

Care Collective Peer Support - Cranmore Community Centre, LS10 4AW

A friendly social for young carers aged 13-24.

Coffee, Cakes, Crafts - St Matthew's Community Centre, Holbeck, LS11 9NR

A friendly space providing refreshments and the space to get creative!

Craft & Chat - Cranmore Community Centre, Belle Isle, LS10 4AW

A group for all crafting abilities. We try different crafts every week and take home something special every week. Learn new skills, meet other people and focus on your wellbeing.

Craft & Chat - 45-47 Ramshead Hill, Seacroft, LS14 1BT

A friendly, funny group of people aged 7-72. We craft, laugh & support each other.

Chess & Board Games - Hamara Healthy Living Centre, Beeston, LS11 6RD

A mixed group. Come & play chess and a selection of board games. Aimed at all levels.

Cultural Conversations - Hamara Healthy Living Centre, Beeston, LS11 6RD

Women only. Four week wellbeing skills course for women, looking at how culture can be a barrier to accessing support.

Games Night - St Matthew's Community Centre, Holbeck, LS11 9NR

Join us for a family friendly games night with cards, pool, table tennis and refreshments. All ages and abilities welcome.

Gardening Group - Holbeck, LS11 9NR

A group to improve the visual aspects in and around Holbeck

LGBTQ+ Proud Me Peer support - Flamingos Cafe, Leeds City Centre

A friendly social for people aged 18+ who identify as LGBTQ+.

Life & Loss - LS14 Trust Cafe, 45-47 Ramshead Hill, Seacroft, LS14 1BT

A safe space to have tender conversations around life and loss.

Lunch in the Park, Watsonia Cafe, Cross Flatts Park, Beeston, LS11

A new monthly group having lunch together and activities by the cafe

Groups M-Z

Monday Makers - 45-47 Ramshead Hill, Seacroft, LS14 1BT

Bring a project or learn a new skill! Skills can include; crochet, knitting, sewing, embroidery, upcycling, colouring in, tea drinking, etc

Men's Song Writing, Broadlea Community Centre, Bramley, LS13 2SN

Original song writing, recording & performance. Aimed at all levels.

Online Book Club

A new monthly group chatting and exploring popular books

Sister Songbirds - 41-47 Cromwell Mount, Lincoln Green, LS9 7ST

A singing group open to all abilities. Songs will be old and new.

Tea, Talk and Trips - Various locations

A friendly and welcoming peer support group for women who have recently moved to the country.

Tea, Toast & Tots - Kentmere Community Centre, Seacroft, LS14 1BW

A friendly welcoming space for parents and their pre-school children to get together, play and build new friendships. Term-time only

Walking Groups - Various Locations Citywide

Our walking groups offer people the chance to get together in a safe way and enjoy their local parks. Another great way to meet new people, as well as getting active and enjoying nature.

Wellbeing Café - Roscoe Methodist Church, Chapeltown, LS7 4BY

A relaxing space where you can enjoy a hot drink, snacks and a chat. A great opportunity to make new friends.

West Leeds Men's Network - Broadlea Community Centre, Bramley, LS13 2SN

Social group and peer support for men with occasional outings.

Wellbeing & Gym Group - 41-47 Cromwell Mount, Lincoln Green, LS9 7ST

A wellbeing group that includes free gym sessions for both men and women 16+. Group members must attend the wellbeing sessions at Cromwell Mount to access the free gym sessions at Pure Gym.

Women's Make & Do - Dewsbury Road Community Hub, Dewsbury Road, Beeston, LS11 6PF.

A welcoming craft group offering peer support and the chance to get creative.



Follow us

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