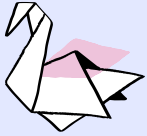



























# BEING YOU LEEDS: FREE GROUPS AND ACTIVITIES MAY 2025



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<b>Monday Makers</b> Seacroft 10.30am - 12pm Mags 07484 515 520  Weekly	<b>Tea, Toast &amp; Tots</b> Seacroft 9am - 11am Mags 07484 515 520  <b>Women's Make-&amp;-Do</b> Beeston 3.15pm - 5pm Kim 07484 515 528  All Weekly	<b>Sister Songbirds</b> Beeston 10am - 12noon Sally 07484 911 078  Weekly	<b>Mindful Makes</b> Belle Isle 10am - 12pm Margaret 07484 911 075  Weekly	<b>Women's Tea, Talk &amp; Trips</b> Various locations 11am - 1pm Komal 07484 515 529  Weekly	<b>Women's Only Walking Group</b> Citywide locations 11am - 1pm Kim 07484 515 528  Fortnightly	<b>Weekend Walkers</b> Sunday 18th May Western Flatts Cliffe Park Wortley 12.30pm - 2.30pm Jonathan 07484 515 527  Monthly mixed group
	<b>Men's Song-Writing</b> Bramley 10.30am - 12.30pm Jonathan 07484 515 527  Weekly	<b>Women's Journaling</b> 20 <sup>th</sup> & 27 <sup>th</sup> May Beeston 5pm - 6.30pm Kim 07484 515 528  <b>Care Collective</b> Belle Isle 5pm - 6pm Margaret 07484 911 075  All Weekly	<b>Snooker</b> Kirkstall 1pm - 3pm Jonathan 07484 515 527  <b>Tai Chi</b> Belle Isle 2pm - 3pm Alison 07484 519 391  All Weekly	<b>Chess / Board Games</b> Beeston 12noon - 2pm Komal 07484 515 529  All Weekly	<b>Wellbeing Cafe</b> Chapeltown 1.30pm - 3.30pm Steph 07484 519 399  <b>Games Night</b> Holbeck 5pm - 7pm Marie 07484 911 171  All Weekly	<b>Boxercise</b> Armley 10.30am - 11.30am Jonathan 07484 515 527  Weekly Mixed group	<b>Volunteers needed!</b> Would you like to volunteer? Please get in touch and let us know! Steph 07484 519 399 
	<b>Knit &amp; Stitch Club</b> Holbeck 5pm - 6.30pm Marie 07484 911 171  Weekly	<b>Craft &amp; Chat</b> Seacroft 6pm - 8pm Mags 07484 515 520  <b>Yoga</b> Belle Isle 6.40pm - 7.40pm Alison 07484 519 391  Weekly Mixed groups	<b>Coffee, Cake &amp; Crafts</b> Holbeck 5pm - 6.30pm Marie 07484 911 171 Weekly <b>Life &amp; Loss</b> Seacroft Wed 7th May 6pm - 7.30pm Mags 07484 515 520 Monthly 	<b>Women's Body, Soul &amp; Balance</b> Beeston 5pm - 6.30pm Komal 07484 515 529  Weekly for 6 sessions	<b>Introduction to Art:</b> Seacroft Booking Essential 6pm - 7.45pm Clarrie 07484 515 518  Limited sessions	<b>Have an idea for a group?</b> Please get in touch and let us know! 	<b>See our most up to date timetable here!</b> 

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.

## Groups A-L

### Arts at the Chapel - Introduction to Art

Chapel FM Arts Centre, 1081 York Road, LS14 6JB

A gentle tutored Art class exploring different art-making techniques. Basic materials provided. This group is currently full, please contact for waitlist.

### Arts at the Chapel: Life drawing

Chapel FM Arts Centre, 1081 York Road, LS14 6JB

A monthly supported life drawing class using male and female models to explore from, shape, and line. Basic materials provided. Booking essential

### Boxercise- Tobin's Gym Fitness, 3 Stanningley Road, LS12 3AP

A **FREE** exercise class for men and women aged 16+, all abilities and beginners welcome!

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

A friendly social for care experienced young people 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 LS14 - 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.

### 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.

### Journaling - Dewsbury Road Community Hub, Beeston, LS11 6PF

A women's group open to all abilities which will provide a relaxed space to explore creativity and writing to support relaxation and wellbeing.

### Life & Loss - A safe space to have tender conversations around life and loss.

LS14 Trust Café, 45-47 Ramshead Hill, Seacroft, LS14 1BT

### Knit and Stitch Club - A friendly place to learn knitting, crochet and sewing.

Beginners welcome. Ingram Gardens Community Room, Holbeck, LS11 9SA

## Groups M-Z

### Mindful Makes - 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. **Term-time only.**

### 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.

### Sister Songbirds - Suite 57, The Refinery, Oakhurst Avenue, LS11 7DF.

A women's only singing group open to all abilities. Songs sung will be old & new. **Creche not currently available.**

### Tea, Talk and Trips - Various locations

A friendly and welcoming peer support group going on trips and doing fun activities for female asylum seekers, refugees and migrants.

### 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.

### 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.

### Women's Body, Soul & Balance - Hamara Healthy Living Centre, LS11 6RD

A group for women to learn new wellbeing and motivational techniques. Relax and restore yourself in Hamara's inclusive and accessible Gym, Sauna and Steam room. Sessions delivered by a female personal trainer.



Follow us

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