


























BEING YOU LEEDS: FREE GROUPS AND ACTIVITIES JANUARY 2025



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<p>Men's Song-Writing</p> <p>Bramley 11am - 1pm Jonathan 07484 515 527</p>  <p>Weekly</p>	<p>Tea, Toast & Tots</p> <p>Seacroft 9am - 11am Mags 07484 515 520</p>  <p>Weekly</p>	<p>Sister Songbirds</p> <p>Lincoln Green 10am - 12noon Sally 07484 515 528</p>  <p>Weekly</p>	<p>Mindful Makes</p> <p>Belle Isle 10am - 12pm Margaret 07484 519391</p>  <p>Chess / Board Games</p> <p>Beeston 10.30pm - 12.30pm</p>  <p>Robert 07484 515 529</p> <p>Weekly</p>	<p>Women's Tea, Talk & Trips</p> <p>Various locations 10.30am - 12.30pm Robert 07484 515 529</p>  <p>Weekly</p>	<p>Women's Only Walking Group</p> <p>Citywide locations 11am - 1pm Kim 07484 515 528</p>  <p>Fortnightly</p>	<p>Weekend Walkers Sunday 19th January Meanwood</p> <p>12.30pm - 2.30pm Jonathan 07484 515 527</p>  <p>Monthly mixed group</p>
	<p>Monday Makers</p> <p>Seacroft 10.30am - 12pm Mags 07484 515 520</p>  <p>Weekly</p>	<p>Women's Make-&-Do Beeston 3.15pm - 5pm</p>  <p>Kim 07484 515 528</p> <p>Craft & Chat Seacroft 6pm - 8pm</p>  <p>Mags 07484 515 520</p> <p>All Weekly</p>	<p>Tai Chi</p> <p>Belle Isle 2pm - 3pm Alison 07484 519391</p>  <p>Coffee, Cake & Crafts Holbeck</p>  <p>5pm - 6.30pm Marie 07484 911171</p> <p>Weekly Mixed group</p>	<p>Care Collective</p> <p>Belle Isle 5pm - 6pm Alison 07484 519 391</p>  <p>Women's Cultural Conversations</p> <p>Beeston 6pm - 7.30pm Robert 07484 515 529</p>  <p>All Weekly</p>	<p>Wellbeing Cafe Chapelton 1.30pm - 3.30pm Steph 07484 519 399</p>  <p>Games Night Holbeck</p>  <p>5pm - 7pm Marie 07484 911 171</p> <p>All Weekly</p>	<p>Boxercise Starting Sat 11th Jan!</p> <p>10.30am-11.30am Armley Register your interest today! Jonathan 07484 515 527</p>  <p>Weekly Mixed group</p>	<p>Volunteers needed in Holbeck!</p> <p>Would you like to volunteer? Please get in touch and let us know! Steph 07484 519 399</p> 
	<p>New group to be announced!</p> 	<p>Yoga</p> <p>Belle Isle 6.40pm - 7.40pm Alison 07484 519 391</p>  <p>Weekly Mixed groups</p>	<p>Life & Loss</p> <p>Seacroft Wed 15th Jan 6pm - 7.30pm Mags 07484 515 520</p>  <p>Monthly</p>	<p>Women's Body, Soul & Balance</p> <p>Beeston 4.30pm - 6pm Robert 07484 515 529</p>  <p>Weekly for 6 sessions</p>	<p>Art at the Chapel</p> <p>Seacroft 6pm - 8pm Mags 07484 515 520</p>  <p>Weekly for limited sessions</p>	<p>Have an idea for a group?</p> <p>Please get in touch and let us know!</p> 	<p>See our most up to date timetable here!</p> 

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

Art at the Chapel - Chapel FM Arts Centre, 1081 York Road, LS14 6JB
"Introduction to Art": four sessions exploring the fundamentals of art making: mark making; shape and form; colour; and composition. Ideal for those new to Art, or returning after a while.

Following the introduction class, Art makers are invited to join our tutored improvers class, and develop their skills further.

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.

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.

Life & Loss - A safe space to have tender conversations around life and loss.
LS14 Trust Café, 45-47 Ramshead Hill, Seacroft, LS14 1BT

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.

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.

Sister Songbirds - Lincoln Green Community Centre, 29 Cromwell Mount, LS9 7JB. 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 and free gym membership included for duration of course.



Follow us
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