






























# BEING YOU LEEDS: FREE GROUPS AND ACTIVITIES MARCH 2025



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<p><b>Monday Makers</b></p> <p>Seacroft 10.30am - 12pm Mags 07484 515 520</p>  <p>Weekly</p>	<p><b>Tea, Toast &amp; Tots</b></p> <p>Seacroft 9am - 11am Mags 07484 515 520</p>  <p><b>Women's Make-&amp;-Do</b> Beeston 3.15pm - 5pm</p>  <p>Kim 07484 515 528</p> <p>All Weekly</p>	<p><b>Sister Songbirds</b></p> <p>Lincoln Green 10am - 12noon Sally 07484 515 528</p>  <p>Weekly</p>	<p><b>Mindful Makes</b></p> <p>Belle Isle 10am - 12pm Alison 07484 519 391</p>  <p><b>Chess / Board Games</b> Beeston</p>  <p>10.30am - 12.30pm</p> <p>Robert 07484 515 529</p> <p>All Weekly</p>	<p><b>Women's Tea, Talk &amp; Trips</b></p> <p>Various locations 10.30am - 12.30pm Robert 07484 515 529</p>  <p>Weekly</p>	<p><b>Women's Only Walking Group</b></p> <p>Citywide locations 11am - 1pm Kim 07484 515 528</p>  <p>Fortnightly</p>	<p><b>Weekend Walkers</b> Sunday 16th March Rodley</p> <p>12.30pm - 2.30pm Jonathan 07484 515 527</p>  <p>Monthly mixed group</p>
	<p><b>Men's Song-Writing</b></p> <p>Bramley 10.30am - 12.30pm Jonathan 07484 515 527</p>  <p>Weekly</p>	<p><b>Women's Journaling</b> Beeston</p> <p>Coming soon! 5pm - 6.30pm Kim 07484 515 528</p>  <p><b>Care Collective</b></p>  <p>Belle Isle 5pm - 6pm Margaret 07484 519 391</p> <p>All Weekly</p>	<p><b>Snooker</b> Starting Wed 19 March!</p> <p>Kirkstall 1pm - 3pm</p>  <p>Jonathan 07484 515 527</p> <p><b>Tai Chi</b></p>  <p>Belle Isle 2pm - 3pm Alison 07484 519 391</p> <p>All Weekly</p>	<p><b>International Womens Day Event</b></p> <p>Thursday 6th March Seacroft 11am - 1pm</p>  <p>Mags 07484 515 520</p> <p>One off event</p>	<p><b>Wellbeing Cafe</b> Chapelton 1.30pm - 3.30pm Steph 07484 519 399</p>  <p><b>Games Night</b> Holbeck</p>  <p>5pm - 7pm Marie 07484 911 171</p> <p>All Weekly</p>	<p><b>Boxercise</b></p> <p>Armley 10.30am - 11.30am</p>  <p>Jonathan 07484 515 527</p> <p>Weekly Mixed group</p>	<p><b>Volunteers needed!</b></p> <p>Would you like to volunteer?</p> <p>Please get in touch and let us know! Steph 07484 519 399</p> 
	<p><b>Knit &amp; Stitch Club</b> Holbeck Starting Mon 17th Mar!</p> <p>4.30pm - 6.30pm Marie 07484 911 171</p>  <p>Weekly</p>	<p><b>Craft &amp; Chat</b> Seacroft 6pm - 8pm</p>  <p>Mags 07484 515 520</p> <p><b>Yoga</b></p>  <p>Belle Isle 6.40pm - 7.40pm</p> <p>Alison 07484 519 391</p> <p>Weekly Mixed groups</p>	<p><b>Coffee, Cake &amp; Crafts</b> Holbeck</p>  <p>5pm - 6.30pm Marie 07484 911 171</p> <p>Weekly</p> <p><b>Life &amp; Loss</b></p>  <p>Seacroft Wed 19th Mar 6pm - 7.30pm Mags 07484 515 520</p> <p>Monthly</p>	<p><b>Women's Body, Soul &amp; Balance</b></p> <p>Beeston 4.30pm - 6pm Robert 07484 515 529</p>  <p>Weekly for 6 sessions</p>	<p><b>Life Drawing:</b> 7th &amp; 28th March Introduction to Art: 14th &amp; 21st March</p>  <p><b>Booking Essential</b> Seacroft 6pm - 7.45pm Clarrie 07484 515 518</p>  <p>Weekly for limited sessions</p>	<p><b>Have an idea for a group?</b></p> <p>Please get in touch and let us know!</p> 	<p><b>See our most up to date timetable here!</b></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

### 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 form, shape, and line. Basic materials provided. Booking essential

### Boxercise- \*NEW\* 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 - \*NEW\* 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 - \*NEW\* 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 - 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.



Follow us  
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