



















BEING YOU LEEDS: Free Groups and Activities January 2024



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Men's Song-Writing Bramley 11am - 1pm Jonathan 07484 515 527 Weekly 	Tea, Toast & Tots Seacroft 9am - 11am Mags 07484 515520  BAME Men's Group Chapeltown 10am - 12noon Jonathan 07484 515 527 All Weekly	Proud Me LGBTQ+ Peer Support Beeston 12noon-2pm Alison 07484 519 391 Monthly 	Craft & Chat Belle Isle 10am - 12pm Margaret 07484 519 391 Weekly 		Women's Only Walking Group Citywide locations 11am - 1pm Kim 07484 515528 Fortnightly 	Wellbeing Walks - Starting Soon! Citywide locations 1pm - 3pm Robert 07484 515529 Monthly mixed group 
	Monday Makers Seacroft 10.30am-12pm Clarrie 07484 515518 Weekly 	Wellbeing and Gym Lincoln Green 10.30am Steph 07823 448 432  West Leeds Men's Network Bramley 2pm-4pm Jonathan 07484 515 527 All Weekly	Men's Out & About Walking Group Citywide locations 1pm - 3pm Jonathan 07484 515 527 Weekly 	Seacroft Craftivists SRG 1pm-2.30pm Clarrie 07484 515 518 Weekly  Chess & Board Games Beeston 1pm - 3pm Robert 07484 515 529 Weekly 	Leeds Asylum Seeker Support Network Lincoln Green Afternoons Robert 07484 515 529 Weekly 		
		Women's Make-&-Do Beeston 4.30pm - 6pm Kim 07484 515 528 All Weekly  Craft & Chat Seacroft 6pm - 8pm Clarrie 07484 515 518	 Coffee, Cakes and Crafts Holbeck 4.30pm-6.30pm Seb 07484 519 391 Weekly 	Care and Connect Belle Isle 4pm-6pm Alison 07484 519 391 Weekly 	Gym Group Holbeck 4.30pm-5.30pm Seb 07484 519 391 Weekly 	Zen Zone Holbeck 5pm - 7pm Seb 07484 515517 Twice per month  Restarting 6th January!	

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.

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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 & Raylands Community centre, Belle Isle, LS10 4AW

A friendly social for young carers aged 13-24.

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

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

Craft & Chat - Cranmore & Raylands 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 ages 7-72. We craft, laugh, and 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.

Gym Group - 360 Gym, Holbeck, LS11 9QL

Free gym sessions for anyone aged 16+. Gym passed must be reserved in advance

Leeds Asylum Seekers Support Network - 41-47 Cromwell Mount, Lincoln Green, LS9 7ST

A friendly and welcoming peer support group.

LGBTQ+ Peer support - Beeston Village Community Centre, Beeston, LS11 8DQ

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

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.

Seacroft Craftivists SRG - 45-47 Ramshead Hill, Seacroft LS14 1BT

Craftivism is the art of gentle protest & campaigning. Our new campaign is "sun safety"

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.

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, LS11 6PF.

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

Zen Zone, St Matthews Community Centre, Holbeck, LS11 9NR

A relaxing space for mind, body and soul aimed at reducing stress levels. 6th and



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