

# SEACROFT FOLK CAN: PEER SUPPORT GROUP

**A friendly group in Seacroft, supporting and encouraging each other to achieve their dreams and goals**



Fortnightly from 8 February 12:30 - 2:30pm

Who is the group for?

This group is open for all adults living in Seacroft, and we particularly welcome parents and carers to join us. This group is about making new friends, supporting each other, and getting the chance to stop and think about something you've wanted to do but not had the time or support to make it happen.

Whether it's learning a new skill like crochet, doing something practical like first aid, or getting a new job, we will support each other and try our best to help make our goals happen.

How do I join?

It's free to attend, first priority is given to people living in Seacroft. We hope to meet in person safely at Kentmere Community Centre, Seacroft, Leeds. We will let you know at least two weeks beforehand if this is not possible.

Feeling nervous about joining?

If you are a bit unsure or have any questions, please let us know. This is a friendly group and we'll do our best to put you at ease so you can have an enjoyable, supportive and relaxing time.

**To book your place or for any questions contact  
Sarah: 07341254967 / [sarah@fallintoplace.co.uk](mailto:sarah@fallintoplace.co.uk)**

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