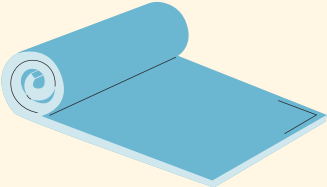


# Better Together Weekly Timetable

Come along to our **FREE** community health and wellbeing groups, open to all adults in West Leeds!

| Monday                                                                                                                           | Tuesday                                                                                                                      | Wednesday                                                                                                                                   | Thursday                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
|                                                 |                                             | <b>Wyther Park Recipe Station *</b><br>10:30am to 11am by the barrier,<br>Wyther Park Road, LS12 2RU<br>Mandy: 07738104693                  | <b>English Conversation Café</b><br>9.15am to 10:30am @ HOPS Hall,<br>LS5 3PT<br>Term time only<br>Stacey: 07587 035 295 |
| <b>SEND Peer Support Group</b><br>1pm to 2pm<br>Manor House<br>259 Upper Town Street, LS13 3JT<br>Stacey: 07587 035 295          | <b>Parents Walking Group</b><br><b>'Walkie Talkie'</b><br>9.30am to 10.30am<br>Bramley Park, LS13 3PG<br>Claire: 07738107012 | <b>Chair Yoga</b><br>1.15pm to 2.15pm<br>@OPAL, 55 Bedford Drive, LS16<br>6DJ. Booking required:<br>Jenny: 07341736309                      |                                       |
|                                                | <b>Gardening Group</b><br>12.30pm to 2.30pm<br>by the barrier, Wyther Park Road,<br>LS12 2RU<br>Stacey: 07587 035 295        | <b>English Conversation Café</b><br>11am to 12.30pm @ Armley Hub,<br>LS12 1UQ<br>Term time only, Booking required.<br>Stacey: 07587 035 295 |                                      |
| <b>Pay As You Feel Yoga</b><br>6pm to 7pm @ Bramley<br>Community Centre, LS13 2JB<br>Booking required:<br>Camille, 07849 008 902 |                                           | <b>Creative Minds</b><br>1.30pm to 3pm @ Bramley Hub,<br>LS13 3ND<br>(term time only)<br>Mandy: 07738104693                                 | <b>Gardening Group</b><br>11.30am to 1.30pm<br>St Mary's Vicarage<br>50 Cragside Walk, LS5 3QE<br>Stacey: 07587 035 295  |

\*The recipe station is an opportunity to try new recipes for free with ingredients you may have never used before

Got an idea for a new group in your local area? Get in touch and let us know!



[bettertogetherwest@barca-leeds.org](mailto:bettertogetherwest@barca-leeds.org)



Better Together Project - West Leeds

We're looking for volunteers! Get in touch if you'd like to meet new people and learn new skills.



# Better Together Weekly Timetable



## Meet the team



**Mandy**

**Stacey**

**Jenny**

**Meghan**

The Better Together Team have years of experience in different fields (and crafts!).

They run several community groups in West Leeds and you'll also find them at community events and venues connecting with community members and promoting local health and wellbeing campaigns and services.

**Got an idea for a new group in your local area? Get in touch and let us know!**

@ [bettertogetherwest@barca-leeds.org](mailto:bettertogetherwest@barca-leeds.org)  
f **Better Together Project - West Leeds**

## Our groups and activities

### **Recipe Station**

Collect a free bag of ingredients every week with a recipe to make a nutritious meal. No need to book, just turn up!

### **Pay as you feel Yoga**

Affordable yoga classes suitable for all abilities.

### **Creative Minds**

Each week we will offer a selection of games, mindful colouring and other activities for you to enjoy, including crafts.

### **Parents Walking Group, 'Walkie Talkie'**

A weekly walking group for parents starting in Bramley Park and moving on to different venues. Bring your child in a child carrier, pushchair or pram

### **Conversation Café**

A friendly and welcoming space to practice your English conversation, socialise and meet friends!

### **SEND Peer Support Group**

Parents with children with SEND needs supporting each other.

### **Gardening Groups**

Discover the joys of gardening, learn new techniques, and connect with fellow gardening enthusiasts

### **Chair Yoga**

All the benefits of yoga from a chair. Suitable for all levels, from beginners to those accustomed to yoga, including older adults and those with mobility limitations. No experience required