








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	Friday
 <p>English Conversation Café 10.30am to 11.30am @ Armley Hub, LS12 1UQ Term time only, Booking required. Stacey: 07587 035 295</p>	<p>Walkie Talkie - Walking Group 9.30 to 10.20 Meet at Bramley Park Memorial, LS13 3PG Claire: 07738107012 Term time only</p>	<p>Wyther Park Recipe Station * 10:30am to 11am by the barrier, Wyther Park Road, LS12 2RU Mandy:07738104693</p>	 <p>Gardening Club 10am to 12.00 @ HOPS Hall, Hawksworth Crescent, LS5 3PT Term time only Stacey: 07587 035 295</p>	 <p>Van Dan Chair Yoga & wellbeing sessions 2pm to 3pm @ Cardigan Centre, LS6 1LJ For six weeks from May 26 Jenny: 07341736309</p>
<p>Adult Ballet Class 1pm to 2pm @ Bramley Baths, Broad Lane, LS13 3DF Term time only, booking required Meghan: 07526564727</p>	<p>SEND Support Group 11am to 12pm @ Space Raiders, Community Hub, Bramley Park Academy, LS13 3DP Stacey: 07587 035 295</p>	<p>English Conversation Café 11am to 12.30pm @ Armley Hub, LS12 1UQ Term time only, Booking required. Stacey: 07587 035 295</p>	<p>English Conversation Café 12pm to 2:30pm @ HOPS Hall, LS5 3PT Term time only Stacey: 07587 035 295</p>	
<p>Pay As You Feel Yoga 6pm to 7pm @ Bramley Community Centre, LS13 2JB Booking required: Camille, 07849 008 902</p>	<p>Book Club 1pm to 2pm @ HOPS Hall, Hawksworth Crescent, LS5 3PT Fortnightly & Term-time only Meghan: 07526564727</p> 	<p>Chair Yoga 1.15pm to 2.15pm @ OPAL, 55 Bedford Drive, LS16 6DJ. Booking required: Jenny: 07341736309</p>	<p>Basic Skills Digital Group 3pm to 5pm LCC Community Centre, Ireland Crescent, LS16 6SZ Claire: 07738107012</p> 	

*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



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.



Our groups and activities

Recipe Station

Receive a free bag of ingredients every week, complete with a recipe to create a nutritious meal. No need to book, turn up!

Pay as you feel Yoga.

Affordable yoga classes suitable for all abilities.

Walkie Talkie -Walking group

A weekly walking group for all abilities, starting in Bramley Park and moving on to different venues. Parents welcome, bring your child in a child carrier, pushchair or pram. Term time only.

Gardening Club

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

Book Club

Join our book club every fortnight, meet other book lovers, and enjoy a lively discussion of the book. Books provided.

Basic Skills Digital Group

Get help & support with everyday digital challenges; from setting up the NHS app to finding when the next arrives

Conversation Café

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

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. We have two chair yoga sessions on offer.

SEND support group

Weekly support group for parents. Everyone is welcome; your child doesn't have to attend Bramley Park Academy or have a diagnosis.

Adult Ballet Class

Adult ballet exercise class, taking place at Bramley Baths in their dance studio—low-level, low-intensity ballet as a way to stay fit and as a form of mindfulness. Beginners encouraged.

Van Dan - Chair Yoga Group

6 weeks of FREE chair-based yoga sessions, for women from the Gujarati community, experiencing low mood, isolation, or wanting to form community connections.

Meet the team



Stacey



Jenny



Mandy



Meghan



Claire

The Better Together Team 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!

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May 26

