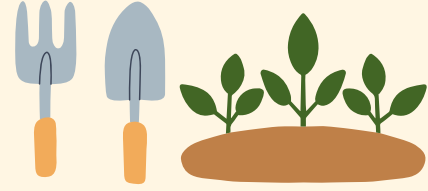


Better Together Weekly Timetable

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

Monday	Tuesday	Wednesday	Thursday
	Walkie Talkie - Walking Group 9.30am to 10.20am Meet at Bramley Park Memorial, LS13 3PG Claire: 07738107012 Term time only	Wyther Park Recipe Station * 10:30am to 11am by the barrier, Wyther Park Road, LS12 2RU Mandy: 07738104693 Term time only	
Tea & Toast Club 10am-11:30am St Matthias' church, Leeds, LS4 2DZ 3 rd August to 7 th September 26 Meghan: 07526564727		Family Ballet 1.30pm to 2.30pm @ Armley Leisure Centre, Carr Crofts, LS12 3HB 29 th July - 2 nd September 26 <u>Booking required</u> - Meghan: 07526564727	Gardening Club 10am to 12.00 @ HOPS Hall, Hawksworth Crescent, LS5 3PT Term time only Stacey: 07587 035 295
Adult Ballet Class 1pm to 2pm @ Bramley Baths, Broad Lane, LS13 3DF Term time only, <u>booking required</u> Meghan: 07526564727		Chair Yoga 1.15pm to 2.15pm @ OPAL, 55 Bedford Drive, LS16 6DJ. Booking required: Jenny: 07341736309	English Conversation Café 12pm to 2:30pm @ HOPS Hall, LS5 3PT Term time only Stacey: 07587 035 295
Pay As You Feel Yoga 6pm to 7pm @ Bramley Community Centre, LS13 2JB Booking required: Camille, 07849 008 902	SEND Support Group 11am to 12pm @ Space Raiders, Community Hub, Bramley Park Academy, LS13 3DP bettertogetherwest@barca- leeds.org	Beginner Ballet Flow 6pm to 7pm @ Bramley Baths, Broad Lane, LS13 3DF, <u>booking required</u> Meghan: 07526564727	Walking Sports 5.30pm to 6.30pm Sports Field @ James McKenna Community Hub, LS12 1HH Jenny: 07341736309

*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

Conversation cafe

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

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.

Beginner Ballet Flow/Adult Ballet Class

Free adult ballet exercise class and beginner ballet flow, 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. Booking is required for both classes.

Tea & Toast Club

Free tea and toast club for families during the school holidays. Under 18s must be accompanied by an adult.

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. Term time only

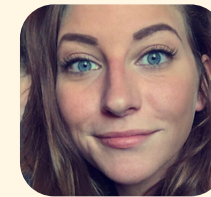
Family Ballet

Come along to free family Ballet with your children and have fun as a family - no ballet experience needed. Booking is required

Walking Sports

Join us for a free 6-week taster programme of walking sports sessions like football, netball and rounders. Perfect for adults of all abilities.

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!

@bettertogetherwest@barca-leeds.org

f Better Together Project - West Leeds

July/Aug26

