

# Chocolate

## CHAT AND CHILL

FREE CHOCOLATE + HOT DRINKS + SANDWICH

For anyone 16 years and above



Weekly Tuesdays 4.30pm-6.30pm

6 Boston Towers  
Ground Floor, Lincoln Green  
Leeds, LS9 7PB

For more information contact Shurja on 07585 964 784  
or email: shurja@touchstonesupport.org.uk

LS9



Funded by Leeds City Council

# FAMILY FITNESS



Classic playground games, circuits, stretches + more!

Free!

Sat 15 + 22 Feb  
1.30-2.30pm  
St Marys Church Hall  
Beeston LS11 8PN



Contact Anne on  
07920 461 253 for more  
information

# Chocolate

## CHAT AND CHILL

EVERYONE WELCOME!

FREE CHOCOLATE + HOT DRINKS + SANDWICH



Weekly Fridays 5.30pm-7.30pm

Touchstone Support Centre  
53-55 Harehills Avenue  
Leeds, LS8 4EX

For more information contact Amareena on 07787 387 556  
or email: amareena@touchstonesupport.org.uk

LS8



You are invited to  
Your Space  
Curry Club and Wellness Activity



(3rd Wednesday of every month)

Wednesday 15 January 2020  
5.00pm-6.30pm

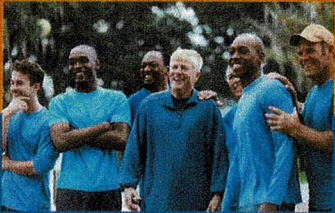
At  
One Community Centre  
Cromwell Street  
Lincoln Green  
LS9 7SG

For more information contact Shurja: 07585964784  
(Families welcome children must be supervised at all times)



# BURMANTOFTS

## FREE SOCIAL AND SKILLS WEEKLY GROUP



- Free weekly group for men
- Receive a free Level 2 qualification
  - Learn healthy cooking tips
  - Explore with trips out
  - Socialise with people from your area
  - Relaxation and Stress management from Humans being
  - CV advice
  - Sign posting and support
  - Exercise in a fun way with Leeds Rhino Foundation

STARTS 15TH JANUARY 2020

FROM 5.00PM TILL 7.00PM  
LINCOLN GREEN COMMUNITY CENTRE  
29 CROMWELL MOUNT, LINCOLN GREEN,  
LEEDS LS9 7JB, WEST YORKSHIRE

for questions please contact Bellinda  
on 0113 248 4630

mbh@touchstonesupport.org.uk  
OR Chaitan on 07947 350 561

chaitan@touchstonesupport.org.uk

No advance booking required, accessible building

### All Your Space groups are FREE!

If you have ideas for new groups and activities  
then we would like to hear from you!

Email: [yourspace@touchstonesupport.org.uk](mailto:yourspace@touchstonesupport.org.uk)

Phone: 07753 872693

Find us on Facebook, Instagram and Twitter by  
searching "Your Space Leeds"



# Chocolate

## CHAT AND CHILL

Your weekly social  
Wednesdays 6-8pm

St Matthews Community Centre  
St Matthews Street, Holbeck LS11 9NR

Contact Anne on 07920 461 253 or email  
[annem@touchstonesupport.org.uk](mailto:annem@touchstonesupport.org.uk) for more info

LS11

Funded by  
Leeds City  
Council



FREE chocolate, drinks and sandwich

