

What's on guide @ Support Centre 53-55 Harehills Avenue, Leeds, LS8 4EX
Weekly Activities Programme from August 2018

Mon	Cha Da Cup (Sikh Elders Service) 10am-12.30pm To join please speak with Charanjit on 0113 216 3143	Walking group (Long distance) 10.30-3.00pm Meet at Leeds Bus Station To Join please speak with Juana on 0113 219 2727	BME self-harm peer support group Every 4 weeks 12-2pm No booking required	Evening social group 5-7pm Every fortnight To join please speak with Jo on 0113 219 2727		
Tues	Women's only group 10.30am-1.00pm To join please speak with Joanne or Nazia on 0113 219 2727	Women's drop in 1.00pm-2.30pm To join please speak with Joanne or Nazia on 0113 219 2727	Art group 10-12pm fortnightly at Leeds Art Gallery, to join speak call 0113 219 2727	Dial House @ Touchstone BME crisis support 6pm-11pm Call 0113 249 4675		
Weds	Men's only group 11am-1.00pm To join please speak with Juana or Yaseen 0113 219 27 27	Men's drop in 1.00pm-2.30pm To join please speak with Juana or Yaseen 0113 219 27 27	Khushi group 10-1pm at BAME hub To join please speak with Farzana on 0113 203 8893	PCP 1st Weds of every month 4-7pm To join please call Karen on 07760173498		
Thurs	Breakfast club 9.30-11am at Support Centre To join please call 0113 219 2727	BME Carers group 11am-1pm fortnightly To join please speak with Eulalee or Shuria on 0113 380 4300	Hamari Yaadain (South Asian Dementia café) 1st & 3rd Thursday of every month (1-3pm) To join please speak with Ripal on 0113 219 2727	Citizen Advice Bureau Fortnightly surgery 9.30-1.30pm, call 0113 223 4400 to book appointment	Unique Minds BME men's group 3-5pm For more info call Patrick on 0113 260 9328	Dial House @ Touchstone BME crisis support 6pm-11pm Call 0113 249 4675
Fri	Social group (mixed men and women) 10.00am-2.00pm To join please speak with Laura on 0113 219 27 27	Walking group (Short distance) 10.30-3.00pm Meet at Leeds Bus Station To Join please speak with Juana on 0113 219 2727	Intro to group work 2 nd Fri of every month 11am-12pm Call 0113 219 2727	Art group 10.30-12.30 To join please speak with Yaseen on 0113 219 2727	Gym & swim 2-4pm at Quarry Hill, costs £2.50 To join please call 0113 219 2727	Theatre group Times and shows vary If you would like to find out more please call us on 0113 219 2727



***Please call before attending any group as they have different eligibility criteria**