

## MONDAY

### Free Swim Session for MEN



**2:30pm – 3:30pm**

To register please contact Sarah at  
P: 0113 248 4880  
E: [sarahs@touchstonesupport.org.uk](mailto:sarahs@touchstonesupport.org.uk)

### The Moonlight Café



**5:00pm-8:00PM Touchstone, 41-47 Cromwell  
Mount, Leeds, LS9 7ST**

Good Food Good Company  
Information or help and support available.  
Join in with activities or just come along to chill  
and chat. All genders welcome.

## TUESDAY

### Plan 2 Change



**10:30AM -12:30PM at Touchstone, 41-47 Cromwell Mount, Leeds, LS9 7ST**

Do you or someone you know drink too much? Do you want to change?  
Information and Support & Advice Available.

All genders welcome. Come along and join Wendy and Sarah.  
P: 0113 248 4880 E: [cmadmin@touchstonesupport.org.uk](mailto:cmadmin@touchstonesupport.org.uk)

## WEDNESDAY

### Breakfast Club



**10.00AM - 12.00PM at Touchstone, 41-47 Cromwell Mount, Leeds, LS9 7ST**

All genders welcome. Free refreshments. Games and activities.  
information, signposting and support available. All genders welcome.  
Access to Food vouchers. Come and join Wendy and Yvonne for breakfast.  
P: 0113 248 4880 E: [cmadmin@touchstonesupport.org.uk](mailto:cmadmin@touchstonesupport.org.uk)

## THURSDAY

### Free Gym Session for MEN



**2:00PM – 3:00PM**

To register please contact Sarah at  
P:0113 248 4880 E: [sarahs@touchstonesupport.org.uk](mailto:sarahs@touchstonesupport.org.uk)

## FRIDAY

### Fun Fridays Grub & Games

**11.00 AM - 1.00PM at Touchstone, 41-47  
Cromwell Mount, Leeds, LS9 7ST**

Join us for board games and Brunch  
All welcome!

Access to food voucher  
for the Food Bank.

Meet new people and enjoy a  
game of scrabble or draughts.  
All genders welcome.



### Lincoln Green Support Drop-in

**1:00PM – 3:00PM at Touchstone, 41-47 Cromwell  
Mount, Leeds, LS9 7ST**

Health Information; support with debt  
management; utilities; job applications; form  
filling; housing bids. Basic health checks re:  
weight and blood pressure. Information/referrals  
to other services.

Access to phone and internet.  
All genders welcome.

## SATURDAY

### Saturday Walking Group



Meeting point at **Leeds Central Bus Station (near the bakery).**  
Join Sarah **every Saturday at 10:15am.** Men and women welcome  
P: 0113 248 4880 or E : [sarahs@touchstonesupport.org.uk](mailto:sarahs@touchstonesupport.org.uk)

For information on any of the groups or activities on this poster please contact  
P: 0113 248 4880

E: [cmadmin@touchstonesupport.org.uk](mailto:cmadmin@touchstonesupport.org.uk)

