

Health Activities Time-Table August 2015

Name of Activity:	Activity/Course/Event:	Venue:	When:
Mums & Tots	Mums are able to bring their tots to take part in games, arts & crafts for relaxation, health activities for health & wellbeing, baby yoga in a safe and supervised space.	Lincoln Green Community Centre	Thursday 9:30 – 11:00am
Knit & Natter/Bead & Banter Volunteer Lead	This session was created to build community capacity by providing a range of opportunities where local people gain skills to then go and seek employment. Many women have a variety of skills which they teach one another. This group has become a platform for women to showcase their talents and learn from each other.	Lincoln Green Community Centre	Thursday 11:00 – 12:00pm
Information & Advocacy Support	Each week a different organisation is invited to inform the women of what service and support is available to them and how this might be accessed. This enables/empowers the women to confidently access services once they are aware of how to do so creating less hand holding and developing their confidence.	Lincoln Green Community Centre	Thursday 12:00 – 1:00pm
Women's Walking Group in partnership with Shantona	The group is taken to various walk trails and encouraged to go back with their families to also improve their lifestyles. Work around Hydration, Healthy Eating also takes place with the group.	Various Walk Trails	Tuesday 10:00 – 12:00pm
Football - Men Only	A football session has been developed to bring together men, within the community to enjoy football as a stress reliever. The men are given the opportunity to congregate and also access support where necessary.	Banstead Park	Tuesday 6:00 – 8:00pm
Healthy Breakfast	Clients drop in and use the service to have breakfast socialise and build their support network. Carried out consultation to meet	Leeds City Centre	Tuesday 10:00 – 11:30am

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Morning Drop In	the needs of the clients and deliver sessions to their need. Support with budgets and sign post to variety of services in regards to job searches and maximising benefits.		
Physical Activity Sessions	1. Aerobics 2. Aerobics	Bangladeshi Centre	1. Monday 9:15 – 10:15am 2. Friday 9:15 – 10:15am
Mixed Physical Activity Group	The mixed Physical Activity session is a mixed floor based activity held at Thomas Danby Studio.	Thomas Danby	Wednesday 10:30 – 11:30am
Migrant Access Project Drop In	Various migrant groups from diverse backgrounds access this space, to drop in and gain varied support from health to housing problems and financial inclusion issues. Referrals and sign posts are made and community members are given a platform to talk and gain support.	Technorth	Tuesday 10:00 – 12:30pm