

## HAMARA ACTIVITY TIME-TABLE FOR FEBRUARY 2019

<b>MONDAY</b>			
TIME	ACTIVITY	CONTACT	VENUE
10.00am-12.30pm	Breast feeding group	Admin	Hamara
4.00pm - 8.00pm	Food for crisis service	Admin	Hamara
<b>TUESDAY</b>			
9.30am-12.00pm	Recycled teenagers	Darren	Hamara
12.30pm-2.30pm	Women's Group (19+ years)	Dalveer	Hamara
1.00pm-3.00pm	One to one session with 1-month free gym access	Darren	Hamara
4.30pm-6.30pm	Girls Group (14-18 years)	Dalveer	Hamara
5.00pm-7.00pm	Football (14-25 years)	Ibrahim	Goals, Redcote lane, Krikstall,LS4 2AW
6.30pm-7.30pm	Dance fitness (£2.50 per session)	Milly	Hamara
Community Café- Open Monday to Friday 12.00pm-1.00pm@ Hamara Centre			
GYM £1 per session / Member £5 for a month			

<b>WEDNESDAY</b>			
TIME	ACTIVITY	CONTACT	VENUE
10.00am-11.00am	Tai chi	Darren	Hamara
11am – 1pm	Shopping/walking Ladies only	Aziza	Hamara
11am-2.30pm	Chit Chat	Aziza	Hamara Centre
4.00pm-6.00pm	Junior Youth Group (11-13 years)	Dalveer	Hamara
5.00pm-7.00pm	Football with Leeds United (MALE ONLY)	Naveed	Goals, Redcote Lane,Off Krikstall Road,LS4 2AW
Health checks and One-to-one Health and Well-being session with 1-month free gym access Monday –Friday. Please book an appointment Nachammai/ Darren/ Admin -0113 277330			
Basic English Class on Tuesdays (9.30am-12.00pm), Thursdays (12.30pm-3.00pm) Contact 0113 2773330 or <a href="mailto:nasreen@hamara.co.uk">nasreen@hamara.co.uk</a> for registering			
NEET – Not in Education Employment or Training (16-18 years) support Contact Dilshana - <a href="mailto:dilshana@hamara.co.uk">dilshana@hamara.co.uk</a> for more details			
Work Routes- One-to-one Employment support (16 + years) Contact Richard – <a href="mailto:richard@hamara.co.uk">richard@hamara.co.uk</a> for more details			

THURSDAY			
TIME	ACTIVITY	CONTACT	VENUE
9.30am-12.30pm	Advocacy Support, Use of computer, Job Search, English Classes	Nasreen	Lincoln Green Community Centre
10.00am-12.00pm	English Conversation Café	Darren	Hamara
10am-1pm	Men's social group	Nizam	Hamara
10am-2.00pm	Women's Sewing classes	Aziza	Hamara
10am -11am	Chair based Exercises	Aziza	Hamara
11am-12pm	Golden Oldies	Aziza	Hamara
12.00pm-1.00pm	Women's Luncheon Club/Advice surgery	Aziza	Hamara
12.15pm-1.30pm	Swimming	Dalveer	Meet at Hamara & walk down to John Charles Centre
1pm-2.30pm	Chit Chat	Aziza	Hamara
5.30pm-7.30pm	Football (16-25 years)	Ibrahim	Goals, Redcote Lane, Krikstall
7.00pm-9.00pm	HEAL Men's Session	Naveed	Hamara
6.00- 7.15pm	Ruga (Ladies' only) Running/gym and yoga	Milly	Hamara

FRIDAY			
TIME	ACTIVITY	CONTACT	VENUE
9.30am -10.30 am	Coffee Morning	Aziza	Hamara
10.30-12.30	Religious Studies	Aziza	Hamara
11.00am-2.00pm	Arts & Crafts	Aziza	Hamara
1pm-2.30pm	Chit Chat	Aziza	Hamara
SATURDAY			
10.00am-2.00pm	Supplementary School (5-11 years)	Raheem	Hamara
SUNDAY			
6.00pm-9.00pm	Baitak (Social Club) Men's Group	Nizam	Hamara
10.00am-11.30am	Under 11s Cricket Coaching	Sohail	Cockburn Sports Hall
11.00am-2.00pm	Football (16-25 years)	Ibrahim	Thomas Danby
11.30am-1.00pm	Under 16s Cricket Coaching	Sohail	Cockburn Sports Hall
Free Professional Immigration Advice Fridays 11am-3.00pm Call 0113 2773330 to book an appointment			
Healthy Hearts Workshops – To enquire/ book places/request session at external community venues please contact 0113 277 3330 or <a href="mailto:darren@hamara.co.uk">darren@hamara.co.uk</a>			