



Timetable – Jan-March 2018



One Community Centre, Cromwell Street, Leeds, LS9 7SG

0113 244 9600 - 07733 171 290 – info@leedsrefugeeforum.org.uk

All activities and classes are free – Buses: 4, 16, 42, 49, 50, 50A

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		<u>10.30-12.30</u> Women’s Health Matters Rainbow Hearts group for women seeking asylum	<u>10am-12pm</u> LRF Advocacy support	<u>10am-1pm</u> Sunflower ESOL class	<u>10am-12pm</u> PATH Yorkshire English class	<u>10am-12pm</u> LRF Youth Group	<u>10am-12pm</u> Swahili Women’s Group
Afternoon	<u>12-2pm</u> Touchstone Magic Mondays group Sewing, knitting, arts and crafts, cooking, internet	<u>1-2.30pm</u> English conversation class with Penny and Theresa Women only Childcare provided	<u>1.30-3pm</u> STAR English conversation class	<u>1-2pm</u> Touchstone Zumba class	<u>12.30-4.30pm</u> One You Leeds Health Group Help with stopping smoking, weight loss, healthy eating	<u>12-3pm</u> Arabic Language School	
	<u>2.15-5pm</u> British Red Cross Sunlight Men’s Group					<u>4-6pm</u> French Language School	
Evening		<u>4.30-6.30pm</u> Homework club	<u>6.30-8pm</u> ESOL class with Andy and John Men and women	<u>5-7pm</u> Mahber Salam (Eritrea) Youth Group			