

NEW ROOTS PROJECT

FIT FOR FUN

EXERCISE GROUP FOR REFUGEE WOMEN

Join us for a weekly exercise class run by friendly volunteers!



Every Wednesday | 11:00-12:00
Beeston Hill United Free Church,
Malvern Road, Leeds, LS11 8PD

Give it a go - zumba and pilates.
All abilities welcome.

*Travel expenses provided for eligible clients



**SUPPORTING AND
EMPOWERING
REFUGEES**

This project has been part-funded by the European Union Asylum, Migration and Integration Fund. Making management of migration flows more efficient across the European Union.



Beeston Hill United Free Church

**Bus route: 10
(stops outside the church)**



**Contact Jasmine Evans for more information:
jasmine.evans@refugeecouncil.org.uk
or 07778 105397**

***Eligibility: Refugee / Humanitarian Protection / ILR
(Settlement) / DLR ((over 12 months - as a result of an asylum
claim) / Resettled Refugees / Family Reunion**