













































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5 <b>New Roots Conversation Club</b> 10.30-11.30 Call/text Amy for details: 07876 144304</p> 	<p>6 <b>HARP Pilates exercise group</b> 10.45-11.30 Zoom ID: 953-2466-2808 Password: 4567</p>  <p><b>New Roots Employability Workshops</b> 10-11.30 Day in the life: postal delivery worker Text 'WORKSHOP' to PATH: 07943 027922</p>  <p><b>NCT Antenatal Group</b> 12:15-2:15 Call/text Rose to book: 07393 011902</p>  <p><b>Meet &amp; connect social group</b> (Women only) 1.30-2.45 Contact Tina at LASSN for details: 07845 298039</p>  <p><b>BRAP Conversation Club</b> All welcome 5-6 Zoom ID: 956 1594 1451 Password: cclub20!</p> 	<p>7</p>	<p>8 <b>Confidence building</b> 9.30-11 All welcome – booking required Call/text Amy for details: 07876 144304</p>  <p><b>HARP Art Therapy Group</b> 1-2 Zoom ID: 980-249-3802 Password: HARP</p>  <p><b>Meet &amp; connect social group</b> All welcome 1.30-2.45 Contact Tina at LASSN for details: 07845 298039</p> 	<p>9 <b>RETAS Facebook drop in</b> 10-12.30 Send a message to 'Retas Leeds' for support and advice</p>  <p><b>New Roots IELTS Class</b> 10-1 Full – contact Natasha to sign up to waiting list: 07956 940220</p> 
<p>12 <b>New Roots Conversation Club</b> 10.30-11.30 Call/text Amy for details: 07876 144304</p> 	<p>13 <b>HARP Pilates exercise group</b> 10.45-11.30 Zoom ID: 953-2466-2808 Password: 4567</p>  <p><b>New Roots Employability Workshops</b> 10-11.30 Topic: how to find job vacancies Text 'WORKSHOP' to PATH: 07943 027922</p>  <p><b>NCT Antenatal Group</b> 12:15-2:15 Call/text Rose to book: 07393 011902</p>  <p><b>Meet &amp; connect social group</b> (Women only) 1.30-2.45 Contact Tina at LASSN for details: 07845 298039</p>  <p><b>BRAP Conversation Club</b> All welcome 5-6 Zoom ID: 956 1594 1451 Password: cclub20!</p> 	<p>14</p>	<p>15 <b>Confidence building</b> 9.30-11 All welcome – booking required Call/text Amy for details: 07876 144304</p>  <p><b>HARP Art Therapy Group</b> 1-2 Zoom ID: 980-249-3802</p>  <p><b>Meet &amp; connect social group</b> All welcome 1.30-2.45 Contact Tina at LASSN for details: 07845 298039</p> 	<p>16 <b>RETAS Facebook drop in</b> 10-12.30 Send a message to 'Retas Leeds' for support and advice</p>  <p><b>New Roots IELTS Class</b> 10-1 Full – contact Natasha to sign up to waiting list: 07956 940220</p> 

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<p>26 <b>New Roots Conversation Club</b> 10.30-11.30 Call/text Amy for details: 07876 144304</p> 	<p>27 <b>HARP Pilates exercise group</b> 10.45-11.30 Zoom ID: 953-2466-2808 Password: 4567</p>  <p><b>New Roots Employability Workshops</b> 10-11.30 Topic: writing a CV or cover letter Text 'WORKSHOP' to PATH: 07943 027922</p>  <p><b>NCT Antenatal Group</b> 12:15-2:15 Call/text Rose to book: 07393 011902</p>  <p><b>Meet &amp; connect social group</b> (Women only) 1.30-2.45 Contact Tina at LASSN for details: 07845 298039</p>  <p><b>BRAP Conversation Club</b> All welcome 5-6 Zoom ID: 956 1594 1451 Password: cclub20!</p> 	<p>28</p>	<p>29 <b>Confidence building</b> 9.30-11 All welcome – booking required Call/text Amy for details: 07876 144304</p>  <p><b>HARP Art Therapy Group</b> 1-2 Zoom ID: 980-249-3802</p>  <p><b>Meet &amp; connect social group</b> All welcome 1.30-2.45 Contact Tina at LASSN for details: 07845 298039</p> 	<p>30 <b>RETAS Facebook drop in</b> 10-12.30 Send a message to 'Retas Leeds' for support and advice</p>  <p><b>New Roots IELTS Class</b> 10-1 Full – contact Natasha to sign up to waiting list: 07956 940220</p> 

If you'd like to add your activity onto the next monthly calendar, contact Jasmine Evans at Refugee Council: [jasmine.evans@refugeecouncil.org.uk](mailto:jasmine.evans@refugeecouncil.org.uk) or 07778 105397