



October calendar of **online** activities for refugees and asylum seekers: Collated by the New Roots Project



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

19 23 **HARP Pilates exercise group Confidence building New Roots RETAS** 10.45-11.30 9.30-11 Facebook drop in **Conversation Club** Zoom ID: 953-2466-2808 10-12.30 10.30-11.30 All welcome - booking required Password: 4567 Send a message to 'Retas Leeds' for Call/text Amy for details: Call/text Amy for details: support and advice 07876 144304 07876 144304 **New Roots Employability Workshops New Roots IELTS Class** Topic: being a beauty consultant/therapist **HARP Art Therapy Group** Text 'WORKSHOP' to PATH: 07943 027922 10-1 Full – contact Natasha to sign Zoom ID: 980-249-3802 **NCT Antenatal Group** up to waiting list: 07956 940220 12:15-2:15 Call/text Rose to book: Meet & connect social group 07393 011902 All welcome 1.30-2.45 Meet & connect social group Contact Tina at LASSN for details: (Women only) 07845 298039 1.30-2.45 Contact Tina at LASSN for details: 07845 298039 **BRAP Conversation Club** All welcome 5-6 Zoom ID: 956 1594 1451 Password: cclub20! 26 30 28 **HARP Pilates exercise group** Confidence building **RETAS New Roots** 10.45-11.30 Facebook drop in **Conversation Club** 9.30-11 Zoom ID: 953-2466-2808 10-12.30 All welcome – booking required 10.30-11.30 Password: 4567 Call/text Amy for details: Call/text Amy for details: Send a message to 'Retas Leeds' for support and advice 07876 144304 07876 144304 **New Roots Employability Workshops New Roots IELTS Class** Topic: writing a CV or cover letter **HARP Art Therapy Group** Text 'WORKSHOP' to PATH: 07943 027922 10-1 Full - contact Natasha to Zoom ID: 980-249-3802 **NCT Antenatal Group** sign up to waiting list: 07956 940220 12:15-2:15 Call/text Rose to book: Meet & connect social group 07393 011902 All welcome 1.30-2.45 Meet & connect social group Contact Tina at LASSN for details: (Women only) 07845 298039 1.30-2.45 Contact Tina at LASSN for details: 07845 298039 **BRAP Conversation Club** All welcome 5-6 Zoom ID: 956 1594 1451

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

Password: cclub20!





