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<p>1 New Roots Conversation Club 10.30-11.30 Call/text Amy for details: 07876 144304</p> 	<p>2 HARP Pilates exercise group 10.45-11.30 Zoom ID: 953 2466 2808 Password: 4567</p>  <p>New Roots Employability Workshops Ways to get work experience 10-11.30 Text 'WORKSHOP' to PATH: 07943 027922</p>  <p>Tuesday Treats (Touchstone) Quiz, games, support Touchstone 11-1 Contact Wendy for details: 0113 248 4880</p>  <p>NCT Antenatal Group 12:15-2:15 Call/text Rose to book: 07393 011902</p>  <p>Meet & connect social group (Women only) 1.30-2.45 Hala (07832 977006) Anna (07927 808375)</p>  <p>BRAP Conversation Club All welcome 5-6 Zoom ID: 956 1594 1451 Password: cclub20!</p> 	<p>3 Confidence Building Course With WEA For Tigrinya speakers Interpreter provided 11.30-2 Call/text Amy to book: 07876 144304</p> 	<p>4 Mindful Movement for Women 10.30-12 Book your place with Alison Grace at: info@alisongrace.co.uk</p>  <p>HARP Art Therapy Group 1-2 Zoom ID: 980 249 3802 Password: HARP</p>  <p>Meet & connect social group All welcome 1.30-2.45 Hala (07832 977006) Anna (07927 808375)</p>  <p>The Conversation Club All welcome 2.30-4 Zoom ID: 821 0936 4557 Password: 229026</p> 	<p>5 Energy Saving workshop National Energy Action & Refugee Council 10-11 Call/text Amy for details: 07876 144304</p>  <p>RETAS Facebook drop in 10-12.30 Send a message to 'Retas Leeds' for support and advice</p>  <p>New Roots IELTS Class 10-1 Full – contact Natasha to sign up to waiting list: 07956 940220</p> 
<p>8 New Roots Conversation Club 10.30-11.30 Call/text Amy for details: 07876 144304</p> 	<p>9 HARP Pilates exercise group 10.45-11.30 Zoom ID: 953 2466 2808 Password: 4567</p>  <p>Tuesday Treats (Touchstone) Quiz, games, support 11-1 Contact Wendy for details: 0113 248 4880</p>  <p>NCT Antenatal Group 12:15-2:15 Call/text Rose to book: 07393 011902</p>  <p>Meet & connect social group (Women only) 1.30-2.45 Hala (07832 977006) Anna (07927 808375)</p>  <p>BRAP Conversation Club All welcome 5-6 Zoom ID: 956 1594 1451 Password: cclub20!</p> 	<p>10 Confidence Building Course With WEA For Tigrinya speakers Interpreter provided 11.30-2 Call/text Amy to book: 07876 144304</p> 	<p>11 Mindful Movement for Women 10.30-12 Book your place with Alison Grace at: info@alisongrace.co.uk</p>  <p>HARP Art Therapy Group 1-2 Zoom ID: 980 249 3802</p>  <p>Meet & connect social group All welcome 1.30-2.45 Hala (07832 977006) Anna (07927 808375)</p>  <p>The Conversation Club All welcome 2.30-4 Zoom ID: 821 0936 4557 Password: 229026</p> 	<p>12 RETAS Facebook drop in 10-12.30 Send a message to 'Retas Leeds' for support and advice</p>  <p>New Roots IELTS Class 10-1 Full – contact Natasha to sign up to waiting list: 07956 940220</p>  <p>Women's drama workshop MAFWA Theatre 3-4 Booking link here or contact Keziah for details: 07563 477133</p> 

<p>15 New Roots Conversation Club 10.30-11.30 Call/text Amy for details: 07876 144304</p> 	<p>16 HARP Pilates exercise group 10.45-11.30 Zoom ID: 953 2466 2808 Password: 4567</p>  <p>New Roots Employability Workshops How to fill in an application form 10-11.30 Text 'WORKSHOP' to PATH: 07943 027922</p>  <p>Tuesday Treats (Touchstone) Quiz, games, support 11-1 Contact Wendy for details: 0113 248 4880</p>  <p>NCT Antenatal Group 12:15-2:15 Call/text Rose to book: 07393 011902</p>  <p>Meet & connect social group (Women only) 1.30-2.45 Hala (07832 977006) Anna (07927 808375)</p>  <p>BRAP Conversation Club All welcome 5-6 Zoom ID: 956 1594 1451 Password: cclub20!</p> 	<p>17 Confidence Building Course With WEA For Tigrinya speakers Interpreter provided 11.30-2 Call/text Amy to book: 07876 144304</p> 	<p>18 Mindful Movement for Women 10.30-12 Book your place with Alison Grace at: info@alisongrace.co.uk</p>  <p>Know Your Rights #1: Public speaking and advocacy DLA Piper and Refugee Council 11-12.30 Call/text Amy for details: 07876 144304</p>  <p>HARP Art Therapy Group 1-2 Zoom ID: 980 249 3802</p>  <p>Meet & connect social group All welcome 1.30-2.45 Hala (07832 977006) Anna (07927 808375)</p>  <p>The Conversation Club All welcome 2.30-4 Zoom ID: 821 0936 4557 Password: 229026</p> 	<p>19 RETAS Facebook drop in 10-12.30 Send a message to 'Retas Leeds' for support and advice</p>  <p>New Roots IELTS Class 10-1 Full – contact Natasha to sign up to waiting list: 07956 940220</p>  <p>Women's drama workshop MAFWA Theatre 3-4 Booking link here or contact Keziah for details: 07563 477133</p> 
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<p>29 New Roots Conversation Club 10.30-11.30 Call/text Amy for details: 07876 144304</p> 	<p>30 HARP Pilates exercise group 10.45-11.30 Zoom ID: 953 2466 2808 Password: 4567</p>  <p>Tuesday Treats (Touchstone) Quiz, games, support 11-1 Contact Wendy for details: 0113 248 4880</p>  <p>NCT Antenatal Group 12:15-2:15 Call/text Rose to book: 07393 011902</p>  <p>Meet & connect social group (Women only) 1.30-2.45 Hala (07832 977006) Anna (07927 808375)</p>  <p>BRAP Conversation Club All welcome 5-6 Zoom ID: 956 1594 1451 Password: cclub20!</p> 	<p>31</p>		
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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