

GIPTON GROWERS - TUES 1:30pm - 3:30pm [FACE TO FACE]

Get involved with your local community garden, meet others, learn and share new skills.
Contact Camille: camillet@space2.org.uk

PEOPLE'S PANTRY - TUES 11:30am - 2:30pm [FACE TO FACE]

A closed group for existing volunteers. Contact Sally: sallyn@space2.org.uk

PARENTS & CARERS WELLBEING GROUP - MON 10:30am - 12pm [FACE TO FACE]

Chance to meet other parents & carers, socialise and connect. Outdoor & indoors.
Contact Jess: jessa@space2.org.uk

MINDFULNESS COURSE - MON 2pm - 4:30pm [ZOOM / FACE TO FACE]

8 week course to support people with Long COVID and other long term health conditions that cause fatigue. Gentle paced programme. Contact Jelena: jelenaz@space2.org.uk

WANDERING FOR WELLBEING - MON 10am - 12 noon [FACE TO FACE]

Explore the local area while doing creative activities with foraged materials.
Contact Camille: camillet@space2.org.uk

COMMUNITY YOGA - MON 5:30pm - 6:30pm [ZOOM / FACE TO FACE]

Over 16s. Pay-as-you-feel. Contact Camille: camillet@space2.org.uk

TAI CHI - TUE 10am - 11am [FACE TO FACE]

An hour of gentle exercise inspired by Tai Chi and Qi Gong.
Contact Camille: camillet@space2.org.uk

OPEN LIT! - 1st TUES OF EVERY MONTH 4:30pm - 6pm [ZOOM / FACE TO FACE]

If you'd like to expand your reading and meet new people, this session is for you!
Contact Natalie: natalied@space2.org.uk

SPACE2SING ONLINE - THURS 3:30pm - 5pm [ZOOM]

Singing together for wellbeing, led by an experienced community choir leader.
Contact Emma: emmaj@space2.org.uk

PEOPLE POETRY - FRI 10am - 11:30am [ZOOM]

Spark your creativity; find your voice! Contact Natalie: natalied@space2.org.uk

TEA & CHAT - WEDS 10am - 11am [ZOOM / FACE TO FACE]

Come for a cuppa and a friendly chat. Contact Jess: jessa@space2.org.uk

SPACE 2 CREATE: YOUNG PEOPLE'S ART CLUB - TUES 3:30pm - 5:30pm

[ZOOM / FACE TO FACE] A new safe space for young people to socialise in a fun and creative environment. Ages 12-18. Contact Jelena: jelenaz@space2.org.uk

THE OLD FIRE STATION'S CHILDREN'S CHOIR - THURS 3:30pm - 5pm

[ZOOM / FACE TO FACE] Children's Community Choir. Ages 12-18.
Contact Jelena: jelenaz@space2.org.uk

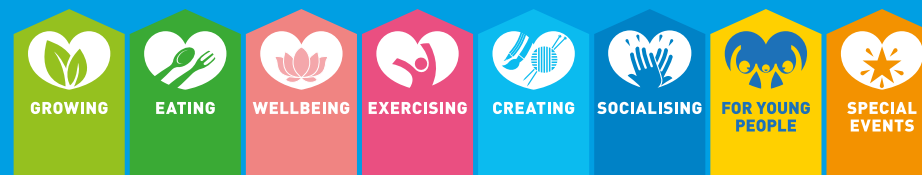
GREENING GIPTON APPROACH PUBLIC MEETING - MAY 18, 6pm @ THE OLD FIRE STATION

A meeting to develop plans for a community garden space along the central reservation. Contact Camille: camillet@space2.org.uk



ACTIVITIES

in EAST LEEDS



CHECK OUT "SPACE2 LEEDS" ON FACEBOOK
FOR MORE INFORMATION!



SPACE2
CREATE CHANGE

FACE TO FACE ACTIVITY SESSIONS TAKE PLACE AT
SPACE2 & THE OLD FIRE STATION, GIPTON APPROACH LS9 6NL

ACTIVITIES TIMETABLE

Space2 working with current government guidelines regarding Covid19 will respond accordingly to any new local restrictions. This may affect the delivery of face-to-face groups and we will endeavour to move groups online where appropriate.



ACTIVITIES ARE **FREE** UNLESS OTHERWISE STATED

	WEEK 1	WEEK 2	WEEK 3 HALF TERM	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9
MON	17 MAY	24 MAY	31 MAY	7 JUNE	14 JUNE	21 JUNE	28 JUNE	5 JULY	12 JULY
	PARENTS & CARERS WELLBEING GROUP	PARENTS & CARERS WELLBEING GROUP		PARENTS & CARERS WELLBEING GROUP	PARENTS & CARERS WELLBEING GROUP	PARENTS & CARERS WELLBEING GROUP	PARENTS & CARERS WELLBEING GROUP	PARENTS & CARERS WELLBEING GROUP	PARENTS & CARERS WELLBEING GROUP
		WANDERING FOR WELLBEING		WANDERING FOR WELLBEING	WANDERING FOR WELLBEING		WANDERING FOR WELLBEING	WANDERING FOR WELLBEING	WANDERING FOR WELLBEING
		COMMUNITY YOGA		COMMUNITY YOGA	COMMUNITY YOGA		COMMUNITY YOGA	COMMUNITY YOGA	COMMUNITY YOGA
TUE	18 MAY	25 MAY	1 JUNE	8 JUNE	15 JUNE	22 JUNE	29 JUNE	6 JULY	13 JULY
		TAI CHI	TAI CHI	TAI CHI	TAI CHI	TAI CHI	TAI CHI	TAI CHI	TAI CHI
	PEOPLE'S PANTRY	PEOPLE'S PANTRY		PEOPLE'S PANTRY	PEOPLE'S PANTRY	PEOPLE'S PANTRY	PEOPLE'S PANTRY	PEOPLE'S PANTRY	PEOPLE'S PANTRY
	GIPTON GROWERS	GIPTON GROWERS	GIPTON GROWERS	GIPTON GROWERS	GIPTON GROWERS		GIPTON GROWERS	GIPTON GROWERS	GIPTON GROWERS
		SPACE 2 CREATE	SPACE 2 CREATE	SPACE 2 CREATE	SPACE 2 CREATE	SPACE 2 CREATE	SPACE 2 CREATE	SPACE 2 CREATE	SPACE 2 CREATE
	GREENING GIPTON APPROACH PUBLIC MEETING - 6PM		OPEN LIT!					OPEN LIT!	
WED	19 MAY	26 MAY	2 JUNE	9 JUNE	16 JUNE	23 JUNE	30 JUNE	7 JULY	14 JULY
	TEA & CHAT	TEA & CHAT	TEA & CHAT	TEA & CHAT	TEA & CHAT	TEA & CHAT	TEA & CHAT	TEA & CHAT	TEA & CHAT
THU	20 MAY	27 MAY	3 JUNE	10 JUNE	17 JUNE	24 JUNE	1 JULY	8 JULY	15 JULY
	TOFS - CHILDREN'S CHOIR	TOFS - CHILDREN'S CHOIR		TOFS - CHILDREN'S CHOIR	TOFS - CHILDREN'S CHOIR	TOFS - CHILDREN'S CHOIR	TOFS - CHILDREN'S CHOIR	TOFS - CHILDREN'S CHOIR	TOFS - CHILDREN'S CHOIR
	SPACE2SING ONLINE	SPACE2SING ONLINE		SPACE2SING ONLINE	SPACE2SING ONLINE	SPACE2SING ONLINE	SPACE2SING ONLINE	SPACE2SING ONLINE	SPACE2SING ONLINE
FRI	21 MAY	28 MAY	4 JUNE	11 JUNE	18 JUNE	25 JUNE	2 JULY	9 JULY	16 JULY
	PEOPLE POETRY	PEOPLE POETRY		PEOPLE POETRY	PEOPLE POETRY	PEOPLE POETRY	PEOPLE POETRY	PEOPLE POETRY	PEOPLE POETRY

If you would like more information please contact Paul Barker or Camille Thomas:
 0113 320 0159 paulb@space2.org.uk camillet@space2.org.uk

Please note we cannot work with unaccompanied children.
 All children must be accompanied by an adult.

