

Ways to Wellbeing: What's on?



Day/Time	Venue	Description
Monday 1pm-2.30pm	Rawdon Community Library, Micklefield Park, Rawdon	Digital Wellness Fun, interactive group sessions to help build digital skills and confidence. Free of charge to all 50+
Tuesday 10.30am-12.30pm	Upstairs at Virgin Money, Briggate	Enjoy Digital Fun, interactive group sessions to help build digital skills and confidence. Free of charge to all 50+
Tuesday 12:00-1:30pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	Social Over Soup A warm place to drop in and have a natter over a bowl of warm soup and a roll, have a cup of tea, or coffee, use our Wi-Fi, or simply relax. Free of charge all 50+
Wednesday 11am-12pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	Moving with Confidence Weekly gentle exercise sessions for those with reduced mobility or who want to build confidence to get out and about. Free of charge to all 50+
Thursday 11am-12.30pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	Wellbeing Workshops A series of workshops exploring the benefits of the five ways to wellbeing; from food to friends, and beyond! Free of charge to all 50+, so come along!
Thursday 1.30pm-3.30pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	Get Creative! A relaxed setting to try new creative things, such as painting, spoken word, drawing, crafts and etc. Free of charge to all 50+, so come along and have a go!

All activities run six week cycles, with booking preferred before attending. New attendees welcome at any time!

Please contact the Ways to Wellbeing Team for more information: 0113 389 3009 or W2W@ageukleeds.org.uk