



Health Empowerment Project (HEP)

Community Groups & Activities

HEP is a charity founded by West Leeds Primary Care Network (WLPCN). HEP facilitates community groups and activities, promoting the health & wellbeing of WLPCN patients. All groups are run by Volunteers and are overseen by the WLPCN's Community Wellbeing Team.



Day	Group Name	Time + Location	Details
Monday			
Tuesday	Pudsey Chit Chat Group	2 nd Tuesday of the month 10.30am to 12.30pm @ St James the Great Church, Pudsey, LS28 8RA.	Come and enjoy a chat, board games, a hot drink and cake. Seated exercise session also included.
	Calverley Chit Chat Group	3 rd Tuesday of the month 10am to 12pm @ Calverley Methodist Church, LS28 5PS.	As above.
	Henry Programme (HENRY - Healthy Exercise & Nutrition for the Really Young)	Commencing 20 th April @ 10am – 12pm @ Pudsey Wellbeing Charity, Robin Lane, Pudsey, LS28 7BR Dates: 20 th & 27 th of April, 4 th , 11 th , 18 th & 25 th of May 8 th & 15 th of June.	A free 8-week programme for parents & carers of primary school aged children. The programme aims to help parents and carers develop a healthier, happier lifestyle that the whole family can enjoy.

Wednesday			
Thursday	Diabetes Peer Support Group	1 st Thursday of the month 2pm - 3.30pm @ Pudsey House, LS28 7BE.	Monthly support group to provide education and advice for those with type 2 diabetes. Guest speakers at every session. (Sessions running February till October 2023).
	Men's Group	2 nd Thursday of every month 1.30pm - 3.30pm @ Pudsey House, LS28 7BE.	Safe and friendly environment for men to socialise and increase social connections within the local area.
	Educational Support Group for people with a diagnosis of Cancer	1 st & 3 rd Thursday of every month starting on 23 rd March 1pm - 3pm @ Pudsey Wellbeing Charity, Robin Lane, Pudsey, LS28 7BR	This group aims to support people with a diagnosis of cancer and teach symptom-management strategies. A safe space for peer support and social participation. For further information please contact Claire on: 07736 972 348 or email Claire.richardson42@nhs.net
Friday	Parent Support Group	3 rd Friday of the month 10am - 12pm @ Little People Nurseries, Stanningley, LS28 6DX.	Support group for parents of babies/toddlers (0 to 5). Safe space for play and supportive environment for parents to share experiences and feel supported.

Saturday	Young Person's Group	4th Saturday of the month starting 25th March 1pm - 3pm @ Bramley Baptist Church, LS13 3RD.	Peer support for young people to socialise and join in with activities promoting wellbeing.
Day not disclosed	Women's Domestic Abuse Support Group	Monthly (location not disclosed)	A safe, supportive peer support group for women who are victims/survivors of abuse, whether this is current or historic abuse. For further information please contact Ailsa on: - 07736 972 386 or email: ailsa.mclaughlin@nhs.net
Coming soon	Carer's Group	Monthly (location TBC)	Peer support group for Carers to come together and socialise in a relaxed and supportive environment.

*Please note all groups are free to attend and are for patients who attend a GP Practice within WLPCN. Practices within WLPCN include: - Robin Lane Health & Wellbeing Centre, Mulberry Street Medical Practice, West Leeds Family Practice, Manor Park Surgery, Hillfoot Surgery and the Gables Surgery.

*For more information, please contact the Community Wellbeing Team via email: lwccg.wlpcncwteam@nhs.net or contact Nick on: - 07736 972 331.

*Practitioners can refer patients by sending a task to the '**Health Empowerment Project**' user group on the WLPCN Task group, stating the name of the group they are referring to.