

# DECEMBER 2025 WHAT'S ON IN OUR PCN



For patient self referrals call the Care Co-ordination Hub on 0113 240 5080

- ▲ Professional referrals through the Orange Triangle.
- Please see the 2<sup>nd</sup> page for contact details

Monday	Tuesday	Wednesday	Thursday	Friday
<p>'NATIONAL DIABETES PREVENTION PROGRAMME - REFERRAL ONLY (VARIOUS DATES) ●</p> <p>MOSAIC MINDS Unusual Sensory Experiences Referral only 1pm -4pm ●</p> <p>'MAN TALK' MENTAL HEALTH GROUP 2:00-4:00pm ▲ (Bellbrooke Surgery, LS9 )</p>	<p>MENOPAUSE GROUP Various locations and dates available. ▲ Please contact the hub</p> <p>MENOPAUSE WALKING GROUP ●</p> <p>MENS ONLY CYCLING 10am (East End Park) ●</p> <p>'SABHRANG' ELDERLY ASIAN LADIES WELLBEING ASSOCIATION 12:30PM-3PM (The Shine, LS8) ●</p> <p>Women's English group 12:45PM-3:15PM ▲ (Bellbrooke surgery/HC2) Waiting list</p> <p>RESET YOUR RELATIONSHIP WITH THE EATING GROUP 5.30 pm – 7.30 pm ● (REFERRAL ONLY) Vicky Barnet</p>	<p>Women 4 Women 9:00-12:30pm (The Shine, LS8)</p> <p>SOCIAL PRESCRIBING DROP-IN 10:00-12:00pm (The Shine, LS8)</p> <p>H.E.R.O.E.S MENTAL HEALTH GROUP 10:30-1:00pm (HC2) ▲ Next cohort starts 21<sup>st</sup> Jan</p> <p>BEGINNER WALK GROUP 10:30am ●</p> <p>HYPERTENSION EDUCATION SESSIONS ▲</p> <p>MENOPAUSE GROUP Various locations and dates available. ▲ Please contact the hub</p>	<p>WOMENS CYCLING DROP-IN 9:00-11:00am ● (Junior Sports Hub, Bilal Sports centre, LS8 5BZ)</p> <p>SOCIAL PRESCRIBING DROP-IN 10:00-12:00pm (The Shine, LS8)</p> <p>H.E.R.O.E.S MENTAL HEALTH GROUP 10:30- 1:00pm ▲ (Bellbrooke surgery, LS9) Next cohort starts 22<sup>nd</sup> Jan</p> <p>PRE ESOL CLASSES FOR ROMA COMMUNITY 9.00AM – 11.30AM ●</p> <p>WOMEN'S WELLBEING WALK 10:00AM ●</p> <p>TOUCHSTONE WALKING GROUP 1pm ●</p> <p>Halool Mens Group 1.00pm-2.30pm ▲</p>	<p>WOMENS CRAFTS &amp; SEWING GROUP 10:00-12:30pm (The Shine, LS8) ●</p> <p>ROMA WOMEN'S SEWING &amp; FASHION SHOW PROJECT 1PM – 3PM ●</p>

# CONTACT INFORMATION FOR GROUPS

Group/ Organisation name and symbol :	Person of contact:	Email/phone number :	Website :
 BHR PCN	Patient Pathway Navigators	0113 240 5080	www.bhrprimarycarenetwork.co.uk
Women's cycling drop in	Emma	07712215225	walkitrideit.com
PRE ESOL classes for Roma Community	Daniela Mailat	daniela_tod_uk@hotmail.co.uk 07534806685	
Roma Women's sewing and fashion show project			
SABHRANG- Elderly Asian Ladies Wellbeing Association	TBC	To Be Confirmed	
Women's crafts and sewing group	TBC	To Be Confirmed	
Menopause Walking Group	Gayle	07852945286	walkitrideit.com
Women's wellbeing walk			
Women 4 Women	Sadie James	Drop in	
Mosaic Minds	TBC	<a href="mailto:pcmhtherapygroups.lypft@nhs.net">pcmhtherapygroups.lypft@nhs.net</a>	
Men's only cycling	Nick Millington	07712214954	walkitrideit.com
Beginner Walk group	Joe	07741328786	walkitrideit.com
Touchstone walking group			