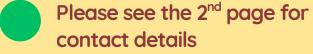
DECEMBER 2025 WHAT'S ON IN OUR PCN



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



Professional referrals through the Orange Triangle.





Monday

'NATIONAL DIABETES PREVENTION PROGRAMME -**REFERRAL ONLY** (VARIOUS DATES)

> **MOSAIC MINDS Unusual Sensory Experiences** Referral only 1pm -4pm

'MAN TALK' MENTAL HEALTH **GROUP**

2:00-4:00pm (Bellbrooke Surgery, LS9)

Tuesday

MENOPAUSE GROUP

Various locations and dates available.

Please contact the hub

MENOPAUSE WALKING **GROUP**

MENS ONLY CYCLING

10am

(East End Park)

'SABHRANG' **ELDERLY ASIAN LADIES** WELLBEING ASSOCIATION

12:30PM-3PM (The Shine, LS8)

Women's English group

12:45PM-3:15PM

(Bellbrooke surgery/HC2) Waiting list

RESET YOUR RELATIONSHIP WITH THE EATING GROUP

5.30 pm - 7.30 pm (REFERRAL ONLY) Vicky Barnet

Women 4 Women 9:00-12:30pm

Wednesday

(The Shine, LS8)

SOCIAL PRESCRIBING DROP-IN

> 10:00-12:00pm (The Shine, LS8)

H.E.R.O.E.S MENTAL HEALTH H.E.R.O.E.S MENTAL HEALTH **GROUP**

10:30-1:00pm (HC2)

Next cohort starts 21st Jan

BEGINNER WALK GROUP

10:30am

HYPERTENSION EDUCATION **SESSIONS**

MENOPAUSE GROUP

Various locations and dates available.

Please contact the hub

WOMENS CYCLING DROP-IN

Thursday

9:00-11:00am

(Junior Sports Hub, Bilal Sports centre, LS8 5BZ)

SOCIAL PRESCRIBING DROP-IN

> 10:00-12:00pm (The Shine, LS8)

GROUP

10:30-1:00pm

(Bellbrooke surgery, LS9) Next cohort starts 22nd Jan

PRE ESOL CLASSES FOR **ROMA COMMUNITY**

9.00AM - 11.30AM

WOMEN'S WELLBEING WALK 10:00AM

TOUCHSTONE WALKING GROUP 1pm

> **Halool Mens Group** 1.00pm-2.30pm

WOMENS CRAFTS & SEWING GROUP 10:00-12:30pm (The Shine, LS8)

Friday

ROMA WOMEN'S SEWING & FASHION SHOW PROJECT 1PM - 3PM





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	pcmhtherapygroups.lypft@nhs.net	
Men's only cycling	Nick Millington	07712214954	walkitrideit.com
Beginner Walk group	Joe	07741328786	walkitrideit.com
Touchstone walking group			