

Support Groups In Leeds



FEEL GOOD FACTOR

Based in Chapeltown and working with communities across Leeds Feel Good Factor provides activities, projects and services to improve the health and well being of local people, activities provided include, gardening group, craft making, exercise classes, support groups, and info on how to use technology for more info **contact. 0113 3504200, www.fgfleeds.org**



LEEDS BLACK ELDERS

Is a neighbourhood network scheme that delivers appropriate services that meets the needs of the elderly living in Leeds. services include, gardening, befriending ,handy person, painting and decorating and activity clubs. The provisions that Leeds Black Elders provide are focused on helping elders within their own homes for as long as possible, contact tel **0113 2374332 or email at www.lbea.co.uk**



TOUCHSTONE

Provides a range of innovative services that improve health and wellbeing supporting mental health and community development with a variety of specific support groups tailored to the needs of local people. **Contact tel 0113 2718277 or email at Touchstonesupport.org.uk**



GIPSIL

Provides housing and support to young people aged 16-24 across Leeds to enable people to live in their own homes, providing specific care needs to young people, care leavers and vulnerable adults. **Contact tel 0113 391 8000 email at www.gipsil.org.uk**



HEALTH FOR ALL

is a Leeds based charity whose vision is health and wellbeing for all, a society free from inequality, poverty and isolation. Bringing people out of their isolation and providing vital support and wellbeing activities. **Contact tel 0113 2706903 or email at Healthforall.org.uk**

