

# Ways to Wellbeing: What's on?



Day/Time	Venue	Description
<b>Monday</b> 2:30pm to 4:30pm	Box Tree Court, Boston Spa, Wetherby	<b>Digital Skills Sessions</b> Fun, interactive group sessions to help build digital skills and confidence
<b>Tuesday</b> 10:30am-12:30pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	<b>Enjoy Digital</b> Learn to use tablets, smart phones, laptops etc. Feel more confident going online. Get wise to online safety. 50+, free of charge.
<b>Tuesday</b> 12:30-2:30pm (from Tuesday 31 <sup>st</sup> October 2023)	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	<b>Social over Soup</b> Free to all over 50+. Feel free to drop in and have a natter over a bowl of warm soup and a roll.
<b>Wednesday</b> 12-12:45pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	<b>Moving with Confidence</b> Mixture of regular and one-off movement-based activities to build confidence and address mobility issues. Open to all abilities
<b>Thursday</b> 11am-1pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane Various locations	<b>Get Creative!</b> A relaxed setting to try new creative things, painting, spoken word, drawing etc. No price to pay, come along and have a go.

All activities run in 6 week blocks, with booking required before attending. New attendees welcome at any point.

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