



MANBASSADOR

# THINGS TO DO FOR MEN IN LS9

A GUIDE TO SOCIAL ACTIVITIES  
AND SUPPORT GROUPS  
IN YOUR AREA



FOR MORE INFO ON THESE OR ANY  
OTHER ACTIVITIES CONTACT:

**DAMIAN** on **07701 338841**  
or **DAMIAN@FGFLEEDS.ORG**

MANY OF THESE ACTIVITIES ARE FREE.  
DETAILS MIGHT CHANGE SO RING FIRST  
TO CHECK.

**#MANBASSADOR #LEEDSMEN**

 **@MANBASSADOR\_PROJECT**



Engaging  
People  
Inspiring  
Communities.

Supported by



## PLACES TO GO

- 1 THE OLD FIRE STATION**  
Social activities, café, men's clubs  
Gipton Approach LS9 6NL 0113 213 6813
- 2 RICHMOND HILL ELDERLY ACTION**  
MON - FRI 8.30am - 4pm  
Activities for older people  
Long Close Lane LS9 8NP 0113 2485200
- 3 CROSS GREEN GROWING TOGETHER**  
THURSDAY 10am - 2pm  
Grow food, good company  
Cautley Road LS9 0BN 07952 885560
- 4 MEETING POINT CAFÉ**  
MON - FRI 7.30am - 1.30pm  
Advice and community activities  
Harehills Lane LS9 6AP 0113 2498575
- 5 THE COMPTON CENTRE**  
MON - THU 8.30am - 7pm; FRI 10am - 7pm  
SAT 10am - 4pm; SUN 12 - 4pm  
Council services, library, activities, advice  
Harehills Ln LS9 7BG 0113 3367790
- 6 WELL BEAN CAFÉ**  
SAT, SUN AND MON 7pm - Midnight  
A safe café for people in a crisis  
Lincoln Green Community Centre,  
Cromwell Mount LS9 7JB 07760 173476
- 7 LEEDS REFUGEE FORUM**  
MON-FRI  
Activities for refugees and asylum seekers,  
including men's clubs  
One Community Centre, Cromwell Street  
LS9 7SG 0113 2449600
- 8 ST. VINCENT'S SUPPORT CENTRE**  
MON - FRI 9am - 3.30pm  
Community café, debt advice and  
other activities  
Curtis Building, 4 Berking Ave LS9 9LF  
0113 2484126
- 9 TOAST LOVE COFFEE**  
MON - THU 8:45am - 1.30pm  
Community café  
13 Harehills Rd LS8 5HR

## MEN'S CLUBS

ACTIVITIES, SNACKS, TRIPS, CHAT

- 10 NOWELL MOUNT MEN'S CLUB**  
WEDNESDAY 3pm - 4.30pm  
Nowell Mount Community Centre LS9 6JJ
- 11 HAREHILLS MEN'S CLUB**  
TUESDAY 10am - 12.30pm  
ARK - Hovingham Avenue LS8 3QY
- 12 GIPTON MEN'S CLUB**  
WEDNESDAY 12.30pm - 2pm  
Church of the Epiphany, Beech Ln LS9 6SW
- 13 ANDY'S MAN CLUB**  
MONDAY 7pm  
College of Building, North Street LS2 7QT
- 14 IMPACT**  
FORTNIGHTLY 1pm - 3pm  
Training & volunteering opportunities  
Old Fire Station, Gipton Approach LS9 6NL



**FOR MORE INFO ON THESE OR ANY OTHER ACTIVITIES CONTACT DAMIAN: 07701 338841**

**CHECK #LEEDSMEN FOR LATEST MEN'S ACTIVITIES**

## HEALTH & LEISURE

- 15 SHAFTESBURY POOL CENTRE**  
TUES - SUN 12 noon til late  
Pool and African music events  
486 Harehills Ln LS9 6NG 0113 2499091
- 16 EAST LEEDS CRICKET CLUB**  
TIMES VARY. Social and Cricket activities.  
New members welcome  
Pontefract Ln LS9 OPT 0113 2486323
- 17 THE GYM LEEDS**  
OPEN 24 HOURS  
York Rd, LS9 9AH 0330 0552468
- 18 FEARNVILLE LEISURE CENTRE**  
MON - FRI 8am - 9pm, SAT, SUN 8.30am - 5pm  
Oakwood Ln, Leeds LS8 3LF  
0113 3781260
- 19 LEEDS FREESTYLE KICKBOXING**  
3 Glenhorpe Cresc LS9 7QP  
07912 526345
- 20 THE GYM HEALTH & FITNESS**  
15-19 Cowper Rd LS9 7AP 0113 2359489
- 21 LEODIS GYM**  
107 East Road LS9 8QS 0113 2491090

**FREE Men's Gym & Swimming sessions in LS9**  
Contact Sarah (Touchstone) on 0113 2484880

## PEOPLE TO TALK TO

**FORWARD LEEDS - 0113 8872477**

Advice, info and support if you are concerned about alcohol or drug use

**MONEY BUDDIES - 0113 2350276**

Help with money problems

**SAMARITANS - FREEPHONE 116 123**

Need to talk? Confidential and emotional support 24 hours a day.

**GAMCARE 0808 8020133**

Help with gambling problems

In a medical emergency call 999.

If you need medical help in a non-emergency call 111