



# Leeds Irish Women's Group



SOCIAL OUTINGS



DAY TRIPS



EXERCISE  
CLASSES



ALTERNATIVE  
THERAPY SESSIONS

# Leeds Irish Women's Group

The group was formed in 1997 to bring together Irish women who felt they would benefit from meeting other Irish women in a social setting.

The group is run by those women who participate in it. Everyone is seen to be an equal member and they decide how the funding will be spent. The group meet at a member's house once a month.

We receive local funding towards our social outings which we also hold once a month.

We also hold FREE taster sessions of alternative therapies every fortnight at the L.I.H.H. office. Funding is also available towards exercise classes and course fees.

Our members have gained confidence through running the group themselves, with many new friendships forming, which also leads to women gaining a higher feeling of self esteem through sharing many enjoyable times in familiar cultural surroundings.

## RECENT ACTIVITIES

- Overnight stay in Windermere
- Dinners out
- The Irish Centre
- Trip to Dublin
- Alternative therapy sessions including Meditation, Aromatherapy, Bach Flower Remedies and Assertiveness.

## FUTURE ACTIVITIES

- Trip to the coast at Bridlington in July
- Trip to Beamish Open Air Museum in August
- Yoga classes
- Trip to Amsterdam in September
- Alternative Therapy sessions including Reiki, Hypnotherapy, Drama & Reflexology.

## FUNDING

This year we received a Healthy Living Grant to fund our Alternative therapy Sessions

LEEDS MIND have provided an Outreach Grant to fund the Social Activities.

## **OUR AIMS:**

- To provide a safe and friendly environment for Irish women to meet.
- To improve mental and physical well-being
- To share cultural ideas, experiences and events

The group is open to Irish Women of all ages. If you would like to join the group and benefit from our many and varied activities and outings, with a chance to meet other Irish women in friendly surroundings, we will be happy to meet you. All our activities and outings are FREE of charge. We would like to see the group grow larger and YOU can help!

For more information Please Contact:

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