



Health Empowerment Project (HEP)

Community Groups & Activities

HEP is a charity founded by West Leeds Primary Care Network (WLPCN). HEP facilitates community groups and activities, promoting the health & wellbeing of WLPCN patients. All groups are run by Volunteers and are overseen by the WLPCN's Community Wellbeing Team.



Day	Group Name	Time + Location	Details
Monday			
Tuesday	Pudsey Chit Chat Group	2 nd Tuesday of the month 10.30am to 12.30pm @ St James the Great Church, Pudsey, LS28 8RA.	Come and enjoy a chat, board games, a hot drink and cake. Seated exercise session also included.
	Calverley Chit Chat Group	3 rd Tuesday of the month 10am to 12pm @ Calverley Methodist Church, LS28 5PS.	As above.
Wednesday	Carers Peer Support Group	3 rd Wednesday of the month 1pm - 3pm @ Pudsey House, LS28 7BE.	Peer support group for Carers to come together and socialise in a relaxed and supportive environment.

Thursday	Diabetes Peer Support Group	1 st Thursday of the month 2pm - 3.30pm @ Pudsey House, LS28 7BE.	Monthly support group to provide education and advice for those with type 2 diabetes. Guest speakers at every session. (Sessions running March until October 2024).
	Men's Group	2 nd Thursday of every month 1.30pm - 3.30pm @ Pudsey House, LS28 7BE.	Safe and friendly environment for men to socialise and increase social connections within the local area.
Friday			
Online group through What's App Chat and Zoom meetings	Young Person's Group	On-going	Peer support for young people to socialise and join in with activities promoting wellbeing.
Day not disclosed	Women's Domestic Abuse Support Group	Monthly (location not disclosed)	A safe, supportive peer support group for women who are victims/survivors of abuse, whether this is current or historic abuse. For further information please contact Ailsa on: - 07736 972 386 or email: ailsa.mclaughlin@nhs.net

*Please note all groups are free to attend and are for patients who attend a GP Practice within WLPCN. Practices within WLPCN include: - Robin Lane Health & Wellbeing Centre, Mulberry Street Medical Practice, West Leeds Family Practice, Manor Park Surgery, Hillfoot Surgery and the Gables Surgery.

*For more information, please contact the Community Wellbeing Team via email: lwccg.wlpcncwteam@nhs.net or contact Ailsa on 07736972386.

*Practitioners can refer patients by sending a task to the '**Health Empowerment Project**' user group on the WLPCN SystemOne, stating the name of the group they are referring to.