

# contact us!

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- HEART Centre, Bennet Road  
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STAY UPDATED!



YourBackYardCIC  
YoungAtHeartYBY



Your Back Yard



YourBackYardCIC  
youngatheart\_yourbackyard

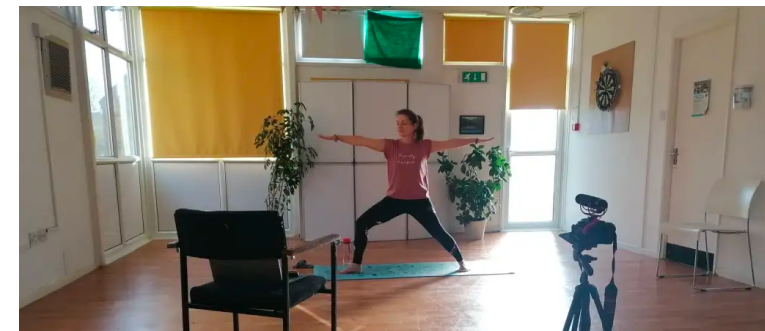


Your Back Yard

LISTEN TO OUR  
PODCAST ON SPOTIFY



 **Your Back Yard**  
Places to be proud of



# what we do

We are a Leeds-based social enterprise passionate about helping people live healthier, more active and happier lives across West Yorkshire, and beyond!



We aim to improve the quality of life for disadvantaged communities and deprived areas, with a particular focus on health and wellbeing and digital inclusion.



Although we are a bit restricted by where and what we can get funding for, if you would like to have a chat about us helping get activities like these off the ground in your area please contact us!

# get involved!

## MONDAYS:

6:30PM Yoga For Flexibility Streamed via Zoom

6:30-7:30 Kids Fitness Sessions, St Pauls Church, Ireland Wood

## TUESDAYS:

2:00-3:30 PM Digital Inclusion Cafe at OWLS, Headingley

5PM Pilates Streamed via Zoom

## WEDNESDAYS:

11AM Cardio Streamed via Zoom

6:30-7:30 PM Yoga classes at Woodhouse Community Centre

## THURSDAYS:

11:00-12:00pm Digital Inclusion Cafe at Hamara Centre, Hunslet Carr

5PM Seated & Standing Yoga Streamed via Zoom

## FRIDAYS:

10-11am Mixed Walking Football, LS13 2NJ, Bramley

10AM Tai Chi for Vitality Streamed via Zoom

## 1-2-1 FITNESS ASSESSMENTS!

free to any over 50s living in LSS6!

# hear what others have to say!

"We have really enjoyed the sessions! Now we can send photos to friends and use apps to catch up on programmes we missed on TV. We can even book doctors' appointments and use QR Codes for COVID passes!" - **Barbara**

"Victoria is so good and so patient, as indeed all her helpers have been! I have learned how to make folders and how to send a link to someone. Both these skills add greatly to my abilities as I started from a very low bar. I am amazed at their patience!" - **Joan**

"Fantastic exercise classes! They certainly help with physical and mental wellbeing" - **Phil**

"Great to have such a good variety of exercises!" - **Wendy**

"Thank you to everyone at Your Back Yard for making the classes happen!" - **Mark**