

## About our groups & Courses

People in Action is a charity. We work with people with learning disabilities and autism to help improve their lives and gain skills.

We run a variety of fun groups and courses. These are designed to help the group members learn new things, as well as have fun and stay connected.

### OUTDOOR PURSUITS

#### Activity Group

Take part in outdoor activities like walking, climbing & water sports



### SNOOKER TROOPERS

#### Snooker & Pool Club

Improve your skills on the snooker & pool table and make friends.

## Our Courses At a Glance:

Monday	1 - 4pm	<b>Design it Yourself</b>
Tuesday	2 - 4pm	<b>Dramability</b>
	2 - 4pm	<b>Women's Health</b>
	6.30 - 9pm	<b>LGBT+ Group</b>
Wednesday	11 - 1pm	<b>Ready, Steady, Cook!</b>
	6 - 8pm	<b>Come Dine With Me</b>
	6.30 - 9pm	<b>Connecting Lives</b>
Thursday	6.30 - 9pm	<b>Connecting Lives</b>
Friday	11 - 1pm	<b>Independent Lives</b>
Sunday	10 - 3pm	<b>Outdoor Pursuits</b>
	10 - 12pm	<b>Snooker Troopers</b>

To join any of our courses, please call **01132443729**, or visit [peopleinaction.org.uk](http://peopleinaction.org.uk)  
We will arrange to meet you to talk about which groups you would like to join.

These groups are co-funded by  Leeds CITY COUNCIL

Thanks to  easy on the eye for the use of their image bank © LYPFT [www.easyontheeye.nhs.uk](http://www.easyontheeye.nhs.uk)

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**PEOPLE  
IN ACTION**



Outdoor Pursuits

**Personal  
Health &  
Wellbeing  
Groups & Courses**

[www.peopleinaction.org.uk](http://www.peopleinaction.org.uk)



**FEEL GOOD**  
Women's Health  
Group

Talk about relationships, health and staying safe - women only



**LGBT+ Group**  
Social Support  
Group

Meet with other people from the LGBT+ community to get advice & support, talk and have fun.



**CONNECTING LIVES**

Going Out  
in the City

Get together with friends in the city. Take part in activities that you choose.

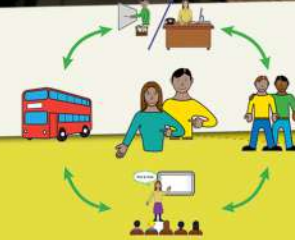
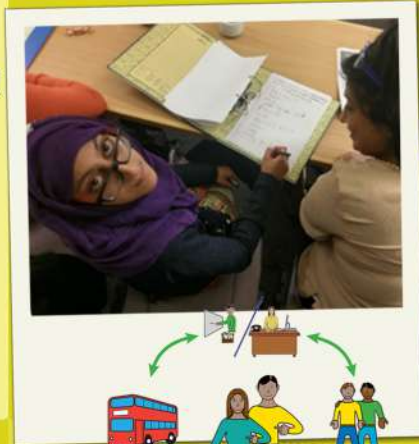
**DESIGN IT YOURSELF**  
Art Course

Make art using different techniques



**READY, STEADY, COOK!**  
Cooking Course

Learn to plan and cook simple, healthy meals.



**INDEPENDENT LIVES**  
Independent  
Living Skills Course

Learn to access different services and stay safe online



**DRAMABILITY**  
Drama Group

Explore movement, voice and drama. Have an opportunity to perform



**COME DINE WITH ME**  
Social Cooking  
Group

Cook and eat together in a friendly social setting

**PIA** PEOPLE  
IN ACTION