



NEWSLETTER **January** **&** **February**

HAPPY **NEW YEAR** **2025**



STEP is the local Neighbourhood Network Scheme for over 60's , living in West Park & Far Headingley.

Wow ,another year to have lots of fun with us at STEP . If you have not been before, why not ?

Make this the year you join us . Have a look through our newsletter , there is lots to do , get booked on now !

Remember:

There isn't any personal care at STEP and on trips / outings , you must be able to look after yourself. Please be aware that trips/outings may involve a lot of walking.

Contact us:

STEP, Shannon House, Off Spen Lane, Leeds,
LS16 5EJ

Tel: 0113 2757988

Email: step.2.step@btconnect.com

Website : www.stepleeds.co.uk

Facebook: STEP WEST PARK + FAR Headingley



LUNCH OUTING

Toby Carvery - Horsforth

12:30pm

Wednesday - 29th January

Wednesday - 12th February

Hickory's Smokehouse - Adel

12:30pm

Friday 24th January

Heaney & Mill - Headingley

12:30pm

Friday 28th February



Regular groups Information

Our Drop In Cafe Is Open

Monday and Thursday 10.30 - 1.00pm

Call in to see us and have a cuppa .

Monday – Exercise Class 11.15 am -£2.00

Bingo from 1.00pm

Tuesday –Tai Chi 11.30 am - £2.00

IT Workshop 1.00 pm ,fortnightly

Please phone for dates.

Wednesday - Lunch /Outing Day

Thursday – Line Dancing 11.00 am- £1.00

Drop-In Group, Bacon Sandwich from

11.00

Bingo from 1.00pm





Vue Cinema The Light

Les Misérables Live concert 40th Anniversary

Sunday 2nd February - 2.00pm

£20 per person

Valentine Raffle

Tickets are on sale now - 50 p per ticket

1st Prize - Flowers, 2nd Prize -

Chocolates ,

3rd Prize -Wine



Barnard Castle and Northallerton

Wednesday 19th February

Leaving Leeds Bus Station at 9.15

£20 per person

STEP Quiz - 12:30pm

Tuesday 25th February

Get your team together

£2.00 per Person including refreshment.



Cognitive Stimulation Therapy (CST) Group

14 Sessions on a Tuesday afternoon .

Group programme for people recently diagnosed with mild to moderate dementia .We are not testing anyone's memory just keeping your brain active and having fun.
Each session has a different theme such as Music, Food and current affairs.

Attendance via referral

For a referral form please see Maggie or Raz .



STEP TRANSPORT



Please book in advance if possible.
Journeys are £4.00 return per person .
You must be able to get in /out of the car by yourself .

STEP Newsletter

Could you pass any newsletters on to friends or neighbours who haven't been to STEP ?

Please ask us if you need extra copies.



And Finally !

“ I will neither grow up nor grow old , I will just age disgracefully with a smile ”

