

Heads, Hearts & Hands: women's art and wellbeing course

Provided / Operated by:

New Wortley Community Centre

Humans Being is running a seven-week art and wellbeing course for women with complex mental health needs at New Wortley Community Centre.

The course offers a supportive space to meet new people, build confidence and explore wellbeing through drawing, collage, zine-making, rock painting and other creative activities. No previous art or craft experience is needed....

Course Address:

New Wortley Community Centre
40 Tong Road
Leeds
LS12 1LZ

Contact Details:

Name: Dr Zubaida Umar Baba

Phone: 07716896529

Email: Zubaida.Umar@newwortleycc.org

Accessible:

Yes

Childcare:

No

Children allowed:

No

Days & Dates:

Monday: 10am to 2.30pm

7th September 2026 to 19th October 2026

Enrolment:

Open

Costs:

Free

Course Duration:

Seven weeks

