



The Self Care Exchange

Let's Connect

Exploring the role of connection and communication in your relationships, health and wellbeing

Mental Health

Physical Health

Sexual Health

**Thursday
22 October** 2026

11am – 3pm

Leeds Kirkgate Market



Marketplace of local organisations

**Free confidential sexual
health drop-in:**

- Free STI testing, including HIV and syphilis blood tests
- Pregnancy testing
- Advice on PrEP, contraception and vaccinations

