

What's On at Feel Good Factor September 2020

0113 350 4200

53 Louis Street, Chapeltown, Leeds, LS7 4BP

<http://www.fgfleeds.org/online-support-groups/>

E-mail: office@fgfleeds.org

www.fgfleeds.org



Coming soon... a free 8 week Mindfulness course
for visually impaired people
via Messenger group call

Please contact
Tracey Nicholls
for more information

07523515266



SWIFt Wellbeing Service in Chapeltown

Supporting Wellbeing & Independence for Frailty
If you are 50+ or have a family member living in the Chapeltown area and are struggling with your social, health or wellbeing needs. The service offers:

- One to one telephone support
- Support to access services and community activities
- Signposting and information

Please contact Beverley Lock
for further information **07593436607**
beverley@fgfleeds.org



Men's Group

Every Tuesday. Join via WhatsApp/Zoom and meet new people, socialise and take part in quizzes, games and fun activities

Please contact
Aulson Lawrence
for further information
07593436608
aulson@fgfleeds.org



Telephone Befriending service

We are now providing a telephone befriending service to support people over the age of 50 experiencing social isolation, increased anxiety and low mood. Our aim is to:

- Provide you with support
- Help reduce social isolation
- Improve emotional health and wellbeing
- Keep you connected with your community

Please contact Shabana Kosar
for further information
07523515267
shabana@fgfleeds.org



Tai Chi via Zoom or in the FGF garden
Every Monday 11am -12 noon

Please contact Damian Dawtry
for further information
07701338841
damian@fgfleeds.org



Eyes around the world

Visual impairment (VI) group
Fridays 2-3pm via Zoom

What's it like being VI in Hungary, India or Nigeria?
If you're VI living in Leeds join our online international VI social group to find out! It's like travelling but from the comfort of your own home!

Please contact:
Tracey Nicholls
07523515266
tracey@fgfleeds.org



Virtual Pop Pilates

Every Monday 7-8pm via Zoom

Please contact Damian Dawtry
for further information
07701338841
damian@fgfleeds.org



Virtual Knit and Natter group

Every Wednesday from 1:30-3pm via Zoom

Please contact
Damian Dawtry to join on
07701338841
damian@fgfleeds.org



Gardening Group

Summer socials in the FGF garden
Chat about all things gardening with green fingered friends.

Please contact Esther Bissell
for further information
07523515268
esther@fgfleeds.org



Saturday Social Group

Every Saturday from 11:00am-1:00pm via Zoom
or in the FGF garden. Fun, games and chat

Please contact
Shabana Kosar
for further information
07523515267
shabana@fgfleeds.org

