

What's On at Feel Good Factor October 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



Mindfulness course

Mondays 11am - 1pm via Zoom for visually impaired people

Please contact

Tracey Nicholls
for more information

07523515266

tracey@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
Suggested donation £2.50

Please contact Damian Dawtry
for further information

07701338841

damian@fgfleeds.org



Virtual Pop Pilates women only fun exercise class

Suggested donation £2.50

Every Monday 7-8pm via Zoom

Please contact Damian Dawtry
for further information

07701338841

damian@fgfleeds.org



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 SWIFt service offers:

- Friendly chats and telephone support
- Support to access services and community activities
- 1-1 help and support to access information

If you would like more information

Please contact Beverley Lock

on **07593436607**

beverley@fgfleeds.org



Men's Group

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

Please contact

Aulson Lawrence

for further Information

07593436608

aulson@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



Gardening Group

Join us to work in the FGF garden / chat about all things gardening with green fingered friends.

Please contact Esther Bissell
for further information

07523515268

esther@fgfleeds.org



Cooking Creations

for ages 5 - 13 years. 27th October- all day
Venue: Millfield Primary School, LS7
Other activities happening all week

Please contact Esther Bissell
for further information

07523515268

esther@fgfleeds.org



Safer Scams

Wednesday 7th October for 4 weeks 12.30-1.30pm
venue TBC

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



Virtual Knit and Natter group

Every Wednesday from 1:30 - 2.15pm via Zoom

Please contact

Damian Dawtry to join on

07701338841

damian@fgfleeds.org

