

What's On at Feel Good Factor

November 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



Supported by
The National Lottery
through the Big Lottery Fund



Working to become
Dementia Friendly

Better Together
Healthy Communities, Healthy Lives

FEEL GOOD FACTOR
creating opportunities
strengthening communities

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

Every Monday 11am -12 noon
Suggested donation £2.50

Please contact Narinder Panesar
for further information
07702869454
narinder@fgfleeds.org



Virtual Pop Pilates via Zoom

women only fun exercise class. Suggested donation £2.50. Every Monday 7-8pm

Please contact Narinder Panesar
for further information
07702869454
narinder@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 What's App/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



Tinnitus and Hearing Loss Peer Support Group

Whether you're newly diagnosed or have experienced it for some time, this is a safe space to share hints and tips alongside giving and receiving emotional support.

Please contact Tracey Nicholls
for further information
07523515266
tracey@fgfleeds.org



Gardening Group

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

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



Encore Group

If you like the theatre, sign up to hear about online and live performances.

Tickets kindly donated courtesy of Opera North.

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



Scams and Frauds Workshop via Zoom

Receive up to date information on Covid scams and how to protect yourself

Monday 7th December 1 - 2pm
Please contact Esther Bissell
for further information
07523515268
esther@fgfleeds.org



Saturday Social Group

444Every Saturday from 11:00am-1:00pm via Zoom.
Fun, friendship, 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 Narinder Panesar
for further information
07702869454
narinder@fgfleeds.org

