

What's On at Feel Good Factor

January 2021

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

If you are over 50 and experiencing social isolation,
increased anxiety and low mood our telephone
befriending service can:

- Provide you with support
- Help reduce social isolation
- Improve emotional health and wellbeing

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

Milly Rohman
for further information

07702869454

milly@fgfleeds.org



SWIFt Wellbeing Service in Chapeltown

Supporting Wellbeing & Independence for Frailty

If you are 50+ living in the Chapeltown area and are
struggling with your social, health or wellbeing needs,
the SWIFt service can offer:

- Support to access services and information
- Help to stay involved with community activities
- Friendly chats to reduce loneliness

Please contact Beverley Lock

for further information

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



Tinnitus and Hearing Loss Peer Support Group

Via Facebook. Join this private group to connect with
others, share hints, tips and receive exclusive offers

Please contact Tracey
Nicholls for further information

07523515266

tracey@fgfleeds.org



Gardening Group

Chat about all things gardening with green fingered friends

Please contact Esther Bissell

for further information

07523515268

esther@fgfleeds.org



Virtual Pop Pilates

fun exercise class
(women only). Every Monday 7 - 8pm via Zoom.

Suggested donation £2.50

Please contact Milly Rohman
for further information

07702869454

milly@fgfleeds.org



Coming soon...

Mindfulness course for Deaf BSL users and
hearing impaired people.

Please contact

Tracey Nicholls for more information

07523515266

tracey@fgfleeds.org



Saturday Social Group

Every Saturday from 11:00am - 1:00pm via Zoom.

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 Milly Rohman
for further information

07702869454

milly@fgfleeds.org

