

# What's On at Feel Good Factor February 2021

0113 350 4200

53 Louis Street, Chapeltown, Leeds, LS7 4BP

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

E-mail: [office@fgfleeds.org](mailto:office@fgfleeds.org)

[www.fgfleeds.org](http://www.fgfleeds.org)



## Mindfulness Peer Support Group

Mondays & Tuesdays 11am – 11.40am via Zoom for visually impaired people

**For information contact** : Tracey Nicholls  
07523 515266 [tracey@fgfleeds.org](mailto: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
- Keep you connected with your community



**For information contact** Shabana Kosar  
07523 515267 [shabana@fgfleeds.org](mailto:shabana@fgfleeds.org)

## Tai Chi via Zoom

Every Monday 11am - 12 noon  
Suggested donation £2.50

**For information contact** Milly Rohman  
07566 791404 [milly@fgfleeds.org](mailto:milly@fgfleeds.org)



## Yoga Yin and Yang Combination

Every Saturday 12am – 1pm via Zoom

## Gentle Chair Pilates

Every Tuesday 11am – 12pm via Zoom

**For information contact** Milly Rohman  
07566 791404 [milly@fgfleeds.org](mailto:milly@fgfleeds.org)



**40 min Flow HIIT** and mobility stretching  
Every Wednesday 7pm-8pm via Zoom

**40min Hybrid Dance** fitness and fun class  
Every Friday 7pm-8pm via Zoom



First 6 weeks free

**For information contact** Milly Rohman  
07738 122112 [milly@spiritualfitnessse.com](mailto:milly@spiritualfitnessse.com)

## 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



**For information contact** Beverley Lock  
07593 436607 [beverley@fgfleeds.org](mailto:beverley@fgfleeds.org)

## Men's Group

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

**For information contact** Aulson Lawrence  
07593 436608 [aulson@fgfleeds.org](mailto: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

**For information contact** Tracey Nicholls  
07523 515266 [tracey@fgfleeds.org](mailto:tracey@fgfleeds.org)



## Deaf and Hearing Impaired Mindfulness

In partnership with Leeds Mindfulness Co-operative  
Fridays 10am – 12.30 via Zoom

**For information contact** Tracey Nicholls  
07523 515266 [tracey@fgfleeds.org](mailto:tracey@fgfleeds.org)



## February Half Term Cooking Creations

Tuesday 16th February For 5-12 year olds  
Venue: Millfield Primary School Academy LS7 2DR

**For information contact** Esther Bissell  
07523 515268 [esther@fgfleeds.org](mailto:esther@fgfleeds.org)



## Gardening Group

Chat about all things gardening with green fingered friends

**For information contact** Esther Bissell  
07523 515268 [esther@fgfleeds.org](mailto:esther@fgfleeds.org)



**Virtual Pop Pilates** fun exercise class  
(women only). Every Monday 7 - 8pm via Zoom  
Suggested donation £2.50

**For information contact** Milly Rohman  
07566 791404 [milly@fgfleeds.org](mailto:milly@fgfleeds.org)



## Upcycling: Trash to Treasure

Coming soon.... via Zoom  
Learn about how a few simple adaptations, additions & techniques can transform household waste into fabulous useful items.  
**For information contact** Esther Bissell  
07523 515268 [esther@fgfleeds.org](mailto:esther@fgfleeds.org)



## Saturday Social Group

Every Saturday from 11:00am - 1:00pm via Zoom  
Fun, games and chat

**For information contact** Shabana Kosar  
07523 515267 [shabana@fgfleeds.org](mailto:shabana@fgfleeds.org)



## Virtual Knit and Natter Group

Every Wednesday from 1:30-2.15pm via Zoom

**For information contact** Milly Rohman  
07566 791404 [milly@fgfleeds.org](mailto:milly@fgfleeds.org)

