

What's On at Feel Good Factor May 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 Peer Support Group

for visually impaired people in the FGF Garden
Invite only due to Covid restrictions

For information contact Tracey Nicholls
07523 515266 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

Tai Chi via Zoom

Every Monday 11am -12 noon
Suggested donation £2.50

For information contact Milly Rohman
07566 791404 milly@fgfleeds.org



Yoga Shine

Every Saturday 11am –12 noon via Zoom

Gentle Chair Pilates

Every Tuesday 11am – 12 noon via Zoom

For information contact Milly Rohman
07566 791404 milly@fgfleeds.org



*****Coming Soon*****

Walking Group



Pop up Cricket



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

Gardening Group

Help tend to the Louis St. Community Garden, make new friends and grow your gardening skills

Venue: FGF Garden

Wednesdays 10-12noon
Places limited due to restrictions

For information contact Esther Bissell
07523 515268 esther@fgfleeds.org



Deaf Zoom for BSL users

Every Tuesday 1pm– 1.40pm via Zoom
Information and chat

For information contact Tracey Nicholls
07523 515266 tracey@fgfleeds.org



Easter Holidays Cooking Creations

Thursday 3rd June For 5-12 year olds

Venue: Millfield Primary School Academy LS7 2DR

For information contact Esther Bissell
07523515268 esther@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



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



Men's Group

Every Tuesday 1pm - 3pm 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



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



Virtual Knit and Natter Group

Every Wednesday from 1:30-2.15pm via Zoom

All levels of knitters welcome for an informal get together

For information contact Milly Rohman
07566 791404 milly@fgfleeds.org

