

What's On at Feel Good Factor July/August 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



Tai Chi

Every Monday 11am -12 noon via Zoom
Suggested donation £2.00



Yoga Shine

Every Saturday 11am -12 noon via Zoom



Gentle Chair Pilates

Every Tuesday 11am - 12 noon via Zoom



Virtual Pop Pilates

Fun exercise class (women only).
Every Monday 7pm - 8pm via Zoom
Suggested donation £2.50



Virtual Knit and Natter Group

Every Wednesday from 1:30pm-2.15pm via Zoom
All levels of knitters welcome for an informal get together



Walking Group

July 3rd, 10th, 17th, 24th, 31st further dates TBC
Meeting at the FGF garden at 10.30am - 11.45am
Current route: **Potternewton Park**
Routes will vary



Pop up Cricket

5-13 years old 12:30pm-2:30pm
Norma Hutchinson Park:
July 26th, August 2nd, 9th, 16th.
Potternewton Park:
July 27th, August 3rd, 10th, 17th, 24th



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

Summer Holiday Family Fun

Why not come along to our family craft and food sessions?

Every Tuesday 10.30am and 1.30pm at FGF
27th July, 3rd, 10th, 17th, 24th, 31st Aug

Includes a picnic lunch for all the family
Booking essential



For information and to book your place contact Beverley Gilbert **07702 869457**
beverley.gilbert@fgfleeds.org

Saturday Social Group

Every Saturday from 11:00am -1:00pm
via Zoom or in FGF garden (weather dependent). Fun, games and chat.



For information contact Shabana Kosar
07523 515267 shabana@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. Click below link or contact Tracey Nicholls



[Leeds Tinnitus and Hearing Loss Support Group | Facebook](#)

Mindfulness Peer Support Group

Free Mindfulness for visually impaired people.
Monday group session 11am -11.45am on Zoom
Face to face sessions are also available on a one to one basis



Leeds Hearing and Sight Loss Service at FGF

Support for Leeds residents aged 16+ who are deaf, hard of hearing, sight impaired, severely sight impaired or deafblind. Get in touch to discuss your accessibility needs at FGF and for advice about gadgets and home assessments.



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

Men's Group

Every Tuesday 1pm - 3pm via WhatsApp/Zoom. Lots of fun and banter, quizzes, discussions on relevant topics
Prizes and newly introduced chuckle corner



For information contact Aulson Lawrence
07593 436608 aulson@fgfleeds.org

Carers Group

Do you live in Harehills or the local surrounding area?
Would you like a break from your caring role? Join today and share:

- Your knowledge, skills and talent
- Start a new hobby or group activity
- Meet new friends
- Share ideas of what you would like to see in your community



Click the link to join

<https://chat.whatsapp.com/F7yFRIAUKNLwHZn4yOYuR>

For information contact Hiesha Harvey
07701 338841 hiesha@fgfleeds.org

SWIFt Wellbeing Service

Supporting Wellbeing & Independence for Frailty
If you are 50+ living in the Chapeltown area or know someone 50+ struggling with social, health or wellbeing needs please get in touch. The SWIFt service can offer:

- Support to access services and information
- Doorstep visit befriending calls to reduce loneliness
- Help to stay involved with community activities



For information contact Beverley Lock
07593 436607 beverley@fgfleeds.org

Gardening Group

Help tend the FGF Community Garden. Make new friends and widen your gardening skills

Venue: FGF Garden
Wednesdays 10am -12noon
Places limited due to Covid restrictions



Peoples Lullabies

Share, listen and sing songs from your youth with professional artists in FGF Garden
Supported by Opera North
July 13th, 20th 10.30am -12noon



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