

What's On at Feel Good Factor November 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
Roscoe Methodist Church Hall, Francis St, LS7 4BY
Face to face and via Zoom
Cost £2.50



Yoga Shine

Every Saturday 11am - 12 noon via Zoom
Suggested donation £2.50



Gentle Chair Pilates

Every Tuesday 11:15am - 12:15pm via Zoom
Suggested donation £2.50

Pop Pilates (women only)

Every Mondays 9.30 - 10.30am
St Aiden's Church, Roundhay Rd, LS8 5QD.
Face to face and via Zoom
Cost £2.50



Knit and Natter Group

Every Wednesday from 1pm-3pm at FGF
All levels of knitters welcome . Cost 50p



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

Eco Club

Every Wednesday Term time only from age 6+ **Parents /Carers are responsible for their children**

Starting 24th November 4.15pm - 5.15pm at FGF
Come and explore using a range of media, how we can all make a difference to our beautiful world



For information contact
Beverley Gilbert **07702 869457**
beverley.gilbert@fgfleeds.org

Men's Group

Every Tuesday 1pm - 3pm at FGF
Lots of fun and banter, quizzes, discussions on relevant topics, Prizes and chuckle corner



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

Saturday Social Group

Every Saturday from 10:00am -1:00pm
at FGF Fun, games and chat.



For information contact Shabana Kosar
07523 515267 shabana@fgfleeds.org

Leeds Hearing and Sight Loss Service (LHSL)

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.



FREE 8 week Mindfulness course for wellbeing

with LHSLs and Leeds Mindfulness Co-operative
Tough times can hit us hard. Find some head space at our inclusive and welcoming mindfulness course at FGF Mondays 10.30am - 1pm
Priority will be given to sensory impaired and non sensory impaired people from ethnically diverse communities.
This is an accredited course

Deaf BSL Wellbeing Group

Mondays every 2 weeks 1pm - 4pm.
Venue: Pret A Manger café (back room)
32 Bond Street LS1 5BQ

BSL chat, improve wellbeing, access info about health, arts and culture, local and worldwide news, deaf history, jobs and opportunities

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

Company of People

Creative Movement Sessions Mondays 1pm -3pm
at Roscoe Methodist Church Hall Francis St LS7 4BY

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

Encore

FGF are one of Opera North's Community Partners
If you would like to attend Opera performances (especially for the first time) Cost £5

For information contact Esther Bissell
07523 515268 esther@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



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 visits / 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

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



COMING SOON

Christmas Family Fun Session (5 -11 years)

Tuesday 21st December Venue and time TBC

For information contact

Milly Rohman **07566 791404** milly@fgfleeds.org
Beverley Gilbert **07702 869457** beverley.gilbert@fgfleeds.org

