

What's On at Feel Good Factor

June 2020

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



Online Knit and Natter group

Every Wednesday from 1:30-2:15pm via Zoom

Please contact

Damian Dawtry to join in.

07701 338841

damian@fgfleeds.org



Telephone Befriending service

We are now providing a telephone befriending service to support people over the age of 50 experiencing social isolation, increased anxiety and low mood.

This is a short term service provided to help and support individuals over the lockdown period.

- Our aim is to provide you with support
- Help reduce social isolation
- Improve emotional health and wellbeing
- Keep you connected with your community



For further information please contact:

Shabana

07523 515267

shabana@fgfleeds.org

www.fgfleeds.org



Saturday Social Group

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

Please contact Shabana for further information

07523 515267

shabana@fgfleeds.org



Men's Group

Every Tuesday. Come along and join via What's app/Zoom. Meet new people, socialise and take part in quizzes, games and fun activities.

Please contact

Aulson Lawrence for further Information

07593 436608

aulson@fgfleeds.org



Eyes around the world Visual impairment (VI) group

Every Friday 2 -3pm via messenger video group chat

What's it like being VI in Hungary, India or Nigeria? If you're VI living in Leeds join our online international VI social group to find out! It's like travelling from the comfort of your own home.

Please contact:

Tracey Nicholls

07523 515266

tracey@fgfleeds.org



Healthy eating/cooking sessions

With Asian Blind Association via zoom
Wednesday 11.30-12.30pm - dates TBC.

The classes will be posted on Facebook/Twitter afterwards and can be watched back at any time.

Please contact

Esther Bissell

07523 515268



East Street Arts taster sessions

3 sessions (2 hours each) week beginning 8th June.

5 week course (2 hours each) to start week beginning 15th June. Both with Ceri. Day and time to be confirmed.

ALL FREE with art materials posted out. Attendees must have an email address and mobile phone number to take part.

Please contact

Esther Bissell 07523 515268

esther@fgfleeds.org



Online Fitness class

Every Monday 7-8pm via zoom

Please contact: Damian Dawtry for further information

07701 338841

damian@fgfleeds.org

