

What's On at Feel Good Factor

December 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



Mindfulness course

Mondays 11am -1pm via Zoom for visually impaired people

Please contact

Tracey Nicholls
for more information

07523515266

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

Please contact Shabana Kosar

for further information

07523515267

shabana@fgfleeds.org



Tai Chi via Zoom

Every Monday 11am -12 noon

Suggested donation £2.50

Please contact

Narinder Panesar

for further information

07702869454

narinder@fgfleeds.org



Virtual Pop Pilates fun exercise class

(women only). Every Monday 7 - 8pm via Zoom.

Suggested donation £2.50

Please contact Narinder Panesar

for further information

07702869454

narinder@fgfleeds.org



SWIFt Wellbeing Service in Chapeltown

Supporting Wellbeing & Independence for Frailty

If you are 50+ or have a family member living in the Chapeltown area and are struggling with your social, health or wellbeing needs the SWIFt service offers:

- Friendly chats and telephone support
- Support to access services and community activities
- 1-1 help and support to access information

If you would like more information

Please contact Beverley Lock

on **07593436607**

beverley@fgfleeds.org



Men's Group

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

Please contact

Aulson Lawrence

for further Information

07593436608

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

Please contact Tracey Nicholls

for further information

07523515266

tracey@fgfleeds.org



Gardening Group

Chat about all things gardening with green fingered friends

Please contact Esther Bissell

for further information

07523515268

esther@fgfleeds.org



Cooking Creations

for ages 5-13 years 22nd December (all day)

Venue : Shire Oak Primary School LS6 2DT

Please contact Esther Bissell

for further information

07523515268

esther@fgfleeds.org



Covid Scams and Awareness Workshop via Zoom

Receive up to date information on Covid scams and how to protect yourself

Monday 7th December 1 - 2pm

Please contact Esther Bissell

for further information

07523515268

esther@fgfleeds.org



Saturday Social Group

Every Saturday from 11:00am - 1:00pm via Zoom.

Fun, games and chat

Please contact Shabana Kosar

for further information

07523515267

shabana@fgfleeds.org



Virtual Knit and Natter Group

Every Wednesday from 1:30-2.15pm via Zoom

Please contact Narinder Panesar

for further information

07702869454

narinder@fgfleeds.org

