

What's On at Feel Good Factor

March 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

Mondays & Tuesdays 11am – 11.40am via Zoom for visually impaired people

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 Yin and Yang Combination

Every Saturday 12am – 1pm via Zoom

Gentle Chair Pilates

Every Tuesday 11am – 12 noon via Zoom

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



40 min Flow HIIT and mobility stretching
Every Wednesday 7pm-8pm via Zoom

40min Hybrid Dance fitness and fun class
Every Friday 7pm-8pm via Zoom

First 6 weeks free

For information contact Milly Rohman
07738 122112 milly@spiritualfitness.com



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



Men's Group

Every Tuesday 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



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



Deaf and Hearing Impaired Mindfulness

In partnership with Leeds Mindfulness Co-operative
Fridays 10am – 12.30 via Zoom

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



Covid Scams and Awareness Workshop via Zoom

Monday 15th March 11am – 12 noon

Please contact Esther Bissell
for further information
07523 515268
esther@fgfleeds.org



Gardening Group

Chat about all things gardening with green fingered friends

For information contact Esther Bissell
07523 515268 esther@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



Upcycling: Trash to Treasure

Coming soon.... via Zoom

Learn about how a few simple adaptations, additions & techniques can transform household waste into fabulous useful items.

For information contact Esther Bissell
07523 515268 esther@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

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

