

What's On at Feel Good Factor January 2022

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



Please note all face to face groups/meetings will start back at FGF week commencing 10th January subject to Government Covid-19 guidelines

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



Tai Chi

Every Monday 11am - 12 noon via Zoom
Cost £2.50



Gentle Chair Pilates

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



Knit and Natter Group

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



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



Leeds Hearing and Sight Loss Service at Feel Good Factor

Do you have sight loss or hearing loss?
Are you Black, Asian or Minority Ethnicity?
If so we'd love to hear from you
Let's work together to create activities and support that's just right for you, your home and your life.



Deaf BSL Wellbeing Group

Mondays every 2 weeks 1pm - 4pm.
Venue: Pret A Manger café (back room)
32 Bond Street LS1 5BQ
BSL chat, make friends, access information, have a laugh

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

Eco Club

Term time only from age 6+
Parents/Carers can stay for tea/coffee if they wish to
4.15pm - 5.15pm every Wednesday 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



COMING SOON

- Reduce, Reuse, Upcycle, Craft Recycling for Beginners
- Sewing Group

For information contact Narinder Panesar
07702 869454 narinder@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 visit 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 grow your gardening skills
FGF Garden, Wednesdays 10am - 12noon
Places limited due to Covid restrictions

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

