

What's On at Feel Good Factor February 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



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 Monday 12 noon - 1:00pm via Zoom
Suggested donation £2.50



Knit and Natter Group

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



Reduce, Reuse, Upcycle, Craft Recycling

10 week course Tuesdays 11am - 1pm
Cost £76. FREE if you receive certain benefits



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

Card Making and Coffee

Every Friday 10am - 12 noon at FGF cost £2



For information contact Narinder Panesar
07702 869454 narinder@fgfleeds.org

Company Of People

Mondays 1pm - 3pm
Roscoe Methodist Church Hall Francis St LS7 4BY
Join a fun filled session of music, movement and creativity. No previous dance experience needed

For information contact Esther Bissell
07523 515268 esther@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 FGFG

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
Coffee Morning Mindfulness

A less formal type of mindfulness group for those that also like a chinwag in between

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

Walking Group

Meet new people and explore your local area.
Walks will be between 30 - 60 mins

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 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 -12 noon
Places limited.



Sewing Group

Every Thursday 1pm - 3pm at FGF cost £5

Encore

Visit the theatre together, opportunities to see Opera North shows and more

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

