

What's On at Feel Good Factor September 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.

Gentle Chair Pilates

Every Thursday 10.30am - 11.30am at FGF and via Zoom
Cost £2.50



For information contact

Shabana Kosar
07523 515267 shabana@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

FREE 8 week mindfulness for health course at the Reginald Centre, 263 Chapeltown Road, Leeds, LS7 3EX. Living with pain, fatigue or other health conditions? Feeling a bit low or isolated? Come to a kind and friendly group run by Leeds Mindfulness Co-op and FGF.

Taster session Tuesday 20th September 10:30am - 12 noon followed by an 8 week course beginning 11th October 10:30am - 1pm
Booking essential



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+
(Tea and coffee available for parents whilst they wait)
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



Card Making and Coffee

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



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

Careers and Employability 1:1 Support

Are you currently out of work? Want to become more confident when searching and applying for jobs? Do you need 1:1 support with CVs, applications and interview prep? Want help and advice around volunteering?

Sessions can be face to face or online, are free of charge and there is a flexible fund available to help cover certain costs (childcare, interview clothes, travel costs)

For information contact Narinder Panesar
07702 869454 narinder@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. Resumes 15th September.



Company Of People

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

Saturday 3rd September 1pm—3pm

Do you love dancing? Taster session for anyone to join at Yorkshire Dance, 3 St Peters Building, LS9 8AH

Encore Family Dance Workshop

Saturday 17th September 11am
Howard Assembly Room, 46 New Briggate, LS1 6NU.
3-7 years olds and their families. This dance and live music workshop will focus on improvisation, imagination and play

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

Tai Chi

Every Monday 11am - 12 noon at Roscoe Methodist Church Hall, Francis Street, LS7 4BY. Cost £2.50



Knit and Natter Group

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



Confidence to Crochet

10 week course at FGF every Tuesday. Starts 20th September 11am - 1pm
Cost £3.80 per week



FREE if you receive certain benefits

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

Coming Soon.....

Feel Good Holiday Club For young people aged 8+ Chapel Allerton Ward October Half term

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