

What's On at Feel Good Factor November 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.



Arts and Crafts Group

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



For information contact

Shabana Kosar
07523 515267 shabana@fgfleeds.org

Leeds Hearing and Sight Loss Service

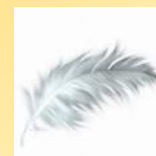
Feathers

Free contemporary dance workshops for visually impaired & blind people led by Dance Artist - Sandrine Monin

Yorkshire Dance, Leeds LS9 8AH

6 weeks starting on the 4th November

To book, share access & travel needs, contact Tracey



Let's Talk Transport

If you have a visual or hearing impairment and would like to get involved with a bus travel feedback group please get in touch. Trips out, lunches paid for, make new friends and get your views heard.

For information contact Tracey Nicholls
07523 515266 tracey@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



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



For information contact Beverley Gilbert
07702 869457 beverley.gilbert@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

Watch this space for information on Holiday Club

For children over 8 years, being held at FGF on 19th December and a family day out at Lotherton on 20th December

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



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



Women's Group Eat Well Cooking Course

11.15am - 1.00pm for 4 weeks, starting Tuesday 8th November, Nowell Mount Community Centre Nowell Mount Harehills LS9 6HR. FREE

Learn easy and affordable recipes, refresh your knowledge of healthy eating, make new friends.

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