

What's On at Feel Good Factor January 2023

0113 350 4200

53 Louis Street, Chapeltown, Leeds, LS7 4BP

<http://www.fgfleeds.org/online-support-groups/>

E-mail: office@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. Resumes 13th January



For information contact

Shabana Kosar
07523 515267 shabana@fgfleeds.org

Sewing Group

Every Thursday 1pm - 4pm at FGF cost £5
Intermediate class for those that have a basic understanding of sewing and are ready to take their skills further. Resumes 12th January



Gardening Group

Help tend the FGF Community Garden. Make new friends and grow your gardening skills FGF garden, Wednesdays 10am -12 noon.



Resumes 11th January

Company Of People

Mondays 1.15pm - 3pm
Roscoe Methodist Church Hall,
Francis Street, LS7 4BY

Join a fun filled session of music, movement and creativity. No previous dance experience needed



Blood Pressure Event

Monday 23rd January 11am - 1pm at FGF Lunch Provided. All welcome receive a blood pressure check and health MOT supported by Leeds Cancer Awareness

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

Leeds Hearing and Sight Loss Service

Do you have sight loss or hearing loss?

Are you from a Black/Minority Ethnic Community?

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

Happy New Year

Men's Group

Every Tuesday 1pm - 3pm at FGF
Lots of fun and banter, quizzes, discussions on relevant topics, prizes and chuckle corner.
Resumes 10th January



For information contact Aulson Lawrence
07593 436608 aulson@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
Resumes 11th January



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. Resumes 11th January



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