

# What's On at Feel Good Factor March 2023

0113 350 4200

53 Louis Street, Chapeltown, Leeds, LS7 4BP

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

E-mail: [office@fgfleeds.org](mailto:office@fgfleeds.org)

[www.fgfleeds.org](http://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](mailto:shabana@fgfleeds.org)

## BID Services

Visually Impaired Technology  
Smart Speakers : Amazon Echo.  
Introduction to this technology no experience is necessary.  
Come along and find out much more about why lots of visually impaired people are fans of these devices.

Thursday 2nd March between 1pm and 3pm  
Venue: Leeds Hearing & Sight Loss Service,  
5th Floor, Gallery House,  
123 - 131 Headrow, Leeds, LS1 5RD



For information contact Syed Naqvi to book a place.  
[syed.naqvi@bid.org.uk](mailto:syed.naqvi@bid.org.uk)  
Phone: 0113 288 5750 MOB 07702940888

## 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](mailto:narinder@fgfleeds.org)



## Sewing Group

Every Thursday 1pm - 3.30pm at FGF cost £5  
Intermediate class for those that have a basic understanding of sewing and are ready to take their skills further.



## Gardening Group

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



## 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



## International Women's Day @ FGF

Wednesday 8<sup>th</sup> March 2pm-5pm  
An event for women to get together and celebrate inspirational women, educate and awareness raise for women's equality. Throughout the day there will be various forms of activities/quizzes. Free light refreshment.

**For information contact** Narinder Panesar  
**07702 869454** [narinder@fgfleeds.org](mailto:narinder@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](mailto:aulson@fgfleeds.org)

## Warm Spaces

Every Tuesday 11-2pm & Friday 11am – 3pm at FGF. Free soup, tea and coffee.  
Come along and read a book, let the kids do some colouring, chat or just relax as part of our warm spaces programme.



**For information contact** our office  
**0113 3504200** [office@fgfleeds.org](mailto:office@fgfleeds.org)

## Volunteering opportunities with FGF

Are you looking for something exciting and interesting to do that gives back to the community? Look no further come and volunteer at FGF



**For information contact** Narinder Panesar  
**07702 869454** [narinder@fgfleeds.org](mailto:narinder@fgfleeds.org)

## Tai Chi

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



## Knit and Natter Group

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



## 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.



## Feel Good Easter Holiday Club

Monday 3<sup>rd</sup>, Tuesday 4<sup>th</sup> and Wednesday 5<sup>th</sup> April.  
10.00am – 4pm  
Various locations, days out, sport, craft and more.  
Lunch and all drinks / snacks provided.  
**LIMITED PLACES:** Please make sure forms are returned by 13<sup>th</sup> March. We require a £5.00 a day refundable deposit to secure your place.

**For information contact** Beverley Gilbert  
**07702 869457** [beverley.gilbert@fgfleeds.org](mailto:beverley.gilbert@fgfleeds.org)