

# What's On at Feel Good Factor May 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, friendship and chat.



## Arts and Crafts Group

Every Friday 10am - 12 noon at FGF.



**For information contact** Shabana Kosar  
**07523 515267** [shabana@fgfleeds.org](mailto:shabana@fgfleeds.org)

## Coffee and Toast Friendship Club

Every Friday 11am – 2pm at FGF. Free tea and coffee, toast and snacks. Come and read a book, do some crafts, let the kids do some colouring or just relax.



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

## Tai Chi

Every Monday 11am - 12 noon via Zoom & at Roscoe Methodist Church Hall, Francis St, LS7 4BY. 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.

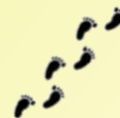
## Family Fun Day

Tuesday 30<sup>th</sup> May 10am – 3pm at FGF. Come along and join us for fun and games. Please bring a packed lunch and come dressed for the weather as some activities will be outside.



## Yorkshire Dales National Park Walk

We are looking at setting up an adult walk in the Yorkshire Dales National Park once a month starting in May or June. If you would be interested please contact Beverley to register your interest.



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

## Leeds Hearing and Sight Loss Service at FGF

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.



**For information contact** Tracey Nicholls  
**07523 515266** [tracey@fgfleeds.org](mailto:tracey@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.



## 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)