

What's On at Feel Good Factor November 2023

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

Saturday's from 10.00am - 1.00pm at FGF. Fun, games, friendship and chat.



Be Online Stay Safe Course

Beginners IT course.



Thursday's from 9.30am - 11am at FGF

Arts and Crafts Group

Friday's 10am - 12 noon at FGF



FGF Choir

Friday's 10.00am - 11am at FGF All welcome.

For information contact Shabana Kosar
07523 515267 shabana@fgfleeds.org

Sewing Group

Thursday's 1pm - 3.30pm at FGF.

Intermediate class for those that have a basic understanding of sewing and are ready to take their skills further. Cost £5.



Knit and Natter Group

Wednesday's 1pm - 3pm at FGF.

All levels of knitters welcome. Cost 50p



Gardening Group

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



Winter Felt Workshop

Wednesday **29th Nov, 6th & 13th December**

1.30pm – 3.30pm This 3 week workshop will guide you through making your own winter decorations and gifts. Using felting and sewing techniques, you will have a choice of cute things to make. Come to one or all three! Cost £2.00 per session

Candle Making Workshops

Tuesday **5th and 12th December** 2.00pm - 4.00pm at FGF. This 2 day workshop will guide you to making your own scented candle, Cost £5. **Booking essential.**



For information contact Soo Taylor
07702 869453 soo@fgfleeds.org

Zumba

Tuesday's 1.45pm - 2.45pm at Roscoe Church Hall, Francis Street, LS7 4BY. All welcome to join us at this fun Zumba class. Targets lots of different muscle groups at once for total body toning. Cost £2.50.



Tai Chi & Coffee Morning

Monday's Tai Chi 11am - 12 noon, Cost £2.50. Chapelton PCN Coffee Morning 10am - 11am, at Roscoe Methodist Church Hall, Francis St, LS7 4BY.



Company Of People

Monday's 1.00pm - 3pm Roscoe Methodist Church Hall, Francis Street, LS7 4BY. Join a fun filled session of music, movement and creativity. No previous dance experience needed.

Arts and Crafts Club

Term time only From age 5+

Wednesday's 4-5pm at FGF. We provide all the materials. Come along and join the fun! Tea and coffee available for parents whilst they wait.



Multi Sport After School Club 8+

Tuesday's starting **7th November** for 6 weeks, 4.00pm - 5.00pm at Roscoe Church Hall, Francis Street Leeds LS7 4BY.

Book now for 6 sessions of sport, fun and friendship enjoying team games. Learn how to play cricket with Yorkshire Cricket Foundation. Cost £6.00 for all 6 session, fruit Provided.

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

Connect Men's Group

Tuesday & Thursday's 11.30am -1.30pm 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

Coffee and Toast Friendship Club

Friday's 11am – 2pm at FGF. Free tea and coffee, toast and snacks. Come and read a book, do some crafts, let the kids do colouring or just relax, Guest speakers will be dropping in on these sessions with information on various topics.



Guest speaker from **British Red Cross**

3rd November 11.30am –1.30pm Adult Supporting Connections. Learn skills to help others who may be suffering from loneliness.

24th November 11.30am—1.30pm Adult Adapt & Recover. Learn practical and emotional skills that help when faced with a crisis.

Boundaries and Healthy Relationships

17th November 11.30am -1.30pm workshop to explore what we mean by boundaries and to examine what makes healthy relationships.



Volunteering Opportunities 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

COMING SOON... Virtual advice session on Wills/Power of Attorney at FGF.

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

Leeds Sensory Services at FGF

Supporting Leeds residents from 16 years old who are deaf, hard of hearing, sight impaired, severely sight impaired or deafblind.



Have a 1-2-1 chat over a cuppa with Tracey about your eyes and ears. Lots of free stuff.

For information contact Tracey Nicholls
07523 515266 tracey@fgfleeds.org