

# What's On at Feel Good Factor February 2024

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)



## Book Club

Every 2 weeks 1.15pm - 2.15pm at FGF



## Arts and Crafts Group

Fridays 10am - 12 .00noon at FGF



## FGF Choir

Fridays 10.00am - 11.00am at FGF. All welcome.

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

## Company Of People

Mondays 1.00pm - 3.00pm  
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+

Wednesdays 4.00pm - 5.00pm 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

Term time 8+

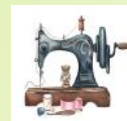
Tuesdays 4.00pm - 5.00pm at Roscoe Church Hall, Francis Street Leeds LS7 4BY.  
Sport, fun and friendship enjoying team games. Learn how to play cricket with Yorkshire Cricket Foundation. Cost £1.00 per session. Fruit provided.



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

## Sewing Group

Thursdays 1.00pm - 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

Wednesdays 12.30pm - 3.30pm at FGF.  
All levels of knitters welcome. Cost £1



## Gardening Group

Help tend the FGF Community Garden.  
Make new friends and grow your gardening skills. FGF garden, Wednesdays 10.00am -12 noon



## Felt Creature Workshops

Wednesday 7th, 14th and 21st February at FGF, 1.30-3.30pm. This 3 week workshop will guide you through making cute felt creatures using felting and sewing techniques. You will have a choice of cute things to make. Come to one, two or all three! Cost £2.00 per session.



## Coming soon.... Hand Balm Making Workshop

Contact Soo to register your interest.



**For information contact** Soo Taylor  
**07702 869453** [soo@fgfleeds.org](mailto:soo@fgfleeds.org)

## Connect Men's Group

Tuesday & Thursdays 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](mailto:aulson@fgfleeds.org)

## Coffee and Toast Friendship Club

Fridays 11.00am - 2.00pm 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:



## Care and Repair

Friday 2nd February 11.00am - 12noon  
Friday 9th February 1.00pm - 2.00pm  
Useful advice and information on services they offer .

## Diabetes Awareness Workshop

Friday 16th February & 15th March 11.30am - 2.30pm

## 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



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

## Feel Good Factor Enhance

Programme offers up to 12 weeks support to Adults 18+ living in Chapeltown.

**For more information**, to make a referral or self refer, contact:

Beverley Lock **07593 436607**

Soo Taylor **07702 869453** [enhance@fgfleeds.org](mailto:enhance@fgfleeds.org)



## Leeds Sensory Services at FGF

Supporting Leeds residents 16+ who are deaf, hard of hearing, sight impaired, severely sight impaired or deaf blind. Have a 1-2-1 chat over a cuppa with Tracey about your eyes and ears. Lots of free stuff.



## Mindfulness

Every 2 weeks on Monday mornings for people with sight or hearing loss, enjoy some chill out time.

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