

# What's On at Feel Good Factor April 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 week 1.15pm - 2.15pm at FGF.

## Arts and Crafts Group

Fridays 10am - 12.00noon at FGF

## Pilates

Wednesdays 11.00am - 12noon, Xen Room, Woodhouse Community Centre, 197 Woodhouse St, Leeds, LS6 2NY. Cost £2.50



**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, Leeds, 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 only** 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.



## Easter Holiday Fun

Wednesday 10th April. 11.00am – 2.30pm at Potternewton Park, Harehills Lane, Leeds LS7 4HA. Join in with Yorkshire County Cricket Foundation, British Cycling + lots more! Bring a picnic and enjoy a fun day.

**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



## Macramé Plant Hanger Workshop

Tuesday 16th & 23rd April 2.00pm- 4.00pm at FGF. These 2 workshops will guide you through making your own macramé plant hanger. Cost £5.00 for the 2 sessions



## Peppermint Foot Balm Workshop

Tuesday 30th April 2.00pm - 4.00pm at FGF. This workshop will guide you through making your own soothing shea butter foot balm, scented with essential oil. Cost £5.00



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

## Connect Men's Group

Tuesdays 11.30am - 1.30pm at Thackray Museum Small Core Room, Beckett Street, Leeds, LS9 7LN. Thursdays 11.30am -1.30pm at FGF. Lots of fun and banter, quizzes, discussions on relevant topics, prizes and chuckle corner.

## Real Connect Men's Health & Wellbeing Group

Friday's 6.00pm - 8.00pm at FGF. To reduce social isolation and improve physical and mental wellbeing.

**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 or just relax, Guest speakers will be dropping in on these sessions with information on various topics:



## Retrofit Advisor Groundworks

Friday 19th April 11.30am - 1.00pm Independent energy advice with paying energy bills, and advice on making your home environmentally friendly

## Dementia Friends session

Friday 12th April 11.30am - 12.30pm

## Volunteering opportunities at 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)