

# What's On at Feel Good Factor May 2024

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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

### Women's Swimming

Every Wednesday 9.30am - 11.45am at Quarry House Leeds LS2 7UA. Cost £3 including transport from FGF and back **Booking Essential**

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

Wednesdays 15th, 22nd & 29th May 1.30pm -13.30pm at FGF.

These 3 workshops will guide you through making your own macramé plant hanger. Cost £5.00 for the 3 sessions

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



## Company Of People

Mondays 1.30pm - 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.



### Beginners Netball

Tuesdays 9.00am - 9.45am at Potternewton Park Leeds LS7 4HA. Free.

### British Cycling

Wednesdays 8th May for 3 weeks 12.00 noon - 1.00pm at Potternewton Park Leeds LS7 4HA. Meeting at Harehills Avenue entrance. Not been on a bike for ages? Don't fret we are here to help you all equipment provided.

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

### Relaxing Yoga Session for Health and Wellbeing

Friday 3rd,10th,17th May 7th, 21st ,28th June 11.30am - 12.30pm Participants can be chair based or standing at FGF - Free

### Money Advice/Budgeting Session

Friday 14th June 11am - 2pm at FGF

### Volunteering opportunities at FGF

Are you looking for something exciting and interesting to do that gives back to the community? Come and volunteer at FGF

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

