What's On at Feel Good Factor May 2024

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







Friendly



Better Together



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

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.



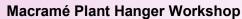
Knit and Natter Group

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

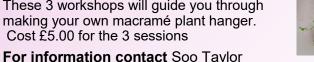


Wednesdays 15th, 22nd & 29th May 1.30pm -13.30pm at FGF.

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

07702 869453 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

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@fafleeds.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

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