

# What's On at Feel Good Factor July 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

Fridays (fortnightly) 1.15pm - 2.15pm at FGF

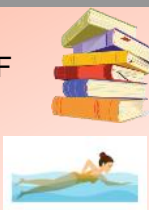
### Arts and Crafts Group

Fridays 10am - 12.00noon at FGF

### 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

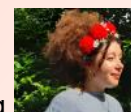
## Peppermint Foot Balm Workshop

Wednesday 24th July 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

## Flower Headdress Workshop

Tuesday 9th July 2.00pm - 4.00pm at FGF. This workshop will guide you through making a summer flower headdress for wearing to festivals, in your back garden or just for fun! Cost £5.00

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



## 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.



## Back to cycling with British Cycling.

With all the bike's appearing on the streets of Leeds, now is the ideal time to get on your bike. Never been on a bike or want to get back into cycling?



Every Wednesday from 12.00 noon – 1.00pm and 1.00pm – 2.00pm Come along to Potternewton Park, Leeds, LS7 4HA. Meeting at Harehills Avenue entrance. All equipment provided plus lots of help and support.

## Dance Class (Taster Session)

Tuesday 16th and 23rd July 11am - 12.00noon at FGF. Come along and try different types of dance. Open to all abilities. Cost £2.50



## Horse Riding

Date to be announced soon!!

**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

Fridays 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 5th and 26th July 11.30am - 12.30pm at FGF. **FREE.** Participants can be chair based or standing.



## 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 Drop in Sessions

Every 2 weeks on Mondays 11.00am - 12.00 noon. Arrive 10.30 onwards. Enjoy a guided meditation and some chill out time. Sessions are chair-based and no prior experience is necessary. Busy minds are welcome!



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