

What's On at Feel Good Factor September 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



Book Club

Fridays (fortnightly) 1.15pm - 2.15pm at FGF

Arts and Crafts Group

Resuming October

Women's Swimming

Resuming September



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

Multi Sport After School Club Term time only 8+

Tuesdays 4.00pm - 5.00pm starts **24th September** 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 **2nd October** 12.00 noon – 2.00pm Come along to Potternewton Park, Leeds, LS7 4HA. Meeting at Harehills Avenue entrance. All equipment provided plus lots of help and support.



Horse Riding

Wednesday 4 September 9.30am - 4.30pm at Grassington, Yorkshire Dales National Park. Horse riding and horse care. Cost £10 including transport from FGF and back.



Booking Essential

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

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

Coffee and Toast Friendship Club

Resuming October



Relaxing Yoga Session for Health and Wellbeing

Fridays 11.30am - 12.30pm September 20th & 27th, October 4th & 11th at FGF. **Free.** Participants can be chair based or standing.



Money in Mind—Financial Wellbeing Workshops

In collaboration with Leeds Mind

Do you find that managing your finances affects your wellbeing?

Would you like to learn tips and tricks for budgeting and making money management easier?

Join our six week workshops starting Tuesday 22nd October 1.00pm - 3.00pm at FGF. Book to reserve your place.

Volunteering opportunities at FGF

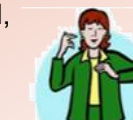
Are you looking for something exciting and interesting to do that gives back to the community? Come and volunteer at FGF



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.



For information contact Tracey Nicholls
07523 515266 tracey@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



Festive Wreath Workshop

Wednesday 25th Sept 10.00am - 1.00pm at FGF.

Create your own festive wreath using recycled materials and finds from our parks and woods. All materials supplied but feel free to bring items to use. This workshop is for adults only.

Cost £5.00. **Booking Essential.**

For information contact Soo Taylor
07702 869453 soo@fgfleeds.org