

What's On at Feel Good Factor February 2025

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



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 useful information.



Relaxing Yoga session for Health and Wellbeing

Fridays 11.30am - 12.30pm. 7th & 21st February at FGF. Participants can be chair based or standing.



Cost £2. **Places limited. Booking Essential.**

Contact Angela 07701 338837

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, Wednesday's 10am - 12 noon

Journaling for Positive Mental Health

Wednesday 19th February 10.30am - 12.30pm at FGF. You will create your own journal for positive mental health. Cost £3.

How to Thrive in 2025 Coaching Workshop

Discover how coaching can boost your health, career, relationships, and finances. Learn practical tools to take charge of your life, stay proactive, and handle challenges better. Date TBC. Cost £10 (including lunch) Please call Soo below to register your interest

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

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



Ladies Cardio Vascular Exercise

Wednesdays 11.00am - 12.00 noon at Sikh Centre, 192 Chapeltown Road, LS7 4HZ. A ladies fun cardio exercise class. In partnership with Yorkshire Cricket Foundation.



Back to Cycling with British Cycling

Sessions re-start on Wednesday 5th February 12noon - 2pm at Potternewton Park, LS7 4HA. Meet at Harehills Avenue entrance. These sessions are open to all adults whether a total novice or training to do the Tour De France! We are looking forward to welcoming regular and new people to this group.



Half Term Family Fun

Tuesday 18th February we are holding a family cycling session in partnership with British Cycling. This will be at Potternewton Park between 11am-2pm. Please bring your bikes if you have one or you can borrow one from us.



Monday 17th February trip to the Yorkshire Dales by train for young people over 8 who have not been to the Yorkshire Dales before. Bring your own lunch. Cost £5.

For more information contact Beverley .

Climbing

Wednesday 26th February Leaving FGF at 10.00am arriving back at 12.00noon at Big Depot Climbing Centre Leeds. Reach new heights with this introduction to climbing. Booking essential.



Exciting New After School Club After School Cycling session (Term time only)

Commencing Tuesday 4th March 16.00pm - 17.00pm at Potternewton Park, LS7 4HA. Bring your own bike or you borrow one! Come along and join the fun.

For more information contact Beverley Gilbert
07702 869457 beverley.gilbert@fgfleeds.org

Arts and Crafts Group

Fridays 10am - 12.00 noon at FGF



Book Club

Every fortnight (Friday) 1.30pm - 2.30pm at FGF



Saturday Social Group

Saturday 10am-1pm at Holy Rosary Church (Parish of Mother of Unfailing Help), Louis Street, LS7 4BZ. A social group for anyone wanting to meet new friends, learn new things and have fun!



Women's Swimming

Every Wednesday 10.30am - 11.30am. Quarry House, Leeds LS2 7UA. Cost £3. **Booking Essential.**



For information contact

Shabana Kosar
07523 515267 shabana@fgfleeds.org

Connect Men's Group

Tuesdays 11.30am - 1.30pm at Thackray Museum Small Core Room, Beckett Street, Leeds, LS9 7LN.

A fun mixed group of men with banter, quizzes & discussions on relevant topics.



Thursdays 11.30am - 1.30pm at FGF. A group for Black & south Asian men to come and seek information with a cultural aspect of living in our community.

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