

What's On at Feel Good Factor March 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 March, 4th & 25th April at FGF. Participants can be chair based or standing. **Cost £2. Places limited. Booking essential. Contact** Angela Goodyear



07701 338837 angela@fgfleeds.org

Arts and Crafts Group

Fridays 10am - 11.30 am 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

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



Back to Cycling with British Cycling

Wednesdays 12 noon - 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.

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

Tuesdays 4.00pm - 5.00pm at Potternewton Park, LS7 4HA. Bring your own bike or borrow one! Come along and join the fun. Parents/carers need to stay with Child/children. **Free.**



Dance On

Mondays 1.30pm – 2.30pm. Community Room, Holy Rosary Church Louis Street, LS7 4BZ. Dance On is a fun, adaptable way to stay active and boost wellbeing. Led by pro dancer Bakani, sessions teach new moves to improve body awareness, health, and fitness. Suitable for all mobility levels, with seated and standing options. All welcome whether you're a seasoned dancer or a beginner! **Free**



Easter Family Cycling Fun

Tuesday 8th & 15th April 11am - 2pm Potternewton Park, LS7 4HA meet at Harehills Avenue entrance. Limited number of bikes available to borrow, so please bring your own. **Free.**

Day Trip to Scarborough

Wednesday 16th April 9.00am - 6.00pm (approx.). A fun-filled day out in Scarborough with family and friends! Bring a packed lunch or treat yourself to some classic fish and chips. Stroll along the seafront, go for a swim, explore the shops, or simply relax and enjoy the day your way. All ages welcome. Children must be accompanied by an adult.

Cost £10.00 per person payable at time of booking.

For more information contact Beverley Gilbert
07702 869457 beverley.gilbert@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 10am -12 noon

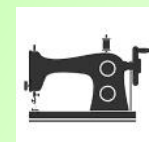


How to Thrive in 2025 Coaching Workshop

Tuesday 18th March 11am –1pm at FGF
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. **Cost £10** (including lunch).

Sewing Basics Workshop

Wednesday 26th March, 2nd & 9th April
10.00am- 12.00 noon. Learn the basics of using a sewing machine and hand-sewing techniques. Make your own lavender eye pillow over the three sessions with the skills you have learnt. **Cost £6.00** for all 3 sessions. Booking essential.



For more information contact Soo Taylor
07702 869453 soo@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.

For information contact Aulson Lawrence
07593 436608 aulson@fgfleeds.org