

# What's On at Feel Good Factor April 2025

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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)



## 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. 9th & 23rd May, 7th & 13th June at FGF. Participants can be chair based or standing. **Cost £2. Places limited. Booking essential.**



For information Contact Angela Goodyear

07701 338837 [angela@fgfleeds.org](mailto:angela@fgfleeds.org)

## Arts and Crafts Group

Fridays 10am - 11.30 am 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](mailto: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](mailto: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)

Starting 29th April. 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. 50+. 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 8<sup>th</sup> & 15<sup>th</sup> April 11am - 2pm Potternewton Park, LS7 4HA meet at Harehills Avenue entrance. Limited number of bikes available to borrow, so please bring your own if you have one. **Free.**



For more information contact Beverley Gilbert  
07702 869457 [beverley.gilbert@fgfleeds.org](mailto: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**



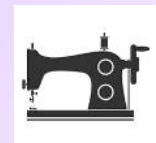
## Gardening Group

Help tend the FGF Community Garden. Make new friends and grow your gardening skills. FGF garden, Wednesdays 10am -12 noon



## Sewing Basics Workshop

Wednesday 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 two sessions with the skills you have learnt. **Cost £4.00** for 2 sessions. **Booking essential.**



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