What's on at Feel Good Factor October 2026

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

Gardening Group

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

Knit and Natter Group

Wednesdays 12.30 pm - 3.30 pm at FGF.
All levels of knitters welcome. **Cost £1.**

Sewing Group

Thursdays 1.00pm - 3.30pm at FGF. Intermediate class for those who have a basic understanding of sewing and are ready to take their skills further. **Cost £5.**

Walking Group

Thursday 15th October - Kirkstall Abbey & canal walk. Meet at Leeds Bus Station at 10am.

Thursday 29th October - Gledhow Valley Woods. Meet at Feel Good Factor at 10am.

This is a gentle walking group with nothing too challenging. There will be 2 planned walks a month each lasting around 2 hours.Contact Soo to pre-register before the walk.

Relaxing Yoga sessions

Fridays 11.30am - 12.30pm.
2nd, 9th, 16th October, 13th, 20th November, 4th, 11th December at FGF.
Participants can be chair based or standing.
Cost £2. Places limited. **Booking Essential**.

Coffee and Toast Friendship Club

Fridays 11.30am - 2.00pm at FGF.
Free tea and coffee, toast and snacks.
Come and read a book, or just relax.
Guest speakers will be dropping in on these sessions with useful information.

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

🌿 Community Quilt Project 🧵

Another opportunity to take part in creating a community quilt celebrating nature and community.
Be part of the film documenting the making of this special community project.
Across 3 sessions we will:

- 🌱 Collect natural materials for dyeing
- 🎨 Dye fabric together
- 🧵 Sew words and reflections into our quilt

You will need to attend all 3 sessions.
Free. Booking Essential.

Tuesday 20th October 10.30am - 3pm nature walk, meet at FGF.
Wednesday 21st October 2pm - 4pm dyeing session at FGF.
Thursday 22nd October 2pm - 4pm sewing session at FGF.

Felt Partridge Workshop

Friday 23rd October 10.00am -12 noon at FGF.
Come and make this adorable felt bird.
No experience necessary, all materials are provided.
Free. Booking Essential.

Mini Books Workshop

Friday 30th October 10.00am -12 noon at FGF.
Come and make these mini books.
No experience necessary, all materials are provided.
Free. Booking Essential.

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

Adult Cycling

Wednesdays 12.00 noon - 2.00pm at Potternewton Park, LS7 4HA.
Bikes and helmets are provided. **Free.**

Family Cycling

Tuesdays 4.00pm - 5.00pm
at Potternewton Park, LS7 4HA. **Free.**
Family cycling fun day at Potternewton Park, Tuesday 27th October 11.00am - 1.00pm. All children must be accompanied by an adult.

Decoupage Plant Pot Decorating

Monday 19th October 1.00pm - 2.30pm at FGF. Come along for a fun and relaxing afternoon decorating a plant pot.
Cost £5. Booking Essential.

🌸 Silk Painting Workshops 🌸

Join us for creative silk painting sessions at FGF.
Cost £15 for all 3 sessions (materials included).
Contact Beverley to register your interest.

Trip to Whitby

Friday 30th October. Depart 9.15am from Feel Good Factor. Arrive back at Feel Good Factor 6.00pm ish. **Cost £16** per person (all seats must be paid for, including children). Enjoy a full day, your way. Booking form & full payment required before 30th September. No refunds once your place is confirmed. Limited spaces. Book early to avoid missing out!

Trip to Boundary Mills Outlet Colne

This would be great for Christmas shopping or to treat yourself. **Cost £16.**
Contact Beverley to register your interest.

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

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Have a Go Choir Group

Mondays 11.00am - 12.30pm at FGF.
Love music? Love to sing? Join us at these creative choir sessions led by Reggie. **Free.**

Women's Swimming

Every Tuesday 10.15am - 11.45am.
At The Edge, University of Leeds,
Willow Terrace Road, Leeds, LS2 9JT.
Cost £5. Booking Essential.

Come Dance With Us

Every Thursday starting 10th September
1.30pm - 2.30pm at Holy Rosary Community Room, Chapeltown Road, LS7 4BZ. Dance instructor De-Napoli Clarke. **Cost £3.**

Saturday Social Group

Saturdays 10.00am - 1.00pm 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!

For information contact Shabana Kosar
07523 515267 shabana@fgfleeds.org

Leeds Sensory Services at FGF

A specialist support service for Leeds residents 16+ who are deaf, hard of hearing, sight-impaired, severely sight impaired or deaf blind.

Have a chat with Tracey about your eyesight/ hearing and to find out about the visual impairment group, Deaf group and mindfulness group.
Free gadgets are available, such as TV listeners, portable doorbells and magnifiers.

For more information contact Tracey Nicholls
07523 515266 tracey@fgfleeds.org

Bollywood Zumba

Wednesdays for 4 weeks,
7th, 14th, 21st, 28th October 5.30pm - 6.30pm at Compton Library,
Harehills Lane, Harehills, Leeds LS9 7BG.
Cost £3.

Harehills Women's Bike Group

Tuesdays 12.30pm - 2.30pm.

Harehills Park, Coldcotes Avenue,
Leeds, LS9 6ND. Meet by the tennis court.

Cycle North sessions supporting women to learn how to ride and build confidence. **Free.**

Knit and Natter

Wednesdays 12.30pm - 2.30pm.

Nowell Mount Community Centre, LS9 6JJ.

A welcoming space to meet new people, share skills, or learn something new. **Free.**

Men's Social Group

Thursdays 10.30am - 12.30pm.

Compton Library, Harehills Lane, LS9 7BG.

An opportunity to meet new people and visit places across Leeds. **Free.**

For more information contact Syretta Liburd
07519 387417 syretta@fgfleeds.org

Connect Men's Group

Tuesdays 10.00am - 12.00 noon at Reginald Centre, 263 Chapeltown Road, Leeds, LS7 3EX. A fun mixed group of men engaging in quizzes, lively conversations and 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

Walk & Talk Active Group

Tuesdays 10.30am - 2.30pm.Meet at The Old Fire Station, Gipton Approach, LS9 6NL. A variety of local walks in the area. **Free.**

Man Cave

Wednesdays 12.00pm - 2.00pm.
Epiphany Church, 227 Beech Lane, LS9 6SW. A weekly social group for men in East Leeds. Join us for conversation, camaraderie, friendship, games and activity. **Free**.

G.O.S.H Workshop

Gipton, Osmondthorpe, Seacroft & Halton Moor Workshop
Thursdays 12.00pm - 2.30pm.

The Old Fire Station, Gipton Approach, LS9 6NL. Unleash your creativity in this workshop activity. **Free.**

Walk it Ride It

Thursdays 11.00am - 12.00pm.
Harehills Park, Coldcotes Avenue, Leeds, LS9 6ND. Helping people in Harehills to access walking and cycling activites to improve health and wellbeing. **Free.**

For more information contact Lloyd Herah
07510 659049 lloyd@fgfleeds.org