What's on at Feel Good Factor November 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 10.00am - 12.00 noon at FGF.

Bead Jewellery Making Workshop

Tuesday 24th November. 11.00am - 1.00pm at FGF. Cost £2. All materials supplied. **Booking Essential.**

Candle Making Workshop

Tuesday 15th December 1.30pm - 3.30pm at FGF. **Cost £5**. All materials supplied. **Booking Essential**.

Knit and Natter Group

Wednesdays 12.30pm - 3.30pm 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

Dates to be confrimed.

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.

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

Relaxing Yoga sessions

Fridays 11.30am - 12.30pm. 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.

Loan Shark Awareness Session

Worried about money this winter? Know the risks of Loan Sharks.

Join us at FGF for a Loan Shark Awareness Session with Trish, who will share advice on how to recognise the warning signs, understand the risks and find out where to access safe support and help.

Date: 11th December 2026 & 22nd January 2027
⏰ Time: 12.00 noon – 1.30pm
📍 Venue: FGF

Come along, find out more and help us raise awareness. Know the signs. Stay safe. Get support.

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

Adult Cycling

Wednesday 11th & 25th November
12.00 noon - 2.00pm at
Potternewton Park, LS7 4HA.
Bikes and helmets are provided. **Free.**

Silk Painting Workshops

Join us for creative silk painting sessions at FGF. 30th November, 7th & 14th December, 1.30pm - 3.00pm. Come along and enjoy this wonderful creative group
Cost £15 for all 3 sessions.
(materials included).**Booking Essential.**

Trip to Boundary Mills Outlet Colne

Monday 9th November,
Depart 9.30am from Feel Good Factor.
Arrive back at Feel Good Factor 5.30pm ish
Cost £16 per person. Booking form & full payment required before 2nd November. No refunds once your place is confirmed.This would be great for Christmas shopping or to treat yourself.

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

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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 session 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

Gentle Walk

Every Thursday's 1.00pm - 2.00pm Harehills Park, Coldcoates Avenue, Leeds, LS9 6ND. All abilities to walk around the top circular footpath of Harehills park. **Free.**

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.
(Term Time)
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