

Timetables of Activities - (October - December 2018)

Please note the timetable is subject to change

Monday	9.30 -10.30 £3.50 Line Dancing	10.00 Walking Group <i>Meet at the Feelgood</i>	10 - 12 Bereavement Hub <i>Twice monthly</i>	10.12 £2.50 Creative Writing	1 - 3 £4.00 Craft Group <i>Including Materials</i>	9 - 12 Stress Clinic <i>Appointment only</i>	<i>Other organisations and services held at the Feelgood Factory</i>
Tuesday	10 - 11 £3.50 Yoga	12 - 2.30 The Drop-in <i>Informal Mental health service</i>	12 .30 - 2 The Reading Group				Knowsley Mutual Credit Union Monday Wednesday & Friday 10 – 3
Wednesday	9.30 -10.15 £3.25 10.15 - 11.15 £3.50 Aerobics	10.30 - 12 & 5.30 - 7 Steps to Health <i>Healthy Lifestyle Course</i>	11.30 - 12.30 £3.50 Clinical Pilates	1.30 - 3.30 £3.00 Feelgood Learning	9 - 12 Stress Clinic <i>Appointment only</i>		Citizens Advice Bureau Tuesday morning appointment only
Thursday	10.00 Walks for Men <i>Meet at the Feelgood</i>	11.15 - 12 £3.50 Zumba Gold	1 - 4 £3.00 G.A.S. <i>Good Afternoon Social</i>				Stop Smoking Service Thursday 1 – 3
Friday	9.45 - 10.45 £3.50 Mens Yoga	11.15 - 12 £3.50 Zumba Gold Toning	12 - 1 £2.00 Walking Football <i>Meet at Netherton Activity Centre</i>	1.30 - 4 £2.00 Mancave			Local Councillors Surgery 3rd Friday of every month
Saturday	1.30 - 4 - Afternoon Tea <i>Once a month</i> <i>Contact Marie Rice to book your place</i>						

Feelgood Factory Health Activities and Services held at other venues

Monday	10 - 3	Community Garden - Netherton Feelgood Factory has been developing a community Garden here in the Marian Way (<i>behind the shops</i>) for local people to grow their own fruit
Thursday	10 - 3	& veg, herbs and flowers for themselves and to sell. get fit, make new friends, learn something new.
Tuesday	10 - 3	Dunningsbridge Road – We have an organic allotment where volunteers can learn growing skills and get some outdoor exercise. All fruit and vegetables are shared between the volunteers
Friday	10 - 12	The Drop-in – informal Mental health service at Linacre Mission, Linacre Road, Litherland. The Entrance is in Bowden Street

If you would like more information on any of the activities, events or Feelgood Services please give us a call 0151 291 8010 or pop into the Feelgood Factory, Glovers lane, Netherton, L30 5QW