

Feelgood Factory Health Activities and Services held at other venues

Monday 10 - 4	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 & veg, herbs and flowers for themselves and to sell, get fit, make new friends, learn something new.
Thursday 10 - 4	
Sunday 1 - 2	1st Sunday of the month, Sunday Social
Friday 10 - 12	The Drop-in - informal mental health service at Linacre Mission, Linacre Road, Litherland. The Entrance is in Bowden Street

Timetable of Activities

January to March 2020



Improving Lives, Promoting Health



Other organisations and services held at the Feelgood Factory

Knowsley Mutual Credit Union

Monday Wednesday & Friday 10 - 3

Citizens Advice Bureau

Tuesday morning appointment only

Stop Smoking Service

Thursday 1 - 3

Local Councillors Surgery

3rd Friday of every month 11.30-12.30

Netherton Feelgood Factory
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Monday	10.00 -11.00 Beginners Line Dancing £4.00	10.00 Walking Group <i>Meet at the Feelgood</i>	9 - 12 Stress Clinic <i>Appointment only</i>	12.30 - 2 Knitting for Good Free	1 - 3 Craft Group <i>Including Materials</i> £4.00	1 - 2.30 Chill & Chat Breast feeding Support	
Tuesday	10 - 11 Yoga £4.00	10.12 Creative Writing £2.50	10 - 12 Healthy Cooking	10 - 11.30 Bereavement Support 6wks <i>Starting 14th January</i>	12 - 2.30 The Drop-in <i>Informal Mental health service</i>	1.30 - 3.30 Ladies Friendship Group <i>Every other week</i>	
Wednesday	9.30 -10.15 10.15 - 11.15 Aerobics <i>1st class £3.75</i> <i>2nd class £4.00</i>	10.30 - 12 Weight Management <i>Healthy Lifestyle Crs</i> <i>Starting 15th January</i>	11.30 - 12.30 Clinical Pilates £4.00	1.30 - 3.30 Feelgood Learning £3.50	1.30 - 3.30 Papercraft Free		
Thursday	10.00 Walks for Men <i>Meet at the Feelgood</i>	11.45 - 12.30 Zumba Gold £4.00	1 - 4 G.A.S. <i>Good Afternoon Social</i> £3.50	1 - 3 Thinkwell Thursday 6wks			
Friday	9.45 - 10.45 Mens Yoga £4.00	11.15 - 12 Zumba Gold Toning £4.00	11.00 - 1.00 Tech Support Session <i>IT Support</i> Free	12 - 1 Walking Football <i>Meet at Netherton Activity Centre</i> £3.00	1.30 - 4 Mancave £1.00		
Saturday	1.30 - 4 - Afternoon Tea <i>Once a month</i> <i>Contact Marie Rice to book your place</i>						

What's on

Every day - Living well health checks and chats ask for an appointment or just drop in and ask to see a Health Mentor

15th Jan Family History 5.15 - 7.15pm *(limited places)*

16th Jan Chutney Making 5.00 - 6.30pm *(limited places)*

17th March Family History 2.30 - 4.30pm *(limited places)*

Please call for more details