



Timetable of Activities - (July to September 2018)

www.feelgoodfactory.org.uk

Monday	9.30 - 10.30 Line Dancing £3.50	10.00 Walking Group <i>(Meet at the Feelgood Factory)</i>	10 - 12 Bereavement Hub <i>(Twice Monthly)</i>	10 - 12 Creative Writing £2.50	1 - 3 Crafting Group <i>(Materials Included)</i> £4.00	<p>Other Organisations and services held at the Feelgood Factory</p> <ul style="list-style-type: none"> * Knowsley Mutual Credit Union <i>Monday, Wednesday & Friday 10-3</i> * Citizens Advice Bureau <i>Tuesday Morning appointment only</i> * Stop Smoking Service <i>Thursday 1 - 3</i> * Local Councillors Surgery <i>3rd Friday of every month</i> <p><i>If you require more information please give us a call</i></p>
Tuesday	10 - 11 Yoga £3.50	12 - 2.30 The Drop-in <i>Informal Mental Health service</i>	12.30 - 2.00 The Reading Group	.30 - 7 Steps to Health <i>(Healthy lifestyle Course)</i> (Date to be confirmed)		
Wednesday	9.30 - 10.15 & 10.15 - 11.15 Aerobics <i>1st Class</i> £3.25 <i>2nd Class</i> £3.50	10.30 - 12 Steps to Health <i>(Healthy lifestyle Course)</i>	11.30 - 12.30 Clinical Pilates £3.50	1.30 - 3.30 Feelgood Learning <i>(not in August)</i> £2.50	5	
Thursday	10.00 Walks for Men <i>(Meet at the Feelgood Factory)</i>	11.15 - 12 Zumba Gold £3.50	1 - 4 G.A.S. <i>(Good Afternoon Social)</i> £3.00			
Friday	9.45 - 10.45 Men's Yoga £3.50	11.15 - 12 Zumba Gold Toning £3.50	12 - 1 Walking Football <i>(Meet at Netherton Activity Centre)</i> £2.00			
Saturday	1.30 - 4 Afternoon Tea <i>Once a month</i> <i>(Please call to book your place)</i> £3.00					

Feelgood Factory Health Activities & Services held at other Venues

- Tuesday 10 - 3.00** Allotment - 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. *The group is very friendly and welcoming to new people.*
- Friday 10 - 12.30** The Drop In *Informal Mental Health service* At Linacre Mission, Linacre Road, Litherland, **Entrance** is in Bowden Street

Please note the timetable and activities may be subject to change.

If you would like more information on any of our activities, events or Feelgood services please give us a call on 291 8010 or 291 8011