



# FEELGOOD CHOICES

(FRIENDSHIP & INTEREST GROUPS)

January to April 2025



## Social Groups

Title	Start Date	Day	Start Time	End Time	Weeks	Cost per week
Tea and Talk	Ongoing	Thursday	2 p.m.	3.30 p.m.	Ongoing	£3.50
Ladies' Friendship Group	Ongoing	Wednesday	1 p.m.	3 p.m.	Ongoing	£2.50
Man Cave	Ongoing	Friday	1 p.m.	4 p.m.	Ongoing	£2.00

## Interest Groups

Title	Start Date	Day	Start Time	End Time	Weeks	Cost per week
History Group (Feelgood Learning)	Ongoing	Wednesday	1.30 p.m.	3.30 p.m.	Ongoing	£3.50
Creative Writing	Ongoing	Tuesday	10 a.m.	12 noon	Ongoing	£2.50
Book Club	Ongoing	Tuesday	1 p.m.	2.30 p.m.	Ongoing	£2.50
Music Group	Ongoing	Wednesday	1 p.m.	3 p.m.	Ongoing	£3.00
Uncovering the Past	March 4th-	Tuesday	1.30 p.m.	3.30 p.m.	Four	£4.00

## Arts & Crafts Groups

Title	Start Date	Day	Start	End Time	Weeks	Cost per
Knitting for Good	Ongoing	Monday	1.30 p.m.	3.30 p.m.	Ongoing	£1.00
Drawing Class	Ongoing	Tuesday	1 p.m.	3 p.m.	Ongoing	£5.00

# For further information

## **Tea and Talk**

Toad Stevenson

Telephone 291 8010

Email [Toad.Cook@feelgoodfactory.org.uk](mailto:Toad.Cook@feelgoodfactory.org.uk)

## **History , Uncovering the Past and Creative Writing**

Sandra Duncan

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## **Crafts**

Hayley Beer

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Email [hayley.lewis@feelgoodfactory.org.uk](mailto:hayley.lewis@feelgoodfactory.org.uk)

## **Man Cave**

Martin Brecknock

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## **Ladies' Friendship Group**

Carol Miles

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Email [carol.miles@feelgoodfactory.org.uk](mailto:carol.miles@feelgoodfactory.org.uk)

## **Book Club**

Ann Anirah

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Email [ann.anirah@feelgoodfactory.org.uk](mailto:ann.anirah@feelgoodfactory.org.uk)



# Tea & Talk

TEA AND TALK IS A WEEKLY SOCIAL GROUP FOR MEN AND WOMEN WHO WANT TO GET TOGETHER FOR A LIGHT-HEARTED HOUR OR SO TO ENJOY CONVERSATION, LIGHT REFRESHMENTS, QUIZZES, ETC.

> **Thursday, 2 p.m. to 3.30 p.m.**

## **Programme**

### **9th January—I Wish I'd Looked After My Teeth**

A reminiscence session about going to the dentist.

### **16th January—Winter Quiz**

Come along and enjoy a quiz about the cold season.

### **23rd January—Mindfulness with Annabel**

Learn how to stay calm and relaxed.



### **30th January — Warm Winter's Feast**

Warm food and good company to reduce the chill in the air.

### **6th February—Tea and Talk**

Come along and have a chat with our group with some nice tea & biscuits!

### **13th February—Valentines Day**

Treats and crafts for Valentines Day.

### **20th February—Music Quiz**

Test your knowledge of music.

### **27th February— Tea and Talk**

Come along and have a chat with our group with some nice tea & biscuits!

### **6th March— Pancake Day Treats**

The chance to enjoy pancakes in company with others.

### **13th March—Spring Poems**

Listen to poetry for spring with Ann.

### **20th March—Strictly for the Birds**

Come along and make a simple bird house for your garden or balcony,



### **27th March – Mothers' Day**

A celebration for Mothers' Day.

### **3rd April—Tea and Talk**

Come along and have a chat with our group with some nice tea & biscuits!

### **10th April—Easter Crafts**

Come along and make some Easter-themed decorations!



### **17th April—Easter Celebration**

Welcome the Easter season with food and games.

### **24th April—St George's Day**

Learn about St George and make Georgy crafts.



IN ADDITION TO TEA AND TALK THE FEELGOOD FACTORY CURRENTLY RUNS TWO OTHER SOCIAL GROUPS, ONE FOR WOMEN AND THE OTHER FOR MEN.

> **Wednesday, 1 p.m. to 3 p.m.**

### **Ladies Friendship Group**

The Ladies' Friendship Group helps women to make new friends by putting them in touch with like-minded women who share the same interests and live in the same area.

The group encourages participants to build friendships for theatre trips, cinema, days out, dog walking or having a coffee.



Members may be new to the area, have children who have left home, may have lost a partner, been widowed or divorced, may have retired or simply feel lonely and are looking to make new friends.



> *Friday, 1 p.m. to 4 p.m.*

### **Man Cave**

Man Cave is a work in progress. It is the chance for younger men (aged 20 to 50 but these are not fixed boundaries) to get together and take part in activities of interest. This is a chance to play darts, chess, quizzes, backgammon, stickie's and table football or just have a good old chat with other men.





# HISTORY GROUP

THIS GROUP IS FOR PEOPLE WHO WANT TO COMBINE LEARNING NEW THINGS WITH MEETING NEW PEOPLE. OUR FOCUS IS ON HISTORY BUT WE ROAM WIDELY AROUND A RANGE OF SUBJECTS. DURING THE NEXT FEW MONTHS WE WILL BE LOOKING AT THE FOLLOWING SUBJECTS.

> **Wednesday, 1.30 p.m. to 3.30 p.m.**

## **Programme**

### **8th January—Liverpool in World War One**

On 4th August 1914 in the famous phrase “the lights went out all over Europe”. How was the beginning of World War One greeted in the city of Liverpool?

### **15th January—The History of Social Work**

A look at how social work and social care developed in Britain.



### **22nd January— Liverpool in World War One**

1915 and the war hadn't ended by Christmas. With Zeppelins and the sinking of the Lusitania the people at home were beginning to realise that this was a war like none before.

### **29th January— Liverpool in World War One**

In 1916 life became even more difficult with a film of real life on the Somme in the cinemas for the first time and an uprising in Ireland. Yet civilians in Liverpool and elsewhere met the many challenges they faced. The Germans tried to bomb Liverpool for the first time but missed and hit Wednesbury in Shropshire instead.

### **5th February—The History of Social Work**

A look at how social work and social care developed in Britain.

### **12th February—Liverpool in World War One**

1917 saw the entry of the Americans into the war but life on the home front was increasingly difficult., with food shortages and a mounting death toll.



### **19th February—The History of Social Work**

A look at how social work and social care developed in Britain.



### **26th February—Liverpool in World War One**

The end of the war in 1918 came not a moment too soon but was accompanied by a deadly pandemic.

### **5th March—The History of Social Work**

A look at how social work and social care developed in Britain.

### **12th March —The History of Cartoons**

As a style of drawing, caricature has been used more frequently to make a political point, leading to the development of the sort of cartoons we are now familiar with. This session will look at the birth of cartoons.

### **19th March— The History of Social Work**

A look at how social work and social care developed in Britain.



### **26th March—The History of Cartoons**

A look at cartoons in the 19th century from *Punch* to newspaper cartoons.

### **2nd April— The History of Social Work**

A look at how social work and social care developed in Britain.

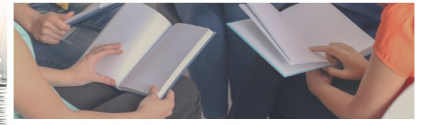
### **9th April—The History of Cartoons**

The 20th century from Ronald Searle to *Spitting Image*.

### **16th April— Outing**



Once Upon A Time...



# CREATIVE

IF YOU ARE FEELING CREATIVE IN SOME WAY THEN ONE OF OUR “ARTS” PROGRAMMES MAY BE FOR YOU. ABSOLUTELY NO SKILLS REQUIRED. THESE ARE FOR FUN AND TO MAKE FRIENDS.

> **Tuesday, 10 a.m. until 12 noon**

## **Creative Writing**

This is a group for people who enjoy writing and self-expression. No particular skills necessary, just an interest in telling stories or writing poetry.

This is not a “hard-core” writing group. We are more about looking at how authors through the years have done it so that we can learn from them.

You don't need actually to produce any work but we are trying to put together a compilation of anything we produce every four to six months in booklet form.



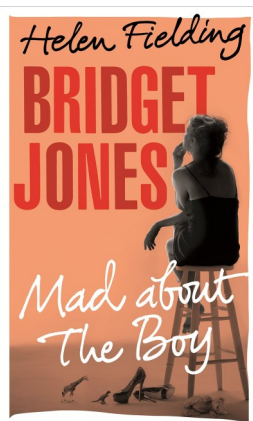
During this period we are looking at incorporating humour in our writing.

January 7th —February 25th  
Writing humorous fiction and poetry..

March 4th—15th April  
How to use humour in non-humorous writing to enhance your work.



> **Tuesday, 1 p.m. until 2.30 p.m.**



### **The Book Group**

The Book Group is for those who enjoy reading and discussing with others what they have read. Come along and meet with the group in the Community Lounge. All welcome.

The book for January is “Bridget Jones: Mad About The Boy” by Helen Fielding

> **Wednesday, 1 p.m. until 3 p.m.**



### **The Music Group**

This is the chance to learn or develop music skills.

The group includes singers as well as musicians.

All welcome.



## Arts & CRAFTS

THE FEELGOOD FACTORY RUNS A ROLLING PROGRAMME OF CRAFTING ACTIVITIES THAT MIX MEETING PEOPLE WITH ENGAGING IN CREATIVE ACTIVITIES.

> **Monday 1.30 p.m. - 3.30 p.m.**

### **Knitting for Good**

Every Monday afternoon a group of people interested in knitting and crochet, meet for a chat whilst the needles click away.

Participants can choose to bring along their own materials and patterns to make items for themselves. Alternatively, if they wish to knit for local good causes, we will provide everything they need.



This is not a taught class; members help each other.

> **Tuesday, 1.00 p.m.—3.00 p.m.**

### **Drawing Group**

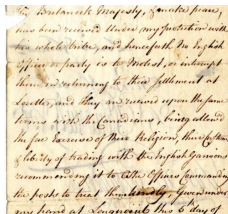
If you feel like learning to draw, then come along to our drawing course at 1 p.m. on Tuesday.

# Learning is an adventure.

OUR ENHANCED PROGRAMMES OF LEARNING COURSES MAKE USE OF OUR NEW COMPUTER SUITE.

> **Tuesday 1.30 p.m. to 3.30 p.m.**

## Uncovering the Past— 4th to 25th March



This short programme will involve two different parts in each two hour session.

1. We will look at the history of Netherton from the 1500s until 1953.



2. Each talk will then be followed by practical sessions in which participants will be helped to develop skills to undertake research into local history themselves.



If there is sufficient interest we may also finish the course with a visit to Lancashire archives where most documents about

Netherton before World War 2 are stored.

We will be using computers in these sessions but please don't be put off if you are not confident with technology. If you need help we will do our best to find a volunteer to sit with you if we are informed in advance.



# *Volunteer* OPPORTUNITIES

IN ADDITION TO ACTIVITIES AND GROUPS, THE FEELGOOD FACTORY ALSO OFFERS A RANGE OF VOLUNTEERING OPPORTUNITIES THAT ENABLE YOU TO MEET NEW PEOPLE.

## **About Volunteering**

Volunteering is a great way to meet people and engage in worthwhile activities. We rely on volunteers to help us keep the Feelgood running. We are offering a developing range of training and social events.

## **Volunteering Opportunities**

We have many different volunteering roles available.



1. Breastfeeding Support Mentors
2. Community Garden Assistants
3. Charity Shop Assistants
4. Shopping Service Administrators
5. Shopping Service Drivers
6. Social and Interest Groups Facilitators and Assistants
7. Meeters and Greeters for the building
8. Fundraisers

## **How to find out more**

For more details go to the recruitment app:

[https://eu.jotform.com/app/netherton\\_feelgood\\_factory/vol\\_app](https://eu.jotform.com/app/netherton_feelgood_factory/vol_app)

Or ask in the Feelgood Factory.



## **Befriending**

In 2025 the Feelgood Factory is relaunching our befriending service to provide companionship and support to people who feel isolated or lonely but who cannot, for a variety of reasons, leave their own home. Befrienders make regular visits to help people feel less isolated and improve their quality of life.

Full training will be provided and support given to volunteer befrienders.

To find out more speak with Ann or Sandra at the Feelgood Factory.





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