



FEELGOOD CHOICES

(FRIENDSHIP & INTEREST GROUPS)

January to March 2026



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
Music Group	Ongoing	Wednesday	1 p.m.	3 p.m.	Ongoing	£3.00

Arts & Crafts Groups

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

For further information

Tea & Talk, History and Creative Writing

Sandra Duncan

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Crafts

Hayley Beer

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Man Cave

Malcolm Bannon

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Ladies' Friendship Group

Malcolm Bannon

Telephone 291 8010

Email Malcolm.bannon@feelgoodfactory.org.uk

All other groups ring 0151 291 8010

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TEA AND 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, 1.45p.m. to 3.15 p.m.**

Programme

8th January—New Year Quiz

Come along and shake off the Christmas cobwebs with our New Year Quiz.

15th January—This is Your Life

Eamonn Andrews won't appear but we are going to develop your own Red Book.

22nd January—Find Your Family Crest

Find out about the origins and history of your family name. You don't need a title to have a crest or tartan.

29th January—Tea and Talk

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

5th February— Radio Day

This week sees Radio Day so we will go down memory lane and revisit our favourite radio memories.

12th February—Valentines Day

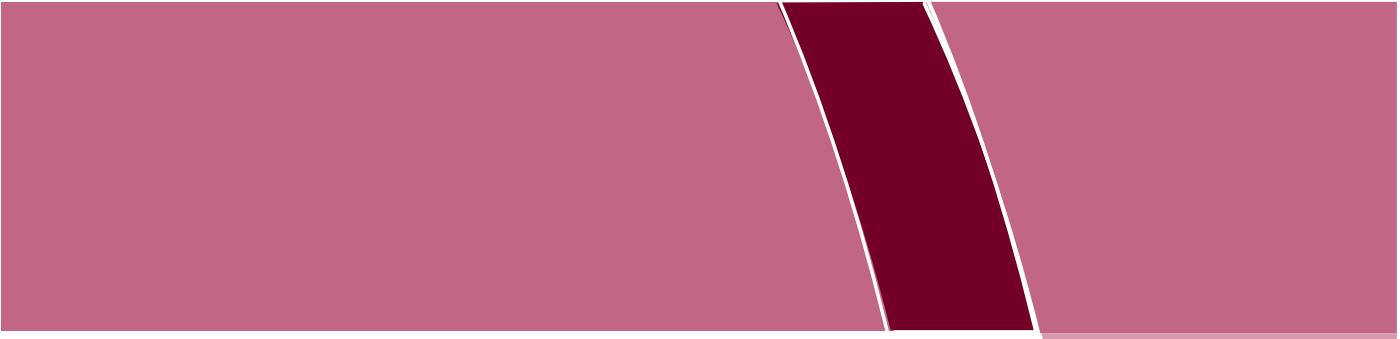
A crafty session with music to celebrate St Valentine's Day.

19th February—Pancake Day

We will sample different pancakes from around the globe.

26th February— Tea and Talk

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



5th March—The Mad Science Laboratory

British Science Week starts on 6th March. We are going to look at some strange experiments you can do without blowing up the building!

12th March—Healthy Eating

Malcolm is going to come in and do some cookery demonstrations. He will also answer any questions you may have about healthy eating.

19th March—St Patrick's Day

Our annual St Patrick's Day celebration.

26th March— Tea and Talk

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

April 2nd—Easter Party

Celebrate Easter with food, music and an Easter Bonnet competition.



SOCIAL GROUPS

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.



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

Man Cave

Man Cave 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.



Discover History
Together

History & More

A welcoming community for curious minds



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.

- THE SERVANT PROBLEM: BEING AND EMPLOYING SERVANTS FROM 1800 TO 1939
- SHIPWRECKS IN THE MERSEY
- THE LIFE OF CHARLES DARWIN
- MARGARET BEAVAN: THE “LITTLE MOTHER OF LIVERPOOL”.

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

Programme

14th January— Servants Everywhere

As the Industrial Revolution led to the growth of the middle classes, more and more people began to employ servants—but this wasn't as easy as it might have seemed.

21st January—Shipwrecks in the Mersey

28th January—The Problem of Servants in the Victorian Period.

"If you would have a faithful servant, and one that you like, serve yourself." - Benjamin Franklin. The mistress of the house was a manager of an army of servants rather than a domestic goddess. How did this work out in reality?

4th February—Shipwrecks in the Mersey

11th February—Suffrage and Servants

The end of the Victorian era and the First World War led to a huge change in employment for ordinary people.

18th February—Shipwrecks in the Mersey

25th February —The Maid of All Work becomes the Lady Who Does

The servant problem between the wars became the problem of actually persuading people to be servants.

4th March—The Life and Work of Charles Darwin

11th March—Margaret Beavan

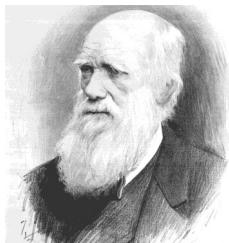
Margaret Beavan became Liverpool's first woman Lord Mayor in 1927. Her work for children had a national impact and when she died in 1931, Liverpudlians lined the streets to watch the funeral procession of 'the little mother of Liverpool'.

18th March—The Life and Work of Charles Darwin

25th March—The Life and Work of Charles Darwin

1st April—Outing

To be confirmed.





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 world building.



› **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.





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

> Monday 1 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.

Sewing For Good

Like Knitting for Good this group runs the same time on a Monday. Individual projects can be done along with groups projects chosen together. All like-minded and crafty individuals enjoy the social side as well as sharing skills and knowledge.

> Tuesday, 1.00 p.m.—3.00 p.m.

Drawing Group

If you have a passion for drawing or wishing to see if you have that creative flair, come along and try our drawing class. This is a relaxing class with music playing in the background at 1 p.m. on Tuesdays.