



# FEELGOOD CHOICES

(FRIENDSHIP & INTEREST GROUPS)

September to December 2024



## 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
Family History	October 8th	Tuesday	1.30 p.m.	3.30 p.m.	4 weeks	£5.00
Design Using Canva	November 5th	Tuesday	1.30 p.m.	3.30 p.m.	3 weeks	£2.50
Creative Writing	Ongoing	Tuesday	10 a.m.	12 noon	Ongoing	£2.50
Book Club	Ongoing	Tuesday	1 p.m.	2.30 p.m.	Ongoing	£2.00
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	1.30 p.m.	3.30 p.m.	Ongoing	£1.00
Drawing Class	Ongoing	Tuesday	1 p.m.	3 p.m.	Ongoing	£5.00
Sew It Don't Throw It	Sept 12th	Thursday	2.30 p.m.	4 p.m.	4 weeks	£3.00

# For further information

## **Tea and Talk**

Toad Stevenson

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## **History, Family History, Design Using Canva and Creative Writing**

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## **Crafts**

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## **Man Cave**

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## **Ladies' Friendship Group**

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## **Book Club**

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# 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**

### **5th Sept—Goodbye Summer**

To see off summer we will be having a last hurrah of the season themed snacks, enjoying the last rays of sun before it gets chilly again!

### **12th September—Tea & Talk**

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



### **19th September—Flower & Produce Show**

Come along to our very own Flower and Produce Show

### **26th September Poetry for Autumn**

Our Book Club facilitator and Jack of all Trades, Ann, will be doing a reading of some beautiful Autumnal poetry!

### **3rd October—Music Quiz**

Come along for a music quiz with our Quiz Master, Kathryn and see if you can beat our reigning champ Sue! With snacks.

### **10th October—Tea & Talk**

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

### **17th October—Happy Birthday**

We will be celebrating a very happy 91st birthday for one of our lovely ladies who attends!

### **24th October— Get Ready for Hallowe'en**

To prepare for our Halloween party we will be making our own costumes! Whether that be a sparkling fairy wand or a terrifying pumpkin mask, come along and enjoy some crafting!



### **31st October—Hallowe'en Party**

Time for a spooktacular Halloween party, come along and enjoy nail-biting games and tasty treats or tricks!

### **7th November—Tea & Talk**

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

### **14th November—Remembering**

With Remembrance Day just passed we will be taking a session to focus on to focus our thoughts and conversations around the War.

### **21st November – Cards Afternoon**

Due to popular demand we will be having a card game themed session! Focusing on chase the ace, poker and even attempting Uno!



### **28th November—Christmas Cards**

For the start of the Festive period we will be making Christmas cards!

### **5th December—Christmas Crafts**

Are you putting up your tree? Come along and make some Christmas-themed decorations!

### **12th December—Christmas Meal**

A joint Christmas meal with a multitude of our groups within the Feelgood! A warm meal and live entertainment provided!

### **21st December—Mince Pie Drop In**

For the last session before Christmas, come along and have a mince pie, a chat and enjoy some quiet Christmas melodies before the madness of the Big Day.



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**

**4th Sept—Outing**

### **11th September—History of Food**

Completing the series we started before the summer break. The growth of the British Empire brought new tastes and flavours, reflecting the ethnic diversity of Britain today as well as the modern ease of travel.



### **18th September— The History of Aviation**

The early successes and failures by man when trying to fly.

### **25th September—The Edwardians & Political Upheaval**

The Edwardian period started with the death of the only monarch most people had ever known and ended with the First World War. In this first session we will look at political changes including a landslide election victory, the battle for women's rights and the rise of Socialism.

### **2nd October—The History of Aviation**

The story of air balloons, airships, the Wright Brothers and the first aeroplanes.

### **9th October—The Edwardians & Technological Revolutions**

Many things had been invented so quickly—telephones, typewriters, sewing machines, motorcars, aeroplanes, wireless—it was thought that technology would avert war.



### **16th October—The History of Aviation**

Planes from World War One to the modern era.

### **23rd October—The Edwardian influence of Art.**

#### **Literature & Music**

Art and literature became more gritty and surreal as views about life changed.



### **30th October—Liverpool's Public Health**

A look at the development of public health in Liverpool after the initial phase (following on from sessions in the summer)

### **6th November— The Edwardians & International Unrest**

From the Boer War to the outbreak of the Great War, this was a period of unrest on a global scale to an extent that had not been seen before.

### **13th November—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.



### **20th November— Liverpool's Public Health**

A look at the development of public health in Liverpool after the initial phase.

### **27th November—The History of**

#### **Cartoons**

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

### **4th December— Liverpool's Public Health**

A look at the development of public health in Liverpool after the initial phase.

### **11th December—The History of Cartoons**

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

## 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.*

### **Family History**

**October 8th—October 29th**

If you are interested in finding out about your family's past, then this five-week programme will give you the skills you need. This will be a largely practical group, where you will work to develop your own tree using computer resources but only basic computer skills are needed.



In addition we will look at the following topics each week to give you the background you need to move on.

Week 1—Using the Census

Week 2—Statutory Birth, Marriage and Death Records

Week 3—Parish Records

Week 4—Wills and Military Records.

Please be aware that we will largely be using records for England, Wales, Scotland and Ireland. If you are only interested in researching ancestors from other countries please contact us in advance for advice on whether this would be possible.

**Please note that spaces are limited so prior booking is essential. Please phone 291 8010 or ask in the Feelgood Factory.**

## Design Using Canva

**November 5th— November 19th**

Canva is an easy-to-use computer programme that will make designing all kinds of things a breeze.



Everything from posters and flyers to invitations, cards and even e-books can be made using Canva. Canva is also a really straightforward way to create great-looking

social media posts. At its most basic level, as well, Canva is free.

If you would like to learn the basics of Canva then come along to these three sessions. Each week we will look at different aspects of Canva and practice the skills to create our own resources for Christmas.

Week 1—Christmas Event Invitations

Week 2—Christmas Cards

Week 3 —Social Media Posts for Christmas

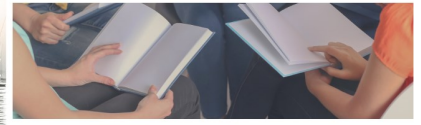


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# CREATIVE

Once Upon A Time...



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 Gothic Fiction and how to create spooky atmospheres

September 3rd —September 24th—  
Gothic fiction and how to create atmospheres of suspense.

October 1st— October 29th  
Writing ghost stories

November 5th—November 26th  
Writing Supernatural fiction.

December 3rd—December 17th  
Christmas and Horror—how to mix humour and things that go bump in the light.

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



the Community lounge. All welcome.

### **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

> *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.

> **Thursday 2.30 p.m. - 4.00 p.m.**

### **Sew It Don't Throw It**

If you have ever wanted to improve your sewing skills so you can repair more rather than just throwing things away and having to buy new, why not come along to this class teaching basic sewing skills? The group operates on a 4-week rolling programme.





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