



FEELGOOD CHOICES

(FRIENDSHIP & INTEREST GROUPS)

September to December 2025



Social Groups

Title	Start Date	Day	Start	End Time	Weeks	Cost per
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

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 & 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

Sophie Allen

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All other groups ring 0151 291 8010

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

Programme

4th Sept—Book Marks

Come along and make yourself a lovely book mark.

11th Sept—Tea and Talk

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

18th Sept— Autumn

We are going to celebrate the new season with food, music and crafts



25th Sept— All Things Comics

In America today is Comic Book Day. We will wrap ourselves in memories of comics we enjoyed as children. Lets see how many you remember!

2nd Oct—Day of Older People

1st October is the Day of Older People. We are a day late but we are going to party and celebrate.

9th Oct—Curious Events

Curious Events Day, observed on October 9, invites people to explore unusual facts, mysterious happenings, and the wonders of the unexpected. So we are going to get all strange and spooky.

16th Oct— Tea and Talk

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

23rd Oct— Feed the Birds

Life gets a little harder for the birds now, so we are going to have a go at giving them a helping hand (or wing!)



30th Oct—Hallowe'en

A Hallowe'en-themed afternoon. Get dressed up and there may be a prize!

6th Nov—Guy Fawkes

We are not going to light a bonfire in the room but we will remember the fun of firework night with traditional treats, a quiz and perhaps some sparklers.

13th Nov—Let's be Kind



Today is World Kindness Day so that will be our theme this afternoon.

20th Nov— Tea and Talk

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

27th Nov—The Goggle Box

The television has impacted all of our lives. We will select a few old programmes we would like to revisit and spend a relaxing hour or so with tea, cake and the telly.

4th Dec—Get Ready for Christmas

We will get a bit crafty and make some Christmas cards and decorations.

11th Dec—Christmas Party

This will be the official highlight of the Christmas season—come along for food, fun and friendship.

18th Dec—Tea and Talk

Our final tea and talk of the year—with mince pies of course.

Tea and Talk will resume on the 8th January



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 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.

THE MITFORD SISTERS: THE 20TH CENTURY THROUGH A DIFFERENT LENS

THE IMPACT OF THE OCEAN ON HUMANKIND

CHARLES DICKENS IN LIVERPOOL

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

Programme

3rd Sept—The Mitfords; Background

A look at the outrageous childhood of the Mitfords against the backdrop of the 1920s.

10th Sept—Crime, Punishment and Justice through the Centuries

Howard will be completing the last session from July.

17th Sept— The Mitfords & Fascism

Two of the six sisters were involved with Hitler and the Fascist movement. We will look at their involvement and also the impact that the movement had on Britain. In the 30s.

24th Sept—The History of Mankind at Sea

1st Oct— The Mitfords and Socialism

Jessica Mitford was a Communist and went to Spain during the Civil War and Nancy, the writer, was a Socialist. We will look at the story of how this impacted the family and also at the rise of socialism after the First World War.

8th Oct—The History of Mankind at Sea

15th Oct—The Rural Mitfords

We will finish off this series by looking at Pamela and Deborah Mitford both of whom preferred a quiet life but one of whom became a duchess and saved Chatsworth.

22nd Oct—The History of Mankind at Sea

29th Oct—Charles Dickens and Liverpool

Dickens declared that Liverpool held a special place in his heart, ranking second only to London. We will start this series with an introduction to Charles Dickens

5th Nov—The History of Mankind at Sea

12th Nov—Charles Dickens and Liverpool

In this session we will look at Dicken's writings about life in Liverpool, particularly those that came from his spell as a special constable in the town.

19th Nov—The History of Mankind at Sea

26th Nov—Charles Dickens and Liverpool

Many of the visits of Dickens to Liverpool were connected with his visits to other countries. We will look at these and at the place of Liverpool at a major staging posts to other places in this period.

3rd Dec—Charles Dickens and Liverpool

How did Liverpool inspire Dickens as a writer and how did his writings impact Liverpool?

10th Dec—Charles Dickens and Liverpool

Dickens was an entertainer as well as a writer of Christmas books. In this final session we will look at the more fun side of Dickens and at entertainment in Liverpool, particularly around Christmas.

17th Dec—Christmas Celebration

The History Group start up again on the 14th January.



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 poetry and story telling.



> ***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.

> ***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 1.30 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.

Sewing For Good

Like Knitting for Good and at the same time, this group is on every other Monday.

> **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.