



2024

FEELGOOD EXPERIENCE & AGM



**MONDAY 30TH
SEPTEMBER**

**Feelgood Factory
Glover's Lane
Netherton, L30 5QW
Tel: 0151 291 8010**

IMPROVING LIVES

PROMOTING HEALTH



ABOUT THE FEELGOOD EXPERIENCE

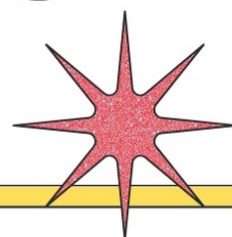
September is the month when the Netherton Feelgood Factory takes stock of the previous year, assessing the problems and challenges and celebrating the successes.

Our Annual General Meeting is on the 30th September at 12.15 p.m.. As in previous years we are making this a day-long event and giving people the chance to sample some of the activities we run or are planning to run. Details of the day can be found in this booklet. The AGM itself, is part of a free community lunch that we put on for local people and those who use our services.

This is your invitation to join us for the lunch and AGM (as well as take part in some of the activities).



WHAT'S ON



All activities and the lunch are **FREE**.
Please book in advance by filling in the form overleaf or booking online

Morning 11 a.m. until 12 noon

Trace Your Family Tree

If you have ever watched Who Do You Think You Are? and thought that you would like to have a go at finding out about your family history, this is your chance. The session will be a very brief introduction to finding your roots.

Community Garden Tour

Enjoy a guided tour around the Community Garden and learn about current developments. In the event of rain this will be a presentation indoors

AGM & Community Lunch—12.15-1.15

Join us for a free lunch and find out about the Feelgood Factory at the same time, through our Annual General Meeting.

Afternoon 1.30 - 2.30

Design with Canva

Canva is a free web-based programme that enables users to create professional-looking poster, flyers, social media posts and much more very easily. This session will show you what Canva can do.

Throughout the Day

Health Checks with Living Well Sefton Mentors

Booking

If you want to attend any of the activities or the lunch please indicate numbers below and hand in to the Feelgood Factory. For health checks please use online form or telephone.

Activity	Number
Trace your Family Tree	
Tour of Community Garden	
AGM & Community Lunch	
Design with Canva	

Name	
Address	
Tel No	
Email	

Or book online -
<https://form.jotform.com/NethertonFeelgood/feelgood-experience-2024>