

# Feelgood Time Table

April to June 2026



# Monday

Title	Start Date	Start Time	End Time	Weeks	Cost per week
Safe Space for Parents	Ongoing	9.30 a.m.	12 p.m.	Ongoing	Free
Walking Group	Ongoing	10 am		Ongoing	Free
Beginners Line Dancing	Ongoing	10 am	11 am	Ongoing	£5.00
Line Dancing	Ongoing	11.15am	12.15pm	Ongoing	£5.00
Sewing for Good	Call for Dates	1 p.m.	3.30 p.m.	Weekly	£5 For Materials
Monday Club Term time only	Ongoing	4 p.m.	5.30 p.m.	Ongoing	Free

# Tuesday

Title	Start Date	Start Time	End Time	Weeks	Cost per week
Yoga	Ongoing	10 am	11am	Ongoing	£5.00
Creative Writing	Ongoing	10 am	12.pm	Ongoing	£2.50
Healthy Cooking	Call for Dates	11 am	1 pm	4 weeks	£30.00 for the 4 weeks
Drop In	Ongoing	12 p.m.	2 p.m.	Ongoing	Free
Drawing Class	Ongoing	1 p.m.	3 p.m.	Ongoing	£5.00
Sensory Room Parent & Child	Tues, Wed & Thurs	3 p.m.	5 p.m.	45 minute sessions	pre book

# Wednesday

Title	Start Date	Start Time	End Time	Weeks	Cost per week
Food & Move	Call for Dates	10 am	12 pm	4 Weeks	Free
Bereavement Support	Starting 17th June	10.30 a.m.	12.30 p.m.	3 Weeks	Free
Strengthen Me Fit	Ongoing	10.45am	11.30am	Ongoing	£5.00
Pilates	Ongoing	11.45am	12.45pm	Ongoing	£5.00
Ladies Group	Ongoing	1 pm	3pm	Ongoing	£2.50
Music Group	Ongoing	1 p.m.	3.p.m.	Ongoing	£3.00
Feelgood Learning	Ongoing	1.30pm	3.30pm	Ongoing	£3.50
Think Differently Cope Differently	Starting 6th May	1.30pm	3.30pm	5 weeks	Free

# Thursday

Title	Start Date	Start Time	End Time	Weeks	Cost per week
Reading Group	Ongoing	10 am	11.30 am	Ongoing	Free
Zumba Gold	Ongoing	11.15 a.m.	12.00 p.m.	Ongoing	£5.00
Lunch Lounge (Drop In)	Ongoing	12.00p.m.	1.30p.m.	Ongoing	Free
Tea & Talk	Ongoing	1.45p.m.	3.30p.m.	Ongoing	£3.50
Mindful Moments	Ongoing	1 p.m.	1.45 p.m.	Ongoing	Free

# Friday

Title	Start Date	Start Time	End Time	Weeks	Cost per week
Community Lounge Social Drop In	Ongoing	10.00 a.m.	11.30 a.m.	Ongoing	Free
Strong Moves	Ongoing	11 a.m.	11.45 a.m.	Ongoing	£5.00
Walking Football	Ongoing	12 p.m.	1 p.m.	Ongoing	£3.00
Man Cave	Ongoing	1 p.m.	4 pm	Ongoing	£2.00
Sensory Room Parent & Child	Ongoing	3.15 p.m.	4 p.m.	45 minute sessions	pre book

1-2-1 Neurodivergent Parent Support Sessions  
available on Mondays, Thursdays & Fridays.  
Call Clare for more information or to book appointment

Health checks and chats available please call in to speak to a living well mentor.

*\*Some programmes are free due to funding Please call for more details*

## Feelgood Factory Health Activities & Services held at other venues

Title	Start Date	Start Time	End Time	Weeks	Cost per week
Community Garden During Spring/ Summer	Monday to Friday	10 p.m.	3.p.m.	Ongoing	Free
The Drop In - Linacre Mission Entrance in Bowden Street	Friday	10 am	12 pm	Ongoing	Free

## Other Organisations & Services held at the Feelgood Factory

Title	Start Date	Day	Start Time	End Time	Weeks	Cost per week
Stop Smoking Service appointment only, call 0300 100 1000	Ongoing	Wednesday	9 a.m.	1 p.m.	Ongoing	Free

## Events

Title	Start Date	Day	Start Time	End Time	Cost
Mental Health Awareness Week	11th - 15th May	All Week			
Volunteer Week - Recruitment Drive	1st - 5th June	All Week			
Great Get Together (Picnic in Garden)	17th June				

# Volunteering Opportunities

**Breast Feeding Peer Support**—to promote, protect and support breastfeeding

**Working with Children** — Work with staff in children's activities providing support and care. Assist with the planning for activities. Assist with distribution of food and other necessities when required.

**Group Support**— Ensure participants are safe during activities, following safeguarding and health & safety guidelines.

**Community Garden Volunteer**—to maintain, develop and protect our community garden so that it can be enjoyed by everyone.

**Community Greeter Role**— to be a friendly, helpful and welcoming assistant for people visiting the building.

**Fundraiser Role**—to support the Feelgood Factory, to raise funds necessary for the delivery of services.

**Shopping Service** — Help to take orders by telephone during the week. Sort out & bag up deliveries when they come in (Thursday). The shopping service is for older and vulnerable people.

**Befriending** — Undertake a short training course. Agree to visit an isolated person once a week or once a fortnight. Keep in contact with the Feelgood Factory to discuss concerns and receive support.

To register your interest please go to our website: [www.feelgoodfactory.org.uk](http://www.feelgoodfactory.org.uk)  
And click on the link to complete a registration form.

# For further information

## **Tea and Talk**

Telephone 291 8010

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

## **History, Creative Writing**

Sandra Duncan

Telephone 291 8010

Email [sandra.duncan@feelgoodfactory.org.uk](mailto:sandra.duncan@feelgoodfactory.org.uk)

## **Sewing for Good**

Hayley Beer

Telephone 291 8010

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

## **Man Cave**

Telephone 291 8010

Email [Malcolm.bannon@feelgoodfactory.org.uk](mailto:Malcolm.bannon@feelgoodfactory.org.uk)

## **Breast Feeding Support**

Carol Miles

Telephone 291 8010

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

## **Monday Club, Lunch Lounge, Community Lounge Social, Sensory Room, ND Parent Support**

Clare Browne

Telephone 291 8010

Email [clare.browne@feelgoodfactory.org.uk](mailto:clare.browne@feelgoodfactory.org.uk)

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