

# Feelgood Time Table

January to March 2026



# Monday

Title	Start Date	Start Time	End Time	Weeks	Cost per week
Pre & Post Natal Depression Support Group	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.	Fortnightly	£5 For Materials
Afterschool Club Term time only	Ongoing	4 p.m	5.30 p.m.	Ongoing	Free
Think Differently Cope Differently	26th January	10.00	12.00	5 Weeks	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

# Wednesday

Title	Start Date	Start	End	Weeks	Cost per week
		Time	Time		
Food & Move	Call for Dates	10 am	12 pm	4 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
Feelgood Learning	Ongoing	1.30pm	3.30pm	Ongoing	£3.50
Music Group	Ongoing	1 p.m.	3.p.m.	Ongoing	£3.00

# Thursday

Title	Start Date	Start Time	End Time	Weeks	Cost per week
Zumba Gold	Ongoing	11.15 a.m.	12.00 p.m.	Ongoing	£5.00
Bereavement Support	Call For Dates	10 a.m.	12 p.m.		Free
Neuro Divergent Parent Peer Support Group	Ongoing	1 p.m.	3 p.m.	Ongoing	Free
Tea & Talk	Ongoing	1.45p.m.	3.30p.m.	Ongoing	£3.50

# Friday

Title	Start Date	Start Time	End Time	Weeks	Cost per week
Strong Moves	Ongoing	10 a.m	10.45 a.m.	Ongoing	Free
Walking Football	Ongoing	12 p.m	1 p.m.	Ongoing	£3.00
Mindful Movements	Ongoing	1 p.m.	1.45 p.m.	Ongoing	Free
Man Cave	Ongoing	1 p.m.	4 pm	Ongoing	£2.00

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

Title	Start Date	Start Time	End	Weeks	Cost per week
			Time		
Community Garden Until Spring	Monday/ Thursday		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
Mersey IT for any ipad, smart phone or computer support.	Ongoing	Wednesday	11 a.m	1 p.m	Ongoing	Free

## Events

Title	Start Date	Day	Start Time	End Time	Cost per week

# Volunteering Opportunities

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

**Buddy/Mentor Role**—to act as a buddy for volunteers with additional needs wishing to work on projects

**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 Driver Role**—to deliver shopping to older and disabled customers.

**Shopping Service Administrator**—to provide administrative support to the shopping service for older and vulnerable people.

# 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)

## **Ladies' Friendship Group**

Sophie Allen

Telephone 291 8010

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

## **Breast Feeding Support**

Carol Miles

Telephone 291 8010

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

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