

FEELGOOD Time Table

July to September 2025

Updated 27/08/25



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
Breast Feeding Support	Ongoing	1 p.m	3 p.m.	Ongoing	Free
Afterschool Club Term time only	Ongoing	4.30 p.m	6 p.m.	Ongoing	Free

Tuesday

Title	Start Date	Start Time	End Time	Weeks	Cost per week
Yoga	Returns 2nd Sept	10 am	11am	Ongoing	£5.00
Creative Writing	Returns 2nd Sept	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
Book Club	Ongoing	1 p.m.	2.30 p.m.	Ongoing	£2.50
Drawing Class	Ongoing	1 p.m.	3 p.m.	Ongoing	£5.00

Wednesday

Title	Start Date	Start Time	End Time	Weeks	Cost per week
Food & Move	24th Sept	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	Returns 3rd Sept	1 pm	3pm	Ongoing	£3.50
Music Group	Ongoing	1 p.m.	3.p.m.	Ongoing	£3.00
Think Differently Cope Differently	Call for Dates	2 p.m	3.30 p.m		Free

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	2 p.m.	3.30 p.m.	Ongoing	£3.50

Friday

Title	Start Date	Start Time	End Time	Weeks	Cost per week
Strong Moves	12th Sept	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 Time	Weeks	Cost per week
Community Garden All Year	Monday/ Thursday	10 p.m.	2.p.m.	Ongoing	Free
	Tuesday/ Wednesday/ Friday	10 p.m.	12.30 p.m.	Ongoing	Free
April to October	Thursday	4 p.m.	7 p.m.		Free
	1st Saturday of month	10 a.m	2 pm		Free
The Drop In - Linacre Mission Entrance in Bowden Street	Friday	10 am	12 pm	Ongoing	Free
Maghull Advice Centre — Mental Wellbeing & Bereavement Support	Monday	1 p.m.	4.p.m.	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	Thursday	11 a.m	1 p.m	Ongoing	Free
Clr Helen Duerden	From 11th July	Appointment by arrangement only				

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

History, Creative Writing

Sandra Duncan

Telephone 291 8010

Email sandra.duncan@feelgoodfactory.org.uk

Sewing for Good

Hayley Beer

Telephone 291 8010

Email hayley.lewis@feelgoodfactory.org.uk

Man Cave

Telephone 291 8010

Email Info@feelgoodfactory.org.uk

Ladies' Friendship Group

Sophie Allen

Telephone 291 8010

Email sophie.allen@feelgoodfactory.org.uk

Book Club

Ann Anirah

Telephone 291 8011

Email ann.anirah@feelgoodfactory.org.uk

Breast Feeding Support

Carol Miles

Telephone 291 8010

Email carol.miles@feelgoodfactory.org.uk

Netherton Feelgood Factory
Glover's Lane
Netherton
Merseyside
L30 5QW

Tel: 0151 291 8010

Info@feelgoodfactory.org.uk

www.feelgoodfactory.org.uk



Funded by
UK Government

POWERED BY
**LEVELLING
— UP —**



**LIVERPOOL
CITY REGION**
COMBINED AUTHORITY

METROMAYOR
LIVERPOOL CITY REGION

NETHERTON FEELGOOD FACTORY
GLOVER'S LANE
NETHERTON
MERSEYSIDE
L30 5QW

Tel: 0151 291 8010
Info@feelgoodfactory.org.uk
www.feelgoodfactory.org.uk



Charity Number - 1074508

Company Limited by Guarantee - 3614799