Feelgood Factory Health Activities and Services held at other venues Community Garden - Netherton Feelgood Factory has been Monday developing a community Garden here in the Marian Way (behind 10 - 2 the shops) for local people to grow their own fruit & veg, herbs and flowers for themselves and to sell, get fit, make new friends, Thursday learn something new. 10 - 2 Call for dates | Woodwork - is healthy for your mind and body. By reducing stress and anxiety, promotes creativity, boosts self-confidence, provides a sense of satisfaction, improves concentration and teaches patience. **The Drop-in** – informal mental health service at **Friday** Linacre Mission, Linacre Road, Litherland. 10 - 12 The Entrance is in Bowden Street

Other organisations and services held at the Feelgood Factory

Stop Smoking Service

Wednesday 9 – 1 appointment only Call 0300 100 1000 to make appointment

Fundraising Event: Quiz, Buffet & Bar on Friday 25th April from 6pm, Tickets £5 ask a member of staff at reception.

Timetable of Activities

April to June 2025



Improving Lives, Promoting Health



Netherton Feelgood Factory Glovers Lane Merseyside, L30 5QW



www.feelgoodfactory.org.uk



Monday	10 - 12	10.00	10 - 11	11.15 - 12.15	4.30 - 6pm		
_		•	Absolute	Line Dancing	After School Club		
			Beginners Line Dancing		8 - 11yr olds		
	Pre & Post Natal Depression Advice & Support				Term time only		
	*Free	*Free	£5.00	£5.00	Book in advance		
Tuesday			11 - 1	12 - 2.30	1 - 2.30	1 - 3	
_	Yoga for All		Healthy Cooking 4wks Take food home Call for dates	- 1	Feelgood Book Club	Drawing Class	
	£5.00	£2.50	£5 per wk, pay 4wks upfront	*Free	£2.00	£5.00	
Wednesday	10.45 - 11.30	11.45 - 12.45	1 - 3	1 - 3	1 - 3	1.30 - 3.30	
	Strengthen Me Fit	Pilates	Music Group	Ladies Friendship group	weigin management	Feelgood Learning	
	Mobilise Lift Carry Balance				course Call for dates		
İ	For adults over 60						
	£5.00	£5.00	£3.00	£2.50	*Free	£3.50	
Thursday	11.30 - 12.15	10 - 12	1 - 3	2 - 3.30			
		Support	Neuro Divergent Parent Peer Support Group	Tea & Talk Social & activities group			
			Term time only				
	£5.00	*Free	*Drop In	£3.50			
Friday	9.45 - 10.45	12 - 1	1 - 3	1 – 1.45	1 - 3	1- 4	
		Football First week free		Movements Call for dates	Chill & Chat Breast feeding support	Mancave	
	£5.00	£3.00	*Free	*Free	*Free	£2.00	

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

^{*}Neuro Divergent Parent Support Group is for parents with children on the spectrum or on the pathway.