

**Feelgood Factory Health Activities and Services held at other venues**

|                           |  |
|---------------------------|--|
| <b>Monday</b><br>10 - 2   | <b>Community Garden</b> - Netherton Feelgood Factory has been developing a community Garden here in the Marian Way ( <i>behind the shops</i> ) for local people to grow their own fruit & veg, herbs and flowers for themselves and to sell, get fit, make new friends, learn something new. |
| <b>Thursday</b><br>10 - 2 |  |
| <b>Call for dates</b>     | <b>Woodwork</b> - 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.   |
| <b>Friday</b><br>10 - 12  | <b>The Drop-in</b> – informal mental health service at Linacre Mission, Linacre Road, Litherland.<br><br><b>The Entrance is in Bowden Street</b>   |

**Other organisations and services held at the Feelgood Factory**

**Stop Smoking Service**

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

# Timetable of Activities

January to March 2025



## Improving Lives, Promoting Health



Netherton Feelgood Factory  
Glovers Lane  
Merseyside, L30 5QW



Tel: 0151 291 8010

[www.feelgoodfactory.org.uk](http://www.feelgoodfactory.org.uk)



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|------------------|---|---|--|---|--|---|--|---|
| <b>Monday</b>    | <b>10 - 12</b><br><b>Pandas Foundation</b><br>Pre & Post Natal Depression Advice & Support<br><br>*Free                       | <b>10.00</b><br><b>Walking Group</b><br><i>Meet at Feelgood Factory</i><br><br>*Free                                  | <b>10 - 11</b><br><b>Absolute Beginners Line Dancing</b><br><br>£5.00  | <b>11.15 - 12.15</b><br><b>Line Dancing</b><br><br>£5.00                                      | <b>1.30 - 3.30</b><br><b>Knitting for Good</b><br><i>Including Materials</i><br><br>£1.00                                | <b>4.30 - 6pm</b><br><b>After School Club</b><br><b>8 - 11yr olds</b><br><i>Term time only</i><br><br>Book in advance |  |   |
| <b>Tuesday</b>   | <b>10 - 11</b><br><b>Yoga for All</b><br><br>£5.00  | <b>10 - 12</b><br><b>Creative Writing</b><br><br>£2.50  | <b>11 - 1</b><br><b>Healthy Cooking</b> 4wks<br>Take food home<br><i>Call for dates</i><br>£5 per wk, pay 4wks upfront | <b>12 - 2.30</b><br><b>The Drop-in</b><br><i>Informal Mental health service</i><br><br>*Free  | <b>1 - 2.30</b><br><b>Feelgood Book Club</b><br><br>£2.00  | <b>1 - 3</b><br><b>Drawing Class</b><br><br>£5.00   | <b>1 - 3</b><br><b>Positive Relationships Workshop</b><br><i>Call for dates</i><br><br>*Free | <b>1.30 - 3.30</b><br><b>Uncovering the Past</b><br>Local History<br><i>Starting 4th March</i><br><br>£3.50 |
| <b>Wednesday</b> | <b>10 - 12</b><br><b>Grow Your Confidence</b> 6wks<br><i>Women Only wellbeing group</i><br><i>Call for dates</i><br><br>*Free | <b>11.45 - 12.45</b><br><b>Pilates</b><br><br>£5.00   | <b>1 - 3</b><br><b>Music Group</b><br><br>£3.00  | <b>1 - 3</b><br><b>Ladies Friendship group</b><br><br>£2.50                                   | <b>1.30 - 3.30</b><br><b>Feelgood Learning</b><br><br>£3.50  |   |  |   |
| <b>Thursday</b>  | <b>11.30 - 12.15</b><br><b>Zumba Gold</b><br><br>£5.00  | <b>10 - 12</b><br><b>Bereavement Support</b><br><i>Call for dates</i><br><br>*Free                                    | <b>1 - 3</b><br><b>Neuro Divergent Parent Peer Support Group</b><br><br><i>Term time only</i><br><br>*Drop In          | <b>2 - 3.30</b><br><b>Tea &amp; Talk</b><br><i>Social &amp; activities group</i><br><br>£3.50 |  |   |  |   |
| <b>Friday</b>    | <b>9.45 - 10.45</b><br><b>Yoga for All</b><br><br>£5.00   | <b>9.45 - 11.15</b><br><b>Weigh Forward</b><br>Weight Management Programme 6wks<br><i>Call for dates</i><br><br>*Free | <b>12 - 1</b><br><b>Walking Football</b><br><i>First week free</i><br><br>£3.00  | <b>1 - 3</b><br><b>Chill &amp; Chat</b><br>Breast feeding support<br><br>*Free                | <b>1 - 3</b><br><b>Think Differently Cope Differently</b><br>Mental Health Support<br><i>Call for dates</i><br><br>*Free | <b>1- 4</b><br><b>Mancave</b><br><br>£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.

School Holidays (excluding bank holidays) Drop in family craft sessions Monday & Thursday 1 – 3 call in for more details