

Feelgood Factory Health Activities and Services held at other venues

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| Monday 10 - 2 | Community Garden - 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. |
| Thursday 10 - 2 | |
| Tuesday 12 - 3 | 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. |
| Friday 10 - 12 | The Drop-in – informal mental health service at Linacre Mission, Linacre Road, Litherland. The Entrance is in Bowden Street |

Other organisations and services held at the Feelgood Factory

Citizens Advice Bureau

Not on at the moment

Stop Smoking Service

Wednesday 9 – 1 appointment only

Local Councillors Surgery

Every other Friday 10.30-11.30 **call for dates**

Timetable of Activities

January to March 2024



Improving Lives, Promoting Health



Netherton Feelgood Factory
Glovers Lane
Merseyside, L30 5QW



Tel: 0151 291 8010

www.feelgoodfactory.org.uk



Registered Charity Number 1074508, Company Limited by Guarantee 3614799

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| Monday | 10 - 12 Pandas Foundation Pre & Post Natal Depression Advice & Support *Free | 10.00 Walking Group Meet at Feelgood Factory *Free | 10 - 11 Absolute Beginners Line Dancing £5.00 | 11.15 - 12.15 Line Dancing £5.00 | 1.30 - 3.30 Knitting for Good Including Materials £1.00 | 1 - 3 Craft Group Including Materials Numbers Limited £5.00 | | |
| Tuesday | 10 - 11 Yoga for All £5.00 | 10 - 12 Creative Writing £2.50 | 11 - 1 Healthy Cooking 4wks Take food home Call for dates £5 per wk, pay 4wks upfront | 11.30 - 12.30 Feelgood Fitness 6wks New year challenge New Starting 9th Jan £30, pay £10 non refundable deposit | 12 - 2.30 The Drop-in Informal Mental health service *Free | 1 - 2.30 Feelgood Book Club £2.00 | 1 - 3 Drawing Class £5.00 | |
| Wednesday | 10 - 12 Grow Your Confidence 6wks New Women Only wellbeing group Starting 10th Jan *Free | 10 - 4 Man Cave Sports New *Free | 10.30 - 11.15 50+Aerobics £5.00 | 11 - 1 Food Matters Weight Management Programme 6wks Call for dates *Free | 11.45 - 12.45 Pilates £5.00 | 1 - 3 Music Group £3.00 | 1 - 3 Ladies Friendship group (fortnightly) Ring for dates £2.50 | 1.30 - 3.30 Feelgood Learning £3.50 |
| Thursday | 10 - 12 Think Differently Cope Differently 5wks Starting 11th Jan *Free | 11.30 - 12.15 Zumba Gold £5.00 | 1.45 - 3.30 G.A.S. Good Afternoon Social £3.50 | | | | | |
| Friday | 9.45 - 10.45 Yoga for All £5.00 | 11.15 - 12 Chair Based Dance Fitness Fun low impact class Starting 12th Jan New £3.50 | 12 - 1 Walking Football First week free £3.00 | 1 - 3 Chill & Chat Breast feeding support *Free | 1- 4 Mancave £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*