Feelgood	Feelgood Factory Health Activities and Services held at other							
	venues							
Monday	Community Garden - Netherton Feelgood Factory has been							
10 - 2	developing a community Garden here in the Marian Way (behind the shops) for local people to grow their own fruit & veg, herbs							
Thursday	and flowers for themselves and to sell, get fit, make new friends, learn something new.							
10 - 2	icam something new.							
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.							
Friday	The Drop-in – informal mental health service at							
10 - 12	Linacre Mission, Linacre Road, Litherland.							
	The Entrance is in Bowden Street							

Other organisations and services held at the Feelgood Factory							
Stop Smo	Stop Smoking Service						
We	dnesday 9 –	1 appointmen	t only				

## **Timetable of Activities**

October to December 2024



## Improving Lives, Promoting Health



Netherton Feelgood Factory Glovers Lane Merseyside, L30 5QW



Tel: 0151 291 8010

www.feelgoodfactory.org.uk



Pandas   Foundation   Pre & Post Natal Depression   Advice & Support	Monday	10 - 12	10.00	10 - 11	11.15 - 12.15	1.30 - 3.30	4.30 - 6pm	
Depression Advice & Support   Free   Free   E5.00   E1.00   Book in advance   E1.00   E1.00   Book in advance   E1.00   E1		Foundation	Meet at Feelgood	Beginners	Line Dancing		Club	
Tuesday   10 - 11		Depression						
Yoga for All Voga		*Free	*Free	£5.00	£5.00	£1.00	Book in advance	
Coking 4wks Take food home   Call for dates   Club   Class   Relationships   Club   Class   Relationships   Call for dates	Tuesday	10 - 11	10 - 12	11 - 1	12 - 2.30	1 - 2.30	1 - 3	1 - 3
Wednesday   10 - 12		Yoga for All	Creative Writing	Cooking 4wks Take food home	Informal Mental	_	_	Relationships Workshop
Grow Your Confidence 6wks Women Only wellbeing group Call for dates  *Free £5.00 £5.00 £3.00 £2.50 *Free £3.50  Thursday  11.30 - 12.15		£5.00	£2.50		*Free	£2.00	£5.00	*Free
Confidence 6wks Women Only wellbeing group Call for dates  *Free  £5.00 £5.00 £5.00 £2.50 *Free £3.50  Thursday  11.30 - 12.15 Zumba Gold Food & Move Well Being Programme 6wks Starts Oct New £5.00 *Free  *Free  £5.00  Neuro Divergent Parent Peer Support Group Term time only *Term time	Wednesday	10 - 12	10.30 - 11.15	11.45 - 12.45	1 - 3	1 - 3	1- 4	1.30 - 3.30
Variable			50+Aerobics	Pilates	Music Group		Man Cave Sports	
Thursday  11.30 - 12.15  Zumba Gold  Food & Move Well Being Programme 6wks Starts Oct New  *Free  *Drop In  Friday  12.30 - 2.30  Tea & Talk Social & activities group  *Term time only  *Drop In  *Drop In  *Term time only  *Drop In  *Term time only  *Drop In  *Drop In  *Drop In  *Tenn time only  *Term time only  *Term time only  *Drop In  *Drop In  *Drop In  *Drop In  *Tenn time only  *Tenn time only  *Tenn time only  *Tenn time only  *Drop In  *Drop In  *Tenn time only  *Tenn time only  *Tenn time only  *Tenn time only  *Drop In  *Drop In  *Drop In  *Think Differently Cope Differently Cope Differently Mental Health Support Call for dates		wellbeing group						
Zumba Gold Food & Move Well Being Programme 6wks  Starts Oct New E5.00  Friday Poga for All Weigh Forward Weight Management Programme 6wks  Call for dates  Neuro Divergent Parent Peer Support Group  Term time only  *Term time only  *Drop In  *Dro		*Free	£5.00	£5.00	£3.00	£2.50	*Free	£3.50
Well Being Programme 6wks  Starts Oct New E5.00  *Free *Drop In E3.50 New E3.00  Friday  9.45 - 10.45 Yoga for All Weight Management Programme 6wks  Call for dates  Parent Peer Support Group  Social & activities group  Social & activities group  E3.50 New E3.00  *Term time only  *Drop In E3.50 New E3.00  *Term time only  *Term time only  *Drop In E3.50 New E3.00  *Term time only  *Term time only  *Drop In E3.50 New E3.00  *Term time only  *Term time only  *Drop In E3.50 New E3.00  *Term time only  *Term time only  *Drop In E3.50 New E3.00  *Term time only  *Term time only  *Term time only  *Drop In E3.50 New E3.00  *Term time only  *Term time only  *Term time only  *Term time only  *Drop In E3.50 New E3.00  *Term time only  *Term t	Thursday	11.30 - 12.15	12.30 - 2.30	1 - 3	2 - 3.30	2.30 - 4		
Well Being Programme 6wks Starts Oct New Free *Drop In  *Enday  9.45 - 10.45 Yoga for All  Weigh Forward Weight Management Programme 6wks Call for dates  Support Group  Term time only  *Drop In  *		Zumba Gold	Food & Move		Tea & Talk			
Friday  9.45 - 10.45 Yoga for All  Weight Management Programme 6wks Call for dates  *Drop In  \$\text{*Drop In}\$  \$\text{*Drop In}\$  \$\text{\$\text{\$\text{*Drop In}\$}}\$  \$\$\text{\$\			. •		Social & activities group			
Friday  9.45 - 10.45 Yoga for All  Weigh Forward Weight Management Programme 6wks Call for dates  12 - 1 Walking Football First week free  Chill & Chat Breast feeding support  Mental Health Support Call for dates			Starts Oct New	Term time only				
Yoga for All Weight Management Programme 6wks Call for dates Walking Football First week free Football First week free Football First week free Chill & Chat Breast feeding support Mental Health Support Call for dates  Walking Football First week free Cope Differently Mental Health Support Call for dates		£5.00	*Free	*Drop In	£3.50	New £3.00		
Weight Management Programme 6wks Call for dates  Football First week free  Breast feeding support  Mental Health Support Call for dates	Friday	9.45 - 10.45	9.45 - 11.15	12 - 1	1 - 3	1 - 3	1- 4	
Programme 6wks  Call for dates  Support  Mental Health Support Call for dates		Yoga for All		Football			Mancave	
Call for dates			Programme 6wks	rirst week tree		Support		
		£5.00		£3.00	*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

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

<sup>\*</sup>Neuro Divergent Parent Support Group is for parents with children on the spectrum or on the pathway.