

Feelgood Factory Health Activities and Services held at other venues

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	
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 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

Stop Smoking Service

Wednesday 9 – 1 appointment 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



Monday	10 - 12 Pandas Foundation Pre & Post Natal Depression Advice & Support <i>*Free</i>	10.00 Walking Group <i>Meet at Feelgood Factory</i> <i>*Free</i>	10 - 11 Absolute Beginners Line Dancing <i>£5.00</i>	11.15 - 12.15 Line Dancing <i>£5.00</i>	1.30 - 3.30 Knitting for Good <i>Including Materials</i> <i>£1.00</i>	4.30 - 6pm After School Club 8 - 11yr olds <i>Term time only</i> <i>Book in advance</i>		
Tuesday	10 - 11 Yoga for All <i>£5.00</i>	10 - 12 Creative Writing <i>£2.50</i>	11 - 1 Healthy Cooking 4wks Take food home <i>Call for dates</i> <i>£5 per wk, pay 4wks upfront</i>	12 - 2.30 The Drop-in <i>Informal Mental health service</i> <i>*Free</i>	1 - 2.30 Feelgood Book Club <i>£2.00</i>	1 - 3 Drawing Class <i>£5.00</i>	1 - 3 Positive Relationships Workshop <i>Call for dates</i> <i>*Free</i>	
Wednesday	10 - 12 Grow Your Confidence 6wks <i>Women Only wellbeing group</i> <i>Call for dates</i> <i>*Free</i>	10.30 - 11.15 50+Aerobics <i>£5.00</i>	11.45 - 12.45 Pilates <i>£5.00</i>	1 - 3 Music Group <i>£3.00</i>	1 - 3 Ladies Friendship group <i>£2.50</i>	1- 4 Man Cave Sports <i>*Free</i>	1.30 - 3.30 Feelgood Learning <i>£3.50</i>	
Thursday	11.30 - 12.15 Zumba Gold <i>£5.00</i>	12.30 - 2.30 Food & Move Well Being Programme 6wks <i>Starts Oct New</i> <i>*Free</i>	1 - 3 Neuro Divergent Parent Peer Support Group <i>Term time only</i> <i>*Drop In</i>	2 - 3.30 Tea & Talk <i>Social & activities group</i> <i>£3.50</i>	2.30 - 4 Hooked on Crochet <i>Starts 3rd Oct 6wks</i> <i>New £3.00</i>			
Friday	9.45 - 10.45 Yoga for All <i>£5.00</i>	9.45 - 11.15 Weigh Forward Weight Management Programme 6wks <i>Call for dates</i> <i>*Free</i>	12 - 1 Walking Football <i>First week free</i> <i>£3.00</i>	1 - 3 Chill & Chat Breast feeding support <i>*Free</i>	1 - 3 Think Differently Cope Differently Mental Health Support <i>Call for dates</i> <i>*Free</i>	1- 4 Mancave <i>£2.00</i>		

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