

# THE FEELGOOD VIBE

## GET WELL WISHES, MARY

Mary suffered a fall recently and is recovering from surgery in hospital.

Everyone at Feelgood Factory misses you, Mary, and sends best wishes for a speedy recovery..

We hope to see you back in the community lounge very soon.



Volunteering  
makes a  
difference

Our lovely volunteer, **Jenny**, has been attending Feelgood Factory weekly for a few years now to keep our books/reading area organised. Jenny puts her heart and soul into organising, labelling and keeping the books in order. She takes pride in how the book area looks for our service users and customers. Without Jenny's hard work every week, it would look a mess.

So, we would like to say a **HUGE Thank You** to Jenny and let her know how much she is appreciated and how her hard work and commitment does not go unnoticed.

Jenny also loves taking part in events at Feelgood Factory and has been lucky enough to attend Anfield Stadium on a few occasions as part of our LFC Foundation Hub. Jenny loves LFC and has enjoyed the Christmas parties at Anfield. She looks forward to the annual LFC Foundation Charity Match at Anfield.

You are amazing Jen and we all love having you on the team.





Make a Difference

# JOIN OUR VOLUNTEERS WEEK

MONDAY 1<sup>ST</sup> JUNE TO FRIDAY 5<sup>TH</sup> JUNE

A week of taster sessions to see what's involved in volunteering!

New volunteers welcome!  
Current volunteers thank you!

**MONDAY 1<sup>ST</sup> JUNE**

**Morning: Garden**  
Garden, come and meet the team and see how you can get involved. AM

**Afternoon: Training**  
Training available in the computer suite. PM

**TUESDAY 2<sup>ND</sup> JUNE**

**Morning: Reception Activities**  
Join in and get involved. AM

**Afternoon: Hall Presentation**  
Find out more and share ideas. PM

**WEDNESDAY 3<sup>RD</sup> JUNE**

**Volunteer BBQ**

For all volunteers  
**12PM TILL 3PM**

**THURSDAY 4<sup>TH</sup> JUNE**

**Morning: Reception Activities**  
Join in and get involved. AM

**Afternoon: Lunch Club**  
Help prepare, serve and share good food and company. PM

**FRIDAY 5<sup>TH</sup> JUNE**

**Morning: Breakfast Club**  
Help to start the day with a smile! AM

**DON'T FORGET TO BOOK ON!**

**FOR MORE INFORMATION PLEASE CALL**

Netherton Feelgood Factory  
Glovers lane, Netherton

**0151 291 8010**

Do you have a **PASSION** or **INTEREST?**

We're looking for volunteers to help run the following groups. Come along and learn more!

**HISTORY GROUP**  
 Share stories, explore the past and keep local history alive.

**CREATIVE WRITING GROUP**  
 Let your imagination flow and share your words in a friendly space.

**TEA AND TALK GROUP**  
 Enjoy a cuppa, good conversation and great company.

Your ideas. Your interests.  
Our community.  
Let's make it happen together!

## VOLUNTEERS' WEEK

We have lots going on this week to mark volunteer week.

Please get involved if you already volunteer with us.

For anyone who is interested in volunteering with us in the future, please contact us on **0151 291 8010** or register on our website **www.feelgoodfactory.org.uk**

# THANK YOU

I would like to take this opportunity to thank every one of our amazing volunteers and what better time to do this than **VOLUNTEERS' WEEK!**



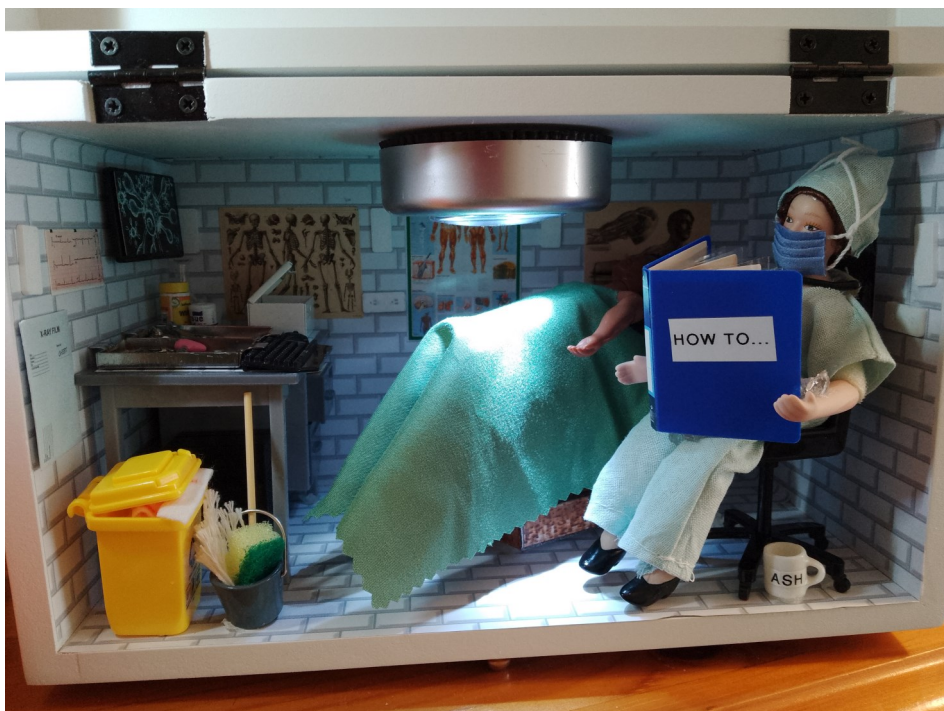
You are all appreciated beyond measure and we could not do what we do at Feelgood Factory without every one of our volunteers. You are all amazing and volunteers have been an integral part of my role within Feelgood Factory for over 20 years. Your dedication and commitment is second to none and you should all be proud of what you do.

From the bottom of my heart THANK YOU.



*Clare and the rest of the team at Feelgood. xx*

**VOLUNTEERS**  
*make the world a*  
**BETTER**  
**PLACE**



There's only a little space for Helen's mini marvels this time so I decided to share the operating theatre I made as a birthday present for Triss, one of our lovely volunteers, who spent most of her working life in one of these. There's a patient awaiting surgery on the table, medication in the first aid box, x-rays on the wall, cleaning materials in the bucket, hazardous waste in the bin, and the ubiquitous coffee cup. All housed in a Pharmacie box. 1/12th scale.

Hope the patient doesn't spot the HOW TO manual





Described by critics as a “proper good pick-me-up”, *The People on Platform 5* by Clare Pooley proved enjoyable for our reading group.

While reading aloud to the group was a little challenging to start with, these members now consider themselves real professionals. And taking the book home to continue reading was a delight.

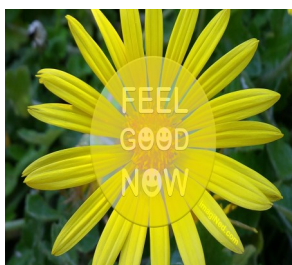
Readers felt an empathy with the book’s characters and learned a whole new vocabulary.

# READING GROUP

Thursdays 10-11 a.m.



Thank you to Pauline, on the left in this photo, who provided this item and the lovely pictures.



## *Lunch Lounge At Feelgood*

**FREE**

Come along to meet and eat with others in the community

**Thursdays 12 Noon—1.30 p.m.**

Lunch, dessert and drink



(limited menu; we cannot cater for anyone with allergies)

## *Brekki Club at Feelgood*

### *Community Lounge*

**Fridays 10 a.m.—11.30 a.m.**

Drop in for a breakfast barm, a cuppa and a chat



We cannot cater for anyone with allergies.

**Events planned for 2026** include those listed below. We will need volunteers to help make these events a success so please note the dates in your diaries and/or contact the relevant staff member for further details.

Date	Event	Staff Member (s)
1-7 June	Volunteer Week	
17 <sup>th</sup> June	Great Get Together	
3 <sup>rd</sup> August	Grief Day	Lucia
6 <sup>th</sup> August	Summer Fete	
29 <sup>th</sup> August	Flower & Produce Show	Sandra/James
10 <sup>th</sup> October	Mental Health Day	Lucia/Alison
TBC	Christmas Fete	

**We'd love your feedback on our Newsletter. Pass on your comments to Helen or tell her what you would like to see in future issues. Send us your articles, information, photos (with appropriate captions), puzzles, poems, recipes, tips etc.**

# Wordsearch by Hayley

- Appreciate
- Dedication
- Donation
- Giving
- Happiness
- Kindness
- Love
- Talent
- Thank you
- Volunteer

D	E	D	I	C	A	T	I	O	N
T	T	K	O	G	N	I	V	I	G
H	A	I	X	N	E	Y	I	H	E
A	I	N	E	L	A	V	E	L	T
N	C	D	Y	Y	E	T	N	X	A
K	E	N	E	A	V	N	I	K	L
Y	R	E	E	T	N	U	L	O	V
O	P	S	T	H	L	O	V	E	N
U	P	S	O	T	N	E	L	A	T
H	A	P	P	I	N	E	S	S	W

## Five Ways to Wellbeing BINGO

**Be Active**

Tried yoga	Cycled somewhere	Went for a walk	Took the stairs	Stretched for 5 minutes
Danced in your kitchen	Walked instead of driving	Did housework energetically	Tried a workout video	Went swimming
Did chair exercises	Went for a run	Explored a new walking route	Did strength exercises	Walked while on a phone call
Played a sport	Hit your step goal	Did gentle movement	Practised balance exercises	Joined an exercise class
Spent time outdoors	Your idea here	Did some gardening	Played with children/pets	Walked at lunchtime

**TICK ANYTHING YOU'VE DONE IN THE LAST MONTH... AND CIRCLE SOMETHING NEW YOU'D LIKE TO TRY NEXT!**

**THE FIVE WAYS TO WELLBEING ARE FIVE SIMPLE ACTIONS THAT CAN HELP BOOST MOOD, BUILD RESILIENCE, AND SUPPORT GOOD MENTAL HEALTH. THEY ENCOURAGE US TO **CONNECT, BE ACTIVE, TAKE NOTICE, KEEP LEARNING, AND GIVE**—SMALL EVERYDAY ACTIONS THAT CAN MAKE A BIG DIFFERENCE.**



Gift Aid is a simple way for our charity to increase the value of gifts of money we receive from UK tax payers. Tax has already been paid on that money and we can reclaim it from HM Revenue & Customs.

We can claim back 25p for every £1, boosting the value of your donation by a quarter.

All we need from you is your permission to reclaim the tax you have paid.

If you are a donor who has paid UK tax, please **GO EVEN FURTHER.**

Ask us for a Gift Aid declaration

