

VIPE AND FEEL GOOD

Welcome to the second monthly issue of the Feelgood Vibe Newsletter which we hope will prove interesting not only to volunteers but also to staff, service users and visitors to our building. Did you enjoy last month's issue? Why not let Helen know 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.

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.



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 form and **TICK THE BOX.**



Date	Event	Staff Member
11 th to 17 th May	Mental Health Awareness Week	Lucia/Alison
1-7 June	Volunteer Week	
17 th June	Great Get Together	
3 rd August	Grief Day	Lucia
6 th August	Summer Fete	
29 th August	Flower & Produce Show	Sandra/James
10 th October	Mental Health Day	Lucia/Alison
TBC	Christmas Fete	



Cash for Kids fundraising
Update from Clare Browne, Specialist Health & Wellbeing Mentor (Community)



Myself, Lucia (Feelgood Factory staff), parents & children from our Monday Club supported Cash for Kids with their fundraising by braving the cold to complete a cold water dip at Queens Dock last month. The temperature was that cold we could only stay in the water for a maximum of 11 minutes to ensure our safety. Collectively, we have managed to raise £1220 so far for Cash for Kids and still going....please donate if you can. Every penny helps support local families in need.

I would like to take this opportunity to thank Lucia, the parents and children for joining me in another crazy idea. We are a force to be reckoned with when we pull together. I am proud of us all! Thanks also to those that have supported us by donating and cheering us on and thanks to Laura and her team at Cash for Kids for their continued support and fun!!



Clare x

At Feelgood

FREE

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.

Join us for our Spring Wellbeing Event at the Community Garden

Thursday 14 May 11 a.m.—2 p.m.

Activities and Information on improving your wellbeing.

No need to book. Come along, bring a friend or family member.

Hand massage, reading corner, quiet zone, meditation workshop, refreshments

All while relaxing in a beautiful community garden setting.

