

ZUMBA FOR ALL

If you are interested in staying fit and enjoying yourself by moving to great music, then why not try Zumba?

The Feelgood Factory runs a series of Zumba classes ranging from Zumba Gold (for those who need to take it more gently) through to Zumba Toning.

For further details and times of classes please ring 291 8010.

SIXTY YEARS IN NETHERTON PROJECT

The Sixty Years in Netherton Project is a group of volunteers who are looking at the history of Netherton since the accession of Elizabeth the II with the aim of putting on an exhibition to coincide with the Jubilee next year.

Netherton as it exists today has really been built up during the past sixty years. In 1952 most of the area was fields and farms, including the land where the Feelgood Factory itself now stands.

We are very keen to talk to anyone who would like to share memories or photos of Netherton since the 1950's. We are also always looking for more

The Feelgood Factory's Sixty Years in Netherton Project has reached its half-way mark now and is rapidly gathering memories and memorabilia for the exhibition in May 2012

volunteers to take part. If you are interested please contact Sandra on 291 8030.

To get you started the picture shows Alison Gent in about 1964 at a Mile of Pennies event in Marian Square. We would all (including Alison) be really interested to hear from anyone who remembers this fundraiser.



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Registered Charity Number
1074508
Company Limited by Guarantee
3614799



Feelgood NEWS

WINTER 2011

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Planning for the Future

Welcome to another edition of the Feelgood News.

After a choppy year we were very pleased at the end of October to receive the news that we had been successful with a bid for funding to the Big Lottery. This will enable us to develop further our work with young people and volunteering. It also means that we are now only £10,000 from our fundraising target for this financial year.

The past couple of months have been busy but rewarding. We had a successful AGM in September and a well-attending Hallowe'en Quiz Night in October.

We are now moving on to look at the future by developing a new Business Plan. This will guide our development in the coming three years.



To give everyone the chance to put forward their views we are holding a series of workshops. Anyone who is interested is invited to attend or, alternatively, to submit their ideas in writing.

Future dates will be:
Services for adults—22nd Nov at 2 p.m.
Services for older people—6th Dec at 10 a.m.
Generating income—13th Dec at 11 a.m.
The building—12th Jan at 2 p.m.

Finally, everyone at the Feelgood Factory wishes you and yours a happy Christmas and peaceful New Year.

Get Fit from Where you Sit

Do you want to feel stronger and more flexible? Then come along to our 45-minute chair based exercise class held at St Oswald's Court, St Oswald's Lane, Netherton, L30 3SS every Monday between 10.30 and 12 noon. The charge is £2.50 and tea and coffee are provided.

There is also a class held at the Feelgood Factory on Fridays between 10.30 and 11.30.

For further details contact Ann on 291 8027.



Reading for Everyone

Good health and quality of life is not all about being physically well. Although this is obviously important it is also vital to make sure that we stay mentally alert and interested in what is going on around us.

A good way of doing this is to become open to new ideas through reading. The Feelgood Factory's new Reading Group, which is run by Ann Anirah, will help you to do just this.

TO ENSURE GOOD HEALTH IT IS ESSENTIAL TO KEEP YOUR MIND ACTIVE AND OPEN TO NEW IDEAS. THE FEELGOOD FACTORY'S NEW READING GROUP WILL HELP YOU ACHIEVE THIS GOAL.

The reading group is not a Book Club and it is not even necessary to read. Each week the group will meet to share a selection of stories, poems etc and these will be read out. Copies of the pieces will also be distributed. The group will then talk about their feelings and ideas derived from the readings.

The group is a great way to meet both new people and new ideas and to spend an hour in a stimulating environment.

At the moment the group is meeting on Wednesdays between 4 p.m. and 5 p.m. For further details contact Ann on 291 8027.

HELP TO STAY SAFE AT HOME: Handyman Service



“ The service is absolutely brilliant. The chap that fitted the key safe was pleasant, efficient, and quick and the lock was fitted properly. I can't thank you enough. ”

Wally Fairbrother, the Feelgood Factory's Handyman, provides a cheap, reliable and trustworthy service to ensure that people are able to stay safely in their own homes.

Wally will undertake all the little jobs around the house that it can be difficult to get fixed such as putting up shelves and washing lines, unsticking doors and repairing tap washers. No job is too small and all work is undertaken to a professional standard.

For further information phone 291 8010.

Please note that this service will not be available in December.

Connecting:

Make a difference through volunteering

There is a lot of doom and gloom around at the moment and it can feel that it is not possible for individuals to do anything to help. But this is not the case. The Feelgood Factory's team of volunteers make a big difference by improving people's lives.

The Feelgood Factory offers local people the opportunity to connect with their community, make a difference in the lives of other people, learn new skills and make friends through a whole range of volunteering opportunities. At the moment we have a particular need for volunteers in the

following services.

Befriending

Many people find that they are unable to leave their homes because of age or disabilities and life can be very lonely. The Feelgood Factory's Befriending Service provides volunteers to pop in for a chat or just to phone on a regular basis. At the moment there more

people in need of befriending than befrienders so we really need more volunteers. Full training is given.

Shopping

Our shopping services help people who are unable to do their own shopping. Again, this vital service is badly in need of new recruits.

For further details about these and other volunteering opportunities contact Marie on 291 8026.



NEWS



1. CHRISTMAS TEA AND CHAT

Come along on Friday 2nd December at any time between 11.30 and 1.30 for a free cup of tea, coffee or hot chocolate together with a tasty Christmas muffin and listen to carols by St Oswald's school choir.

2. SUNDAY WALKS FOR MEN

Calling all men—would you like to improve your fitness? If so, why not join our Sunday Walks for Men? Starting on the 6th November at 10.30 a.m. the walks will build up from two miles to six miles over six weeks.

The group meets at Netherton Park Community Centre, Chester Avenue, Netherton. For further information ring Peter on 291 8017.

The Men's Health Project: Improving the health of local men

November is Men's Health month. This is not just one of those gimmicky events that happen on an all-too-regular basis these days. It is important to focus on the health of men because, for a whole variety of reasons, men are lagging behind women when it comes to preventing diseases and staying well. The figures speak for themselves. 42% of men

die before they are 75 compared to 26% of women.

The Men's Health Project is run by local men and provides a range of activities and advice to help men improve their health including walking groups, circuit training, weight management and food and nutrition.

For further details contact Peter on 291 8017.

