

# CHOICES



*Friendship & Interest Groups—January  
to April 2024*





## GOOD AFTERNOON SOCIAL

The Good Afternoon Social (GAS) Group takes place every Thursday between 1.45—4 p.m. The aim is to provide a supportive place for people to meet, chat and make new friends.

### Programme:

#### 4th Jan—Elvis Presley's Birthday

To celebrate the King's birthday we will have quizzes, films and music with a Presley theme.

#### 11th Jan—At Home

Bingo and games.

#### 18th Jan—Cooking

Today we will have a cooking demonstration by Malcolm—warm food on a budget.

#### 25th Jan— Afternoon Tea at Punchbowl

We will go out to the Punchbowl for afternoon tea. Cost £15.95.

#### 1st Feb—A Downton Afternoon

An afternoon with a Downton Abbey theme. How did they dress? What did they eat? Would you rather live upstairs or downstairs?

#### 8th Feb — At Home

Bingo and games.

#### 15th Feb —Valentine Social

A day late but come along for a Valentine-themed afternoon.

#### 22nd Feb—The Feelgood Players

Martin will lead the group in a drama workshop for all abilities.

#### 29th Feb — Leap Day

It only happens every four years so we have to mark Leap Day with quizzes, games refreshments. Ladies, get ready to propose!

#### 7th March—Singalong

Karaoke afternoon. Please put in requests for favourite songs in



advance.

### **14th March—At Home**

Bingo and games

### **21st March—St Patrick's Day Social**

Dress all in green and come along for a belated St Patrick's day party.

### **28th March—Easter Fair**

The Feelgood Factory will be celebrating Easter by running events for all ages.

Cost of each session £3.50

Tea/Coffee and biscuits provided.





## HISTORY

This group is for people who want to combine learning new things with meeting new people. Our focus is on history but we roam widely around a range of subjects. The group meets on Wednesdays between 1.30 p.m. and 3.30 p.m. During the next few months we will be looking at four subjects:

### **Roman Invasions of Britain**

The Roman invasions of Britain by Julius Caesar and the Emperor Claudius, marked the first time Britain was ruled by Europe.

### **History of Pets**

We will look at when people first started to domesticate animals and how this relationship changed both parties.

### **The life and Influence of Edward Rushton**

Liverpool Poet, Abolitionist and Campaigner for the Sight Impaired.

## **The Birth of Sefton**

To mark the founding of the Borough of Sefton 50 years ago we will look at what happened, why it happened and what people thought of the change.

### **Programme:**

#### **10th January—Roman Invasions of Britain—Background**

What was life like in Rome and Britain on the eve of the invasions.

#### **17th Jan—History of Pets 1**

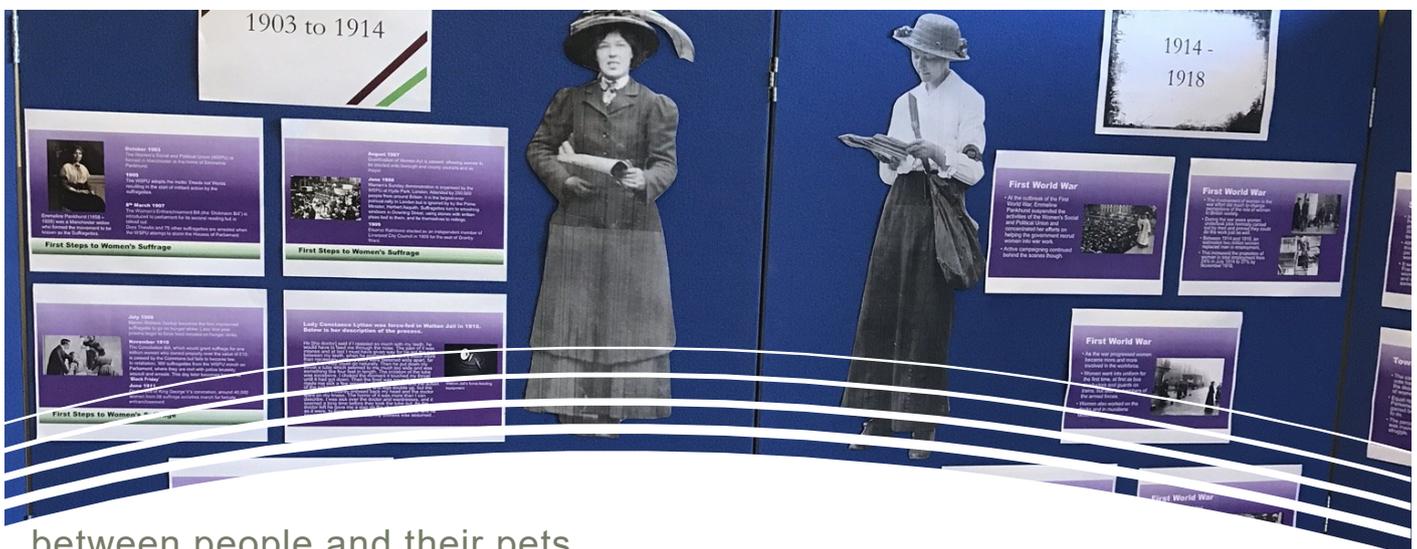
A look at the relationship between people and their pets through history.

#### **24th Jan—Roman Invasions of Britain—The Invasions**

Julius Caesar came saw and conquered but he didn't stay. It was left to Emperor Claudius to finish the job later on.

#### **31st Jan—History of Pets 2**

A look at the relationship



between people and their pets through history.

### **7th Feb—Roman Invasions of Britain—Change**

How did the Romans change Britain as they took control?

### **14th Feb—History of Pets—3**

A look at the relationship between people and their pets through history.

### **21st Feb—Roman Invasions of Britain—Rebellion**

Caratacus, Boudicca and Druids. Not everyone liked the Roman take over and they soon let the invaders know it.

### **28th Feb—Edward Rushton—1**

The life and influence of Edward Rushton, the founder of the Liverpool School for the Blind.

### **6th March—Roman Invasions of Britain—The North**

The Romans tried to capture what is now known as Scotland but gave up and built Hadrian's Wall. Why and how did they cope with the troublesome North?

### **13th March—Edward Rushton 2**

The life and influence of Edward Rushton, the founder of the Liverpool School for the Blind.

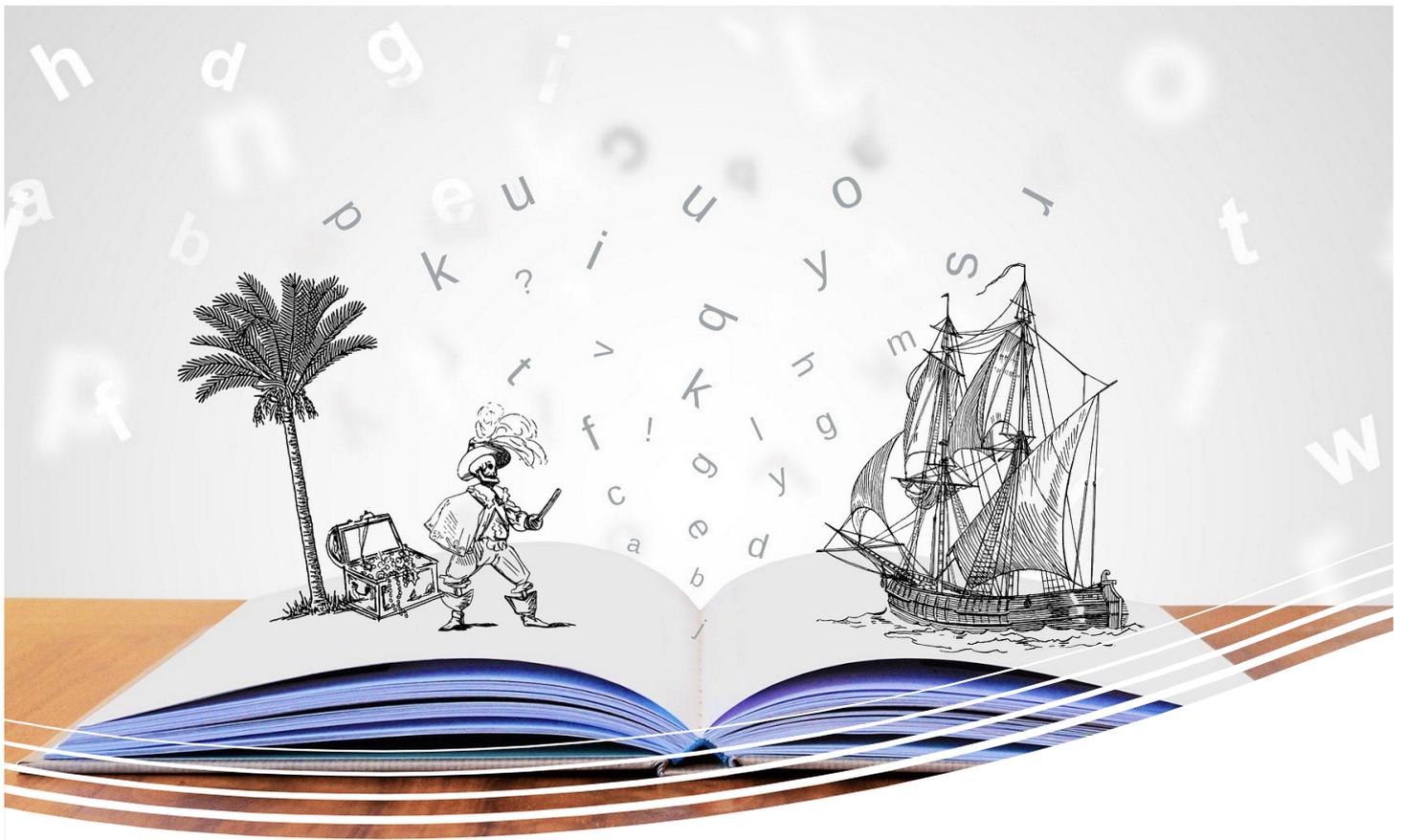
### **20th March—Happy Birthday Sefton**

A look at the Local Government Reorganisation of 1974 and the founding of the Borough of Sefton.

### **27th March—Edward Rushton—3**

The life and influence of Edward Rushton, the founder of the Liverpool School for the Blind.

Cost of each session £3.50. Tea/ Coffee and biscuits provided.



## CREATIVE WRITING

This is a group for people who enjoy writing and self-expression. No particular skills necessary, just an interest in telling stories or writing poetry.

This is not a “hard-core” writing group. We are more about looking at how authors through the years have done it so that we can learn from them.

You don't need to actually produce any work but we are trying to put together a compilation of any work we produce every four to six months in booklet form.

During this period we are looking at Gothic Fiction and how to create spooky atmospheres.

The Creative Writing Group meets every Tuesday morning from 10 a.m. until 12 noon at the Feelgood Factory. £2.50 per session.

## BOOK CLUB

If you enjoy reading and would appreciate the chance to discuss your ideas and views with others then this group may be for you.

The group gets the chance to choose a book from a list, parts of the book are read each week and discussed at meetings.

**Tuesdays, 1.00 pm - 2.30 pm**

£2.00 per session including refreshments.



## **CRAFTS**

The Feelgood Factory runs a rolling programme of crafting activities.

For information about availability of spaces, phone Hayley on 291 8010 for more information

## **KNITTING SOCIAL**

Every Monday afternoon a group of people interested in knitting and crochet, meet for a chat whilst the needles click away.

Participants can choose to bring along their own materials and patterns to make items for themselves. Alternatively, if they wish to knit for local good causes, we will provide everything they need.

This is not a taught class; members help each other.

## **DRAWING COURSE**

If you feel like learning to draw, then come along to our drawing course at 1 p.m. on Tuesday.

Cost £5 per session.

Once again for details speak with Hayley on 291 8010.

## **RUBBISH ART**

Learn how to turn household rubbish into new pieces of art - a good way to keep warm and busy this winter.

**Wednesdays 10.30-12.30**

For details phone Martin on 291 8046.



## FAMILY HISTORY

**Wednesday 7th February to  
Wednesday 6th March  
3.30—5.00**

Are you interested in finding out about your ancestors?

The Feelgood Factory's Family History programme returns in our new computer suite.

Week 1—What is Family History & how do I make a start?

Week 2—Introduction to Statutory Sources – back to 1830s.

Week 3—Introduction to Parish Records and burial records—before 1830s

Week 4— Wills, Probate and Legal

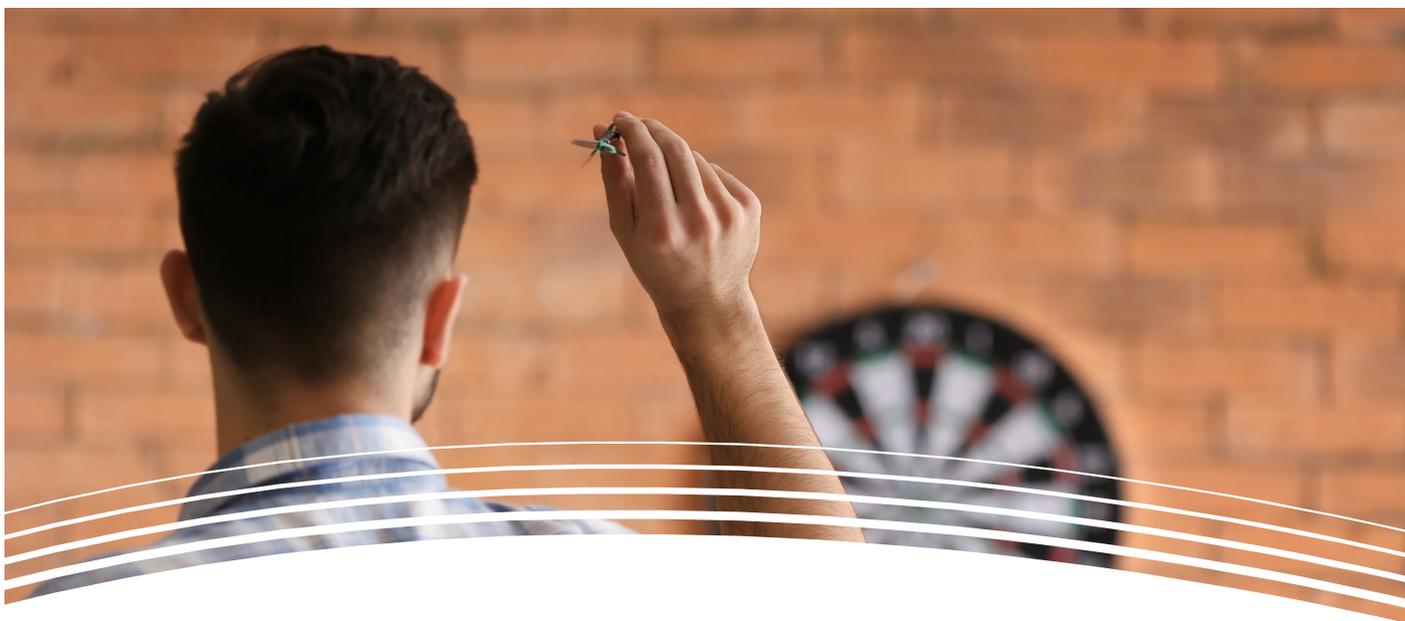
Week 5—Other sources including newspapers, tithe maps and DNA.

These themes will just be introductory talks. From the beginning you will have the chance to start actually doing your own research.

**Cost £5 per session or £20 for all five sessions. For this you will get access to online sources and a beginner's toolkit.**

Numbers are restricted so please book as soon as possible if you are interested.

For further information contact Sandra on 291 8010.



## MAN CAVE

Man Cave is a work in progress. It is the chance for younger men (aged 20 to 50 but these are not fixed boundaries) to get together and take part in activities of interest.

### **Fridays, 1 to 4 p.m.**

Man Cave Social. This is a chance to play darts, chess, quizzes, backgammon, stickie's and table football or just have a good old chat with other men.

Cost £2 per sessions towards cost of refreshments.



## MUSIC GROUP

### **Wednesdays, 1 to 3 p.m.**

This is the chance to learn or develop music skills.

The group includes singers as well as musicians.

All welcome.

Cost £3 per sessions.  
Refreshments provided

## MAN CAVE SPORT

### **Wednesdays, 1 to 4 p.m.**

A chance for men to get fit and meet one another while enjoying a range of sporting activities.

Ring Martin Brecknock for more information.



## LADIES' FRIENDSHIP GROUP

The Ladies' Friendship Group helps women to make new friends by putting them in touch with like-minded women who share the same interests and live in the same area.

The group encourages participants to build friendships for theatre trips, cinema, days out, dog walking or having a coffee.

Members may be new to the area, have children who have left home, may have lost a partner, been widowed or divorced, may have retired or simply feel lonely and are looking to make new friends.

The Ladies' Friendship Group meets every other Wednesday in the afternoon.

Cost £2.50.



## PANDAS SEFTON

PANDAS Sefton and the Feelgood Factory have joined forces, to support ante-natal and post-natal parents in the local area who may be struggling with their mental health, feeling lonely or just need a little extra reassurance.

A drop-in group is held weekly on a Monday between 10 a.m and 12 noon.



## **GOOD AFTERNOON SOCIAL, FEELGOOD LEARNING, FAMILY HISTORY AND CREATIVE WRITING**

Sandra Duncan

Telephone 291 8010

Email [sandra.duncan@feelgoodfactory.org.uk](mailto:sandra.duncan@feelgoodfactory.org.uk)

## **CRAFTS**

Hayley Beer

Telephone 291 8010

Email [hayley.lewis@feelgoodfactory.org.uk](mailto:hayley.lewis@feelgoodfactory.org.uk)

## **MAN CAVE, MUSIC GROUP AND RUBBISH ART**

Martin Brecknock

Telephone 291 8046

Email [martin.brecknock@feelgoodfactory.org.uk](mailto:martin.brecknock@feelgoodfactory.org.uk)

## **LADIES' FRIENDSHIP GROUP AND PANDA GROUP**

Carol Miles

Telephone 291 8010

Email [carol.miles@feelgoodfactory.org.uk](mailto:carol.miles@feelgoodfactory.org.uk)

## **BOOK CLUB**

Ann Anirah

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