

Social Groups

Title	Start Date	Day	Start Time	End Time	Weeks	Cost per week
Tea and Talk	Ongoing	Thursday	2 p.m.	3.30 p.m.	Ongoing	£3.50
Ladies' Friendship Group	Ongoing	Wednesday	1 p.m.	3 p.m.	Ongoing	£2.50
Man Cave	Ongoing	Friday	1 p.m.	4 p.m.	Ongoing	£2.00

Interest Groups

Title	Start Date	Day	Start Time	End Time	Weeks	Cost per week
History Group (Feelgood Learning)	Ongoing	Wednesday	1.30 p.m.	3.30 p.m.	Ongoing	£3.50
Creative Writing	Ongoing	Tuesday	10 a.m.	12 noon	Ongoing	£2.50
Book Club	Ongoing	Tuesday	1 p.m.	2.30 p.m.	Ongoing	£2.50
Music Group	Ongoing	Wednesday	1 p.m.	3 p.m.	Ongoing	£3.00

Arts & Crafts Groups

Title	Start Date	Day	Start Time	End Time	Weeks	Cost per week
Knitting for Good	Ongoing	Monday	1.30 p.m.	3.30 p.m.	Ongoing	£1.00
Drawing Class	Ongoing	Tuesday	1 p.m.	3 p.m.	Ongoing	£5.00

For further information

Tea and Talk

Toad Stevenson

Telephone 291 8010 Email Toad.Cook@feelgoodfactory.org.uk

History, Uncovering the Past and Creative Writing

Sandra Duncan

Telephone 291 8010 Email sandra.duncan@feelgoodfactory.org.uk

Crafts

Hayley Beer

Telephone 291 8010 Email hayley.lewis@feelgoodfactory.org.uk

Man Cave

Martin Brecknock

Telephone 291 8046 Email martin.brecknock@feelgoodfactory.org.uk

Ladies' Friendship Group

Sophie Allen

Telephone 291 8010 Email sophie.allen@feelgoodfactory.org.uk

Book Club

Ann Anirah

Telephone 291 8011 Email ann.anirah@feelgoodfactory.org.uk

Netherton Feelgood Factory Glover's Lane

Netherton Merseyside L30 5QW

Tel: 0151 291 8010

Info@feelgoodfactory.org.uk www.feelgoodfactory.org.uk







TEA AND TALK IS A WEEKLY SOCIAL GROUP FOR MEN AND WOMEN WHO WANT TO GET TOGETHER FOR A LIGHT-HEARTED HOUR OR SO TO ENJOY CONVERSATION, LIGHT REFRESHMENTS, QUIZZES, ETC.

> Thursday, 2 p.m. to 3.30 p.m.

Programme 24th April—St George's Day

Learn about St George and make Georgy crafts.

1st May—I'm Getting Married in the Morning A wedding-themed quiz

8th May—VE 80

Join in our Indoor Street Party to mark the 80th anniversary of VE Day.



15th May— Spring Flowers

A chance to enjoy some spring flowers, talk about what they means and create posies.

22nd May—Tea and Talk

Come along and have a chat with our group with some nice tea & biscuits!

29th May—Mindfulness with Annabel

Learn how to stay calm and relaxed.

5th June—D Day

Remembering D Day in 1944.

12th June— Tea and Talk

Come along and have a chat with our group with some nice tea & biscuits!

19th June— Pancake Day Treats

The chance to enjoy pancakes in company with others.

26th June—Wordle Session

Test your brain with a Wordle puzzle.

3rd July—Board Games



Enjoy playing board games with friends.

10th July—World Chocolate DayLove Chocolate? Come along and celebrate with us.

17th July— Tea and Talk

Come along and have a chat with our group with some nice tea & biscuits!



24th July—World Cowboy Day

Yeehaa—grab your stetson and lassoo and mosey on down to our Western celebration.

31st July—Garden Drawing Activity

Enjoy the summer by capturing the scenes of the garden.

7th August—World Cat Day

Whether you like cats or not, there will be something for you today.

14th August—Tea and Talk

Come along and have a chat with our group with some nice tea & biscuits!

21st August - Summer Quiz

Exercise your brain with our seasonal quiz.

28th August—To be arranged



IN ADDITION TO TEA AND TALK THE FEELGOOD FACTORY CURRENTLY RUNS TWO OTHER SOCIAL GROUPS, ONE FOR WOMEN AND THE OTHER FOR MEN.

> Wednesday, 1 p.m. to 3 p.m.

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.







> Friday, 1 p.m. to 4 p.m.

Man Cave

Man Cave 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. 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.











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. DURING THE NEXT FEW MONTHS WE WILL BE LOOKING AT THE FOLLOWING SUBJECTS.

THE STANLEY AND MOLYNEUX FAMILIES ON MERSEYSIDE

CRIME, PUNISHMENT AND JUSTICE THROUGH THE CENTURIES

> Wednesday, 1.30 p.m. to 3.30 p.m.

Programme

30th April—The Stanley and Molyneux Families in Liverpool

A look at the origins of the two families that had such an impact on Merseyside.

7th May—VE 80

To mark the 80th anniversary of VE Day we will look at the impact of World War 2 on Merseyside and how the end of the war was marked here.

14th May— Crime, Punishment and Justice through the Centuries

21st May—The Stanley and Molyneux Families in Liverpool

The Stanley family hits the big time and decides the fate of two kings on Bosworth Field.

28th May— Crime, Punishment and Justice through the Centuries

4th June—The Stanley and Molyneux Families in Liverpool

Local Politics in Liverpool and the relative positions of the big families as the Reformation hit.

11th June—Crime, Punishment and Justice through the Centuries

18th June—The Stanley and Molyneux Families in Liverpool

The Captains and the Kings Depart—How did the Stanley and Molyneux families cope with a new church and a civil war.

25th June—Crime, Punishment and Justice through the Centuries

2nd July—The Stanley and Molyneux Families in Liverpool

The fate of the two families after the Civil War.

9th July—Crime, Punishment and Justice through the Centuries

16th July-VJ 80

To mark the end of the Second World War in the East, we will look at how the people of Merseyside reacted to the dropping of the Atom Bomb and the final cessation of hostilities.

23rd July—Crime, Punishment and Justice through the Centuries

30th July—Outing TBA

The History Group will have a break in August. We will start meeting again on the 3rd September.



IF YOU ARE FEELING CREATIVE IN SOME WAY THEN ONE OF OUR "ARTS" PROGRAMMES MAY BE FOR YOU. ABSOLUTELY NO SKILLS REQUIRED. THESE ARE FOR FUN AND TO MAKE FRIENDS.

> Tuesday, 10 a.m. until 12 noon

Creative Writing

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

We are more

Creative Writing

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

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

During this period we are looking at screenwriting.

The Creative Writing Group will have a break in August.



> Tuesday, 1 p.m. until 2.30 p.m.



The Book Group

The Book Group is for those who enjoy reading and discussing with others what they have read. Come along and meet with the group in the Community Lounge. All welcome.

> Wednesday, 1 p.m. until 3 p.m.



All welcome.

The Music Group

This is the chance to learn or develop music skills.

The group includes singers as well as musicians.



THE FEELGOOD FACTORY RUNS A ROLLING PROGRAMME OF CRAFTING ACTIVITIES THAT MIX MEETING PEOPLE WITH ENGAGING IN CREATIVE ACTIVITIES.

> Monday 1.30 p.m. - 3.30 p.m.

Knitting for Good

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.

> Tuesday, 1.00 p.m.—3.00 p.m.

Drawing Group

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