



FEELGOOD CHOICES

(FRIENDSHIP & INTEREST GROUPS)

April to August 2026



Social Groups

Title	Start Date	Day	Start Time	End Time	Weeks	Cost per week
Tea and Talk	Ongoing	Thursday	1.45 p.m.	3.15 p.m.	Ongoing	£3.50
Ladies' Friendship	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
Music Group	Ongoing	Wednesday	1 p.m.	3 p.m.	Ongoing	£3.00
Reading Group	Ongoing	Thursday	10 a.m.	11.30 a.m.	Ongoing	Free

Arts & Crafts Groups

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

For further information

Tea & Talk, History and Creative Writing

Sandra Duncan

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Crafts

Hayley Beer

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Man Cave

Malcolm Bannon

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Reading Group

Alison Adair

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All other groups ring 0151 291 8010

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A photograph of a tea set on a table in a sunlit room. The text 'TEA AND TALK' is overlaid in a white box with a dark border.

TEA AND TALK

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, 1.45p.m. to 3.15 p.m.*

Programme

9th April—Music Afternoon

An afternoon of memories and quizzes about our favourite music.

16th April—Innovation Week

To celebrate Innovations Week, we are going to look at some of the innovations that have changed our worlds.

23rd April—World Book Day

Celebrate World Book Day with readings from, and discussions about, your favourite books.

30th April—Tea and Talk

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

7th May—Tabletop Gardening

See how green your fingers are with tabletop gardening.

14th May—Paper Dolls

Explore vintage fashion while cutting, colouring, and dressing classic doll figures.

21st May—Pop Corn and Movie Memories

Memories from the Silver Screen

28th May—Tea and Talk

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

4th June—Have You Ever?

A humorous session playing “Have You Ever?”

11th June — Stone Stories

We are going to decorate large pebbles with pictures that means something to each of us.

18th June—Antiques Roadshow

Try your wits at guessing how much vintage items are worth.

25th June— Tea and Talk

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

2nd July—Down the Rabbit Hole

We are going to celebrate Alice in Wonderland Day.

9th July—Happy Birthday USA!

On 4th July, the USA was 250 years old. Come and join in a belated celebration.

16th July—We're All Going On A Summer Holiday

A trip down memory lane remembering summer holidays of the past.

23rd July—Magazine Search & Chat

We are going to use magazines to find things to talk about.

30th July— Tea and Talk

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

6th August—Indoor Summer Picnic

Come along and enjoy a picnic to celebrate summer

13th August—Vintage Games Afternoon

An afternoon of old-fashioned table games such as dominoes, cards, bingo, and shove ha'penny.

20th August and 27th August— Tea and Talk

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



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.





Discover History
Together

History & More

A welcoming community for curious minds

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.

- SCOTLAND ROAD: ITS HISTORY, PEOPLE AND FOLKLORE
- HISTORY'S MYSTERIES & UNSOLVED QUESTIONS (TOPICS MAY CHANGE ACCORDING TO REQUESTS OF GROUP MEMBERS)
- A HISTORY OF WORLD MIGRATION AND ITS IMPACT ON THE UK'S POPULATION FROM MEDIEVAL TIMES TO THE PRESENT

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

Programme

15th April—Scotland Road

The story of Scotland Road and its people from its founding in the 1770s to the Irish influx in the mid 1800s.

22nd April—A History of World Migration

29th April—Outing

To be confirmed

6th May—A History of World Migration

13th May—Scotland Road

Sectarian conflict, Little Italy, slum-clearance and the disappearance of community in Scotland Road.

20th May—A History of World Migration

27th May—History's Mysteries: Stonehenge

People have been intrigued about Stonehenge for

over a millennium. Was it a Roman temple? Was it built by Merlin? Were the Druids involved? In this session we will look at Stonehenge, the stories surrounding it and the latest theories.

3rd June —A History of World Migration

10th June—History's Mysteries—Atlantis

The idea of a lost civilisation that sank beneath the waters has intrigued people for years. Is there any truth in the myth and, if so, what is it?.

17th June—To be arranged

24th June—History's Mysteries— What is Area 51?

Where do the stories of aliens visiting earth come from and are they connected with Area 51?

1st July—To be arranged

8th July—History's Mysteries—the Loch Ness Monster

What is the truth about the monster that is supposed to live beneath the waters of Loch Ness? Are there similar strange beings sighted elsewhere in the world.

15th July— The Flannan Isles Lighthouse Keepers

Three lighthouse keepers vanished in 1900, leaving behind a half-eaten meal and a mysteriously abandoned station. No definitive explanation has ever been confirmed. Does this disappearance fit in with others in history?

22nd July—History's Mysteries—Was King Arthur Real?

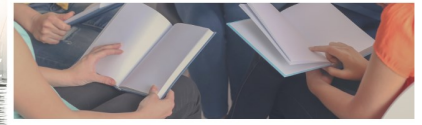
Was there an historic Arthur, what was his world like and how did his story grow?

29th July—Outing

To be confirmed.



Once Upon A Time...



CREATIVE

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 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 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 poetry.



> **Thursday 10 a.m. until 11.30 a.m.**

Reading Group

If you enjoy reading and would like to mix with other who share your interest then come along and join our Reading Group



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

The Music Group

This is the chance to learn or develop music skills.
The group includes singers as well as musicians.
All welcome.





Arts & CRAFTS

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

> **Monday 1 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.

Sewing For Good*

Like Knitting for Good this group runs the same time on a Monday. Individual projects can be done along with groups projects chosen together. All like-minded and crafty individuals enjoy the social side as well as sharing skills and knowledge.

> **Tuesday, 1.00 p.m.—3.00 p.m.**

Drawing Group

If you have a passion for drawing or wishing to see if you have that creative flair, come along and try our drawing class. This is a relaxing class with music playing in the background at 1 p.m. on Tuesdays.

*At time of publication, Knitting for Good and Sewing for Good are full.
If interested please contact the Feelgood Factory for more information.