



# **FEELGOOD CHOICES**

## **(FRIENDSHIP & INTEREST GROUPS)**

**January to March 2026**



## 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
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 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**

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### **Man Cave**

Malcolm Bannon

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### **Ladies' Friendship Group**

Malcolm Bannon

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All other groups ring 0151 291 8010

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A banner image showing a table set for tea with various teapots, cups, and biscuits, with a text box overlay that says "TEA AND TALK".

## 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**

#### **8th January—New Year Quiz**

Come along and shake off the Christmas cobwebs with our New Year Quiz.

#### **15th January—This is Your Life**

Eamonn Andrews won't appear but we are going to develop your own Red Book.

#### **22nd January—Find Your Family Crest**

Find out about the origins and history of your family name. You don't need a title to have a crest or tartan.

#### **29th January—Tea and Talk**

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

#### **5th February— Radio Day**

This week sees Radio Day so we will go down memory lane and revisit our favourite radio memories.

#### **12th February—Valentines Day**

A crafty session with music to celebrate St Valentine's Day.

#### **19th February—Pancake Day**

We will sample different pancakes from around the globe.

#### **26th February— Tea and Talk**

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

### **5th March—The Mad Science Laboratory**

British Science Week starts on 6th March. We are going to look at some strange experiments you can do without blowing up the building!

### **12th March—Healthy Eating**

Malcolm is going to come in and do some cookery demonstrations. He will also answer any questions you may have about healthy eating.

### **19th March—St Patrick's Day**

Our annual St Patrick's Day celebration.

### **26th March—Tea and Talk**

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

### **April 2nd—Easter Party**

Celebrate Easter with food, music and an Easter Bonnet competition.







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.

- THE SERVANT PROBLEM: BEING AND EMPLOYING SERVANTS FROM 1800 TO 1939
- SHIPWRECKS IN THE MERSEY
- THE LIFE OF CHARLES DARWIN
- MARGARET BEAVAN: THE "LITTLE MOTHER OF LIVERPOOL".

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

## Programme

### **14th January— Servants Everywhere**

As the Industrial Revolution led to the growth of the middle classes, more and more people began to employ servants—but this wasn't as easy as it might have seemed.

### **21st January—Shipwrecks in the Mersey**

### **28th January—The Problem of Servants in the Victorian Period.**

"If you would have a faithful servant, and one that you like, serve yourself." - Benjamin Franklin. The mistress of the house was a manager of an army of servants rather than a domestic goddess. How did this work out in reality?

### **4th February—Shipwrecks in the Mersey**

### **11th February—Suffrage and Servants**

The end of the Victorian era and the First World War led to a huge change in employment for ordinary people.



### **18th February—Shipwrecks in the Mersey**

### **25th February —The Maid of All Work becomes the Lady Who Does**

The servant problem between the wars became the problem of actually persuading people to be servants.

### **4th March—The Life and Work of Charles Darwin**

### **11th March—Margaret Beavan**

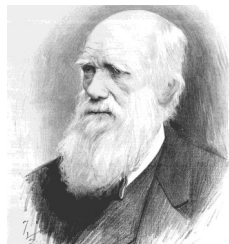
Margaret Beavan became Liverpool's first woman Lord Mayor in 1927. Her work for children had a national impact and when she died in 1931, Liverpudlians lined the streets to watch the funeral procession of 'the little mother of Liverpool'.

### **18th March—The Life and Work of Charles Darwin**

### **25th March—The Life and Work of Charles Darwin**

### **1st April—Outing**

To be confirmed.





# 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 world building.



> *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.





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.