



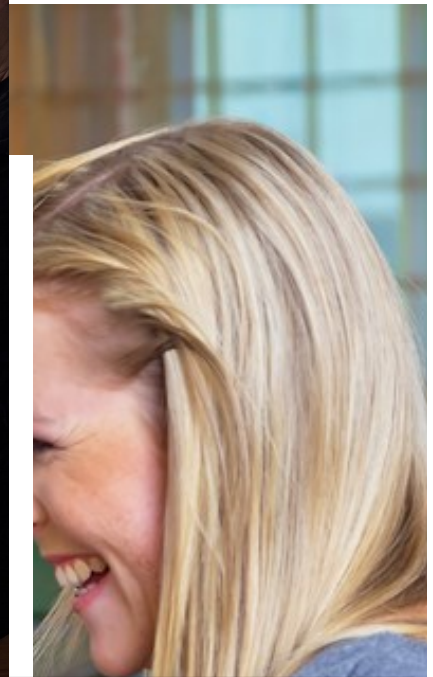
# Friends of the Feelgood

Improving Lives, Promoting Health



What will you buy with  
70p this week?

# *Be a local champion*



**70p a week** will buy a bar of chocolate

OR

Will enable a volunteer befriender to visit a lonely older person to check they are all right and have a chat.

**£1 a week** will buy a cup of coffee

OR

Will social and interest groups for lonely people so that they can make and meet friends.

**£2.50 a week** will buy a magazine

OR

Will help to run a shopping service for those unable to go to the shops for themselves.





Imagine living alone and finding that you can't leave the house at all, even to go shopping. This is the situation that faced one local resident, Mrs G.

Mrs G. had terminal cancer and osteoarthritis. She had been getting progressively weaker and able to do less. Having been ill for over ten years, she felt that she had had enough of hospitals. "My dearest wish," Mrs G. said, "Is to stay in the peace of my own home."

For many people getting older or developing health problems can make life a struggle. The Feelgood Factory works to help **local** people fix **local** problems. We work with the experts – local communities – to decide what is wrong and what can be done.

Our volunteers have developed practical services such as a shopping service which helped Mrs G. Each week volunteers deliver shopping to older and vulnerable people, check they are all right and have a chat.

**It's far more than a delivery service – for many it is a life line.**

Over the years we have helped thousands of people to improve their health and quality of life. It's not rocket science. The answers are in the heads and hands of normal people like you and me.

**But the odds are stacked against the most vulnerable in our community and those odds are getting longer. As services and support are cut, the problems become bigger . We**

**need funds to help these people.**

Will you help your neighbours? Will you champion your community? Can you give as little as £3 a month to enable local people find local solutions?

Friends of the Feelgood is a new initiative to recruit people who will support the Feelgood Factory on a regular basis



## ABOUT FRIENDS OF THE FEELGOOD

The Feelgood Factory is a local charity and we exist only to meet the needs of local people but we can't do this without the support of people like you.

Friends of the Feelgood are people who want to support their community by supporting the Feelgood Factory on a regular basis.

For more details please ask at reception for a pack or phone 291 8010.

***Netherton Feelgood Factory***

***Glovers Lane***

***Netherton***

***Merseyside***

***L30 5QW***

***Telephone 291 8010***

***Email: [Info@feelgoodfactory.org.uk](mailto:Info@feelgoodfactory.org.uk)***