

Feelgood Factory Health Activities and Services held at other venues

Monday 10 - 2	Community Garden - Netherton Feelgood Factory has been developing a community Garden here in the Marian Way (<i>behind the shops</i>) for local people to grow their own fruit & veg, herbs and flowers for themselves and to sell, get fit, make new friends, learn something new.
Thursday 10 - 2	
Call for dates	Woodwork - is healthy for your mind and body. By reducing stress and anxiety, promotes creativity, boosts self-confidence, provides a sense of satisfaction, improves concentration and teaches patience.
Friday 10 - 12	The Drop-in – informal mental health service at Linacre Mission, Linacre Road, Litherland. The Entrance is in Bowden Street

Other organisations and services held at the Feelgood Factory

Stop Smoking Service

Wednesday 9 – 1 appointment only

Local Councillors Surgery

Every other Friday 10.30-11.30 *call for dates*

Timetable of Activities

April to June 2024



Improving Lives, Promoting Health



Netherton Feelgood Factory
Glovers Lane
Merseyside, L30 5QW



Tel: 0151 291 8010

www.feelgoodfactory.org.uk



Monday	10 - 12 Pandas Foundation Pre & Post Natal Depression Advice & Support *Free	10.00 Walking Group <i>Meet at Feelgood Factory</i> *Free	10 - 11 Absolute Beginners Line Dancing £5.00	11.15 - 12.15 Line Dancing £5.00	1.30 - 3.30 Knitting for Good <i>Including Materials</i> £1.00	1 - 3 Craft Group <i>Including Materials</i> Numbers Limited £5.00	4.30 - 6pm After School Club 8 - 11yr olds <i>Term time only</i> Book in advance	
Tuesday	10 - 11 Yoga for All £5.00	10 - 12 Creative Writing £2.50	11 - 1 Healthy Cooking 4wks Take food home <i>Call for dates</i> £5 per wk, pay 4wks up-front	12 - 2.30 The Drop-in <i>Informal Mental health service</i> *Free	1 - 2.30 Feelgood Book Club £2.00	1 - 3 Drawing Class £5.00		
Wednesday	10 - 12 Grow Your Confidence 6wks New <i>Women Only wellbeing group</i> <i>Starting 17th April</i> *Free	10.30 - 11.15 50+Aerobics £5.00	11 - 1 Food Matters Weight Management Programme 6wks <i>Call for dates</i> *Free	11.45 - 12.45 Pilates £5.00	1 - 3 Music Group £3.00	1 - 3 Ladies Friendship group £2.50	1.30 - 3.30 Feelgood Learning £3.50	1- 4 Man Cave Sports New *Free
Thursday	10 - 12 Think Differently Cope Differently 5wks <i>Call for dates</i> *Free	11.30 - 12.15 Zumba Gold £5.00	1 - 3 Neuro Divergent Parent Peer Support Group <i>Term time only</i> *Drop In	1.45 - 3.30 G.A.S. <i>Good Afternoon Social</i> £3.50				
Friday	9.45 - 10.45 Yoga for All £5.00	11.15 - 12 Tone & Stretch New <i>Starting 19th April</i> £3.50	12 - 1 Walking Football <i>First week free</i> £3.00	1 - 3 Chill & Chat Breast feeding support *Free	1- 4 Mancave £2.00			

Health checks and chats available please call in to speak to a living well mentor. *Some programmes are free due to funding Please call for more details
 *Neuro Divergent Parent Support Group is for parents with children on the spectrum or on the pathway.
 School Holidays (excluding bank holidays) Drop in family craft sessions Monday & Thursday 1 –3 call in for more details