

What's on Feathers House 2025

Below is a list of social groups at Feathers Futures that you can just come along to, there is no need to book. Please also check out our website and social media channels for up-to-date information.



M

1-2.30 Free writing

1-3 Crafternoon

T

W

1-2.30 Time For Tea and Me!

Walking group - contact for dates and meeting points

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9.30-12 Drop-in at Feathers House for new enquiries and Feathers Friends peer support group

Book Club - last Friday afternoon of the month

Toiletries Bank 9.30-12 Monday-Friday at Feathers House.

Kitchen open for a cuppa run by volunteers
Monday - Friday 9.30-12
Monday - Thursday 1-3



**Feathers House, 25-26 Hall Quay, Great Yarmouth, NR30 1HP
01493 268222. admin@feathersfutures.org**

Social groups – no need to book



Free Writing – Monday 1-2.30pm – Join us for a creative and fun session where we use our imaginations to craft amazing writing pieces together. It's the perfect way to take a break, practice self-care, and look after your mental health. Expect lots of laughter, idea-sharing, and supportive company.

Crafternoon – Tuesday 1-3pm – Join us for a friendly crafting session where you can try something new or bring along your own project to enjoy in the company of others. A £2 contribution helps support our work and includes a drink.

Sole Sisters Walking Group - Call for Dates and meeting points – Join our Walking Group for a chance to get outdoors, enjoy gentle exercise, and connect with others. We'll be meeting on different dates and times for a variety of walks around Great Yarmouth – a lovely way to explore the area, boost your wellbeing, and enjoy some company along the way.

Time for Tea and Me! – Wednesday 1-2.30pm - What do you enjoy? What don't you? When was the last time you did something just for yourself? This group is about exploring those questions and learning to put yourself first. As the name suggests, "Time for Tea and Me" offers a friendly, welcoming space where you can relax, chat, and think about who you are. Through group talks, fun activities, and support from others, you'll rediscover the importance of looking after yourself.

Drop-in- Friday – 9.30-12 Pop in and find out more about what we do, have a cuppa, and chat every Friday morning.

Book Club – Friday – last Friday afternoon of the month. Run by volunteers, the book club meets monthly and discusses a range of books and genres

Free toiletries, sanitary products and make-up
We run a toiletries bank to offer free products to anyone in need. Come and collect during Feathers House opening times

Bookable Groups



To book please contact the team at Feathers Futures on 01493 268222 or email admin@feathersfutures.org

Own My Life - A 12-week course - To help women who have been subjected to abuse regain ownership of their lives. The course looks at the emotional and practical effects of living with domestic abuse and ways to move forward.

Cooking Courses— Make delicious, affordable meals with simple ingredients. Each session is hands-on, friendly, and packed with tips for saving money while still enjoying healthy, tasty food. A great way to build confidence in the kitchen and share ideas with others.

Domestic Abuse Recovery Toolkit – We deliver this 12 week course written by Sue Penna from Rockpool Life CIC the nationally recognised course is for women who have experienced domestic abuse in the past and are no longer in the relationship. It looks at the impact the abuse can leave behind and ways to move forward, building a "toolkit" of helpful resources focussing on self-esteem and future well-being.



Pathways to Possibilities -

Discover your strengths and explore new opportunities with this inspiring 6-week course. Build confidence, learn practical skills, and take positive steps towards training, volunteering, or employment – all in a supportive and welcoming space.

Bookable groups

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Yoga - at Feathers House – Thursday
BOOKING ESSENTIAL

Gardening club—Led by volunteers who have turned our small outside space, which was a wasteland, into a beautiful garden with flowers, plants, and vegetables, with space for ladies to sit and enjoy a cuppa in the nice weather.



It's All About me! – 6 weeks. This course is exactly what it says it is. It's all about you, your self-care, positive thinking, building self-esteem and confidence, and taking time out each week to focus on yourself.

Its All About Me Too - A 6-week refresher course for ladies who have already completed It's All About Me. This follow-on group gives you the chance to revisit key themes, reflect on what has changed since the first course, and build on the skills and confidence you've developed. With a supportive group of women by your side, it's a space to share experiences, refresh your learning, and focus on you.

