

Central Library Face to Face Learning Sessions

Please call us on **0151 478 6556** or email us at liferooms.learning@merseycare.nhs.uk to register to attend a session.

Address: **Liverpool Central Library, William Brown Street, Liverpool, L3 8EW**

Monday 6 March		Tuesday 7 March	
5 Ways to Wellbeing	10am-12pm	Digital Skills Club	9.30am-10.30am
Community Inclusion Team (CIT) Drop In	12.30-1.30pm	Devising for Confidence and Communication with The Everyman (1/6)	10.30am-12pm
Music Appreciation	2-3.30pm	Mental Health Awareness	2-4pm
Monday 13 March		Tuesday 14 March	
Understanding Anxiety	10am-12pm	Digital Skills Club	9.30am-10.30am
Community Inclusion Team (CIT) Drop In	12.30-1.30pm	Devising for Confidence and Communication with The Everyman (2/6)	10.30am-12pm
Ted Talks Discussion Group	2-3.30pm	Understanding Sleep	2-4pm
Monday 20 March		Tuesday 21 March	
Managing Anxiety	10am-12pm	Digital Skills Club	9.30am-10.30am
		Devising for Confidence and Communication with The Everyman (3/6)	10.30am-12pm
Community Inclusion Team (CIT) Drop In	12.30-1.30pm	Understanding Depression	2-4pm
Music Appreciation	2-3.30pm		
Monday 27 March		Tuesday 28 March	
Enrolment Morning	10am-12pm	Digital Skills Club	9.30am-10.30am
Community Inclusion Team (CIT) Drop In	12.30-1.30pm	Devising for Confidence and Communication with The Everyman (4/6)	10.30am-12pm
Introduction to The NHS	2-3.30pm	Crafts	2-4pm

	Please note that some sessions may run slightly over or under the session ending time.
CIT Drop In	Come along to this weekly group for an opportunity to socialise and improve your conversational skills.
Crafts	Learn new skills to make your own crafty creations come to life!
Devising for confidence and communication with The Everyman	This fun and engaging course will encourage participants to employ critical thinking, work in groups, develop a performance and discuss social concepts. There will be 6 sessions in total and there will be a sharing session when the course has finished. This will be held at The Everyman on Tuesday 18 th April.
Digital Skills Club	This session will be a general digital drop in which will give people the opportunity to expand their digital skills by getting support in learning.
Enrolment Morning	Our enrolment morning is a chance to meet the Life Rooms team, find out about our latest timetables and book onto sessions for the month ahead. Our learning staff will be available until 12pm if you have any queries or questions.
Introduction to The NHS	Come along and find out more about the NHS. Find out what services are part of The NHS and how you can access those services.
Managing Anxiety	This session is a great follow-on from attending understanding anxiety or as a standalone session for those who simply wish to learn the techniques, strategies and tips to help keep anxiety under control.
Mental Health Awareness	It's time to put aside the rumours and learn about what mental ill health really is. By the end of this session, you will be able to demonstrate increased awareness of mental health issues and identify some key points which counter mental health stigma. We will also support you to develop an understanding of key symptoms for common mental health problems and outline further support.
Music Appreciation	If you like music then this is the group for you! Our Music Appreciation session is a sociable session and is a chance to share, listen and discuss music with others. This is a relaxed and welcoming group where we suggest music relating to a chosen theme and enjoy listening and discussing one another's choices.
Ted Talks Discussion Group	Online Ted Talks are so interesting, but we don't always have the chance to chat about the different viewpoints on what we have seen. That's where this course comes in.
Understanding Anxiety	You will be guided to recognise and understand the potential triggers, causes and effects of your anxiety. You will also look at how anxiety keeps itself going through the 'vicious circle'. Most people who have attended this course like to further develop their knowledge by enrolling to our managing anxiety course.
Understanding Depression	Depression can be frightening but things can get easier. You may be surprised that experiences which feel so isolating can be shared by so many people. Our workshop starts to look at how you can improve your quality of life whilst living with a diagnosis of depression.
Understanding Sleep	In this session we aim to better understand why we need sleep, the causes of insomnia and the things we can do to try to improve our sleep routines.
5 Ways to Wellbeing	This session explores the 5 ways to wellbeing: this is a recognised list of ways we can actively bring significant positive change in our lives. They are: Connect, Be Active, Keep Learning, Help Others and Take Notice. "Time and time again, scientific studies have shown us that if we do these five things, we can improve our mental health and wellbeing.

If you are unable to attend a session at The Life Rooms, please let us know as soon as possible so that we can offer your space to somebody else. Thank you for your cooperation.