

Face to Face Learning Sessions

We're open for face-to-face learning sessions at all of our Life Rooms sites. Below is **Southport's timetable** - please call us on **01704 383 198** or email us at liferooms.learning@merseycare.nhs.uk to register to attend a session. **Please Note:** This timetable is subject to change due to ongoing COVID-19 updates and restrictions.

January 2022 Southport Face to Face Timetable									
Monday 3 January		Tuesday 4 January		Wednesday 5 January		Thursday 6 January		Friday 7 January	
BANK HOLIDAY MONDAY		New Year, New Start 10am-4pm	Vocational/Employability Skills Drop In 10am-4pm	Understanding Anxiety 10am		Physical Health Sessions @ The Life Rooms 10am			
				Walking Group 1pm		Music Appreciation 2pm			
				Art for Wellbeing 2pm					
Monday 10 January		Tuesday 11 January		Wednesday 12 January		Thursday 13 January		Friday 14 January	
Shared Reading with The Reader	10.30am	Basic IT & Internet Access	10am	Story Telling Through Music with The Liverpool Philharmonic	10am	Managing Anxiety	10am	Body Fit	10am
Mindful Stretching	1pm	The January Creative Challenge 2pm	Employability Skills 1pm	Walking Group 1pm		Making Music 2pm			
Let's Chat- Coffee Afternoon	2pm			Art for Wellbeing 2pm					
Monday 17 January		Tuesday 18 January		Wednesday 19 January		Thursday 20 January		Friday 21 January	
Shared reading with the Reader	10.30am	Basic IT & Internet Access	10am	Story Telling Through Music with The Liverpool Philharmonic	10am	Introduction to Confidence Building	10am	Body Fit	10am
Mindful Stretching	1pm	The January Creative Challenge 2pm	Employability Skills 1pm	Walking Group 1pm		Music Appreciation 2pm			
Blue Monday – The Big Brew Coffee Morning	2pm			Art for Wellbeing 2pm					
Monday 24 January		Tuesday 25 January		Wednesday 26 January		Thursday 27 January		Friday 28 January	
Shared Reading with The Reader	10.30am	Basic IT & Internet Access	10am	Story Telling Through music @The Philharmonic (Dress Rehearsal)	10am	Introduction to Self Esteem	10am	Body Fit	10am
Mindful Stretching	1pm	The January Creative Challenge 2pm	Understanding Depression 2pm	Walking Group 1pm		Making Music 2pm			
Let's Chat- Coffee Afternoon	2pm			Art for Wellbeing 2pm					