

# What's On Weekly

<b>Monday</b>	Knitting and Crochet	2.00pm – 4.00pm
<b>Tuesday</b>	Young Dementia LD Men's Group Games Social	10.30am – 2.30pm 10.00am – 12.00pm 1.30pm – 3.30pm
<b>Wednesday</b>	Readers Organisations – Shared Readers Group Mobile Crafts 4U	10.30am – 12.30pm 1.00pm – 3.00pm
<b>Thursday</b>	Table Tennis Group Bingo LD Men's Group Smoking Cessation	11.00am – 12.00pm 1.00pm – 2.00pm 1.00pm – 3.00pm 2.00pm – 4.00pm
<b>Friday</b>	Art's and Craft Group	10.00am – 12.00pm

## Pathways Advice

Our Southport Pathways Advice Service is available Monday ~ Friday between 10.00am and 3.30pm

## Events

Monthly Photography Group - Tuesday 3 March at 2.00pm

Monthly Poetry Group - Wednesday 4 March 1.00pm

World Book Day Celebration – Thursday 5 March at 12.00pm

Wellbeing Wednesday – 18 March – 10am – 1pm

**The Life Rooms Southport**  
**23 – 25 Scarisbrick Avenue**  
**Southport**  
**PR8 1NW**  
**01704 383 198**



**Mersey Care**  
NHS Foundation Trust

Community and Mental Health Services

## March 2020

## Life Rooms Southport



**Open days – 10.00am until 4.00pm**

Friday 28 February 2020  
 Friday 27 March 2020  
 Friday 24 April 2020

**Our Courses run between 2 hrs and 2 hrs 30 unless otherwise stated**



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## Life Rooms Southport - March 2020

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>2 March</b>		<b>3 March</b>		<b>4 March</b>		<b>5 March</b>		<b>6 March</b>	
Music Improvisation with the Liverpool Philharmonic (3/7)	10.00am	Mindful Stretching	10.00am (1 hour)	Readers Organisation – Reading Group	10.30am	Understanding Anxiety	10.00am	Understanding Depression	10.00am
Qigong	12.00 (1hour)	IT for Beginners	10.00am	Mobile Crafts 4 U	1.00pm	Table Tennis Group	11.00am	Art & Craft	10.00am
Knitting & Crochet	2.00pm	Walking Group	12.00pm (1 hour)			World Book Day Celebration	12.00pm	Journeys Through Film at Crosby Plaza	1.00pm
		Monthly Photography Group	2.00pm			Bingo	1.00pm	Reading Aloud Group	1.00pm
		Get Your Groove On	2.00pm (1hr)			Acting Up (1/5)	2.00pm		
<b>9 March</b>		<b>10 March</b>		<b>11 March</b>		<b>12 March</b>		<b>13 March</b>	
Tree of Life	10.00am	Mindful Stretching	10.00am (1 hour)	Readers Organisation – Reading Group	10.30am	Managing Anxiety	10.00am	Confidence & Assertiveness (1/2)	10.00am
Music Improvisation with the Liverpool Philharmonic (4/7)	10.00am	Walking Group	12.00pm (1 hour)	Zero Suicide Alliance Training	11.00am	Table Tennis Group	11.00am	Art & Craft	10.00am
Qigong	12.00 (1hour)	Allotment Group	12.45pm (Pickup)	Mobile Crafts 4 U	1.00pm	Bingo	1.00pm	Reading Aloud Group	1.00pm
Knitting & Crochet	2.00pm	Get Your Groove On	2.00pm (1hr)	Introduction to Floral Design	1.00pm	Acting Up (2/5)	2.00pm	IT for Beginners	2.00pm
Understanding Sleep	2.00pm			Monthly Poetry Group	1.00pm			Music Appreciation	2.00pm
				Karaoke Social Group	2.00pm				
<b>16 March</b>		<b>17 March</b>		<b>18 March</b>		<b>19 March</b>		<b>20 March</b>	
Music Improvisation with the Liverpool Philharmonic (5/7)	10.00am	IT for Beginners	10.00am	Well Being Wednesday 10am – 1pm		Understanding Psychosis	10.00am	Confidence & Assertiveness (2/2)	10.00am
Qigong	12.00 (1hour)	Walking Group	12.00pm (1 hour)			Table Tennis Group	11.00am	Art & Craft	10.00am
Knitting & Crochet	2.00pm	Allotment Group	12.45pm (Pickup)	Readers Organisation – Reading Group	10.30am	Bingo	1.00pm	Reading Aloud Group	1.00pm
Understanding Anxiety	2.00pm	Get Your Groove On	2.00pm (1hr)	Mobile Crafts 4 U	1.00pm	Acting Up (3/5)	2.00pm	Music Appreciation	2.00pm
				Introduction to Floral Design	1.00pm				
<b>23 March</b>		<b>24 March</b>		<b>25 March</b>		<b>26 March</b>		<b>27 March</b>	
Music Improvisation with the Liverpool Philharmonic (7/7)	10.00am	Mindful Stretching	10.00am (1 hour)	Readers Organisation – Reading Group	10.30am	Self Esteem (1/2)	10.00am	Open Day 10am – 4pm	
Qigong	12.00 (1hour)	Walking Group	12.00pm (1 hour)	Mobile Crafts 4 U	1.00pm	Table Tennis Group	11.00am		
Knitting & Crochet	2.00pm	Allotment Group	12.45pm (Pickup)	Introduction to Floral Design	1.00pm	Bingo	1.00pm	Art & Craft	10.00am
Managing Anxiety	2.00pm	Get Your Groove On	2.00pm (1hr)	Understanding Depression	2.00pm	Acting Up (4/5)	2.00pm	Reading Aloud Group	1.00pm
								IT for Beginners	2.00pm
<b>30 March</b>		<b>31 March</b>		<b>1 April</b>		<b>2 April</b>		<b>3 April</b>	
Qigong	12.00 (1hour)	Mindful Stretching	10.00am (1 hour)	Readers Organisation – Reading Group	10.30am	Self Esteem (2/2)	10.00am	Art & Craft	10.00am
Knitting & Crochet	2.00pm	IT for Beginners	10.00am	Mobile Crafts 4 U	1.00pm	Table Tennis Group	11.00am	Reading Aloud Group	1.00pm
		Walking Group	12.00pm (1 hour)	Introduction to Floral Design	1.00pm	Bingo	1.00pm	Music Appreciation	2.00pm
		Allotment Group	12.45pm (Pickup)			Acting Up (5/5)	2.00pm		
		Get Your Groove On	2.00pm (1hr)						