

Face to Face Learning Sessions

We're open for face-to-face learning sessions at all of our Life Rooms sites. Below is **Bootle's timetable** - please call us on **0151 330 6461** or email us at liferooms.learning@merseycare.nhs.uk to register to attend a session. **Please see page 2 for Southport's face to face sessions and page 3 for Walton's face to face sessions**

October 2021 Bootle Face to Face Timetable									
Monday 4 October		Tuesday 5 October		Wednesday 6 October		Thursday 7 October		Friday 8 October	
Welcome back to The Life Rooms Bootle	10.00am - 4.00pm	Mental Health Matters	10:00am	Hugh Baird College Enrichment Sessions (Our sessions are booked out for Hugh Baird College Students today – please still feel free to come and use our building)		Let's Chat – Coffee Morning	10.00am	Basic IT & Internet Access	10.00am
						Stop Smoking with Smoke Free Sefton	1.00pm		
Monday 11 October		Tuesday 12 October		Wednesday 13 October		Thursday 14 October		Friday 15 October	
Walking Group with Canal & Rivers Trust	10.00am	Mental Health Matters	10:00am	Hugh Baird College Enrichment Sessions (Our sessions are booked out for Hugh Baird College Students today – please still feel free to come and use our building)		Let's Chat – Coffee Morning	10.00am	Basic IT & Internet Access	10.00am
	Living Life to The Full					2.00pm			
Monday 18 October		Tuesday 19 October		Wednesday 20 October		Thursday 21 October		Friday 22 October	
Walking Group with Canal & Rivers Trust	10.00am	Mental Health Matters	10:00am	Hugh Baird College Enrichment Sessions (Our sessions are booked out for Hugh Baird College Students today – please still feel free to come and use our building)		Let's Chat – Coffee Morning	10.00am	Basic IT & Internet Access	10.00am
	Living Life to The Full					2.00pm	Live Cooking Demonstration		
Monday 25 October		Tuesday 26 October		Wednesday 27 October		Thursday 28 October		Friday 29 October	
Walking Group with Canal & Rivers Trust	10.00am	Mental Health Matters	10:00am	November at Life Rooms Bootle (What's On)	10:00am - 4.00pm	Let's Chat – Coffee Morning	10.00am	Basic IT & Internet Access	10.00 am
	Living Life to The Full					2.00pm	Live Cooking Demonstration		

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 see page 1 for Bootle's face to face sessions and page 3 for Walton's face to face sessions.**

October 2021 Southport Face to Face Timetable									
Monday 4 October		Tuesday 5 October		Wednesday 6 October		Thursday 7 October		Friday 8 October	
Welcome back to The Life Rooms Southport	10.00am - 4.00pm	Basic IT & Internet Access	10.00am	Walking Group	10.30am	Living Life to The Full	10.00am	Let's Chat – Coffee Morning	10.00am
		Allotment Group	1.00pm	Mental Health Matters	2.00pm	National Poetry Day: Live Streaming	2.00pm	Music Appreciation	2.00pm
Monday 11 October		Tuesday 12 October		Wednesday 13 October		Thursday 14 October		Friday 15 October	
Shared Reading with The Reader	10.00am	Basic IT & Internet Access	10.00am	Walking Group	10.30am	Living Life to The Full	10.00am	Let's Chat – Coffee Morning	10.00am
Healthier You	2.00pm	Allotment Group	1.00pm	Mental Health Matters	2.00pm	Stop Smoking with Smoke Free Sefton	1.00pm	Music Appreciation	2.00pm
Monday 18 October		Tuesday 19 October		Wednesday 20 October		Thursday 21 October		Friday 22 October	
Shared Reading with The Reader	10.00am	Basic IT & Internet Access	10.00am	Walking Group	10.30am	Living Life to The Full	10.00am	Let's Chat – Coffee Morning	10.00am
Healthier You	2.00pm	Allotment Group	1.00pm	Mental Health Matters	2.00pm	Ted Talks Discussion Group	2.00pm	Music Appreciation	2.00pm
Monday 25 October		Tuesday 26 October		Wednesday 27 October		Thursday 28 October		Friday 29 October	
Shared Reading with The Reader	10.00am	Basic IT & Internet Access	10.00am	Walking Group	10.30am	Living Life to The Full	10.00am	November at Life Rooms Southport (What's On)	10:00am - 4.00pm
Healthier You	2.00pm	Allotment Group	1.00pm	Mental Health Matters	2.00pm	Stop Smoking with Smoke Free Sefton	1.00pm		

Face to Face Learning Sessions

We're open for face-to-face learning sessions at all of our Life Rooms sites. Below is **Walton's timetable** - please call us on **0151 478 6556** or email us at liferooms.learning@merseycare.nhs.uk to register to attend a session. Please see **page 1 for Bootle's face to face sessions** and **page 2 for Southport's face to face sessions**

October 2021 Walton Face to Face Timetable									
Monday 4 October		Tuesday 5 October		Wednesday 6 October		Thursday 7 October		Friday 8 October	
Welcome back to The Life Rooms	10.00am & 2.00pm	Gardening Group	10.00am	Body Fit	10.00am	Mental Health Matters	10.00am	Introduction to Anxiety	10.00am
		Ted Talks	2.00pm	Healthier You	2.00pm	Walking Group	2.00pm	Life Rooms Quiz	2.00pm
Monday 11 October		Tuesday 12 October		Wednesday 13 October		Thursday 14 October		Friday 15 October	
Basic IT Skills	10.00am	Gardening Group	10.00am	Body Fit	10.00am	Ukulele for Beginners IT	10.00am	Introduction to Depression	10.00am
Box Fit	1.00pm	Let's Chat Women's Mental Health	2.00pm	Healthier You	2.00pm	Walking Group	2.00pm	Music Appreciation	2.00pm
Monday 18 October		Tuesday 19 October		Wednesday 20 October		Thursday 21 October		Friday 22 October	
Basic IT Skills	10.00am	Gardening Group	10.00am	Body Fit	10.00am	Let's Chat Men's Mental Health	10.00am	Introduction to Confidence	10.00am
Box Fit	2.00pm	Tree of Life	2.00pm	Healthier You	2.00pm	Walking Group	2.00pm	Life Rooms Quiz	2.00pm
Monday 25 October		Tuesday 26 October		Wednesday 27 October		Thursday 28 October		Friday 29 October	
Basic IT Skills	10.00am	Gardening Group	10.00am	Body Fit	10.00am	Treasure Your Wellbeing	10.00am	Introduction to Self-Esteem	10:00am
Box Fit	2.00pm	Ted Talks	2.00pm	Healthier You	2.00pm	Walking Group	2.00pm	Music Appreciation	2.00pm