

# What's On Weekly

<b>Monday</b>	Let's Chat <i>(please enrol via the Recovery College)</i>	2.00pm
<b>Tuesday</b>	Living with addictions Garden group Games Social Group  <i>(please enrol via the Recovery College for any of the above courses)</i>	12.00pm 2.00pm 2.00pm
<b>Wednesday</b>	Crafts Group <i>(please enrol via the Recovery College)</i>	10.00am
<b>Thursday</b>	Garden Group Social <i>(please enrol via the Recovery College)</i>	2.00pm
<b>Friday</b>	Arts Group <i>(please enrol via the Recovery College)</i>	10.00am

The Life Rooms sites at Walton, Southport and Bootle are currently operating as usual. Any amendments to Life Rooms activity can be found [www.liferooms.org](http://www.liferooms.org)

As an additional support measure, from 18 March 2020 at 12.00pm, The Life Rooms will be operating a Pathways Advice service via telephone. The Pathways Advice face to face service is still available at Walton, Southport and Bootle.

The Pathways Advice service offers non-clinical support to assist people to think through any issues that are affecting their wellbeing.

If you would like to access this service please contact any Life Rooms site and we will do our best to help you.

Walton - 0151 478 6556      Southport - 01704 383 198      Bootle - 0151 330 6461

## Events

Wellbeing Wednesday 1 April  
Good Friday 10 April  
Easter Monday 13 April

**The Life Rooms Walton**  
Evered Avenue  
Liverpool  
L9 2AF

0151 478 6556  
[liferooms@merseycare.nhs.uk](mailto:liferooms@merseycare.nhs.uk)  
[www.liferooms.org](http://www.liferooms.org)



**Mersey Care**  
NHS Foundation Trust

Community and Mental Health Services

## April 2020

## The Life Rooms Walton



**Open days – 10.00am until 4.00pm**

17 April 2020  
15 May 2020  
12 June 2020  
17 July 2020

## April 2020

Monday 30		Tuesday 31		Wednesday 1		Thursday 2		Friday 3	
My Teenager and Me 1/7	10.00am	Living Life to the Full 4/6	10.00am	<b>Wellbeing Wednesday 11.00am to 3.00pm</b>		Self Esteem1/2	10.00am	Arts Group	10.00am
Understanding Anxiety	10.00am	Living with Addictions	12.00pm			English	1.00pm	Math for beginners	1.00pm
Let's Chat	2.00pm	Employability Workshop	2.00pm			Men's Mental Health1/2	2.00pm	Confidence & Assertiveness 2/2	2.00pm
Ted talks	2.00pm	Guided Relaxation	2.00pm	Crafts	10.00am	Garden Group Social	2.00pm		
Understanding psychosis	2.00pm	Gardening Group	2.00pm	Mindful stretching	10.30am				
		Games Social Group	2.00pm	Walking Group	2.00pm				
Monday 6		Tuesday 7		Wednesday 8		Thursday 9		Friday 10	
My Teenager and Me 2/7	10.00am	Living Life to the Full 5/6	10.00am	Crafts	10.00am	Self Esteem 2/2	10.00am	<b>GOOD FRIDAY BUILDING WILL BE CLOSED</b>	
Managing Anxiety	10.00am	Living with Addictions	12.00pm	Mindful stretching	10.30am	Men's Mental Health 2/2	2.00pm		
Emotional Wealth	1.00pm	Employability Workshop	2.00pm	Walking Group	2.00pm	Garden Group Social	2.00pm		
Smartphone Photography 1/3	2.00pm	Gardening Group	2.00pm	Tree of Life	2.00pm				
Let's Chat	2.00pm	Games Social Group	2.00pm						
Monday 13		Tuesday 14		Wednesday 15		Thursday 16		Friday 17	
<b>EASTER MONDAY BUILDING WILL BE CLOSED</b>		Living Life to the Full 6/6	10.00am	Crafts	10.00am	Ted Talks	10.00am	<b>Open Day</b>	
		Living with Addictions	12.00pm	Mindful stretching	10.30am	Creating A Positive Body Image	2.00pm		
		Employability Workshop	2.00pm	Get your groove on	12.30pm	Garden Group Social	2.00pm		
		Gardening Group	2.00pm	Walking Group	2.00pm				
		Games Social Group	2.00pm	General Knowledge Quiz	2.00pm				
		Mental Health Awareness	2.00pm						
Monday 20		Tuesday 21		Wednesday 22		Thursday 23		Friday 24	
My Teenager and Me 3/7	10.00am	Creative Writing 1/4	10.00am	Crafts	10.00am	Mental Health Awareness	10.00am	Ted Talks	10.00am
Understanding depression	10.00am	Living with Addictions	12.00pm	Mindful stretching	10.30am	English	1.00pm	Art Group	10.00am
Women and Mental Health 1/2	10.00am	Barista Training 1/2	2.00pm	Sit fit	12.30pm	Beginners Ukulele 1/4	2.00pm	NAAFI Break	12.30pm
Smartphone Photography 2/3	2.00pm	Employability Workshop	2.00pm	Walking Group	2.00pm	Garden Group Social	2.00pm	Math for beginners	1.00pm
Confidence and assertiveness 1/2	2.00pm	Games Social Group	2.00pm					Guided Relaxation	2.00pm
Let's Chat	2.00pm	Gardening Group	2.00pm						
Understanding OCD	2.00pm								
Monday 27		Tuesday 28		Wednesday 29		Thursday 30		Friday 1	
My Teenager and Me 4/7	10.00am	Creative Writing 2/4	10.00am	LLTTF 1/5	10.00am	Understanding Depression	10.00am		
Women and Mental Health 2/2	10.00am	Living with Addictions	12.00pm	Crafts	10.00am	English	1.00pm		
Smartphone Photography 3/3	2.00pm	Crochet	12.00pm	Get your Groove On	12.30pm	Beginners Ukulele 2/4	2.00pm		
Confidence & Assertiveness 2/2	2.00pm	Employability Workshop	2.00pm	Walking Group	2.00pm	Garden Group Social	2.00pm		
Lets Chat	2.00pm	Barista Training 2/2	2.00pm						