



Descriptions

Helpful information:

- All Zoom sessions last 1 (one) hour.
- Before you get started with our Zoom sessions, please read the guidelines [here](#)
- To register for any of these sessions, have a look at the timetable on our Online Learning page [here](#) and click on the titles to complete your Zoom registration.

<p>Alcohol Awareness</p>	<p>‘Alcohol Awareness’ is in two parts and looks at what is meant by volume and units, as well as the effects of harmful drinking on mental and physical health and how alcohol passes through the body. This course was co-produced with Ambition Sefton and is suitable for all.</p>
<p>Body Fit</p>	<p>This low to medium intensity session is a cardio workout which will increase our heart rate whilst also building up strength and flexibility throughout our body. Body Fit is fun and gives you a great feel good factor. We finish this workout with a little stretch and relaxation. Adaptations for chair based exercises are included.</p>
<p>Box Fit</p>	<p>This low to medium intensity session is a cardio workout using various boxing techniques. We will be increasing our heart rate whilst also building up strength all through our body. Box Fit is fun and gives you a great feel good factor. We finish this workout with a little stretch and relaxation. Adaptations for chair based exercises are included.</p>
<p>Coffee Concert with Liverpool Philharmonic</p>	<p>Our partners from Liverpool Philharmonic invite you to enjoy some musical performances and to share your thoughts and ideas for future musical courses and events.</p>
<p>Comedy Skills to Boost Self Esteem</p>	<p>These on-line Zoom sessions are an introduction to Comedy and delivered by Everyman Playhouse. You will have fun, laugh, cooperate, build trust, enhance listening & flexible thinking, engage imaginations and be creative as well as build self-confidence and self-esteem.</p>
<p>Confidence through Drama</p>	<p>A fun and easy-going drama workshop which uses games to build confidence and explore creativity with the Liverpool Playhouse. We use a different focus each week to spark ideas.</p>
<p>CORE and MORE</p>	<p>This is a low intensity session containing standing and floor bases workout that will help to strengthen your core, including your lower back. This is a gentle but effective workout which will help to improve your posture and awareness whilst doing day to day activities.</p>

	We finish this workout with a little stretch and relaxation.
How to Zoom	Come and join this informal session to get familiar with Zoom. It's a chance to pick up hints and tips whilst practising your Zoom skills to increase your confidence.
Introduction to Anxiety	In this 1 hour session, we will gain an understanding of the potential triggers, causes and effects of your anxiety. We will also look at how anxiety keeps itself going through the 'vicious circle' including strategies and tips to help keep anxiety under control.
Introduction to Assertiveness	This 1 hour session will help you better understand what assertiveness is and how it affects our lives. You will explore some tips and tricks that aim to help you speak up for yourself.
Introduction to Confidence Building	This 1 hour session aims to give you a better understanding of what confidence is and explores some tips and tricks that you can try out to help boost your confidence.
Introduction to 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. This 1 hour session looks at how you can improve your quality of life whilst living with depression.
Introduction to Self Esteem	In this session you will find out what self esteem is, how it develops and how to begin to fight back against the 'inner critic'. By the end of this session you will be armed with a toolkit to begin boosting your own self esteem in your day-to-day life.
January Creative Challenge	At The Life Rooms, we think everyone is creative and should all have an opportunity to express it regularly. Sometimes it just needs a little spark to wake it up or a quick reminder that it's easy to access. Using a simple formula of "Do, Think, and Share" we will guide you through a number of fun creative challenges, such as drawing, poetry, music, photography on Zoom.
Let's Dance with Movema	We all love the freedom of dancing! Come along and join our inclusive group to learn a variety of dance styles with Movema. It's always fun and a great way to get the body moving with an award winning community group.
Life Rooms Learning – Side by Side	Side by side sessions are your chance to shape the way we deliver our learning sessions at The Life Rooms. Come along and bring your opinions!

Life Rooms Quiz	Join Tom in his general knowledge Life Rooms quiz for an entertaining whistle-stop tour through the world of trivia!
Making Music	Choose songs to play together; use whatever instruments you have at hand or join in with the singing. Everyone can join in with these Making Music sessions.
Musical Appreciation	A chance to meet others to discuss songs and lyrics with different themes. Share the music you love in a supportive social group.
Mindful Stretching	Stretching is a safe and useful activity for adults that can help improve overall flexibility neuromuscular coordination, balance and postural awareness. Mindful Stretching is done in a slow and focused manner; this extended stretching routine can be an excellent relaxation method and stress reducer.
Music Appreciation	Love music but not looking to learn to play a new instrument? Meet and discuss songs and lyrics with different themes and how they make you feel. It's a great social activity!
My Teenager and Me	This course aims to improve the relationship between parents/carers and their teenager(s) by exploring what it is like to be a teenager. Learn to promote positive boundaries and rules to reduce stress in the home.
The 5 Ways to Wellbeing	<p>This 1 hour 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.</p> <p>“Time and time again, scientific studies have shown us that if we do these five things, we can improve our mental health and wellbeing.”</p>
Virtual Coffee Morning	Make yourself a drink and come along for an informal chat with members of The Life Rooms. It's a great way to meet the Learning Facilitators and Life Rooms members
Virtual Walking Group – Canal & River Trust	Walking is an easy way to get more active, lose weight and become healthier. Through the Canal & River Trust you can explore the history of the Leeds-Liverpool Canal, walk sections at your leisure and take your time to appreciate the views, ecology and history on the route. if you wish you can take photographs/video to share.
What is Addiction?	This one session is suitable for all; it explores the various forms of addiction and dependency and aims to define addiction and how it might be different to terms such as habits, obsessions and compulsions. It also looks at whether our approach as a society to addiction and those suffering is helpful or not.