

# THE LIFE ROOMS

## A-Z of Live Zoom Sessions Descriptions for April 2021

### 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.

<b>Body Fit</b>	<p>This low to medium intensity session is a cardio workout which will increase our heart rate whilst also building up strength and flexibility all through our body. Body Fit is fun and gives you a great feel good factor. We finish this workout with a little stretch and relaxation. The class will last 30 minutes with an optional 10 minute relaxation section afterwards.</p> <p>Maximum numbers = 20</p>
<b>Confidence through Drama with Liverpool Everyman &amp; the Playhouse</b>	<p>A fun and easy going drama workshop that uses games to build confidence and explore creativity. There's a different focus each week with the Liverpool Everyman &amp; the Playhouse.</p> <p>Maximum numbers = 12</p>
<b>CORE and More</b>	<p>This is a low intensity session containing standing and floor based exercises 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. We finish this workout with a little stretch and relaxation.</p> <p>Maximum numbers = 20</p>

<p><b>Creating and Sharing Stories with Liverpool Everyman &amp; the Playhouse</b></p>	<p>The joy of writing for wellbeing is that nobody will judge your work, it's not a classroom and you will never be asked to show your writing. In writing for wellbeing, we spend time using prompts to connect with feelings and different issues.</p> <p>Maximum numbers = 12</p>
<p><b>Creative Writing with Liverpool Everyman &amp; the Playhouse</b></p>	<p>Creative writing is all around us! In the songs, poems, TV shows, adverts, books... the list is endless! Learn to channel your creative thoughts and stave off writers' block!</p> <p>Maximum numbers = 12</p>
<p><b>Coffee and Concert with the Liverpool Philharmonic</b></p>	<p><b>Tuesday 20th April @ 1pm</b></p> <p>Join clarinettist Mandy and friends from the Royal Liverpool Philharmonic Orchestra for an afternoon of musical discovery! During the session you will hear live music and be invited to share your ideas for the new course starting in May.</p> <p><b>Tuesday 27th April @ 1pm</b></p> <p>We invite you to our DIY Desert Island Disks with Georgina and friends from the Royal Liverpool Philharmonic Orchestra. The session will include hearing the group play some of their desert island disks and invite you to share your favourite music and ideas for the course starting in May.</p> <p>Maximum numbers = 12</p>
<p><b>Home Gym</b></p>	<p>A low to medium intensity home workout that looks at engaging all our muscles in the comfort of our own home. We may use walls, chairs and sofas with food tins as weights or tea towels for resistance. We are hoping to provide an activation and mobilisation workout whilst engaging in gentle cardio. We will also try to provide seated options for the exercises where possible.</p> <p>Maximum numbers = 12</p>
<p><b>Introduction to Anxiety</b></p>	<p>In this 1hr session you will gain an understanding of the potential triggers, causes and effects of your anxiety. You will also look at how anxiety keeps itself going through the 'vicious circle' including strategies and tips to help keep anxiety under control.</p> <p>Maximum numbers = 12</p>

<b>Introduction to Assertiveness</b>	<p>The session aims to help us better understand what assertiveness is and how it affects our lives. It also explores ways to help us speak up for ourselves and be more assertive.</p> <p>Maximum numbers = 12</p>
<b>Introduction to Confidence Building</b>	<p>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.</p> <p>Maximum numbers = 12</p>
<b>Introduction to Depression</b>	<p>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.</p> <p>Maximum numbers = 12</p>
<b>Introduction to Self Esteem</b>	<p>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.</p> <p>Maximum numbers = 12</p>
<b>Let's Dance with Movema</b>	<p>We all love the freedom of dancing. Come along and join our inclusive group to learn a variety of dance styles with Movema. These sessions are fun and a great way to get the body moving with an award winning community group.</p> <p>Maximum numbers = 12</p>
<b>Let's Dance with Movema Side by Side Meeting</b>	<p>Do you have any ideas for us? Have you got a dance style you would love to try with Movema or want to tell us how much you've enjoyed these sessions? This is your chance to get together with our Life Rooms Learning Facilitators and Movema teachers to tell us what you think!</p> <p>Maximum numbers = 12</p>
<b>Life Rooms Learning – Side by Side Meeting</b>	<p>Side by side sessions are your chance to shape the way we deliver our sessions at Life Rooms. Come along and bring your opinions!</p> <p>Maximum numbers = 20</p>
<b>Life Rooms Quiz</b>	<p>Join Tom in his general knowledge Life Rooms quiz for an entertaining whistle-stop tour through the world of trivia and randomness!</p>

	Maximum numbers = 12
<b>Liverpool Philharmonic Sharing Session</b>	Join us for a celebration and sharing of the work our students have been doing on the 'exploring music through colours' and 'meaningful connections through sounds' groups
<b>Making Music Drop In</b>	<p>If you are learning the ukulele, Bass, drums or just want to join in on the tambourine, maracas or singing along, this session is for anyone wanting to join in with playing music. We will choose songs and play them together over zoom. Words and chords will be on screen to follow and don't worry about making mistakes, being on mute allows you to improvise however you wish. All abilities welcome.</p> <p>Maximum numbers = 12</p>
<b>Meaningful Connections through Music with The Liverpool Philharmonic</b>	<p>This 6 week course creates an opportunity for participants to explore their individual reactions and responses to different textures in Music, with cellist Georgina Aasgaard. Students will be invited to experience a world of contrasting sounds, ranging from the sound of nature to the sound of a symphony orchestra. The sessions will include special guest appearances from musicians from the Royal Liverpool Philharmonic Orchestra who will introduce the group to the qualities of string, woodwind and brass instruments, as well as welcoming collaborative reflections on how different sounds can have an impact on our mood, imagination and creativity</p> <p>Maximum numbers = 15</p>
<b>Mental Health Monday</b>	<p>An opportunity to check in with others, share experiences of how we're feeling, as well as learn tips and strategies to improve our wellbeing; for instance alleviate stress and anxiety, increase mood levels and raise self-esteem. The two Learning Facilitators can offer their own experiences of what they find useful in managing their own mental health. The session aims to reduce mental health stigma by making it part of our everyday 'normal' conversation and forming positive connections with others.</p> <p>Maximum numbers = 12</p>
<b>Mental Health Resiliency</b>	<p>This session explores what it means to be resilient in our mental health; how we can become more resilient and recognise resiliency in others, as well as in ourselves.</p> <p>Maximum numbers = 12</p>

<b>Mindful Stretching</b>	<p>Mindful stretching is a session to focus the mind and body, linking breathing techniques with movement, balance and stretching. There is a short mobilisation and warm at the start, and an optional 8-10 minute relaxation at the end.</p> <p>Maximum numbers = 20</p>
<b>Monday Creative Challenges</b>	<p>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 Live 1hr Zoom</p> <p>Maximum numbers = 12</p>
<b>Music Appreciation</b>	<p>This is a chance to share and discuss your interest in music with others. We chose a theme and each pick a song to listen to together. This is a relaxed and welcoming group where we can expand our musical knowledge. All tastes welcome.</p> <p>Maximum numbers = 12</p>
<b>New to The #LifeRoomsOnline Drop-in</b>	<p>New to the range of our online provision, come along for information and a walk through what we have to offer online. You will have lots of opportunity to ask questions relating to our popular YouTube channel, The Life Rooms Online Learning Space and our Live zoom sessions, including how to guides.</p> <p>Maximum numbers = 12</p>
<b>Shared Reading Group with The Reader</b>	<p><i>Shared Reading</i> sessions are run by a trained 'Reader Leader', who reads out a piece of literature; everyone is then invited to share their thoughts and feelings or any memories evoked by the reading. Members of the group are invited to take part in reading or can just listen. The group is open to all.</p> <p>Maximum numbers = 12</p>

<p><b>Super Sing with The Liverpool Philharmonic</b></p>	<p>A series of 6 interactive singing sessions delivered by choral specialist Ian Chesworth. These sessions aim to ignite a passion for singing and enable development of singing skills. Sessions will begin with a warm ups, exploring how participants can keep their voice happy and safe. Being able to read music is not a requirement for these sessions.</p> <p>Maximum numbers = 20</p>
<p><b>Do you want to quit smoking with Smoke Free Sefton</b></p>	<p><i>Do you want to quit smoking</i> will be run by a smoking cessation advisor from Smoke Free Sefton, and supported by one of our learning facilitators. The session provides information on the various ways to quit, as well as the many benefits to our wellbeing that giving up brings. Come along for an informal chat about quitting, or just to find out information.</p> <p>Maximum numbers = 12</p>
<p><b>This week at The Life Rooms &amp; 'Monday's Move it'</b></p>	<p>Wondering what is happening this week at The Life Rooms? Why not pop along to this session? To get your Monday off to a great start, join in Monday's Move It, a low to medium intensity exercise session with Trish designed to get the body moving.</p> <p>Maximum numbers = 20</p>
<p><b>Virtual Coffee Morning</b></p>	<p>Make yourself a drink and come along for an informal chat with members from The Life Rooms. It's a great way to meet the Learning Facilitators and Life Rooms members.</p> <p>Maximum numbers = 12</p>
<p><b>Virtual Walking Group with the Canal &amp; River Trust</b></p>	<p>Walking is an easy way to get more active, lose weight and become healthier. Through the Canal &amp; River Trust you can explore the history of the Leeds to Liverpool canal, walk sections at your leisure, taking time to appreciate the views, ecology and history on the route. If you wish, you can take photographs or record videos to share.</p> <p>Maximum numbers = 12</p>
<p><b>What is Addiction?</b></p>	<p>What is addiction was co-produced with Ambition Sefton and explores the meaning of addiction and how it may differ from terms such as habit, compulsion and obsessions. The sessions looks at the various forms of addiction, as well as how stigma towards those suffering with addiction and their loved ones.</p>