

THE LIFE ROOMS

Face to Face Session Descriptions for November 2021

Helpful information:

- All sessions last 1 (one) hour.
- To register for any of these sessions, have a look at the timetable on our Online Learning page. Please call our reception to sign up for any sessions.

Alcohol Awareness Week: Alcohol Awareness	This session is open to all and is about awareness of alcohol. You'll learn all about units and what they equate to, volume, what kind of drinker you are and much more.
Alcohol Awareness Week: Understanding Addiction	We'll be looking to define what addiction is and how it is different from habits, compulsions and obsessions. The session also looks at the various forms of addiction, why people might struggle with addiction and asks whether our approach as a society toward those with an addiction is working.
Basic IT	Do you want to learn how to use computers better, at a level to suit you? Improve your skills for using the internet and various computer programs such as Word and PowerPoint.
Coffee Morning - Remembrance Day	Remembrance coffee morning - To celebrate our fantastic Veterans we will be hosting a coffee morning to discuss all things remembrance. Also as part of this session we are hoping to have a Look at the Play Wolf focusing on the famous 1914 Christmas football match!!
Confidence through Drama with Liverpool Everyman & the Playhouse	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 & the Playhouse.

Story Sharing with the Liverpool Everyman & Playhouse	Fun and creative story -based exercises to promote well-being.
Employability Skills: Making a CV and job searching	This is a course to get you ready for life in the workplace. Discussing communication skills, CV writing, Interview techniques and assistance with applying for jobs.
Gardening group	Always fancied gardening but never had much of a green thumb? Meet new people and learn skills from our seasoned gardener.
'Hello Day' Celebration	
Healthy Takeaways	Learn to cook with our resident chef! Over at Hugh Baird's teaching kitchens, watch and copy the techniques and take home a tasty, healthy meal.
Internal Men's Day: Men's Mental Health	Students will get the opportunity to discuss how mental health stigma, diagnosis and life opportunity can impact on men differently. A safe space for men to meet, form friendship and talk about their own experiences.
Let's Chat – Coffee Morning	Come and have a brew and enjoy the company of others as we talk around a theme which is different each week, such as our favourite music or movies. This is a social and gentle group and all our welcome.
Life Rooms Quiz	Join Tom in his general knowledge Life Rooms quiz for an entertaining whistle-stop tour through the world of trivia and randomness!
Living Life to the Full	Do you feel that you have a negative thinking style that gets in your way? Our lives are full of opportunities – but we need to be able to recognise them when they come along. This course is full of practical exercises, tools and insight that can help you to live well.

Mental Health Matters	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.
Men's Mental Health	Students will get the opportunity to discuss how mental health stigma, diagnosis and life opportunity can impact on men differently. A safe space for men to meet, form friendship and talk about their own experiences.
Script Reading	Ever fancied reading a part from a play or movie? This session is all about that as we'll read from various film scripts and theatre plays, whilst discussing themes and topics that come from them. No experience in reading scripts is necessary.
Stop Smoking with Smoke Free Sefton	If you're thinking of giving up smoking, you can see one of the smoking cessation advisors from Smoke Free Sefton who will offer support and methods of quitting.
'Super Sing' with the Philharmonic	The programme aims to ignite a passion for singing and provide individuals with the skills and information to either join one of the city's community choirs, or to set-up their own!
Ted Talks Discussion Group	Online Ted Talks are so interesting, but we don't always have the chance to chat about the different viewpoints on what we have seen. That's where this course comes in.
Tree of Life	You will create a colourful tree to help reflect on the positive aspects of your life and mental health; exploring strengths and connecting with others along the way.
Understanding Anxiety	You will be guided to recognise and understand the potential triggers, causes and effects of your anxiety. You will also look at how anxiety keeps itself going through the 'vicious circle'. Most people who have attended this course like to further develop their knowledge by enrolling to our managing anxiety course.
Understanding 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. Our workshop starts to look at how you can improve your quality of life whilst living with a diagnosis of depression.

Ukulele for Beginners	Learn and practice chords to well-known songs.
Walking Group	Walking is an easy way to get more active, lose weight and become healthier. The Life Rooms walking group allows you to get more active with others whilst taking time to appreciate the views on the route and maybe chat to others in the group.
Walking Group with Canal & Rivers Trust	Walking is an easy way to get more active, lose weight and become healthier. The Life Rooms walking group allows you to get more active with others whilst taking time to appreciate the views on the route and maybe chat to others in the group.