

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

November 2021 Bootle Face to Face Timetable									
Monday 1 November		Tuesday 2 November		Wednesday 3 November		Thursday 4 November		Friday 5 November	
Walking Group with Canal & Rivers Trust	10.00am	Mental Health Matters	10:00am	Ted Talks Discussion Group	10.00am	Let's Chat – Coffee Morning	10.00am	Basic IT & Internet Access	10.00am
Living Life to The Full	2.00pm	Employability Skills: Making a CV and Job Searching	2.00pm	Healthy Takeaways	1.00pm	Stop Smoking with Smoke Free Sefton	1.00pm	Story Sharing with Liverpool Everyman	2.00pm
Monday 8 November		Tuesday 9 November		Wednesday 10 November		Thursday 11 November		Friday 12 November	
Walking Group with Canal & Rivers Trust	10.00am	Mental Health Matters	10:00am	Healthy Takeaways	1.00pm	Remembrance Day – Long NAAFI coffee morning	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)	
Living Life to The Full	2.00pm	Confidence Through Drama	2.00pm	Hugh Baird College Enrichment Sessions (Our sessions are booked out for Hugh Baird College Students today)		Hugh Baird College Enrichment Sessions (Our sessions are booked out for Hugh Baird College Students today)			
Hugh Baird College Enrichment Sessions (Our sessions are booked out for Hugh Baird College Students today)		Hugh Baird College Enrichment Sessions (Our sessions are booked out for Hugh Baird College Students today)							
Monday 15 November		Tuesday 16 November		Wednesday 17 November		Thursday 18 November		Friday 19 November	
Walking Group with Canal & Rivers Trust	10.00am	Alcohol Awareness Week: What is addiction?	10:00am	Alcohol Awareness	10.00am	Let's Chat – Coffee Morning	10.00am	Basic IT & Internet Access	10.00am
Living Life to The Full	2.00pm	Employability Skills: Making a CV and Job Searching	2.00pm	Healthy Takeaways	1.00pm	Stop Smoking with Smoke Free Sefton	1.00pm	International Men's Day: Men's Mental Health	2.00pm
Monday 22 November		Tuesday 23 November		Wednesday 24 November		Thursday 25 November		Friday 26 November	
Walking Group with Canal & Rivers Trust	10.00am	Understanding Depression	10:00am	Women's Mental Health	10.00am	Let's Chat – Coffee Morning	10.00am	Basic IT & Internet Access	10.00 am
Understanding Anxiety	2.00pm	Life Rooms Quiz	2.00pm	Healthy Takeaways	1.00pm	Script Reading	2.00pm	Story Sharing with Liverpool Everyman	2.00pm

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@mersecare.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.

November 2021 Southport Face to Face Timetable									
Monday 1 November		Tuesday 2 November		Wednesday 3 November		Thursday 4 November		Friday 5 November	
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	Confidence Through Drama with Liverpool Everyman	2.00pm	Mental Health Matters	2.00pm	Employability Skills: Making a CV and Job Searching	2.00pm	Music Appreciation	2.00pm
Monday 8 November		Tuesday 9 November		Wednesday 10 November		Thursday 11 November		Friday 12 November	
Shared Reading with The Reader	10.00am	Basic IT & Internet Access	10.00am	Walking Group	10.30am	Living Life to The Full	10.00am	Live Cooking Demonstration	10.00am
Healthier You	2.00pm	Allotment Group	1.00pm	Mental Health Matters	2.00pm	Stop Smoking with Smoke Free Sefton	1.00pm	Story Sharing with Liverpool Everyman	2.00pm
Monday 15 November		Tuesday 16 November		Wednesday 17 November		Thursday 18 November		Friday 19 November	
Shared Reading with The Reader	10.00am	Basic IT & Internet Access	10.00am	Walking Group	10.30am	Employability Skills: Making a CV and Job Searching	10.00am	Let's Chat – Coffee Morning	10.00am
Alcohol Awareness Week: What is addiction?	2.00pm	Women's Mental Health	2.00pm	Understanding Depression	2.00pm	Alcohol Awareness	2.00pm	International Men's Day	1.00pm
Monday 22 November		Tuesday 23 November		Wednesday 24 November		Thursday 25 November		Friday 26 November	
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	Understanding Anxiety	2.00pm	Stop Smoking with Smoke Free Sefton	1.00pm	Music Appreciation	2.00pm

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

November 2021 Walton Face to Face Timetable									
Monday 1 November		Tuesday 2 November		Wednesday 3 November		Thursday 4 November		Friday 5 November	
What's on in November?	10.00am	Gardening Group	10.00am	Men's Mental Health	10.00am	Living Life to The Full	10.00am	Body Fit	10.00am
'Super Sing' with The Liverpool Philharmonic	1.00pm	Ted Talks	2.00pm	Walking Group	2.00pm	Ukulele for Beginners	2.00pm	Music Appreciation	2.00pm
Monday 8 November		Tuesday 9 November		Wednesday 10 November		Thursday 11 November		Friday 12 November	
Basic IT Skills	10.00am	Gardening Group	10.00am	Women's Mental Health	10.00am	Coffee Morning - Remembrance Day	10.00am	Body Fit	10.00am
'Super Sing' with The Liverpool Philharmonic	1.00pm	Employability Skills: Making a CV and Job Searching	2.00pm	Walking Group	2.00pm	Ukulele for Beginners	2.00pm	Music Appreciation	2.00pm
Monday 15 November		Tuesday 16 November		Wednesday 17 November		Thursday 18 November		Friday 19 November	
Basic IT Skills	10.00am	Gardening Group	10.00am	Confidence and Assertiveness	10.00am	Living Life to The Full	10.00am	'Hello Day Celebration'	10.00am to 4.00pm
'Super Sing' with The Liverpool Philharmonic	1pm to 2pm AND 2:15pm to 3:15pm	Life Rooms Quiz	2.00pm	Walking Group	2.00pm	Ukulele for Beginners	2.00pm	'Sharing Stories' with The Everyman Playhouse	2.00pm
Monday 22 November		Tuesday 23 November		Wednesday 24 November		Thursday 25 November		Friday 26 November	
Basic IT Skills	10.00am	Gardening Group	10.00am	Confidence and Assertiveness	10.00am	Living Life to The Full	10.00am	Body Fit	10:00am
'Super Sing' with The Liverpool Philharmonic	1pm to 2pm AND 2:15pm to 3:15pm	'Confidence Through Drama'	2.00pm	Walking Group	2.00pm	Ukulele for Beginners	2.00pm	Music Appreciation	2.00pm