

# THE LIFE ROOMS

## A-Z of Live Zoom Sessions Descriptions for September 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>Box Fit</b>	<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>Maximum numbers = 20</p>
<b>Coffee and Concert with Liverpool Philharmonic</b>	<p>Our partners from the Liverpool Philharmonic invite you to enjoy some musical performances, and to share your thoughts and ideas for future musical courses and events.</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>Creating and Sharing Stories with Liverpool Everyman &amp; the Playhouse</b>	<p>Fun and creative story-based exercises to promote well-being.</p> <p>Maximum numbers = 12</p>

<p><b>Creative Writing for Well-being 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>Exploring Music through Art with Liverpool Philharmonic</b></p>	<p>Through this 6 week course, Mandy and the students will be exploring and creating music inspired by art works, and art works inspired by music, thinking about how art and music can relate to moods, with opportunities for students' written or visual creations to inspire music.</p> <p>Maximum numbers = 15</p>
<p><b>Healthier You</b></p>	<p>Healthier You aims to support you with making manageable and sustainable changes to your lifestyle. Whether you want to improve your fitness, make healthier food choices or learn about nutrition, this course could be for you. The sessions provide a safe environment to reflect on how you've been getting on, as well as making plans for the time ahead.</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>
<p><b>Introduction to Depression</b></p>	<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>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>
<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> <p>Maximum numbers = 12</p>
<b>Making Music</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, you to improvise however you wish. All abilities welcome.</p> <p>Maximum numbers = 12</p>
<b>Mental Health Matters</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>Mindfulness and Movement with Movema</b>	<p>Refresh and invigorate your body and mind! Moving mindfully allows us to check in with our bodies and get moving in a way that can help us lower stress, release stagnant energy, and strengthen our mind-body connection. Sessions will include breathing exercises, meditation, movement and stretches to help release tension.</p> <p>Maximum numbers = 20</p>
<b>Music and Nature with Liverpool Philharmonic</b>	<p>The Music and Nature course is a series of 6 interactive sessions delivered by violinist Susanna Jordan. These sessions aim to explore the links between music and the natural world. The group will create virtual musical walks, discuss and investigate how nature has inspired music and opportunities to think about how nature and music can relate to mood.</p> <p>Maximum numbers = 15</p>

<b>Poetry and Life Writing</b>	<p>This one-off session is run by our very own Life Rooms Poet in Residence. The session aims to help you develop creative and expressive writing skills which can in turn build your confidence and social interaction with others. Poetry and Life Writing is suitable for all! You will be welcome to reflect and feedback on others work and you will be invited to aim towards having your work submitted for publication.</p> <p>Maximum numbers = 12</p>
<b>Qi Gong and Tai Chi with Movema</b>	<p>Tai chi and qi gong are centuries-old practises that involve certain postures and gentle movements with mental focus, breathing, and relaxation.</p> <p>Maximum numbers = 20</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>
<b>Sit Fit</b>	<p>Sit Fit is a chair based general fitness session which includes cardio, mindful stretching, strengthening and resistance with a short relaxation at the end. All abilities welcome.</p> <p>Maximum numbers = 20</p>
<b>Virtual Coffee Afternoon</b>	<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>
<b>Virtual Coffee Afternoon / Journeys Through Film</b>	<p>This session aims to create a safe and supportive environment where learners can discuss and review films.</p> <p>Maximum numbers = 12</p>
<b>World Heart Day</b>	<p>This session is to mark World Heart Day on September 29<sup>th</sup> and will provide information on health issues related to the heart.</p>
<b>World Suicide Prevention Day</b>	<p>This session is to mark World Suicide Prevention Day on 10<sup>th</sup> September. The session will provide information and aims to raise awareness on the issue of suicide.</p>