

What's On Weekly

Monday	Arts Group <i>(please enrol via the Recovery College)</i> Crafts Group <i>(please enrol via the Recovery College)</i>	10.00am 1.00pm
Tuesday	Healthy Walks with the Canal & Rivers Trust <i>(please enrol via the Recovery College)</i>	11.00am
Wednesday	Digital Drop In <i>(please enrol via the Recovery College)</i>	1.00pm
Thursday	Table Tennis Group <i>(please enrol via the Recovery College)</i>	1.00pm
Friday	Readers Organisations – Readers Group <i>(please enrol via the Recovery College)</i>	11.00am

Pathways Advice

Our Bootle Pathways Advice Service is available Monday to Friday between 10.00am and 3.30pm

Events

Tuesday 3 March - 10.00am – Monthly Photography Group

Thursday 5 March – 12.00am – World Book Day

Tuesday 10 March – 10.00am – Engage Well Addictions Event

Thursday 12 March - 10.30am – Monthly Writing Group

Wednesday 18 March 1.00pm – Life Rooms Advisory Group Bootle (L.R.A.G)

**The Life Rooms Bootle
St Winefride's Campus
Merton Road
Bootle
L20 7AP**

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Mersey Care
NHS Foundation Trust

Community and Mental Health Services

March 2020 Life Rooms Bootle



Open days – 10.00am until 4.00pm

30 March 2020
27 April 2020
18 May 2020
29 June 2020
27 July 2020
24 August 2020



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Life Rooms Bootle - March 2020

Monday		Tuesday		Wednesday		Thursday		Friday	
2 March		3 March		4 March		5 March		6 March (Hugh Baird Learning AM)	
Music Mums & Little Ones with the Liverpool Philharmonic (4/8)	10.00am	Monthly Photography Group	10.00am	Treasure Your Wellbeing (3/5)	10.00am	Music & Film Group with the Liverpool Philharmonic (3/7)	10.00am	Mindful Stretching	10.00am (1hr)
Arts	10.00am	Understanding Depression	10.00am	Digital Drop In	1.00pm	World Book Day Celebration	11.00am	Readers Organisations – Readers Group	11.00am
Crafts	1.00pm	Healthy Walks with the Canal & River Trust – Walking Group	11.00am	Self Esteem (1/2)	2.00pm	Table Tennis Group	1.00pm	Journeys Through Film at Crosby Plaza	1.00pm
Maths	1.00pm	English	11.00am	Understanding & Managing Addictions (1/7)	2.00pm	Understanding Anxiety	2.00pm	Get Your Groove On	12.00pm (1hr)
Recovery Learning Side By Side Meeting	2.00pm	Acting Up – Drama (5/6)	2.00pm					Couch to 5K	2.00pm (1hr)
9 March		10 March		11 March		12 March		13 March (Hugh Baird Learning AM)	
Music Mums & Little Ones with the Liverpool Philharmonic (5/8)	10.00am	Acting Up – Drama (6/6)	10.00am	Treasure Your Wellbeing (4/5)	10.00am	Introduction to Clay Modelling (1/4)	10.00am	Mindful Stretching	10.00am (1hr)
Arts	10.00am	Healthy Walks with the Canal & River Trust – Walking Group	11.00am	Digital Drop In	1.00pm	Music & Film Group with the Liverpool Philharmonic (4/7)	10.00am	Readers Organisations – Readers Group	11.00am
Crafts	1.00pm	English	11.00am	Self Esteem (2/2)	2.00pm	Monthly Writing Group	10.30am (2hr 30)	Get Your Groove On	12.00pm (1hr)
Maths	1.00pm	Engage Well Addictions Event 1pm – 4pm		Understanding & Managing Addictions (2/7)	2.00pm	Table Tennis Group	1.00pm	Monthly Quiz Social Group	1.00pm
Hugh Baird Learning	PM					Managing Anxiety	2.00pm	Couch to 5K	2.00pm (1hr)
16 March		17 March		18 March		19 March		20 March	
Music Mums & Little Ones with the Liverpool Philharmonic (6/8)	10.00am	Healthy Walks with the Canal & River Trust – Walking Group	11.00am	Treasure Your Wellbeing (5/5)	10.00am	Introduction to Clay Modelling (2/4)	10.00am	Hugh Baird Learning	AM
Arts	10.00am	English	11.00am	Digital Drop In	1.00pm	Music & Film Group with the Liverpool Philharmonic (5/7)	10.00am	Readers Organisations – Readers Group	11.00am
Crafts	1.00pm	Confidence & Assertiveness (1/2)	2.00pm	Life Rooms Advisory Group Bootle (LRAG)	1.00pm	Table Tennis Group	1.00pm		
Maths	1.00pm			Zero Suicide Alliance Training	2.00pm	Understanding Depression	2.00pm		
Hugh Baird Learning	PM			Understanding & Managing Addictions (3/7)	2.00pm				
23 March		24 March		25 March		26 March		27 March (Hugh Baird Learning AM)	
Music Mums & Little Ones with the Liverpool Philharmonic (7/8)	10.00am	Tree of Life	10.00am	Understanding Anxiety	10.00am	Introduction to Clay Modelling (3/4)	10.00am	Mindful Stretching	10.00am (1hr)
Arts	10.00am	Healthy Walks with the Canal & River Trust – Walking Group	11.00am	Digital Drop In	1.00pm	Music & Film Group with the Liverpool Philharmonic (6/7)	10.00am	Readers Organisations – Readers Group	11.00am
Crafts	1.00pm	English	11.00am	Understanding & Managing Addictions (4/7)	2.00pm	Table Tennis Group	1.00pm	Get Your Groove On	12.00pm (1hr)
Maths	1.00pm	Confidence & Assertiveness (2/2)	2.00pm	Women's Mental Health Co-production meeting	2.00pm	Making Music/ Ukulele Group – Co-production	1.00pm	Ted Talks Discussion Group	1.00pm
Understanding Psychosis	2.00pm							Couch to 5K	2.00pm (1hr)
30 March		31 March		1 April		2 April		3 April	
Open Day 10.00am to 4.00pm		English	11.00am	Managing Anxiety	10.00am	Introduction to Clay Modelling (4/4)	10.00am	Mindful Stretching	10.00am (1hr)
Arts	10.00am	Healthy Walks with The Canal & Rivers Trust – Walking Group	11.00am	Digital Drop In	1.00pm	Table Tennis Group	1.00pm	Readers Organisations – Readers Group	11.00am
Crafts	1.00pm	Understanding Sleep	2.00pm	Understanding & Managing Addictions (5/7)	2.00pm			Get Your Groove On	12.00pm (1hr)
Maths	1.00pm							Couch to 5K	2.00pm (1hr)

**Please be aware that there are restrictions for the courses highlighted in blue
Our Course times run between 2 hrs and 2 hrs 30 unless otherwise stated**