

THE LIFE ROOMS

A-Z of Live Zoom Sessions Descriptions for May 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.

Body Fit	<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>
Confidence through Drama with Liverpool Everyman & the Playhouse	<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 & the Playhouse.</p> <p>Maximum numbers = 12</p>
Creating and Sharing Stories with Liverpool Everyman & the Playhouse	<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 this session, we spend time using prompts to connect with feelings and different issues.</p> <p>Maximum numbers = 12</p>
Creative Writing with Liverpool Everyman & the	<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>

Playhouse	<p>Maximum numbers = 12</p>
DIY Desert Island Disks with the Liverpool Philharmonic	<p>This 6 week course creates an opportunity for students to share and discuss their own Desert Island disks with cellist Georgina Aasgaard. The sessions will include special guest appearances from musicians from the Royal Liverpool Philharmonic Orchestra, as well as welcoming collaborative reflections on how different pieces of music can spark memories and have an impact on our mood, imagination and creativity.</p> <p>Maximum numbers = 12</p>
Do you want to quit smoking with Smoke Free Sefton	<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>
Exploring Music Through Stories with the Liverpool Philharmonic	<p>Inspired by stories, Mandy and the students will be exploring and creating music through this 6 week course, thinking about how music can evoke a wide variety of moods. There will be an option for students to share their own written and visual creations as part of this journey, and see what music they inspire.</p> <p>Maximum numbers = 12</p>
Healthier You	<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>
Home Gym	<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>
Introduction to Anxiety	<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</p>

	<p>and tips to help keep anxiety under control.</p> <p>Maximum numbers = 12</p>
Introduction to Assertiveness	<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>
Introduction to Confidence Building	<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>
Introduction to Depression	<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>
Introduction to Self Esteem	<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>
Let's Dance with Movema	<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>
Let's Dance with Movema Side by Side Meeting	<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>
Life Rooms Learning – Side by Side Meeting	<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>

	Maximum numbers = 20
Life Rooms Quiz	<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>
The 5 ways to wellbeing	<p>This 1hr session explores the 5 ways to wellbeing: this is a recognised list of ways we can actively bring significant positive change in our lives. They are: Connect, Be Active, Keep Learning, Help others and Take Notice.</p> <p>“Time and time again, scientific studies have shown us that if we do these five things, we can improve our mental health and wellbeing.”</p>
Making Music Drop In	<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.</p> <p>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 can improvise however you wish. All abilities welcome.</p> <p>Maximum numbers = 12</p>
Mental Health Matters	<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>
Mental Health Resiliency	<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>

Mindful Stretching	<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>
The Creative Challenge	<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>
New to The #LifeRoomsOnline Drop-in	<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 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>
Shared Reading Group with The Reader	<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>
Super Sing with The Liverpool Philharmonic	<p>The Supersing course is 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>
Virtual Coffee Morning	<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>