

# 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](mailto:liferooms.learning@merseycare.nhs.uk) to register to attend a session. **Please Note:** This timetable is subject to change due to ongoing COVID-19 updates and restrictions.

January 2022 Bootle Face to Face Timetable									
Monday 3 January		Tuesday 4 January		Wednesday 5 January		Thursday 6 January		Friday 7 January	
<b>BANK HOLIDAY MONDAY</b>		New Year, New Start	10am-4pm	Basic IT and Internet Access with Include Mersey IT	1pm	Crafts	10am	Living Life To The Full	10am
				Physical Health Sessions @ The Life Rooms	2pm-4pm	The 5 Ways to Wellbeing	2pm	The January Creative Challenge	1pm
Monday 10 January		Tuesday 11 January		Wednesday 12 January		Thursday 13 January		Friday 14 January	
Walking Group with Canal & Rivers Trust	10am	Understanding Depression	10am	Body Fit	10am	Clay Making	10am	Living Life to The Full	10am
Understanding Anxiety	2pm	Employability Skills	1pm	Basic IT and Internet Skills with Include Mersey IT	1pm	Community Clean Up with Canal and Rivers Trust	10am	Energy Quiz with NEA	12.30pm
		Ted Talks Discussion Group	2pm	Ukulele for Beginners	2pm	Mindful Stretching	2pm	The January Creative Challenge	1pm
Monday 17 January		Tuesday 18 January		Wednesday 19 January		Thursday 20 January		Friday 21 January	
Walking Group with Canal & Rivers Trust	10.00 am	Nordic Walking Group	10am	Body Fit	10am	Clay Making	10am	Living Life to The Full	10am
Blue Monday- The Big Brew Coffee Morning	11am	Creative Writing Bus @ Hugh Baird University Centre	11am-3pm	Basic IT and Internet Access with Include Mersey IT	1pm	Mindful Stretching	2pm	Energy Quiz with NEA	12.30pm
Managing Anxiety	2pm	Employability Skills	1pm	Ukulele for Beginners	2pm			The January Creative Challenge	1pm
Monday 24 January		Tuesday 25 January		Wednesday 26 January		Thursday 27 January		Friday 28 January	
Walking Group with Canal & Rivers Trust	10am	Nordic Walking Group	10am	Body Fit	10am	Clay Making	10am	Living Life To The Full	10am
Supersing with The Liverpool Philharmonic	1pm	Employability Skills	1pm	Basic IT and Internet Access with Include Mersey IT	1pm	Mindful Stretching	2pm	The January Creative Challenge	1pm
		Script Reading	2pm	Ukulele for Beginners	2pm				