

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 Note:** This timetable is subject to change due to ongoing COVID-19 updates and restrictions.

January 2022 Walton Face to Face Timetable									
Monday 3 January		Tuesday 4 January		Wednesday 5 January		Thursday 6 January		Friday 7 January	
BANK HOLIDAY MONDAY		Gardening group	10am	Understanding Anxiety	10am	Confidence and Assertiveness	10am	Body Fit	10am
		Chess for Beginners	11.30am	Walking group	2pm			Crochet group	11.30am
		Ted Talks	2pm	Mental Health Awareness	2pm	Ukulele	2pm	Music appreciation	2pm
Monday 10 January		Tuesday 11 January		Wednesday 12 January		Thursday 13 January		Friday 14 January	
Basic IT skills	10am	Gardening group	10am	Tree of Life	10am	Confidence and Assertiveness	10am	Body Fit	10am
The January Challenge	2pm	Chess for Beginners	11.30am	Walking group	2pm			Healthier You	2pm
		Men's mental health	2pm	Side by Side Women and Mental Health	2pm				
Monday 17 January		Tuesday 18 January		Wednesday 19 January		Thursday 20 January		Friday 21 January	
Basic IT skills	10am	Gardening group	10am	Managing Anxiety	10am	5 Ways to Wellbeing	10am	Body Fit	10am
The January Challenge	2pm	Chess for Beginners	11.30am	Walking group	2pm			Ukulele	2pm
		Coffee Afternoon	2pm	Ted Talks	2pm				
Monday 24 January		Tuesday 25 January		Wednesday 26 January		Thursday 27 January		Friday 28 January	
Basic IT skills	10am	Gardening group	10am	Liverpool – Year of Writing – Creative Writing Bootcamp	11am till 3pm	Healthier You	10am	Body Fit	10am
The January Challenge	2pm	Chess for Beginners	11.30am	Understanding Depression	10am			Ukulele	2pm
		Quiz	2pm	Walking group	2pm				