

THE LIFE ROOMS

Face to Face Session Descriptions for December 2021

Helpful information:

- All sessions last 1 (one) hour.
- To register for any of these sessions, have a look at the timetable on our Online Learning page. Please call our reception to sign up for any sessions.

Basic IT	Do you want to learn how to use computers better, at a level to suit you? Improve your skills for using the internet and various computer programs such as Word and PowerPoint.
Confidence through Drama with Liverpool Everyman & the Playhouse	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.
Sharing Stories with Liverpool Everyman & the Playhouse	Fun and creative story-based exercises to promote wellbeing.
Mental Health Matters	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.
Let's Chat – Coffee Morning	Come and have a brew and enjoy the company of others as we talk around a theme which is different each week, such as our favourite music or movies. This is a social and gentle group and all our welcome.

Ted Talks Discussion Group	Online Ted Talks are so interesting, but we don't always have the chance to chat about the different viewpoints on what we have seen. That's where this course comes in.
Walking Group with Canal & Rivers Trust	Walking is an easy way to get more active, lose weight and become healthier. The Life Rooms walking group allows you to get more active with others whilst taking time to appreciate the views on the route and maybe chat to others in the group.
Christmas Crafts	Want to create Christmas crafts but don't know where to start? Join us and get creative as we make a variety of Christmas crafts and have a chat with others in the groups.
Christmas Concert with Chris	Join the very talented Chris for a Christmas sing-along as he performs all our favourite Christmas songs in a special Christmas concert.
Journeys through Christmas Films	Settle down with a cup of tea or coffee while we dish out the popcorn and watch a classic Christmas movie together. At the end of the group there will be plenty of time to discuss the movie with others.
Liverpool Philharmonic orchestra	Join the Liverpool philharmonic Orchestra as they host a spectacular performance at the Life Rooms.
Table Tennis and Board Game Social	A fun, sociable session where we will play table tennis, board games and socialise with others.
A Taste of Christmas	Join Chef Anthony as he takes you through how to make the perfect 3 course Christmas dinner.
Christmas Wreath Making	The tutors of Hugh Baird College Floristry will be getting crafty at the Life Rooms where you can make your own Christmas Wreath.
Dancing around the world with Movema	Join our dance artiste from Movema as they showcase various styles of dance from around the world. Feel free to come and watch or even put your dancing shoes on and join them!

Gardening group	Always fancied gardening but never had much of a green thumb? Meet new people and learn skills from our seasoned gardener.
Ukulele for Beginners	Learn and practice chords to well-known songs.
'Super Sing' with the Philharmonic	The programme aims to ignite a passion for singing and provide individuals with the skills and information to either join one of the city's community choirs, or to set-up their own!
Christmas Around the World	
Chess for Beginners	Start as a beginner and who knows? You may become the Grandmaster. Develop your analytical skills and confidence in the game of Chess.
Men's Mental Health	Students will get the opportunity to discuss how mental health stigma, diagnosis and life opportunity can impact on men differently. A safe space for men to meet, form friendship and talk about their own experiences.
Introduction to Self Esteem	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.
Energy Information Quiz with National Energy Action.	Join NEA for their energy information quiz as they give you tips and advice on how to use energy efficiently this winter.
Crochet Group	A cosy social group where you can meet others and learn how to crochet.
Managing Anxiety	This session aims to support you in developing strategies to manage and reduce anxiety.
Healthier you	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.
Liverpool Philharmonic Feedback session	Have you attended a session with our partners, the Liverpool Philharmonic? This session is your chance to provide feedback to the staff from the sessions you have attended.
Mental Health Resilience	This session aims to support you in developing an awareness of some issues surrounding mental health and how we might offer help to someone in need.
Body Fit	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. The workout will end with a little stretch and relaxation.
5 Ways to Wellbeing	<p>This 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>
Tom's Big Christmas Quiz	Come and join the quiz master general, Tom, for an entertaining whistle-stop tour through the world of Christmas trivia and randomness!
Women's Mental Health	Students will get the opportunity to discuss mental health, diagnosis and life opportunity can impact on men differently. A safe space for women to meet, form friendships and talk about their own experiences.
Mindful Stretching	<p>Mindful stretching is a session to focus the mind and body, linking breathing techniques with movement, balance and stretching.</p> <p>There is a short mobilisation and warm-up at the start, and an optional 8–10 minute relaxation at the end.</p>

