

# THE LIFE ROOMS

## A-Z of Live Zoom Sessions Descriptions

### 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.

<b>Body Fit</b>	<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.</p>
<b>Confidence through Drama with Liverpool Everyman &amp; the Playhouse</b>	<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 &amp; the Playhouse.</p>
<b>CORE and More</b>	<p>This is a low intensity session containing standing and floor based exercises that will help to strengthen your core, including your lower back. This is a gentle but effective workout which will help to improve your posture and awareness whilst doing day to day activities. We finish this workout with a little stretch and relaxation.</p>
<b>Creating and Sharing Stories with Liverpool Everyman &amp; the Playhouse</b>	<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 writing for wellbeing, we spend time using prompts to connect with feelings and different issues.</p>

<b>Creative Writing with Liverpool Everyman &amp; the Playhouse</b>	<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>
<b>Exploring Music Through Colours with The Liverpool Philharmonic</b>	<p>Through this 6 week course, Mandy and the students will be exploring and creating music inspired by colour, thinking about how colours relate to moods, and investigating how students' colour related written or visual creations might inspire music.</p>
<b>Introduction to Anxiety</b>	<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 and tips to help keep anxiety under control.</p>
<b>Introduction to Confidence Building</b>	<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>
<b>Introduction to Depression</b>	<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>
<b>Introduction to Self Esteem</b>	<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>
<b>Let's Dance with Movema</b>	<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>
<b>Life Rooms Learning – Side by Side Meeting</b>	<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>
<b>Life Rooms Quiz</b>	<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><b>Meaningful Connections through Music with The Liverpool Philharmonic</b></p>	<p>This 6 week course creates an opportunity for participants to explore their individual reactions and responses to different textures in Music, with cellist Georgina Aasgaard. Students will be invited to experience a world of contrasting sounds, ranging from the sound of nature to the sound of a symphony orchestra. The sessions will include special guest appearances from musicians from the Royal Liverpool Philharmonic Orchestra who will introduce the group to the qualities of string, woodwind and brass instruments, as well as welcoming collaborative reflections on how different sounds can have an impact on our mood, imagination and creativity</p>
<p><b>Mental Health Monday</b></p>	<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><b>Mindful Stretching</b></p>	<p>Stretching is a safe and useful activity for adults that can help improve overall flexibility neuromuscular coordination, balance and postural awareness. Mindful Stretching is done in a slow and focused manner; this extended stretching routine can be an excellent relaxation method and stress reducer.</p>
<p><b>New to The #LifeRoomsOnline Drop-in</b></p>	<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 have 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><b>Shared Reading Group</b></p>	<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>

**Super Sing with The Liverpool Philharmonic**

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.

**Thinking of Quitting Smoking with Smoke Free Sefton**

*Thinking of Quitting Smoking* 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.

**This week at The Life Rooms & 'Monday's Move it'**

Wondering what is happening this week at The Life Rooms? Why not pop along to this session? To get your Monday off to a great start, join in Monday's Move It, a low to medium intensity exercise session with Trish designed to get the body moving.

**Virtual Coffee Morning**

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.

**Virtual Tour of the Open Eye Gallery**

A virtual Tour of the Open Eye Photography Gallery Liverpool and Exhibitions. This session introduces you to the gallery and two exhibitions: 'A City Through Its people', which combines archives that cover a time period of Liverpool from the 1950s to the present day and 'RED', an exhibition of the pride and glory of being part of the Liverpool football family, featuring portraits, images, interviews and original memorabilia donated by the football fans, expressing their generosity and spirit.

**Virtual Walking Group with the Canal & River Trust**

Walking is an easy way to get more active, lose weight and become healthier. Through the Canal & River Trust you can explore the history of the Leeds to Liverpool canal, walk sections at your leisure, taking time to appreciate the views, ecology and history on the route. If you wish, you can take photographs or record videos to share.