

# Whats On Weekly

The below activities may require you to complete a Life Rooms membership form

|                  |   |  |
|------------------|---|--|
| <b>Monday</b>    | Comedy games group<br>Story and Rhyme children's group<br>Let's chat  | 10.00am<br>1.30pm<br>2.00pm                      |
| <b>Tuesday</b>   | Crochet group<br>Living with addictions<br>Garden group<br>Music appreciation<br>Board Games Social Group   | 12.00pm<br>12.30pm<br>2.00pm<br>2.00pm<br>2.00pm |
| <b>Wednesday</b> | Themed digital drop-in<br>Digital drop in<br>Side by side working – help us to develop courses<br>(excluding the first Wednesday of every month)<br>Crochet Group | 10.00am<br>2.00pm<br>1.30pm<br>2.00pm            |
| <b>Thursday</b>  | Walking group<br>Bambi's breastfeeding  | 10.00am<br>1.00pm                                |
| <b>Friday</b>    | Arts group<br>Garden group<br>Crafts group<br>Walton history group (fortnightly)  | 10.00am<br>10.30am<br>1.30pm<br>10.00am          |

## Events

**Wellbeing Wednesday – 3 July – 10am-4pm**  
**Open day – 12 July – 10am – 4pm**  
**Walton Writing Group – 10.30am**

**The Life Rooms Walton**  
**Evered Avenue**  
**Walton**  
**L9 2AF**

**0151 478 6556**  
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## July 2019 Timetable Life Rooms Walton



**Open Days**

**July 12**

**August 16**

**10.00am- 4.00pm**

**All Courses are free of charge**

**July 2019**

| Monday                                  |                    | Tuesday                   |         | Wednesday                        |                    | Thursday                         |         | Friday                        |                    |
|---|--------------------|---------------------------|---------|----------------------------------|--------------------|----------------------------------|---------|-------------------------------|--------------------|
| <b>1</b>                                |                    | <b>2</b>                  |         | <b>3</b>                         |                    | <b>4</b>                         |         | <b>5</b>                      |                    |
| My Teenager & Me ( 5 of 7)              | 10.00am            | Creative Writing (1 of 4) | 10.00am | Customer service (5 of 9)        | 10.00am<br>4 .00pm | Men's Mental Health (1 of 2)     | 10.00am | Customer service (6 of 9)     | 10.00am<br>4 .00pm |
| Customer service (4 of 9)               | 10.00am<br>4 .00pm | Yoga (1 of 4)             | 1.00pm  | Maths                            | 10. 00am           | IT (ALS)                         | 10.00am | Ted Talks                     | 10.00am            |
| Sketch Comedy Course                    | 1.30pm             | Weigh to go (1 of 3)      | 2.00pm  | Understanding Medication         | 10.00am            | English                          | 1.00pm  | Walton History Group          | 10.30am            |
| Confidence & Assertiveness (1 of 2)     | 2.00pm             |                           |         | Themed digital drop in           | 10.00am            | Guided Relaxation                | 2.00pm  | Journey's Through film Crosby | 1.00pm             |
|   |                    |                           |         | Digital Drop in                  | 1.30pm             |                                  |         | Maths for Beginners           | 1.00pm             |
|   |                    |                           |         | <b>WELLBEING WEDNESDAY</b>       |                    |                                  |         |                               |                    |
| <b>8</b>                                |                    | <b>9</b>                  |         | <b>10</b>                        |                    | <b>11</b>                        |         | <b>12</b>                     |                    |
| My Teenager & Me (6 of 7)               | 10.00am            | Creative Writing (2 of 4) | 10.00am | Customer service (8 of 9)        | 10.00am<br>4 .00pm | Men's Mental Health (2 of 2)     | 10.00am | Customer service (9 of 9)     | 10.00am<br>4 .00pm |
| Customer service (7 of 9)               | 10.00am<br>4 .00pm | Yoga (2 of 4)             | 1.00pm  | Maths                            | 10. 00am           | IT (ALS)                         | 10.00am | Maths for Beginners           | 1.00pm             |
| Sketch Comedy Course                    | 1.30pm             | Weigh to go (2 of 3)      | 2.00pm  | Themed digital drop in           | 10.00am            | English                          | 1.00pm  | <b>OPEN DAY</b>               |                    |
| Confidence & Assertiveness (2 of 2)     | 2.00pm             |                           |         | Living Life To The Full (4 of 6) | 10.00am            | Guided Relaxation                | 2.00pm  |                               |                    |
|   |                    |                           |         | Digital Drop In                  | 1.30pm             |                                  |         |                               |                    |
|   |                    |                           |         | Understanding Anxiety            | 1.30pm             |                                  |         |                               |                    |
| <b>15</b>                               |                    | <b>16</b>                 |         | <b>17</b>                        |                    | <b>18</b>                        |         | <b>19</b>                     |                    |
| Self Esteem (1 of 2)                    | 10.00am            | Creative Writing (3 of 4) | 10.00am | Maths                            | 10. 00am           | Smart Phone Photography (1 of 2) | 10.00am | Walton History Group          | 10.00am            |
| My Teenager & Me (7 of 7)               | 10.00am            | Yoga (3 of 4)             | 1.00pm  | Living Life To The Full (5 of 6) | 10.00am            | English                          | 1.00pm  | Tree of life                  | 2.00pm             |
| Creating A Positive Body Image (1 of 2) | 1.30pm             | Weigh to go (3 of 3)      | 2.00pm  | Managing Anxiety                 | 1.30pm             | Women & Mental Health (1of 2)    | 2.00pm  |                               |                    |
|   |                    |                           |         |                                  |                    |                                  |         |                               |                    |
|   |                    |                           |         |                                  |                    |                                  |         |                               |                    |
| <b>22</b>                               |                    | <b>23</b>                 |         | <b>24</b>                        |                    | <b>25</b>                        |         | <b>26</b>                     |                    |
| Self Esteem (2 of 2)                    | 10.00am            | Creative Writing (4 of 4) | 10.00am | Maths                            | 10. 00am           | Smart Phone Photography (2 of 2) | 10.00am | Karaoke Special               | 12.00pm            |
| Creating A Positive Body Image (2 of 2) | 1.30pm             | Yoga (4 of 4)             | 1.00pm  | Living Life To The Full (6 of 6) | 10.00am            | Women & Mental Health (2 of 2)   | 2.00pm  | Ted Talks                     | 2.00pm             |
|   |                    |                           |         | Walton Writing Group             | 10.30am            |                                  |         |                               |                    |
|   |                    |                           |         | Understanding Psychosis          | 1.30pm             |                                  |         |                               |                    |
|   |                    |                           |         | Understanding Depression         | 2.00pm             |                                  |         |                               |                    |