

Health & Activity Timetable

Come and join us, meet new friends, have fun and enjoy our activities and services, in our safe and comfortable **Activity Hub** at Meadowcroft Bromborough and venues across the Wirral! Open to all ages and abilities.



Arts & Crafts



Games & Social



Computer &
Technology



Exercises



Therapies



Outdoor



Your local, independent charity



You'll feel smiles better!



ALL ENQUIRIES: 0151 482 3456 option 3

**Timetable
inside!**

Welcome

Age UK Wirral's **Health & Activity** department offers an exciting and wide range of physically, mentally and socially stimulating activities in a safe and friendly environment.

We provide services and activities in venues across the Wirral, promoting good health and wellbeing.

Come and join us, meet new friends, have fun and enjoy our activities and services, in our safe and comfortable **Activity Hub** at Meadowcroft Bromborough and venues across the Wirral! Open to all ages and abilities.

Come and join us, have fun and feel...



How to select your Activity and Venue in 3 easy steps:

Step 1

Select the activity or activities you are interested in by using the Timetable on pages 4,5,6,7,8 and 9. Note the colour code of the activity.

Step 2

Refer back to page 3 and match the colour code to the venue. Note the accompanying letter or number and match this with the location map on the back page.

Step 3

IMPORTANT: Before attending any activity, please contact the **Health & Activity** team about availability by ringing **0151 482 3456** option 3



Health & Activity Venue Colour Code

Meadowcroft
304 Spital Road, Bromborough, CH62 2DE



Holy Trinity Church
Chorley Way, Spital, CH63 9LS

3

Allotment
Bebington Road, Rock Ferry, CH42 4QE

1

West Kirby Methodist Church
29a Westbourne Road, West Kirby, CH48 4DQ

4

Barncroft
Larchwood Close, Pensby, CH61 6YH

2



















MC CAMEO Cafe











Every Wednesday 12.00pm - 2.00pm
























Why not visit us, here at the Meadowcroft, bring friends and have a 'catch up' over a light lunch of 'homemade' soup and sandwiches. Lunch will be followed by a game of Bingo, will you be next week's 'Winner'?

Please contact the Health & Activity Team for availability.



ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Arts & Crafts 	 Art & Drawing 10.00 - 12.30 £4.50 Helen	 Flower Arranging 10.00 - 12.30 £3.50	 Crochet Corner 10.00 - 12.00 £4.00 Jacqui	 Papercraft Class 1.30 - 4.00 £4.50 Laura	 Jewellery Workshop 10.00 - 12.00 £4.00 Pam 3rd Friday of Month
	 Knit & Natter 10.00 - 12.30 £4.00 Diane	 Art & Drawing 1.30 - 3.30 £4.50 Steve	 Art & Drawing 1.30 - 3.30 £4.50 Steve		 Art Class 1.30 - 3.30 £4.50 Steve
	 Art & Drawing 1.30 - 3.30 £4.50 Richard				
Games and Social 	 Bridge Class 10.00 - 12.00 £4.50 Tom	 Singing 4 Health 10.00 - 12.00 £4.50 Lilli	 MC CAMEO Cafe 12.00 - 2.00 £5.00		 Dance Through the Decades 1.00 - 3.00 £4.00 Gladys
			 Reading Group 2.00 - 3.30 £3.50 Maureen		
			 'Focus' Photography 7.00-9.00pm £4.00 Ian		

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Computer & Technology</div> <div></div>	<div>One 2 One Sessions</div> <div> 10.00 - 2.30</div> <div>£5.00</div>	<div>One 2 One Sessions</div> <div> 10.00 - 2.30</div> <div>£5.00</div>	<div>DIY Computer Club</div> <div> 10.00 - 12.00</div> <div>£7.00 </div>	<div>One 2 One Sessions</div> <div> 10.00 - 2.30</div> <div>£5.00</div>	<div>One 2 One Sessions</div> <div> 10.00 - 12.00</div> <div>£5.00</div>
			<div>One 2 One Sessions</div> <div> 11.00 - 12.00</div> <div>£5.00</div>		<div>Find my Past</div> <div>2nd & 4th Fri of Month</div> <div> 10.00 - 12.00</div> <div>£7.00</div>
					<div>Techy Coffee Morning</div> <div>10.00 - 12.00</div> <div>-----</div> <div>First Friday of month</div> <div>£2.00</div>
<div>Therapies</div> <div></div>	<div>Massage Therapies</div> <div> 10.00 - 3.00</div> <div>£23.00 Angela</div>	<div>Chiropody</div> <div> £23.00 Dave</div>	<div>Reflexology</div> <div> 1.00 - 4.00</div> <div>£15.00 Joy</div>		

ACTIVITY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Exercise		<div>Line Dancing 2.30 - 4.00 £4.50 Pat</div>	<div>Chair Based Exercise 12.15 - 1.15 £4.50 Julie Ann</div>	<div>MC Tappers 10.00 - 11.00 £5.00 Linda</div>	<div>Chair Based Exercise 10.30 - 11.30 £4.50 Chitra</div>	<div>Pilates 10.00 - 11.00 £5.00 Peter</div>
		<div>Chair Based Exercise 2.00 - 3.00 £4.50 Georgina</div>	<div>Yoga 1.30 - 2.30 £5.00 Julie Ann</div>	<div>Salsa Gold 12.00 - 1.00 £5.00 Alison</div>	<div>Top 2 Toe Exercise 12.00 - 1.00 £5.00 Natalie</div>	<div>Pilates 11.15 - 12.15 £5.00 Peter</div>
		<div>Tai Chi 1.00 - 2.00 £5.00 David</div>	<div>Pilates 2.45 - 3.45 £5.00 Andrea</div>	<div>Chair Based Tai Chi 1.30 - 2.30 £4.50 David</div>	<div>Strong & Steady 1.15 - 2.15 £5.00 Julie Ann</div>	<div>Chair Based Exercise 11.00 - 11.45 £4.00 Dorothy</div>
				<div>Tai Chi 2.45 - 3.45 £5.00 Jacqui</div>	<div>Zumba Aerobics 2.30 - 3.30 £5.00 Andrea</div>	
Outdoor		<div>Wirralside Walkers (Easy) 1st MONDAY of each month £2.50 Alan 'M'</div>		<div>WOW Travel Group Annual Membership £10.00</div>		
		<div>White Top Walkers (Energetic) 3rd MONDAY of each month £2.50 Allan 'C'</div>		<div>Allotment Programme Annual Membership £15.00</div>		

Friendly options to consider...

Age UK Wirral's **Health & Activity** Department offers an exciting and wide range of physically, mentally and socially stimulating activities, in a safe and friendly environment.

Computers & Technology



One 2 One Sessions

Why not try our One 2 One sessions, where you can learn, at your own pace, how to use all wonders of technology including...enlightenment, plus the fun and joys of computing. Courses available to suit all levels of ability with equipment supplied, if required.

Laptops * Desktops * Tablets
iPads * Mobile Phones

***** **BOOKING ESSENTIAL** *****

So you had better be quick or they'll be gone in a click!

Are you looking to be work ready?

Free Digital & Employability Skills Training Courses - Please contact our Course Administrator on 07517132233



Therapies

● Massage Therapies

A massage can help reduce stress and muscle tension, improve flexibility and circulation and promote overall wellness.

Book an appointment with Angela, feel revitalised from top to toe!

Mondays from 10.00am

● Chiropody

Help you keep your feet fit, healthy, comfortable and in good 'WALKING' order. Book an appointment with Dave, our fully qualified Chiropodist.

Tuesdays - Meadowcroft, Spital Road - Bromborough

● Reflexology

Based on the idea that specific points on the feet, hands, and ears correspond to different areas of the body, the ancient healing modality of reflexology can be a powerful complementary therapy to support your overall health and well-being. Reflexology has incredible benefits which can increase energy, boost circulation, aid in relaxation, eliminate toxins from the body, help with stress and anxiety, pain relief and much more.

Reflexology does not claim to be a cure all, but numerous conditions have been treated with this method.

Book an appointment with Joy, our fully qualified Reflexologist.

Wednesdays from 1.00pm

Come and join us, have fun and feel...



smiles better!



Your Health & Activity Location Guide

