

## 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! For 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

**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 many 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! For 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**

## Health & Activity Venue Colour Code

Meadowcroft  
304 Spital Road, Bromborough, CH62 2DE



Osborne Court  
Central Road, Port Sunlight, CH62 5AW

4

Devonshire Resource Centre  
Park Road North, Birkenhead, CH41 0DD



New Ferry Village Hall  
Grove Road, Birkenhead, CH62 5AZ

5

Allotment  
Bebington Road, Rock Ferry, CH42 4QE



The Hub  
Mariner's Park, Wallasey. CH44 0AE

6

Barncroft  
Larchwood Close, Pensby, CH61 6YH



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

7

Holy Trinity Church  
Chorley Way, Spital, CH63 9LS




















## 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'?



ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Arts & Crafts 	Art & Drawing  10.00 - 12.30 £3.50   Fred	Flower Arranging  10.30 - 12.30 £2.50	Crochet Corner  10.00 - 12.00 £3.00   Jacqui	Art & Drawing  10.00 - 12.00 £3.50   Pam	
	Crafty Sew n Sew  10.15 - 12.15 £3.00   Diane		Art & Drawing  1.30 - 3.30 £3.50   Steve	Papercraft Class  1.30 - 4.00 £3.50   Laura	
	Art & Drawing for Beginners  1.30 - 3.30 £3.50   Fred				
Games and Social 	Bridge Class  10.00 - 12.00 £4.00   Tom	Singing 4 Health  10.00 - 12.00 £4.00   Lilli	MC CAMEO Cafe  12.00 - 2.00 £3.50	Ukulele Group  2.00 - 3.30 £4.50   Lem	Dance Through the Decades  1.00 - 3.00 £3.00   Christine
		Cooking 4 One  12.00 - 2.00 5 week course   Joe Booking Essential	Reading Group  2.00 - 3.30 £2.50   Caroline	'Focus' Photography  7.00-9.30pm £2.50   Ian & Nandu	

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Computer & Technology 	<div>One 2 One Sessions  10.00 - 2.30 £4.50</div>	<div>One 2 One Sessions  10.00 - 2.30 £4.50</div>	<div>DIY Computer Club  10.00 - 12.00 £6.00</div>	<div>One 2 One Sessions  10.00 - 12.00 £4.50</div>	<div>One 2 One Sessions  10.00 - 2.30 £4.50</div>
	<div>DIY Computer Club  10.00 - 12.00 £6.00</div>		<div>One 2 One Sessions  11.00 - 12.00 £4.50</div>		<div>DIY Computer Club  1.00 - 3.00 £6.00</div>
			<div>Computer Course  1.00 - 3.00</div>		<div>Computer Course  1.00 - 3.00 ----- Find my Past 1st &amp; 3rd Fri of Month 10.00 - 12.00 £6.00</div>
Therapies 	<div>Massage Therapies  10.00 - 3.00 £20.00   Angela</div>	<div>Chiropody  9.10 - 12.10 £20.00   Dave</div>	<div>Reflexology  1.00 - 4.00 £15.00   Joy</div>	<div>Chiropody  1.45 - 4.00 £20.00   Dave</div>	

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Exercise 	 <b>Walking Football</b> 10.30 - 11.30 Free   Andy	 <b>Chair Based Exercise</b> 11.00 - 11.30 £2.00   Nina	 <b>MC Tappers</b> 10.00 - 11.00 £4.00   Julia	 <b>Chair Based Exercise</b> 10.30 - 11.30 £4.00   Chitra	 <b>Pilates</b> 10.00 - 11.00 £4.00   Peter
	 <b>Line Dancing</b> 2.30 - 4.00 £4.00   Andy	 <b>Yoga</b> 1.30 - 2.30 £4.00   Ellie	 <b>Zumba Gold Class</b> 11.30 - 12.30 £4.00   Nurul	 <b>Top 2 Toe Exercise</b> 12.00 - 1.00 £4.00   Natalie	 <b>Chair Based Exercise</b> 11.00 - 11.45 £3.50   Dorothy
	 <b>Chased-Based Exercise</b> 2.00 - 3.00 £3.50   Georgina		 <b>Tai Chi</b> 2.45 - 3.45 £4.00   Jacqui		
Outdoor 	 <b>Wirralside Walkers (Easy)</b> 1st MONDAY of each month £2.00   Alan 'M'		 <b>WOW Travel Group</b> Annual Membership £6.00		
	 <b>White Top Walkers (Energetic)</b> 3rd MONDAY of each month £2.00   Allan 'C'		 <b>Short Health Walks ( Donations welcome )</b> Last WEDNESDAY of each month FREE   Alan 'M'		
	 <b>Allotment Programme</b> Annual Membership £13.00		 <b>The Hub, Mariners Park</b> A range of activities for ex-Merchant Seafarers		



## 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



#### ● Computer Course

Our 10 weekly, 2 hour sessions will take you on a journey of education, enlightenment, plus the fun and joys of computing. Or why not try our One 2 One sessions, where you can learn, at your own pace, how to use all wonders of technology including...

**Laptops \* Desktops \* Tablets \* iPads \* Mobile Phones**

Courses available to suit all levels of ability with equipment supplied.

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

\*\*\*\*\* **BOOKING ESSENTIAL** \*\*\*\*\*

#### ● Digital Inclusion Project

*Do you know an older person who would like to*

**Get Online \* Socialise \* Video \* Game \* Search**

We provide Volunteer IT support (over the phone) and a step by step written guide.

At the end of the 12 weeks loan there is the option to either buy the tablet for £99 or return the tablet to us.

#### Are you looking to be work ready?

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



## Therapies

#### ● Massage Therapies

Why not treat yourself or a friend to a relaxing massage, take a little 'me time' away from the demands of daily life. A massage will help reduce muscle tension 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.

<b>Mondays</b>	Devonshire Resource Centre, Park Road North - Birkenhead
<b>Tuesdays</b>	Meadowcroft, Spital Road - Bromborough
<b>Thursdays</b>	Barncroft, Larchwood Close - Pensby

#### ● Reflexology

There are reflex areas corresponding to all the parts of the body and these areas are arranged in such a way as to form a map of the body. By having the whole body represented in the feet, this massage method offers a means of treating the whole body and of treating the body as a whole.

Reflexology does not claim to be a cure all, but numerous disorders have been treated with this method. Reflexology can help with: Stress and Anxiety, Pain relief, sluggish circulation, poor digestion, menopausal symptoms and more.

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

