

# 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

Osborne Court  
Central Road, Port Sunlight, CH62 5AW

4

Barncroft  
Larchwood Close, Pensby, CH61 6YH

2

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

5

## 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
<b>Arts &amp; Crafts</b> 	 <b>Art &amp; Drawing</b> <b>10.00 - 12.30</b> £3.50	 <b>Flower Arranging</b> <b>10.30 - 12.30</b> £3.50	 <b>Crochet Corner</b> <b>10.00 - 12.00</b> £4.00   Jacqui	 <b>Art &amp; Drawing</b> <b>10.00 - 12.00</b> £4.50   Pam	 <b>Jewellery Workshop</b> <b>10.00 - 12.00</b> £4.00   Pam 3rd Friday of Month
	 <b>Crafty Sew n Sew</b> <b>10.00 - 12.30</b> £4.00   Diane	 <b>Art &amp; Drawing</b> <b>1.30 - 3.30</b> £4.50   Steve	 <b>Art &amp; Drawing</b> <b>1.30 - 3.30</b> £4.50   Steve	 <b>Papercraft Class</b> <b>1.30 - 4.00</b> £4.50   Laura	 <b>Mindful Art</b> <b>1.30 - 3.30</b> £4.50   Steve
	 <b>Art &amp; Drawing</b> <b>1.30 - 3.30</b> £3.50				
<b>Games and Social</b> 	 <b>Bridge Class</b> <b>10.00 - 12.00</b> £4.50   Tom	 <b>Singing 4 Health</b> <b>10.00 - 12.00</b> £4.50   Lilli	 <b>MC CAMEO Cafe</b> <b>12.00 - 2.00</b> £5.00	 <b>Beginners Ukulele</b> <b>1.00 - 2.00</b> £3.50   John	 <b>Dance Through the Decades</b> <b>1.00 - 3.00</b> £4.00   Christine
		 <b>Cooking 4 One</b> <b>12.00 - 2.00</b> 5 week course   Joe £35 - Booking Essential	 <b>Reading Group</b> <b>2.30 - 3.30</b> £3.50   Maureen	 <b>Ukulele Group</b> <b>2.30 - 4.00</b> £5.00   John	
					 <b>'Focus' Photography</b> <b>7.00-9.00pm</b> £4.00   Ian

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Computer &amp; Technology</b> 	<p><i>One 2 One Sessions</i></p>  <p><b>10.00 - 2.30</b> £5.00</p>	<p><i>One 2 One Sessions</i></p>  <p><b>10.00 - 2.30</b> £5.00</p>	<p><i>DIY Computer Club</i></p>  <p><b>10.00 - 12.00</b> £7.00   Sue</p> <p><i>One 2 One Sessions</i></p>  <p><b>11.00 - 12.00</b> £5.00</p>		<p><i>One 2 One Sessions</i></p>  <p><b>10.00 - 12.00</b> £5.00</p> <p><i>Find my Past</i> 2nd &amp; 4th Fri of Month</p>  <p><b>10.00 - 12.00</b> £7.00</p> <p><i>Techy Coffee Morning</i></p>  <p><b>10.00 - 12.00</b> ----- First Friday of month £1.00</p>
<b>Therapies</b> 	<p><i>Massage Therapies</i></p>  <p><b>10.00 - 3.00</b> £20.00   Angela</p>	<p><i>Chiropody</i></p>  <p><b>9.10 - 12.10</b> £21.00   Dave</p>	<p><i>Reflexology</i></p>  <p><b>1.00 - 4.00</b> £15.00   Joy</p>		

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Exercise</b> 	 <b>Line Dancing</b> 2.30 - 4.00 £4.50   Andy	 <b>Chair Based Exercise</b> 12.00 - 1.00 £4.50   Georgina Residents only	 <b>MC Tappers</b> 10.00 - 11.00 £5.00   Linda	 <b>Chair Based Exercise</b> 10.30 - 11.30 £4.50   Chitra	 <b>Pilates</b> 10.00 - 11.00 £5.00   Peter	
	 <b>Chair Based Exercise</b> 2.00 - 3.00 £4.50   Georgina	 <b>Chair Based Exercise</b> 12.15 - 1.15 £4.50   Julie Ann	 <b>Zumba Gold Class</b> 11.30 - 12.30 £5.00   Holly	 <b>Top 2 Toe Exercise</b> 12.00 - 1.00 £5.00   Natalie	 <b>Pilates</b> 11.15 - 12.15 £5.00   Peter	
		 <b>Yoga</b> 1.30 - 2.30 £5.00   Julie Ann	 <b>Tai Chi</b> 2.45 - 3.45 £5.00   Jacqui	 <b>Stability &amp; Mobility</b> 1.15 - 2.15 £5.00   Julie Ann	 <b>Chair Based Exercise</b> 11.00 - 11.45 £4.00   Dorothy	
	<b>Outdoor</b> 	 <b>Wirralside Walkers (Easy)</b> 1st MONDAY of each month £3.00   Alan 'M'		 <b>WOW Travel Group</b> Annual Membership £10.00		
		 <b>White Top Walkers (Energetic)</b> 3rd MONDAY of each month £3.00   Allan 'C'		 <b>Allotment Programme</b> Annual Membership £15.00		

## 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



- Meadowcroft 
- Allotment 
- Barncroft 
- Holy Trinity Church 
- Osborne Court 
- West Kirby Methodist Church 

**Meadowcroft local map**



The **Health & Activity** services are based at **Meadowcroft** in Bromborough and many other outreach venues across the Wirral.

The colour coded, venue location symbols on the main map above, match our timetable on the inside of this leaflet.