

May Activity Calendar

Please telephone on [0151 330 5678](tel:01513305678) to book your place

Movement Mondays with Tai Chi



The Frances Suite, 1st Floor, 151 Dale Street Liverpool, L2 2JH

Tai Chi - Every Monday - 8 places

**Monday 11th
&
18th at 3pm**

Join our master Tai Chi instructor every Monday afternoon for a gentle, restorative session focused on movement, balance and mindful breathing. Tai Chi, a traditional Chinese martial art, is known to enhance strength, flexibility and overall stability.

Monday 4th & 25th May Closed for Bank Holidays Classes are open to all abilities, including complete beginners. To secure your place, **clients need to book as soon as they receive their calendars to avoid disappointment.**

Digital Support Sessions



Friday 1st, 15th & 29th May - 45min per session

The Frances Suite, 1st Floor, 151 Dale Street Liverpool, L2 2JH

Volunteers are on hand to help you build confidence with essential digital skills, including email, social media and using the internet. Bring along your own mobile phone, smartphone, laptop or tablet and enjoy friendly, one-to-one support in a relaxed setting. Refreshments will be available, and each 45-minute session gives you time to explore two or three topics at your own pace.



Programme: Mahler Symphony No. 9

Liverpool Philharmonic Hall, Hope Street,
Liverpool, L1 9BP

Thurs 7th May, 9.30am - 11.30am

Join us for a special morning at the Philharmonic as we open the doors to the rehearsal.

Refreshments will be available from 9:30.

Rehearsal will take place at 10:30am-11:30am.

Programme: Mahler Symphony No. 9 in D maj.

Programme: The very first notes of Mahler's Ninth seem to stumble. The stricken composer put the rhythm of his failing heart into the orchestra, and his Ninth Symphony opens with a sigh of farewell. But that's the beginning, not the end, and throughout the piece, Mahler wrings every last drop of sweetness, terror and beauty from all of life's twists and turns.

(All rehearsed pieces may be subject to change)



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Mens Mental Health Week

The Frances Suite, 1st Floor,
151 Dale Street Liverpool, L2 2JH

Tuesday 12th May - 11am to 12.30pm

Ahoy there – come along, meet other men from the community, and learn the simple knotting technique of macramé, an ancient craft once used by sailors. You’ll even make your own indoor plant hanger to take home, with all materials provided.

This gathering offers a comfortable space to slow down, share stories, and connect with others who appreciate the value of good companionship. Just come as you are, enjoy the atmosphere, and take a moment for yourself in the company of others. Whether you’re hoping to meet new people or simply fancy a change of scenery, you’ll be warmly welcomed.



Mindfulness Morning with Indi

The Frances Suite, 1st Floor,
151 Dale Street Liverpool, L2 2JH



Tuesday 19th May - 11am - 12.30pm

Join Indi on 19th May for a gentle mindfulness session designed to help older adults reconnect and strengthen their resilience as spring unfolds. Through simple breathing exercises, guided relaxation, and practical tips for staying well during this season of renewal, participants will learn how to ease tension, lift their mood, and cultivate a sense of calm. The session encourages supportive habits that help the mind and body feel balanced as the days grow lighter and nature begins to bloom. It’s a peaceful pause in the spring—created to uplift, restore, and empower.



Garstang Museum of Archaeology guided tour

14 Abercromby Square, Liverpool L69 7WZ

Wed 20th May 10.30 - 12.30pm

A fantastic opportunity to explore the ancient world, discover new cultures and connect with the past at the fascinating Abercromby Square museum. Part of the University of Liverpool collections.

A journey through the ancient world
The Garstang Museum is the University of Liverpool's museum of archaeology, founded in 1904. Our collections include artefacts excavated from Egypt, Sudan and the Near East with highlights including our exceptional Nubian collection and the Egyptian mummy at the heart of our Egyptian Afterlife gallery.

Please meet outside the Everyman theatre at 10am. Tour starts at 10.30. 12 places. 0151 330 5678 to book your place



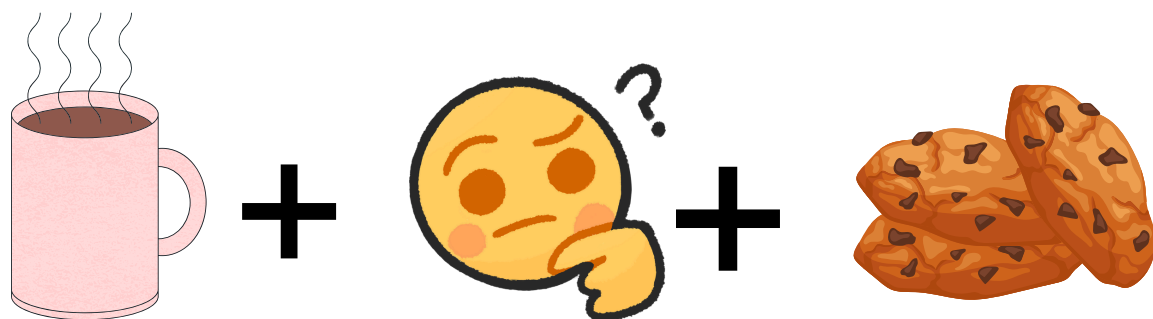
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Coffee, Quiz & Catch Up!

The Frances Suite, 1st Floor, 151 Dale Street
Liverpool, L2 2JH

Tuesday 26th May - 11am to 12.30pm

Join us for a relaxed Coffee, Quiz & Catch Up gathering that brings people together over warm drinks, gentle conversation, and a few fun quiz moments. It's an easygoing space to reconnect, meet new faces, and enjoy a shared experience that leaves everyone feeling welcome and uplifted. Come sip, chat, and unwind in a cosy atmosphere where everyone feels at home.



Memory Workshop

The Frances Suite, 1st Floor, 151 Dale Street
Liverpool, L2 2JH

Wednesday 27th May - 1pm to 3pm

Join us for a friendly and nostalgic session as we continue our journey from our recent Southport walk with archaeologists Kelly and Aeden. Together, we'll share memories, look through old photographs, and enjoy a fascinating film about the Sefton coast. If you have any childhood photos or memorabilia from the Southport area, please feel free to bring them along to spark conversation and reminiscence. Refreshments will be provided, and everyone is welcome to take part in this relaxed and enjoyable gathering.



A gentle reminder to all registered clients

Please ensure you contact us by phone or email to book a place on any activity you wish to attend.

It is essential that we know who is attending each activity so that we can ensure the health, safety and wellbeing of all attendees

We must ensure we have enough staff to support each activity.

We need to know who is attending in case any clients need specific support which we may not be able to provide if a place has not been booked.

Please bring your ICE Card to all activities

If for any reason you can't attend an activity you've booked, please contact us to cancel so we can offer the activity to others on the waiting list.

Thank you for your understanding and cooperation

The Frances Suite 1st Floor, 151 Dale Street, Liverpool L2 2JH

Bring your ICE Card for all activities

May Activity Calendar

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10 Places on each walk

Walk through Warrington, discovering Medieval Church and Barley Mow Pub built in 1561, also a visit to the fascinating Museum and art gallery

Wednesday 6 May 2026 - Allow 3+ hours, plus travel.

Location: Today we will head for Warrington and explore some of the gems of this underrated and compact town. From the station we will head for Bank Park after visiting the fish market and the historic Barlow Mow pub built in 1561. We will then head for the cultural quarter and visit the wonderful art gallery and museum. Entrance is free. I challenge you not to be amazed at the variety of artifacts there. After a short walk along the Mersey we will visit St Elphine's Church, parts of which date back the 14th century and which is the third tallest church in England. Visits subject to opening times.

Meeting place: Liverpool Lime Street railway station (concourse by the Ken Dodd statue).

Meeting time: 11.40am to get the 11.56am train.

Walk start time: Approximately 12.30pm.

Finish place: Liverpool Lime Street railway station.

Leader/s: Philip Hayden.

Walk distance: Approximately 2-3 miles.

Walk duration: Allow up to three hours plus travel time.

Type of walk: We have graded this walk **MODERATE**. The walk is flat throughout. We walk through Warrington which has a compact town centre. The walk involves stepping up and down kerbs which some may find difficult.

Transport (if applicable): Train from Liverpool Lime Street to Warrington Central. If you hold a pass you may still need to purchase a ticket for part of the journey.

Journey time (if applicable): About 30 minutes.

What to wear: Weather suitable clothing and footwear.

What to bring with you: A drink, a snack if desired, and your ICE card.

Refreshments: We will stop for refreshments during the walk.

Toilets: Toilet opportunities throughout the walk



Bring your ICE Card for all activities

Walk: Halewood Country park walk

Wednesday 20 May 2026..

Location: We head north today to explore the coast around Hightown. From the station we will walk around the village to the coast. We then walk through the sand dunes towards the River Alt. After a short walk along the river, we return to the start. We can then decide whether to visit the café or the pub next door.

Meeting place: Liverpool Central railway station (concourse by the seating area outside Sainsbury's).

Meeting time: Midday.

Walk start time: Approximately 12.40pm.

Finish place: Liverpool Central railway station.

Leader/s: Philip Hayden.

Walk distance: Approximately 2 miles.

Walk duration: Allow up to three hours plus travel time.

Type of walk: We have graded this walk **MODERATE**. Although the walk is quite short, it involves walking through low-level sand dunes which some may find challenging.

Transport (if applicable): Train from Liverpool Central to Hightown.

Journey time (if applicable): About 40 minutes.

What to wear: Weather suitable clothing and footwear.

What to bring with you: A drink, a snack if desired, and your ICE card.

Refreshments: We will stop for refreshments during the walk.

Toilets: Toilet opportunities at the start and end of the walk.



New Benefits Adviser Service

Now Available

**We'd like to announce we now have a
new Benefits adviser**



We're pleased to share that we now have a dedicated Benefits Adviser offering support to eligible **Liverpool residents only**. This service is available by **pre-booked appointment only** and is designed for people **over 50**, on a **low income**, with less than £4,000 in savings.

While we cannot provide financial or debt advice, we can help with anything that may maximise your income, including Personal Independence Payment (PIP) forms and renewals, Attendance Allowance forms and renewals, Pension Credit, and full benefit checks.

To book your appointment, please call

0151 330 5678.



Holistic Harmonies

over 65+ only

Bluecoat Studio , School Ln, Liverpool L1 3BX

Wednesdays - 11am to 12.30pm

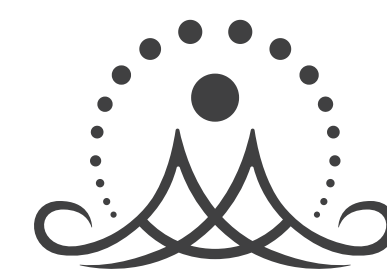
(Term time only) ring direct to Mei Mei on 07345 164 630

6 Week Holistic Harmonies session is being run at the Blue coat Studio by Rachel. This is for ages **over 65+ only**.

Please call 0151 330 5678 to show an expression of interest in this course. Rachel will be in touch with you direct if you have a place.

Heart-warming event designed to uplift and engage older adults through the power of music, movement, and mindfulness. Blending live musical performances with gentle wellness activities such as guided breathing, light stretching, and sing-alongs, the event fosters emotional connection, cognitive stimulation, and physical well-being.

Ring direct to Mei-Mei on 07345 164 630



We're recruiting trustees!

Are you passionate about making a difference? Join our board and help shape the future of a growing Liverpool charity supporting people aged 50+.

As a trustee, you can:

Use your experience to support older adult support in the community

Play a key role in a local, impactful organisation

Build your knowledge and expand your network

This is a fantastic opportunity if you're interested in Liverpool jobs, governance, or giving back through meaningful leadership.

We're hiring trustees who want to make a real difference across Liverpool & Sefton.

We'd love to hear from you!

Send your CV to:

jacinta.ashdown@ageconcernliverpoolandsefton.org.uk

Help us continue supporting older adults to live independently and well

Blue Badges application appointments

The Frances Suite, 1st Floor, 151 Dale Street Liverpool, L2 2JH

Blue Badge application & Renewal appointments can be made via an appointment system.

This will be for Blue Badge application & renewals only and applications will need to be paid for on the day..

This is a pre-booked appointment time only

Please call **0151 330 5678** to book your appointment.

Photo consent forms

AGE Concern is in the process of updating our photo consent forms as we prepare to refresh our website in the near future. One of the additions we're hoping to include is a gallery page showcasing some of the activities and moments from our services.

To support this, we would like to take photos from time to time during our activities and, where appropriate, upload them to our website.

Could you please review and update your consent form next time you're in the office or taking part in an activity. We would greatly appreciate your support with this.

