

# May Activity Calendar

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

Please telephone Age Concern Liverpool and Sefton on [0151 330 5678](tel:01513305678) to book your place!



## **Movement Mondays with Tai Chi | Every Monday at 3pm | 8 places available Monday 11<sup>th</sup> & 18<sup>th</sup> Only at 3pm - CLOSED 4<sup>th</sup> & 25<sup>th</sup> May due to Bank Holiday**

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. 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 | Fortnightly Friday 1<sup>st</sup>, 15<sup>th</sup> & 29<sup>th</sup> May - 45min per session**

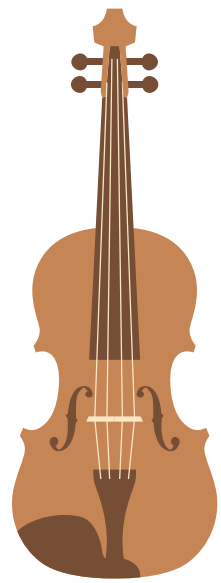
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## Liverpool Philharmonic Hall, Hope Street, Liverpool, L1 9BP - Programme: Mahler Symphony No. 9 . Thursday 7<sup>th</sup> May - 9.30am - 11.30am

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. 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)

## Mens Mental Health Week - Tuesday 12<sup>th</sup> May - 11am to 12.30pm

**10 places available.**

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.



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## Mindfulness morning - Tuesday 19<sup>th</sup> May - 11.00am - 12.30pm

**10 places available**

Join Indi on 19 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 - Wed 20<sup>th</sup> May 10.30 - 12.30pm - places available.

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! | Tuesday 26th May - 11am to 12.30pm

### 10 places available


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 - Wednesday 27<sup>th</sup> 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.

Please bring your ICE card!

**Walk through Warrington, discovering Medieval Church and Barley Mow Pub built in 1561, also a visit to the fascinating Museum and art gallery- 10 places available**  
**Wednesday 6th 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.

**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

**Please bring your ICE card!**

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## **Walk: Halewood Country park walk - 10 places available**

**Wednesday 20th 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.

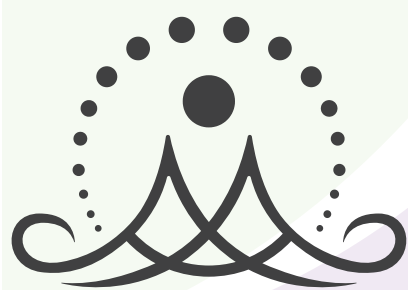
**Refreshments:** We will stop for refreshments during the walk.

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



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**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. Or ring direct to Mei-Mei on 07345 164 630

## 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.



# May Information page

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## 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**.

## Postal Clients ONLY

To help manage ongoing postal costs, we are considering sending our activity calendar by email rather than through the post. If you have an email address and would be happy to receive your monthly calendar this way, please ring the office with your details.

**No action** is needed if you prefer to continue receiving your activity calendar by post



## 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](mailto:jacinta.ashdown@ageconcernliverpoolandsefton.org.uk)**

Help us continue supporting older adults to live independently and well