

# June 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

**Monday 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29th June 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. 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

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

**Friday 12<sup>th</sup> & 26<sup>th</sup> June 45min per session**



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.

## Paper Mache craft with Indi

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

**Tuesday 2<sup>nd</sup> & 9<sup>th</sup> June**

**11am to 12.30pm**

**(you need to be able to attend both sessions)**



Join us for a fun (and delightfully messy) craft session where we'll transform recycled papers into a unique handmade paper bowl. **This workshop is the first of two sessions, and participants must be available to attend both dates to complete their creation.** All materials will be provided, but we recommend wearing old clothing as things may get a little splattery. Enjoy a relaxed, creative atmosphere with complimentary tea, coffee, and biscuits as you craft.



**Bring your ICE Card for all activities**

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## Visit to Lady Lever Gallery: May Morris exhibition at Port Sunlight

**Tuesday 19<sup>th</sup> May - 11am - 12.30pm**

Join us for a wonderful visit celebrating the vibrant Arts and Crafts designs of May Morris, William Morris's daughter. We will discover a beautiful display featuring May's embroideries, watercolours, costume and jewellery designs.

**Meet at:** Central Station at 10.30 to travel to Port Sunlight station. Then a 15-minute walk to Lady Lever Gallery. The exhibition is free, but donations to NML are welcome. This exhibition is a celebration of the wide-ranging creative output of Arts and Crafts designer and maker, May Morris, the younger daughter of William Morris. A vibrant display of embroideries, wallpapers, watercolour designs, costume and jewellery will showcase her many talents.



Today she is regarded as one of the most pioneering artists of the Arts and Crafts movement.

## Coffee, Quiz & Catch Up!

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

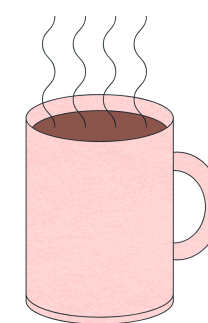
**Tuesday 23<sup>rd</sup> June 11am - 12.30pm**

or

**Wednesday 24<sup>th</sup> June 1pm - 2.30pm**

Due to the popularity of this event, we're delighted to offer two sessions. **Please add your name to one date only.**

Join us for a relaxed Coffee, Quiz & Catch-Up gathering, bringing people together over warm drinks, gentle conversation, and a few fun quiz moments. It's an easy-going 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.



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## Walk: Hope Street Cathedral Walks

Wednesday 3 June 2026

**Location:** Today we will explore Liverpool's two cathedrals, situated at either end of Hope Street. From Lime Street we will walk up to the Metropolitan Cathedral and have a stroll around. We will then walk through the gardens of the Anglican Cathedral, a lovely green space home to a memorial to William Huskisson (the first person to be fatally injured by a train, the Rocket) and a natural spring, before finishing with a walk around the Cathedral itself. There will be plenty of opportunity for refreshments on the walk.

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

**Meeting time:** 11.45am.

**Walk start time:** Midday.

**Finish place:** Liverpool Anglican Cathedral.

**Leader/s:** Philip Hayden.

**Walk distance:** Approximately 2 miles.

**Walk duration:** Allow up to three hours.

**Type of walk:** We have graded this walk **EASY**. There are good paths throughout. Please be mindful we will need to walk uphill towards the cathedrals and there are steps into the cathedrals.

**Transport (if applicable):** n/a.

**Journey time (if applicable):** n/a.

**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.



## Walk: Victorian 'Taylor Park' walk, St. Helens

Wednesday 17 June 2026

**Location:** We will explore the delightful Taylor Park near St Helens today. We will walk through woods and alongside lakes, with plenty of opportunity to see wildlife. We will walk on land formerly owned by Eccleston Hall. This is a surprisingly pleasant walk on the outskirts of the industrial town.

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

**Meeting time:** Midday to get the 12.15pm train.

**Walk start time:** Approximately 12.40pm.

**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 takes us through woodland paths which are generally well kept but some may find the unevenness of some paths difficult. Most of the walk is on tarmac.

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

**Journey time (if applicable):** About 25 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:** There is a toilet in the park café.



**Bring your ICE Card for all activities**

## LJMU Health, Wellbeing & creative session

School of Health, 81 Tithebarn St, Liverpool L2 2ER

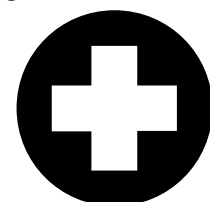
**Tuesday 30<sup>th</sup> June - 2 Sessions:**

**The first session is 11am to 1pm, then 2pm-4pm.**

Age Concern Liverpool and Sefton invites you to join us for a friendly and welcoming Creative Health and Wellbeing session with our Neighbour H.U.B team of nurses and student nurses.

This session combines health screening and creative wellbeing activities, offering an opportunity to look after both body and mind in a relaxed, supportive environment.

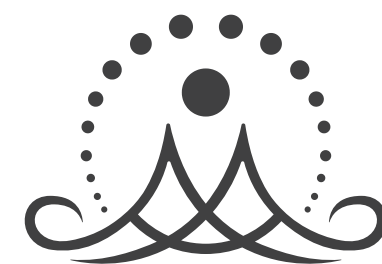
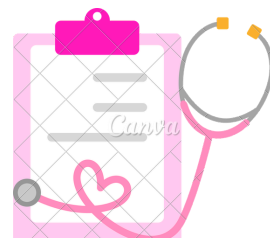
On the day, you'll be able to:



- Take part in optional health checks, such as blood pressure, height and weight measurements, and conversations about nutrition and healthy living
- Join a creative health activity, using arts and craft materials to create a personal keepsake:
  - o "Places That Matter" postcard series
  - o Memory Boxes inspired by favourite memories, people, places, or life stories to share life experiences.
  - o Fast-drying clay activity – Clay token or tile to resemble personal memories or life events.

There's no pressure, you can take part in as much or as little as you wish. No artistic skill is needed, and all activities are led with care, respect, and conversation at your pace.

Please come along for friendly faces, gentle health support, creativity, and connection across generations. **Please call 0151 330 5678 to book your appointment. Indi will meet you outside the building 15 mins before the session.**



## 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**.

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**

## Blue Badges application appointments

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.

# June Information page

## ♥ 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 ♥

## **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**. This service is available by **pre-booked appointment only** and is designed for people **over 50**.

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 applications, and full benefit checks.

☎ To book your appointment, please call

**0151 330 5678.**