

July Activity Calendar

These activities will place at The Frances Suite
1st Floor, 151 Dale Street, Liverpool L2 2JH

Visit to Tam O 'Shanter Farm, Wirral with Indi

Boundary Road, Bidston Hill, Wirral, CH43 7PD

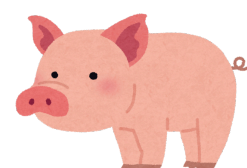
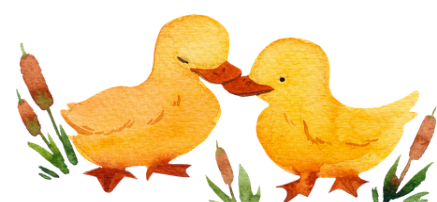
Tue 7th July 10.30am - 3pm

A fun day out at the Farm! Situated on Bidston Hill, the Tam O'Shanter historic cottage and free urban farm is run by a charitable trust with the aim of providing an enjoyable and educational experience!

We will enjoy a guided tour of the farm and meet all the animals.

Meet at Sir Thomas Street bus stop at 10.30 am to arrive at Upton road, Bidston Hill.

Please note there are some inclines and uneven paths in and around the farm.



Donations welcome to Tam O' Shanter Farm.

Bring your ICE Card

Coasts in Mind workshop

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

Wed 8th July 11am - 1pm

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.



Bring your ICE Card



Creative collage session with Indi



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

Tue 14th July 11am - 12.30pm

Inspired by our recent visit to the wonderful May Morris exhibition, we'll be diving into the world of Arts and Crafts by creating our own beautiful mixed-media collages. This relaxed, hands-on session is perfect for anyone who enjoys being creative—whether you're a complete beginner or someone with plenty of artistic experience. All materials will be provided, so you can simply come along and enjoy the process.

Just as important as the art itself is the chance to unwind, chat, and spend time with others in a friendly, welcoming space. There will be tea, coffee, biscuits, and plenty of opportunities to mix, share ideas, and enjoy good company while you work at your own pace.

Bring your ICE Card

0151 330 5678 to book your place

These activities will place at The Frances Suite. 1st Floor, 151 Dale Street, Liverpool L2 2JH

Coffee, Quiz & Catch Up!

Tuesday 21st July 11am - 12.30pm

or

Wed 22nd July 1pm - 2.30pm

Due to the popularity of this event, we're delighted to offer two sessions. Please request 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.



Bring your ICE Card

Wildflower wellbeing craft

Tue 28th July 11am - 12.30pm

Join us for a warm and welcoming craft and mindfulness session designed. In this session we will explore the benefits of summer flowers and create an aromatic "Fuseaux de Lavande" lavender wand, offering a calming and sensory experience. This relaxed activity provides a wonderful opportunity to unwind, get creative, and enjoy mindful moments in a friendly and supportive environment. Whether you're trying something new or simply looking to connect with others, all abilities are welcome and materials will be provided. To make the experience even more enjoyable, tea, coffee, and biscuits will be available, giving everyone a chance to chat, relax, and feel at ease while taking part.



Bring your ICE Card

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

July Activity Calendar

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Movement Mondays with Tai Chi



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

Monday 6th, 13th, 20th & 27th July 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.**

Bring your ICE Card

Digital Support Sessions

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

**Friday 10th & 24th July
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.



Bring your ICE Card

Holistic Harmonies *over 65+ only*



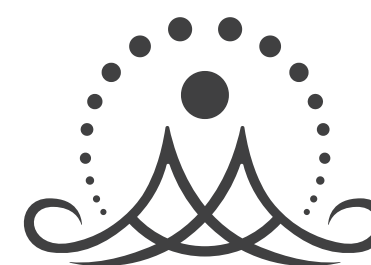
Bluecoat Studio , School Ln, Liverpool L1 3BX

**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



Bring your ICE Card

July Activity Calendar

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

Walk: Calderstones Park



Wednesday 1st July 2026 - Leader: Philip Hayden.

Location: Today we will explore historic and picturesque Calderstones Park. There are a variety of attractions including the 1000-year-old Allerton Oak which won Tree of the Year in 2019. A medieval court is said to have taken place under its branches in the absence of a nearby courthouse. The mansion house and stables built in 1828 contain a café, art gallery, ice cream shop, and bookshop. The park has a lake, arboretum, and miniature railway which may be running. The Japanese and walled gardens are particularly pleasant. The Calderstones themselves are six neolithic sandstone monoliths that formed part of a burial monument 4000 years ago.

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

Meeting time: midday to catch the next 86a bus.

Walk start time: Approximately 1pm. Finish place: The bus stop where we start.

Walk distance: Approximately 2 miles. **Walk duration:** Allow up to three hours plus travel time. **Type of walk:** We have graded this walk easy. There is a short walk with a minor gradient to and from the park from the bus stop. The walk will be relaxed on good paths with plenty of benches for rest. **Transport (if applicable):** Bus from near Lime Street railway station. 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 Lime Street railway station and at Calderstones Park.

Bring your ICE Card for all activities

Walk: Leeds Liverpool canal at the Stanley Lock



Wednesday 15th July 2026 - Leader: Philip Hayden

Location: Today we will enjoy a leisurely walk along the Leeds Liverpool canal. After a short walk from the station, we will join the Leeds Liverpool canal at the Stanley Lock Flight. The four locks built in the 1840s take boats over 44 feet between the canal and the docks and Mersey. We will then walk along the canal; abandoned railway siding, iron bridges, and dockside cranes hint at the area's former energy. We walk through Canalside Park and have the opportunity to end or extend the walk depending on how people are feeling.

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

Meeting time: Midday prompt to catch the next train to Sandhills.

Walk start time: Approximately 12.15pm.

Finish place: Bank Hall or Bootle Oriel Road 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 pace will be leisurely, and we will go at the slowest person's pace. The walk is on good paths throughout.

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

Journey time (if applicable): 5 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 Liverpool Central and when we stop for refreshments.

Please telephone on **0151 330 5678**

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**.

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:

recruitment@ageconcernliverpoolandsefton.org.uk

Help us continue supporting older adults to live independently and well 

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.