

September 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
7th, 14th, 21st &
28th September

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 4th & 18th September - 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.



Autumn Colours Watercolour

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

Two Sessions either:

Tue 15th September 11am - 12.30pm
or - 1.30pm - 3pm

Join us for a relaxing and creative Autumn Colours Watercolour Activity, where clients can enjoy painting beautiful seasonal scenes inspired by the colours of autumn. This social gathering will be held in two sessions, one at 11:00am and a second at 1:30pm. Clients are welcome to sign up for one session only, choosing the time that suits them best. No previous painting experience is needed – just come along, enjoy the company of others, and have fun expressing your creativity. Tea and biscuits will be provided, making this a wonderful opportunity to socialise, relax, and enjoy an enjoyable autumn-themed session. 🍂🎨☕



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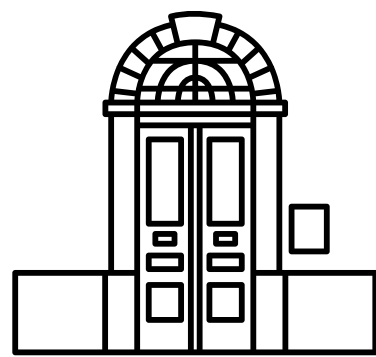
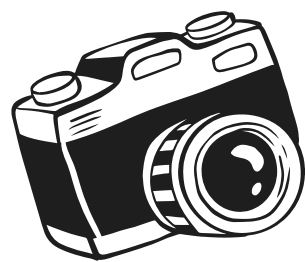
'A Legacy in Light' Photography exhibition

**Wednesday 23rd September -
11am - 12.30pm**

Discover Liverpool through the eyes of E. Chambre and Margaret Hardman, award winning photographers based in Liverpool and Chester during 20th Century.

This National trust exhibition features evocative pre-war streets of Liverpool to nostalgic studio portraiture. Free.

Meet outside at Liverpool Central Library 10.45am



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Coffee, Quiz & Catch Up!

Two Sessions either:
Tue 29th September 11am - 12.30pm
or
Tue 29th September 1.30pm to 3pm

Due to the popularity of this event, we're delighted to offer two sessions on the same day 11am or 1.30pm.

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.



Mahler Symphony No. 2: Resurrection (Rehearsal)

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

**Wednesday 30th September
starts 2.30pm**

Refreshments will be available from 14:30
Rehearsal will take place at 15:30pm-16:30pm.

Programme: Mahler's Second. Existential unrest gives way to great hope and joy as Chief Conductor Domingo Hindoyan returns to conduct the epic Resurrection Symphony by Mahler, which was inspired by a hymn the composer heard at the funeral of a friend.



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Walk - Wirral to visit Ness Botanic Gardens Wednesday 2nd Sept - Meeting time: 11.50am



Location: Today we are heading back to the Wirral to visit Ness Botanic Gardens. From the station we will walk through the pretty market town of Neston down to the River Dee estuary. We will enjoy a walk along the waterfront with its expansive views of the estuary and Welsh hills. We may stop for refreshments at the charming Harp Inn dating back to 1750 and serving workers from the nearby colliery. We will then walk uphill along a quiet lane to Ness Gardens.

Ness Gardens has 64 acres of year-round colour, with rock and water gardens, terraces, a wildflower meadow, herbaceous border, and many other features to interest the gardener. It has been managed by the University of Liverpool since 1948.

The cost to enter the gardens is £9.25 (or £8.15 for over 60s), or slightly cheaper without Gift Aid. Alternatively, for those who do not want to enter the gardens but would still like to join the walk, there is a café, gift shop, and garden centre. We will stop for refreshments before walking back to Neston railway station (or there is a half-hourly bus from Ness Gardens directly to Liverpool if preferred).

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

Meeting time: 11.50am to catch the 12.10pm train. **Finish place:** Ness Gardens/Liverpool Central.

Walk distance: Approximately 3 miles. **Walk duration:** Allow all afternoon for this visit. **Type of walk:** We have graded this walk **MODERATE**. The pace will be leisurely. The walk is on good paths throughout, but some may find the distance a challenge. There is a short uphill walk from the river.

Transport (if applicable): Train from Liverpool Central to Neston. If you hold a travel pass you may need to pay for a small part of your journey (we will be travelling by Transport for Wales between Bidston and Neston). Some may wish to opt to take the half-hourly bus from Ness Gardens back to Liverpool.

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: Ness Gardens has a café. We may also stop at the Harp Inn depending on the time and weather.

Toilets: Toilet opportunities throughout the walk.



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Walk: Crosby marine lake & Antony Gromley's famous iron men



Wednesday 16th Sept - Midday



Location: Let's hope for nice weather as we head to the beach today. From the station we will have a leisurely walk around Crosby marine lake before hitting the beach. We will visit some of Antony Gromley's famous iron men, part of his Another Place installation of 100 life-size figures looking out to sea. We will walk along the coast with its sweeping views of the Wirral and out to sea before stopping for refreshments and a return to the station.

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

Meeting time: Midday to catch the next train.

Finish place: Liverpool Central.

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 stretches of walking on sand which some may find challenging.

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

Journey time (if applicable): About 15 minutes.

What to wear: Weather suitable clothing and footwear. Your footwear may get wet.

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 when we stop for refreshments.



Health & Welfare

Please telephone on **0151 330 5678**

Liverpool Hope University Health Screening sessions

Tuesday 8th Sept from 10.30am onwards. Please call for an individual time slot - 0151 330 5678

Join Dr. Amy Morgan and her team from Liverpool Hope University who are returning to conduct their individual health screening sessions.

Assessments include: blood pressure, cardiovascular, and strength.

Book a morning or afternoon slot.
Approx 45 minutes.



MAC clinical Presentation on: Dementia



Tuesday 22nd Sept - Presentation starts at 11am to 12.30pm

You're invited to come and meet and a free talk with Christine and Nigel from MAC Clinical Research, the event is ideal if you are interested in learning about dementia and/or interested in learning about clinical trials. Christine will be introducing to you their clinics and explain how you can get involved in dementia research and clinical trials.

Nigel will offer expert advice on supporting someone living with dementia and, for those aged 50 and over, share how to access a free memory assessment at their local clinic. Come along to learn, connect, and be part of a supportive community.

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

Benefits Adviser Service Now Available

We'd like to announce we now have a 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 💛