

Weekly Activity Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Women's Peer Support Group 11.00am - 1.00pm - Fortnightly Health Talks</p> <p>Cooking Classes 10.30am – 12.30pm (Granby Adult Learning Centre)</p> <p>Art Group 1.30pm – 3.30pm</p>	<p>Men's Peer Support Group 10.30am – 12.30pm - Conversation around Mental Health Awareness</p> <p>Employability Skills 1.00pm – 3.00pm</p> <p>Digital Skills 1.00pm – 3.00pm Contact us for further information.</p>	<p>Mental Wellbeing Support Groups 10.30am – 12.30pm - Health Talks</p> <p>Get Active Sessions Women's swimming 9.00am – 10.00am 10.00am – 11.00am</p> <p>Men's Swimming 11.30am - 12.30pm (Lifestyles, Park Road)</p> <p>Employability Skills Driving Theory Course 1.30pm – 3.30pm (Facilitated by Granby Toxteth Development Trust - GTDT)</p>	<p>Coffee Morning and Drop In 10.30am - 12.30pm - Fortnightly</p>	<p>Music Therapy 10.30am - 11.30am</p> <p>Relaxation and Massage Therapy Sessions Appointment Only – Contact us for further information.</p> <p>Cultural Lunch Group and Warm Hub 12:30pm – 3:00pm</p> <p>Drop In Sessions 1.00pm – 3.00pm (Practical Support offered by Community Advocacy Workers and Job Centre)</p> <p>Dementia Support Group 12.00pm - 3.00pm - Last Friday of the month</p>

All activities take place at 2 Princes Road, L8 1TH unless otherwise stated.

People are also able join or register interest in upcoming/partnering activities.

Gardening at Hope Gardens | Cycling with Cycle for Life

Call 0151 707 0319 for more information or email info@maryseacolehouse.com