BRIGHTER LIVING PARTNERSHIP

Weekly Activities

Week Commencing 16th November 2026

Southport Community Centre, 99 Norwood Road, Southport PR8 6HQ
01704 517810
info@brighterliving.org.uk

MONDAY

10.00am - 1.00pm Men's Shed
11.00am - 1.00pm Charlie's Way
10.00am – 2.000pm Hearth Network Sewing Group *(booking required)*

TUESDAY

9.15am - 10.00am Tai Chi *(donations welcome)*
10.00am - 12.00pm Community Café *(charges apply)*
1.00pm - 3.00pm Craft Group

WEDNESDAY

9.15am - 10.00am Kikentai *(£5, first class free)*
11.00am - 12.00pm Chair Based Exercise *(£5)*

THURSDAY

10.00am - 1.00pm Warm Spaces
Tea, biscuits and hot lunch provided.
12.30pm – 2.00pm Craft Group

FRIDAY

9.15am - 10.00am Stretch & Tone
10.00am - 1.00pm Men's Shed
1.00pm - 3.00pm Men's Group

UPCOMING MONTHLY GROUPS

Pain Management Support Group
Tuesday 24th November| 10.30am - 12.00pm

Brighter Connections
Wednesday 25th November| 1.00pm - 3.00pm
Cornerstone Church, Marshside Road

Carers Coffee Morning
Wednesday 2nd December | 10.15am - 12.00pm

Sunshine Group
Monday 14th December 1.30pm - 3.30pm

Southport History Walk
Third Thursday of each month | 1.30pm - 3.00pm
Booking essential.

OTHER SUPPORT AVAILABLE

- ☑ Living Well Sefton 1-1 Mentor support
- ☑ Think Differently, Cope Differently Course
- ☑ Healthy Cooking Classes
- ☑ Healthy Habits for Life Course
- ☑ Weight Management& Nutrition 1-1 support
- ☑ Sleep 1-1 support
- ☑ Social Prescribing Support

For further information or to book activities, please contact:

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Helping people stay active, connected and well in their community.