



Hi everyone,

Welcome to our regular Brighter Living activity programme, which is brought to you each week in partnership with Living Well Sefton, and is packed full of things to do over the coming days. Our activities take place at Southport Community Centre unless otherwise stated. We hope you enjoy it.

Telephone Information

If you know of anybody who is unable to receive information through e-mail, please share our telephone details and ask them to get in touch for more information.

If you require any support or help with the information below or would like to speak to a member of the team, or if you would like to **unsubscribe** from this mailing list, please contact us on 01704 517810 or info@brighterliving.org.uk.

Brighter Living Partnership

Week Commencing: 9th September 2024

Monday:

- Men's Shed: 10.00 – 1.00

Our Men's Shed is actually open to everyone, and is a place where you can engage your creative skills as our team enjoy some social time making planters, benches, and other wonderful wood-based items over a brew.

- Charlies Way: 11.00 – 1.00

Drop-in at our start of the week support group for Parents and Carers of children and young people with special educational needs. Refreshments included, term time only.

- Thai Chi: 3.30 -4.30

Improve your well-being, learn to relax and strengthen your body with our six week course of Thai Chi. Enjoy a fully instructor led and complimentary six week introduction to this amazing activity which is suitable to everyone, and can help reduce risk of falls, and have a huge influence on overall mental health and wellbeing. Contact our Living Well Sefton Mentor team to book your place now!

Tuesday:

- Community Café: 10.00 – 12.00

Our community café is open to anyone who just wants to enjoy a brew, or even a light breakfast in a relaxed environment with friends. Whether it's a slice of toast, or a bacon butty, it's all about spending time with others! Charges apply.

- Gardening Group: 11.00 – 1.00

Come and join our gardening group looking after our raised beds, greenhouse and planters, and enjoy some fresh air and a brew with friends.

- Craft Group: 1.00 – 3.00

Enjoy an afternoon of creativity and conversation with our craft session. It could be messy, it could be chatty, and it will be fun! Join in as much or as little as you want to, or you could even suggest and lead a session!

Wednesday:

- Chair Based Exercise: 11.00 – 12.00

A gentle exercise session for those looking to increase their physical activity Charges apply. (£4)

- Chatty Café: 10.00 – 12.00

Join Conol for a weekly coffee and catch up in Formby. A great opportunity to enjoy some company and a place to talk and meet new people. **Venue: The Lifeboat Pub (Weatherspoon's), Formby.**

Thursday:

- Warm Spaces: 10.00 – 1.00

Join our social get together where light refreshments are provided in a comfortable, warm setting where you can spend time meeting and chatting to others.

- Craft Group: 1.30 – 3.30

Enjoy an afternoon of creativity and conversation with our craft session. It could be messy, it could be chatty, and it will be fun! Join in as much or as little as you want to, or you could even suggest and lead a session!

Friday:

- Men's Shed: 10.00 – 1.00

Our Men's Shed is actually open to everyone, and is a place where you can engage your creative skills as our team enjoy some social time making planters, benches, and other wonderful wood-based items over a brew.

- Men's Group: 1.00 – 3.00

Our Men's group enjoy a variety of activities when they meet every week for an enjoyable afternoon with some light refreshments and time to chat.

For this week's session, we will be looking at health checks and taking blood pressure readings so come along, check in and check up!

Monthly Groups:

- Health Hub: 11.00 – 12.00

A monthly catch up for anyone who has enjoyed any of our Living Well Sefton courses or met with one of our mentors. An informal opportunity to check in, catch up with friends and stay connected. Refreshments available. Next get together: Thursday 11th September

- Sunshine group: 1.30 – 3.30

Bring a little sunshine into your life by joining our group every month for a couple of hours of chit chat over a nice brew! Everybody welcome. Next get together: Monday 9th September

- Carers Coffee Morning: 10.00 – 12.00

A monthly opportunity for those caring for loved ones to meet with peers and enjoy a little respite.

Next get together: Wednesday 2nd October

- Brighter Connections: 1.00 - 3.00

Everyone is welcome at our monthly get together where you can meet new people, enjoy a brew and a chat and build your social group. Enjoy guest speakers, entertainment, or just an opportunity to talk and catch up with others. Next get together: Wednesday 25th September **Venue:** Cornerstone Church, Marshside Road, Southport.

Brighter Living Partnership Services

Health & Well Being Courses

In partnership with Living Well Sefton, we offer several health & well-being courses which you can access through our Living Well Sefton Mentors. They also offer short term one-to-one support so please get in touch for more information.

Course dates and details are below:

Think Differently, Cope differently

Our next course dates are:	2 nd Sept:	spaces available - Formby
	10 th Sept:	spaces available

Weigh Forward

No dates currently, please contact us if you are interested in attending this course.

Healthy Cooking Classes

Our next course dates are:	11 th Sept:	Fully Booked
	9 th Oct:	spaces available

Social Prescribing

Our Social Prescribing services can offer support with a wide range of social issues that can often be an underlying cause to health concerns. We have an amazing Social Prescribing team supported by our Social Prescribing Care Coordinator. We also have a Health and Wellbeing Coach based at St Marks Medical Centre. These services can be accessed through your GP or by calling us for more information.

Volunteering Opportunities

We have a range of volunteering opportunities for you to get involved with including shopping services, IT support, and Befriending, or within our community centre supporting people attending our activities.

Our community partners:

Social activities and community support is also available through many of our local community partners that you can contact directly including:

- Parenting 2000
- Home Start
- Ainsdale Lunch & Leisure
- Woodvale Community centre
- Compassion Acts
- The Life Rooms

Have a great week.

The Brighter Living Team.