

Brighter Living/Southport Community Centre Group Timetable 2024

Southport Community Centre, Norwood Road, Southport, PR8 6HQ

www.brighterliving.org.uk

01704 517810

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Men's Shed Project "Hammer Time" 10:00-13:00 Contact Lorraine or Jen on 01704 517810 	Community Café (serving breakfast) 10:00-12:00 ** All welcome to come along for a chat and breakfast**	Chair based exercise class – Alison Moore **Older adults** £4.00 per session 11:00 – 12:00 	Level 1 Horticulture 10:00-11:30 Book via 01704 517810 	Men's Shed Project "Hammer Time" 10.00 – 13.00 Contact Lorraine or Jen on 01704 517810 
 Charlie's Way Parents/Carers Support Group (Support group for parent/carers of children and young people with SEND) 11:00 – 13:00 ** drop in, term time only**	Gardening Group – "Can you dig it?" 11:00 – 13:00 ** All welcome** Contact 01704 517810 	Healthy Cookery Classes (5-week programme) 13.30 – 15.30 Contact 01704 517810 for details	 Sefton Warm Spaces a space for community and warmth in Sefton In partnership with Sefton Council & Sefton CVS Friendly informal café Free hot food and drink All welcome 10am-4pm	
Sleep Mentoring 12-week programme of one to one sleep support available from a Living Well Mentor (day will vary) Contact 01704 517810	*Think Differently: Cope Differently* Self-development group course. (day may vary) Contact 01704 517810	Weigh Forward (day may vary) 13.30 – 15.00 Contact Sara on 01704 517810 for details	Arts and craft group 1330-1530 Contact Sara on 01704 517810 for details	Men's Group Contact Lorraine or Jen on 01704 517810 for details 

Weigh Forward is a weight management course, therefore is targeted at people looking to lose weight or improve their diet.

Think Differently, Cope Differently is a self-development group course exploring different topics around building mental resilience and addressing low level mental health problems such as anxiety or stress. This is not a clinical course.