**Community centres and groups**

|  |  |
| --- | --- |
| **Community Centre**  | **Timetable**  |
| **Huyton**  |
| Swanside Community CentreWilloughby Road L14 6XA0151 489 2370 | Monday, Tuesday and Fridays 9-11:15am: Sunshine family groupTuesdays 12:30 -2:30pm luncheon club followed by knit and natter £5Wednesdays 9am and 5:30pm Slimming WorldThursday mornings 10-12pm Line dancing groupFriday 12:30 -2:30pm £5 Afternoon tea followed by a quiz Saturdays 10 – 11am Mini Vipers kids club age 6-12 years |
| Age UK Mid-MerseyRoby Community HubMerton Crescent L360300 003 1992enquiries@aumm.org.uk  | Monday 10-12pm Veterans clubMonday 12:30 – 2:30pm Mens groupTuesday 10-12pm PodiatryTuesday 12:30-2:30pm Dementia groupWednesday 10-12pm Beginner Ukulele classWednesday 12:30-2:30pm Coffee and chat Thursday 11-12pm Digital coffee morningFriday 10-12pm beginner walking group  |
| The Gate Community centre Tudor Drive, Princess Drive L14 9NQ0151 489 2370 | Friday 12.30 – 3pm Older Activity Group |
| The Old School House St Johns RoadHuytonL36 0UXCall Chris Ball0151 480 9177For more information  | Monthly Lunchtime Social event - must book in advance Chris Ball University of Third Age (U3A) meet 2nd Thursday in every month at 2pm – Turn up and pay annual fee £10 Each session pay £2Writers, singing, bowling, scrabble, knit and natter (charity) , ukulele groupsFourth Wednesday of each month Deafness support group Community Garden – volunteering opportunities Hard of hearing group fourth Wednesday of every month 1-3pm Runs the third Friday of every month at 12.30, 2 course hot lunch, entertainment and bingo £5 Dogs Trust sessions Parent and toddler groupsParent and baby class |
| **St Georges Church and Community Hub** Primrose Drive, Huyton L36 8DW0151 489 1394 | Monday 12 – 2pm Community Lunch followed by prize BingoMonday 4pm family churchWednesday 12-2pm community food club, purchase basket of food shopping for £3:50 Wednesday 12.30 Shared Community Lunch £1.50Wednesday 1.30pm Prize Bingo with old and new friendsFriday 12pm Community Connections, Coffees, Cakes and Conversation  |
| Lyndale Cancer Support Centre 40 Huyton Ln, Huyton, Liverpool L36 7XG[0151 489 3538](https://www.google.com/search?q=lyndale+centre+huyton&rlz=1C1GCEB_enGB921GB921&oq=lyndale+ce&aqs=chrome.1.69i57j0i22i30j0i10i22i30j0i22i30j0i22i30i457j0i22i30l5.5415j0j15&sourceid=chrome&ie=UTF-8) | Telephone support service |
| **Dovecot** |
| Dovecot Multi Activity Centre, Back Dovecot Pl, Liverpool L14 9BA0151 254 1879 | Older persons group which runs every Tuesday morning. There is usually an optional exercise class available plus tea and toast and a chat.We also have a number of adult learning courses on offer these include local history, wellbeing, baking and more. You can email sharonross@altvalley.co.uk for more information and start dates.A book club runs every Monday afternoons from our library 1pm-2.30pm.There are also a number of activities which are run by other providers within the centre. Call 0151 254 1871 for more information |
| **Prescot**  |
| Prescot Guild Hall Jim 07878 71312357 St Helens Road, Prescot, L34 6HW | Coming together group 12 – 4 Wednesdays Old Time music singalong, raffle, quiz, bingo and the bar is open for anyone who would like a drink.  |
| **Whiston**  |
| Robert Foulkes centre , Brook Street Whiston L35 5APFor more information call Whiston Town Council 0151 430 7200 | Monday 10-12pm Saving life and pain group Wednesday 2-4pm Prescotia Art Group Sharing the love of art and painting Thursday 10-12pm Saving life and pain group Friday 11:30am Luncheon groupKids Bollywood class Friday 5-6pm  |
| George Howard Centre Lickers Lane L35 3SRFor more information call Whiston Town Council 0151 430 7200 | Monday 11:45am Luncheon clubMonday 8-9pm adults ballroom dance class Tuesday 6-9:30pm Scout group Wednesday 9am Children and families group Knowsley CouncilWednesday 5:30pm kids modern dancing Thursdays Cycling club Friday 9:30-12:30pm pre-school messy club Martial Arts Friday 6:30pm  |
| Whiston Town Hall Old Colliery Road L35 3QX For more information call Whiston Town Council 0151 430 7200 | Monday 10-11:30am indoor bowlingMonday 2pm Over 55’s bingo clubMonday 7:15pm Breast mates breast cancer recovery dance clubWednesday (every 2 weeks) 12:30pm Alzheimer’s group Wednesday 3:45-9:30pm Excell dance clubThursday 7pm dog training with Victoria Dogs Thursday 3:45-9:30pm Excell dance clubFriday pm indoor bowling group  |
| **Rainhill**  |
| St Annes Centre View Road L35 0LE [0151 493 9350](https://www.google.com/search?q=st+ann%27s+millennium+centre+rainhill&rlz=1C1GCEB_enGB921GB921&oq=st+annes+rainhill+ce&aqs=chrome.1.69i57j0i10i22i30.10078j0j7&sourceid=chrome&ie=UTF-8) | Monday 7:30 – 8:30 Zumba classWednesday Unity Adult tap class 6:30pm Beginners class/7:30pm Intermediate classThursday 4-6pm Maths and English tuition – 07908 879 761Friday 11:15 -12pm Mini Professors Science Class Friday Helen O’Grady Drama – please call the centre  |
| Rainhill Village Hall Dane Court, Rainhill, Prescot L35 4LU[0151 430 9338](https://www.google.com/search?q=rainhill+village+hall&rlz=1C1GCEB_enGB921GB921&oq=rainhill+village+hall+&aqs=chrome..69i57j46i175i199i512j0i457i512j0i22i30l2.7652j0j15&sourceid=chrome&ie=UTF-8) | First Monday every month 1pm Independent women group Monday 10-12pm Chatty Crafters – Bring own craftTuesday 12-1pm Pensioners lunch club £4Thursday 9-11am Mum and tots group (term time)Thursday Art club 10-12pm Thursday 1-3:30pm Pensioners afternoon tea dance £2Sunday 11:30-1:30pm Rainhill musical theatre company  |
| **Halewood** |
| New Hutte Torrington Drive Halewood | MamafitMonday coffee morning and wellbeing activities 9:30 – 12pm |
| St Nicholas Centre Halewood | Friends After Bereavement support group |
| Knowsley wide  |
| **Older Peoples fun Olympics** Knowsley Leisure and Culture Park Longview Drive Huyton: Thursdays 1-30pm-3-30pmKirkby leisure Centre: Cherryfield Drive KirkbyWednesdays 1-4PMHalewood Leisure Centre Bailey’s Lane Halewood Thursdays10-30am-12-30pmFurther details from Geoff Lyon 0151 430 7710Geoff.lyon1@virginmedia.com | Older people’s fun Olympics (KOPFO) is an innovative project encouraging regular physical and mental activity among older people. It features a range of sports and games including table tennis, badminton, new age curling, boccia, and welly throwing. For those with limited mobility there are options such as scrabble, connect 4, dominoes, and darts.Weekly sessions are maintained throughout the year to help older people take advantage of regular exercise appropriate to their ability. A celebration fun event is organised each year with teams made up of older residents representing Halewood, Huyton, Kirkby, and Prescot, Whiston, Cronton and Knowsley Village competing against one another in each sport/game. Following the model of the International Olympics medals are awarded for Gold, Silver, and Bronze places and a shield for the overall winning team. |