**Community centres and groups**

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| **Community Centre** | **Timetable** |
| **Huyton** | |
| Swanside Community Centre  Willoughby Road  L14 6XA  0151 489 2370 | Monday, Tuesday and Fridays 9-11:15am: Sunshine family group  Tuesdays 12:30 -2:30pm luncheon club followed by knit and natter £5  Wednesdays 9am and 5:30pm Slimming World  Thursday mornings 10-12pm Line dancing group  Friday 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-Mersey  Roby Community Hub  Merton Crescent L36  0300 003 1992  [enquiries@aumm.org.uk](about:blank) | Monday 10-12pm Veterans club  Monday 12:30 – 2:30pm Mens group  Tuesday 10-12pm Podiatry  Tuesday 12:30-2:30pm Dementia group  Wednesday 10-12pm Beginner Ukulele class  Wednesday 12:30-2:30pm Coffee and chat  Thursday 11-12pm Digital coffee morning  Friday 10-12pm beginner walking group |
| The Gate Community centre  Tudor Drive, Princess Drive L14 9NQ  0151 489 2370 | Friday 12.30 – 3pm Older Activity Group |
| The Old School House  St Johns Road  Huyton  L36 0UX  Call Chris Ball  0151 480 9177  For 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 £2  Writers, singing, bowling, scrabble, knit and natter (charity) , ukulele groups  Fourth 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 groups  Parent and baby class |
| **St Georges Church and Community Hub**  Primrose Drive, Huyton L36 8DW  0151 489 1394 | Monday 12 – 2pm Community Lunch followed by prize Bingo  Monday 4pm family church  Wednesday 12-2pm community food club, purchase basket of food shopping for £3:50  Wednesday 12.30 Shared Community Lunch £1.50  Wednesday 1.30pm Prize Bingo with old and new friends  Friday 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 9BA  0151 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](mailto: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 713123  57 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 5AP  For 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 group  Kids Bollywood class Friday 5-6pm |
| George Howard Centre  Lickers Lane L35 3SR  For more information call Whiston Town Council 0151 430 7200 | Monday 11:45am Luncheon club  Monday 8-9pm adults ballroom dance class  Tuesday 6-9:30pm Scout group  Wednesday 9am Children and families group Knowsley Council  Wednesday 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 bowling  Monday 2pm Over 55’s bingo club  Monday 7:15pm Breast mates breast cancer recovery dance club  Wednesday (every 2 weeks) 12:30pm Alzheimer’s group  Wednesday 3:45-9:30pm Excell dance club  Thursday 7pm dog training with Victoria Dogs  Thursday 3:45-9:30pm Excell dance club  Friday 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 class  Wednesday Unity Adult tap class 6:30pm Beginners class/7:30pm Intermediate class  Thursday 4-6pm Maths and English tuition – 07908 879 761  Friday 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 craft  Tuesday 12-1pm Pensioners lunch club £4  Thursday 9-11am Mum and tots group (term time)  Thursday Art club 10-12pm  Thursday 1-3:30pm Pensioners afternoon tea dance £2  Sunday 11:30-1:30pm Rainhill musical theatre company |
| **Halewood** | |
| New Hutte  Torrington Drive  Halewood | Mamafit  Monday 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-3-30pm  Kirkby leisure Centre: Cherryfield Drive Kirkby  Wednesdays 1-4PM  Halewood Leisure Centre Bailey’s Lane Halewood  Thursdays10-30am-12-30pm  Further details from Geoff Lyon 0151 430 7710  [Geoff.lyon1@virginmedia.com](about:blank) | 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. |