




COMMUNITY CONNECT TIMETABLE

TUESDAY

-  **ESOL Pre-Beginners 10:00 - 12:00**
English lessons for speakers of other languages.
-  **Craft & Stitch 10:00 - 12:00**
A session for women, using crafts and fabrics to make new creations.
-  **Shared Reading 11:00 - 12:00**
A cosy friendly session to share stories by reading aloud or listen and enjoy
-  **Free Community Lunch 12:00 - 12:30**
For all our Lighthouse Community.
-  **Singing for Wellbeing 12:30 - 13:30**
Boost your wellbeing with a communal sing. All voices welcome.
-  **Sharing Stories 12:30 - 13:30**
A chilled social activity, for speakers of other languages, to read and talk about simple short stories to improve conversation skills.
-  **Drama Improv 13:30 - 14:30**
A session to build confidence, reduce stress, full of fun and laughter.

-  **ADULTS ONLY**
-  **PARENTS/CARERS WITH SMALL CHILDREN**
-  **EVERYONE**
-  **ADULTS (BABIES IN PRAMS WELCOME)**

COMMUNITY CONNECT TIMETABLE

WEDNESDAY

-  **ESOL Beginners 10:00 - 12:00**
English lessons for speakers of other languages.
-  **Tot Art 11:00 - 12:00**
A session to introduce different arts/crafts to encourage creativity, fun and a bonding time for you and your child (0-3 yrs).
-  **Free Community Lunch 12:00 - 12:30**
For all our Lighthouse Community.
-  **Create Art 12:30 - 14:00**
A session to introduce you to different types of arts/craft from across world. Held in our café area and encourages creativity and conversation.

COMING SOON

-  **Write to Work led by "Writing on the Wall" 10:00 - 12:00 (Wed)**
Every Wednesday from February
-  **Advice & Social session**
Conversation/social in Cafe area (Thursdays)
-  **Performance Group 11:30 - 13:00**
Drama based session (Thursdays)

COMMUNITY CONNECT TIMETABLE

THURSDAY

-  **ESOL - entry level 3 (GESE) 10:00 - 13:00**
English lessons for speakers of other languages.
-  **Sew & Co 10:00 - 12:00**
A practical and creative session to learn basic sewing techniques and recycle and up-cycle clothes and fabrics into new creations.
-  **Enjoy Music 12:00 - 13:00**
A fun and chilled session listening to and discussing music, chosen by you, in our theatre space.
-  **Free Community Lunch 13:00 - 13:30**
For all our Lighthouse Community
-  **Cooking for Wellbeing 13:30 - 14:30**
A social relaxed session to cook a new recipe together each week.
-  **Mum & Baby Move & Relax 13:30 - 15:30**
A creative therapeutic movement session for mum and baby to bond and relax together (0 to 18 months).

 **LIVERPOOL**
lightHOUSE
working together to transform communities
COMMUNITY

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