



Where we all
make a difference



The Royal Liverpool
and Broadgreen
University Hospitals
NHS Trust

Patient information Liverpool Community and Online Resources Therapies Speciality

Healthy activities in Liverpool

It is important that you continue to improve/maintain your activity levels.

Here are some community based schemes/groups that we can recommend:

Exercise for Health GP Referral Scheme.

This scheme offers the use of the gym, swimming and some exercise classes. The aim of the scheme is to encourage more people to be more active, more often, thereby improving quality of life and life expectancy of Liverpool Citizens.

- **Location:** There are a variety of Lifestyle Centres that you can attend. Please see one of the leaflets for a full list of Centre's. This can be provided by your Physiotherapist, Occupational Therapist or Family doctor (GP).
- **Duration and time:** 12-week programme. Each Lifestyles Centre has different times and set days that they provide for people who are on the GP referral scheme. Please contact your local Lifestyles Centre for this information or visit:
www.liverpool.gov.uk/lifestyles/services/gp-referrals
- **Cost:** £7.50 for the initial assessment. Following this, it costs £1.00 per subsequent gym visit and fitness class you attend.
Swimming is free at any Lifestyles pool during public swim times.
- **What happens after 12 weeks?**
It's up to you! Hopefully over the 12 weeks you will have felt and seen the benefits of your increased activity levels and want to maintain this as part of your lifestyle. There are a number of membership packages that you can join and you can discuss this with your fitness instructor.

Aqua Aerobics classes are offered as part of the scheme at Everton Park and Park Road Centres. It involves a range of water based exercises which aims to relieve pain and increase the range of movement of your joints.

- **Fit for me**

Free or low cost activities including dance, Tai Chi, Yoga, chair based exercise, jogging, walking, cycling and gardening in 5 locations across Liverpool.

www.fitforme.info

- **Let's ride Liverpool**

Free guided cycling along planned scenic routes

www.letsride.co.uk

- **Liverpool Ramblers**

Groups organise regular walks led by local experts, a great way to get outside and make new friends.

www.liverpoolramblers.org.uk

- **Livewire Liverpool Health Trainers**

Is a free service available to anyone aged over 16 who lives in Liverpool. They provide support, guidance and motivation to adults across Liverpool, who want to make a change to their lifestyle. The service can also signpost individuals to other services, groups and organisations in the local area.

<https://livewireliverpool.co.uk>

Contact: 03000032322 or ask your GP to refer you

- **Mindful Yoga and Mindful Meditation Liverpool**

The Old School House, St Johns Road, Huyton with Roby, Liverpool, L36 0UX.

Sunday's class is held in the warm studio at Yoga for the People, Childwall Lane, Liverpool L14 6TT.

<https://www.yogahub.co.uk/listing/united-kingdom/merseyside/liverpool/mindful-yoga-liverpool>

- **Over 50's Project**

Lottery funded over 50's club, offering various activities including exercise classes, arts and crafts, day trips and more. Some classes are free and some are highly subsidised. 294-296 Mill Street, Liverpool, L8 6QW

www.scctliverpool.com/wheel-meet-again-project

Phone: 0151 708 0435

- **SMILE**

A local charity set up to support chronic pain sufferers. They meet every Monday to provide gentle exercise and relaxation, plus a form of Tai Chi.

Old Roan Methodist Church hall, Altway, Liverpool L10 1QL.

www.smileliverpool.co.uk

- **British Health Qigong association**

Tai Chi and Qigong combine slow movement, relaxation and breathing exercises.

Enter your postcode to find a class near to you in Liverpool (Aigburth, Allerton, Mossley Hill, University of Liverpool and Blundellsands) .

www.healthqigong.org.uk/info/find_class.php

Or contact Angela Howarth on 07568567602 or angela@angelataichi.co.uk

- **Walking for health**

Use this website to find health walk schemes closest to you.

www.walkingforhealth.org.uk

Community Support Services

- **Fibro-Mates.**

This is a free North West support group for people who are affected by Fibromyalgia. The support group normally meet once a month.

Information is available on livewelldirectory.com or contact **Anne Prichard**:

Email: anneprit@tiscali.co.uk

Tel: 07912084549

- **Health Inclusion for Men (HIM)**

Health Information, advice and support for men living in North Liverpool

www.bnenc.org/ki

Or contact Bob on:

Tel: 0151 288 8400

Email: bob.blanchard@thebreckfieldcentre.com

- **The Life Rooms**

Mersey Care NHS Foundation Trust provide information, courses and support groups to aid learning, recovery, health and wellbeing.

www.theliferooms.org

Tel: 0151 478 6556

Life Rooms Walton

Evered Avenue

L9 2AF

Life Rooms Southport

23-25 Scarisbrick Avenue

Southport

PR8 1NW.

- **Workers' Educational Association (WEA)**

WEA is a charity dedicated to bringing high-quality, professional education into the heart of communities.

www.wea.org.uk

- **WHISC – Women's Health Information and Support Centre.**

WHISC is open daily for general enquiries and you can drop in Monday to Thursday, 10am-4pm.

It is a free and confidential service which offers support groups, exercise and relaxation classes (including Yoga, Pilates and Tai Chi), craft workshops, reading groups and education opportunities. They also offer a course of free one to one counselling for women over 18.

120 Bold Street, Liverpool, L1 4JA

www.whisc.org.uk

Tel: 0151 707 1826

Where can I find further information?

In addition to the information we will provide to you at your Therapies appointment, you may find the following **online resources** useful:

- **Anxiety UK**

Supports those living with anxiety and anxiety-based depression by providing information, support and understanding, via an extensive range of services.

www.anxietyuk.org.uk

- **Citizens Advice**

Free, confidential and independent advice to help people resolve the many problems they face; from money and benefit issues, to problems at work or with housing.

www.citizensadvice.liverpool.org.uk

- **Government services and information**

Information about benefits, Equality Act, housing and local services.

www.gov.uk

- **Hub of Hope**

National mental health database which brings together organisations and charities, who offer mental health advice and support.

www.hubofhope.co.uk

- **Livewell**

Is a directory of local care and support services, information and activities for the Liverpool City Region.

www.thelivewelldirectory.com

- **Mind – Mental Health Charity**

Information to support people living with a mental health problem or if you are supporting someone who is

www.mind.org.uk/information-support

- **NHS choices**

Your complete guide to conditions, symptoms and treatments.

www.nhs.uk

- **NHS Fitness Studio**

Fitness advice and exercise videos to complete at home. Including beginners Pilates and Yoga, chair based Pilates and Pilates with Fibromyalgia.

www.nhs.uk/conditions/nhs-fitness-studio

- **The Sleep Council**

Advice to help you to get a better night's sleep.

www.sleepcouncil.org.uk

The following **online resources** give you more information about living with pain.

- **Arthritis Research UK**
www.arthritisresearchuk.org
- **Back Care**
Information, guidance and advice to people with back and neck pain.
www.backcare.org.uk
- **British Pain Society**
Information, guidelines and research updates.
www.britishpainsociety.org/people-with-pain/
Phone: 020 7269 7840
- **Fibromyalgia Action (FMA) UK**
FMA UK provides information and support to patients living with fibromyalgia and their families.
www.fmauk.org
- **Mindfulness: Finding Peace in a Frantic World**
Mindfulness is a simple form of meditation.
Over time, mindfulness can bring about long-term changes in mood and levels of happiness and wellbeing.
www.franticworld.com
- **Pain Concern**
Information, local support groups and podcasts on different pain subjects.
www.painconcern.org.uk
Phone: 0300 123 0789
- **Pain Tool Kit**
Self-help resources written by people living with pain, available in 60 languages.
www.paintoolkit.org
- **Pelvic Pain Support Network**
Provides support, information and advocacy for those with pelvic pain, their families and carers.
www.pelvicpain.org.uk
- **Retrain Pain**
Free online pain education available in 22 languages.
www.retrainpain.org
- **Tame The Beast**
Free online pain education
www.tamethebeast.org
- **The Princess In The Tower**
Learn how to manage chronic pain.
www.princessinthetower.org
- **Understanding pain in less than 5 minutes and what to do about it**
This video helps to explain a little bit about how pain works in your brain.
www.youtube.com/watch?v=C_3phB93rvI

Psychological Therapies

- **Talk Liverpool**

A free NHS service offering psychological therapies to adults in Liverpool who are feeling depressed or anxious.

GP or self-referral.

www.talkliverpool.nhs.uk

Phone: 0151 228 2300

If you live in **Knowsley, Sefton** or the **Wirral** please ask your GP for further information about healthy activities in your area or Psychological Therapies available.

Useful Smart Phone Apps

- **Active 10**

Is designed to help you do more brisk walks in bursts of 10 minutes and will show you when you are walking quick enough to get health benefits.

- **Calm**

Meditation and Mindfulness

- **Headspace**

Meditation and Mindfulness.

Also accessible through a membership to Anxiety UK.

- **Hub of Hope**

Search for mental health support services close to you.

It also has a 'talk now' button connecting users directly to the Samaritans.

Further Information

Should you have any queries, please discuss at your next appointment or contact our therapies department on:

Tel: 0151 706 2760

Textphone number: 18001 0151 706 2760

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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