

# CHALKBOARD

The Old Schoolhouse Community Project, St. John's Road , Huyton, L36 0UX

Issue 6 - Spring 2018



## Lunchtime Socials prove a great success

It had long been part of our plans to host a monthly lunch event with music and entertainment for some of the older people in our area. Happily, back in January, we held the very first of our new Lunchtime Socials.

About forty diners came together in our main hall to enjoy a meal of home-made scouse or winter vegetable stew followed by a luxurious trifle dessert.

Once the tables were cleared we handed over to accordion maestro and one-man-band, Stevie Squeeze who ensured the dance floor was never empty by playing a superb repertoire of crowd-pleasing hits from over the years.



Guests enjoyed the music and dancing at our first lunchtime social.

When a pipe burst in the ceiling of one of our meeting rooms, showering that area with water and setting off the fire alarm, we feared an early evacuation of our inaugural event but, with just a little stress, we came through relatively unscathed and are glad to report that subsequent lunches have been much less eventful!

We are very grateful to Pauline from Caring Connections for providing funding towards the costs of food and entertainment as well as to our volunteers, Lynn, Alex and Jimmy, who have helped to serve and look after our guests.

## Are you sitting comfortably?

In February we ran a four-week course in chair yoga. Just like most other yoga classes, the aim of chair yoga is to improve flexibility, strength and balance, whilst also allowing plenty of time for relaxation.

Although there are some standing postures, as the name suggests, most of the exercises are performed while seated and there is no need to get up and down from the floor. This, along with a slightly slower pace, makes for a very accessible class and allows everyone to begin developing a yoga practice no matter what their starting point.

The success of our four week trial course means that we are now keen to add a class to our regular timetable.

So, if you think chair yoga might be for you come along and give it a try! Spread the word among your friends and family too. Lessons resume on Tuesday 8<sup>th</sup> May at 1:30pm.



Our Wellbeing Room set up for a Chair Yoga session.

# Join us for our Open Day!

Friday 11<sup>th</sup> May 11am - 3pm

We are always looking for ways to promote the Old Schoolhouse and raise awareness of the different services and opportunities available here. We will be holding an open day on Friday 11<sup>th</sup> May between 11am and 2pm.

Please spread the word and do what you can to promote our event. We know there are lots of people could benefit from some of the projects taking place here if only they knew what was on. Of course, even if you're a regular visitor please feel free to pop in on the day and say hello!

## Free Listening Service at the Old Schoolhouse

'THE GREATEST GIFT YOU CAN GIVE  
IS THE PURITY OF YOUR ATTENTION'  
RICHARD MOSS

### Listening Service

Have you ever been  
listened to..?  
Without comments...  
Without judgement...  
In a safe place...  
Where your feelings  
and experiences are  
held respectfully...

The Old Schoolhouse is offering this free service with a facilitator who has several years' experience of accompanying people from all walks of life.

This service will be available from at the following times:  
Tuesdays 12.30pm – 4.30pm and Thursdays 10.00am – 2.00pm.

You are welcome to arrange a meeting by ringing the Old Schoolhouse Reception on 0151 480 9177. (You can drop-in but we cannot guarantee the facilitator will be available.)

### Congratulations to Healthwatch Knowsley

Healthwatch Knowsley work hard to ensure that residents' views on health and social care are heard, enabling the community to better influence and challenge how those services are provided. The organisation has been based here at the Old Schoolhouse for a number of years now and we would like to congratulate the whole team on securing a new contract that enables them to continue their important work for a few more years to come.

If you'd like to find out more about Healthwatch, you can view their website at: [www.healthwatchknowsley.co.uk](http://www.healthwatchknowsley.co.uk)

### Springtime in the garden

Spring is on its way – the daffodils are already flowering in our garden. Some of our intrepid gardeners have already braved the cold to start work on different areas and we look forward to seeing how the garden blooms as we are able to plant and landscape a little more this year.

In a short time, our gardening group (GOSH) has worked wonders outside. It's a large space we have to look after though and we can also use some extra hands. Please get in touch if you'd like to know more.



*Gardening  
at the  
Old Schoolhouse*

### The Quiet Room

It's great to see this room being used by different groups. In recent months we have seen several popular sessions: Lenten reflections, evening lessons in Mindfulness Based Stress Reduction, and Buddhist Meditation as well as an excellent course based on the celebrated book/film The Shack.

The Quiet Room remains open every day from 9am -5pm and all are welcome to pop in for a little peace and calm.

### Come Dancing!

Ballroom Dancing here at the Old Schoolhouse every  
**Wednesday** – new students always welcome.

Lesson with dance teachers Beverly & Martin: 2-3pm  
Free Dancing (practice your new moves!): 3-4pm

Suggested Donation: up to £5



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