

Section 4

Leisure and Social Activities

Sefton CVS Signposting Service

Is there an aspect of health and social care, community safety, support at home, social activities or financial services that you need some further advice and information on?

Are you unsure which services or activities would be most appropriate for you?

Would you like to speak to someone about the services or activities that are available?

If so contact the Sefton CVS Signposting Service on:

Telephone: 0151 920 0726 ext 241
to be connected to services for south Sefton (Maghull, Lydiate, Litherland, Bootle, Seaforth, Crosby, Thornton and Hightown areas)

or

Telephone: 01704 517810
to be connected to services for north Sefton (Formby, Ainsdale, Birkdale and Southport areas)



Sefton CVS

Supporting Local Communities

Question

Card 55

**How do I find out
how to get more
fit and healthy?**



Answer

Card 55

To find out more about community groups and activities in your local area contact the **Sefton CVS Signposting Service**.

Telephone: 0151 920 0726 ext 241
(Waterloo office - south Sefton)

Telephone: 01704 517810
(Southport office - north Sefton)

Active Lifestyles offers a range of sports and fitness activities regardless of age or ability.

Telephone: 0151 934 2352

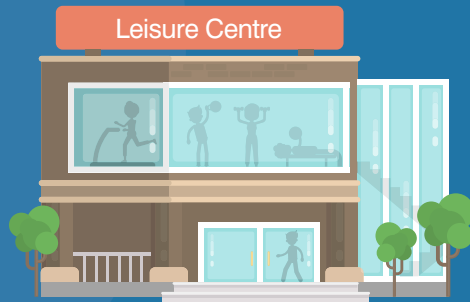
Living Well Sefton can advise you on how to get more exercise, improve your wellbeing and eat more healthily.

Telephone: 0300 323 0181

Question

Card 56

How can I access leisure centres across Sefton?



The leisure centres across Sefton are:

- Bootle Leisure Centre
Telephone: 0151 330 3301
- Crosby Lakeside Adventure Centre
Telephone: 0151 966 6868
- Dunes Splash World (Southport)
Telephone: 01704 537160
- Formby Pool
Telephone: 01704 879366
- Litherland Sports Park
Telephone: 0151 288 6288
- Meadows (Maghull)
Telephone: 0151 288 6727
- Netherton Activity Centre
Telephone: 0151 525 5106

Contact Sefton Council on
Telephone: 0345 140 0845
to find out more about leisure
opportunities and opening hours.

Question

Card 57

**Who can help
me to be more
physically active
and meet new
friends in the
local community?**



Answer

Card 57

Active Lifestyles

Telephone: 0151 934 2352

Living Well Sefton

Telephone: 0300 323 0181

To find out more about community groups and activities in your local area you can also contact the **Sefton CVS Signposting Service**.

Telephone: 0151 920 0726 ext 241
(Waterloo office - south Sefton)

Telephone: 01704 517810
(Southport office - north Sefton)

Question

Card 58

**What do Sefton
libraries have
to offer me?**



- Books – standard print and large print, plus talking books on tape and CD. All books are free for you to borrow. Children and people with a visual impairment can also take advantage of free reservation.
- DVDs and /or music CDs – for hire.
- Free computer access and freeinternet access for a maximum of two hours.
- Story and Rhymetime for pre-school children, their parents and carers.

To find out more about activities and opening times, as well as the **Home Visit Library Service** please contact your local library.

Southport

Telephone: 0151 934 2118

Bootle

Telephone: 0151 934 5781

Formby

Telephone: 01704 874 177

Crosby

Telephone: 0151 257 6400

Netherton

Telephone: 0151 525 0607

Meadows (Maghull) Library

Telephone: 0151 288 6727

Question

Card 59

**How can I join
a group where
I will continue
to learn?**



Answer

Card 59

If you are looking to learn something new and develop your skills you can find a course to suit you, enrol and get started with **Sefton Community Learning Service**.

Telephone: 0151 934 4546

The University of the Third Age (U3A) organise a wide range of learning and leisure activities for those who are retired or semi-retired.

For information on how to find your local **U3A Group**:

Telephone: 0208 466 6139

Website: www.u3a.org.uk

The Life Rooms

A Mersey Care service which provides a range of courses.

Telephone: 01704 383198

Question

Card 60

**Who can I contact
for training to use a
personal computer
or laptop?**



Answer

Card 60

3TC provides a number of free training courses to help develop computer skills.

For more information contact

Telephone: 0151 285 4000

Website: www.3tc4u.co.uk

Question

Card 61

**How do I find
out about local
community groups
and activities?**



Answer

Card 61

To find out more about community groups and activities in your local area contact the **Sefton CVS Signposting Service**.

Telephone: 0151 920 0726 ext 241
(Waterloo office - south Sefton)

Telephone: 01704 517810
(Southport office - north Sefton)

Question

Card 62

**I'm lonely but
don't feel confident
attending new
activities on my
own. Where can I
find support?**



Answer

Card 62

For information about befriender services and advice on receiving support if you are lonely or socially isolated, contact:

**Age Concern
Liverpool and Sefton**

Telephone: 01704 542993

Contact The Elderly

Telephone: 0800 716543

Independent Age

Telephone: 0800 319 6789

Silverline

Telephone: 0800 4 70 80 90

To find out more about attending new activities in your local area contact the **Sefton CVS Signposting Service**.

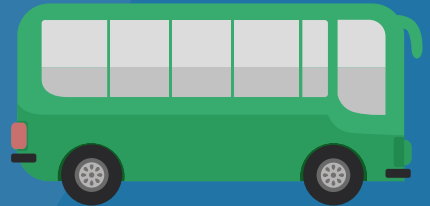
Telephone: 0151 920 0726 ext 241
(Waterloo office - south Sefton)

Telephone: 01704 517810
(Southport office - north Sefton)

Question

Card 63

**How can I find
out the times of
my local buses
or trains?**



Answer

Card 63

Ring **Traveline** for up-to-date information on all local and national buses, trains and the Mersey Ferries.

Telephone: 0871 200 2233
(calls charged at 12p per minute)

Open 7am-8pm Monday-Friday and 8am-10pm Saturdays, Sundays and bank holidays.

Merseytravel

Telephone: 0151 227 5181

or the **Merseytravel Timetable Information Line** on

Telephone: 0151 236 7676

Website: www.merseytravel.gov.uk