

OLDER PERSON'S

**HELP
GUIDE**

FOR

**SOUTHPORT
AND
FORMBY
2005**

Southport and Formby
Primary Care Trust **NHS**



+ Sefton Council

NORTH SEFTON SOCIAL INCLUSION PROJECT FOR OLDER PEOPLE

**This directory has been produced by: -
North Sefton Social Inclusion Project for Older People**



*Sefton Council for Voluntary Service:
Registered Charity No: 1024546
Company Limited by Guarantee Registered No: 2832920*

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Whilst every effort has been made to ensure the accuracy of the information contained in this directory no responsibility can be taken for errors, omissions or change of group times or venues.

EMERGENCY SERVICE PAGE

ALL EMERGENCIES - 999

Police Main Switchboard	0151 709 6010
Fire Service Main Switchboard	0151 227 4466
Ambulance Main Switchboard	0151 260 5220
Beach Patrol and Sefton Ranger Service	0151 934 2962
Sefton Neighbourhood Warden Service	0151 922 6107
Southport Fire Safety Officer	01704 533274
Southport and Ormskirk Hospital	01704 547471

USEFUL NUMBERS

Sefton Pensioner's Advocacy Centre (S.P.A.C.)	01704 538411
Sefton Council Main Switchboard	0151 922 4040
	Or 01704 533133
Sefton Social Services (Customer Access Team)	0151 934 3737
Southport Hospital Social Services	01704 547471
Southport Housing Centre	01704 501256
The Champion Newspaper	01704 531805
The Visitor Newspaper	01704 536655
The Formby Times	01704 872237

This directory of services is not exhaustive, it has been compiled from organisations, churches and community buildings that responded to a questionnaire.

North Sefton Social Inclusion Project

The North Sefton Social Inclusion Project supports older people who are housebound. For those who are housebound the project provides volunteer visiting and shopping services.

The project also supports and encourages older people who find themselves in the position of not being able to engage in activities because of life circumstances. These circumstances could include loss of a partner or friends, recovering from a fall, a lengthy stay in hospital etc.

This Help Guide was produced to give people an opportunity to see what activities and clubs are in their local community and encourage them to take part.

If you or somebody you know would like to take part in these or any other activities but are unable to, please do not hesitate to contact the project on 01704 501024 ext 203. We are there to help you live a more active life and encourage you in any way possible.

OLDER PEOPLE'S SERVICES IN FORMBY

Organisation	Club/Activity	Day/Times	Address	Contact
Formby University of the Third Age	U3A in Formby has over 80 different groups (although not all have vacancies). The contact person should be able to tell you if a group you are interested in has vacancies		General meetings held at Holy Trinity Church Hall, other activities at various locations and times	Ms Robinson 875676
Dove Trust	Line Dancing	Tuesday 10am – 12 noon	Formby Station Car Park	Contact church for further information
Ravenmeols Community Centre	Fencing Club		225 Park Road	Mrs Shavaksha 566297
	Chess Club		225 Park Road	Mr Worthington 877687
	Bridge Club		225 Park Road	Mr Simpson 872027
	St. John Ambulance		225 Park Road	Mr Ward 832119
	Self Help Group		225 Park Road	Mrs Hill 870590
	Formby Civic Society		225 Park Road	Dr Turner 871549
	Park Ladies Bowls		225 Park Road	Mrs Bentzen 871568
	Yoga		225 Park Road	Mrs Reeves 877610

Organisation	Club/Activity	Day/Time	Address	Contact
Ravenmeols Community Centre	Slimming World		225 Park Road	Mrs Hewitt 878021
	Watercolour Group (U3A)		225 Park Road	Mr Randall 568565
Formby Luncheon Club		Tuesday – Friday 12 noon – 1pm	Rosemary Lane, Formby	Joan Talbot 877311
Victoria Hall	Pensioner's Club	Wednesday 2 – 3.30pm	Timms Lane	Mrs Cannon 876192
Formby United Reformed Church	Women's Guild of Christian Service	Alternate Thursday's 2.30pm	111 Church Road	Contact church for further information
	Coffee Morning	Wednesday 10am – 12 noon	111 Church Road	Contact church for further information
	Ladies Society	Alternate Wednesday's 7.30pm	111 Church Road	Contact church for further information
Freshfield Bowling Club	Crown Green Bowling	Daily (except in winter)	Freshfield Bowling Club	872089
	Boules Piste	Daily, year round (morning till dusk)	Freshfield Bowling Club	872089
	Snooker, darts, dominoes	Monday – Saturday	Freshfield Bowling Club	872089
	Golf Society	Occasional dates by arrangement	Freshfield Bowling Club	872089
	Various social functions for members and guests	Various by arrangement	Freshfield Bowling Club	872089

Organisation	Club/Activity	Day/Times	Address	Contact
Holy Trinity Parish Hall	Celia's Café	Tuesday mornings 10am – 12 noon	Jubilee Hall, Rosemary Lane	Drop In
	Scottish Dancing	Tuesday 8pm-10pm	Rosemary Lane	Contact church for further information
	Art	Wednesday 1pm	Rosemary Lane	Contact church for further information
	University of the Third Age	Third Wednesday in the month	Rosemary Lane	Ms Robinson (Secretary) 875676
	Indoor Bowls	Thursday 1pm-4pm	Rosemary Lane	Contact church for further information
	Wine Society	3 rd Saturday evening of every month	Rosemary Lane	Contact church for further information

AINSDALE				
Organisation	Club/Activity	Days/Times	Address	Contact
Ainsdale Community Care	Lunch and Leisure Club	Mon, Tues, Thurs, Fri 12 noon (£2.60 for members, £3.00 for visitors)	Main Hall, Ainsdale Methodist Church	Patricia Frenzel 574838
	Thursday dancing for Senior Citizens	Thursday 1.30pm (£1.20 for members)	Ainsdale Methodist Church	Patricia Frenzel 574838
	Computers for beginners	Monday 1pm – 3pm	Ainsdale Methodist Church	Patricia Frenzel 574838
	Art for beginners	Thursday 10am – 12 noon	Ainsdale Methodist Church	Patricia Frenzel 574838
Ainsdale URC	Coffee morning	Tuesday 10.30am – 12 noon	Station Road	Drop In
Southport YMCA	Over 55's Exercise	Monday 10.15 – 11.15am	St. John's Church Hall, Ainsdale	YMCA 538317
BIRKDALE				
Our Lady of Lourdes RC Church	Ladies Association	Monday 2pm	56 Arundel Road	Contact the church for further information
Birkdale URC	Luncheon Club	Tuesday 12 noon	Grosvenor Road	Contact the church for further information
	Woodwork Group	Wednesday 1.30 – 4.30pm	Grosvenor Road	Contact the church for further information
	Over 50's Badminton	Tuesday 2 – 4pm	Grosvenor Road	Contact the church for further information

BIRKDALE				
Birkdale URC	WEA Art Group	Monday 1.30 – 4.30pm	Grosvenor Road	Contact the church for further information
	Ladies Badminton	Friday 10am – 12 noon	Grosvenor Road	Contact the church for further information
St. John's Church	Luncheon Club (mixed)	Wednesday 12 noon -1.30pm	St. John's Road	Christine Baker 560518
	Fellowship Link (mixed)	Last Friday of the month 8pm	St. John's Road	Christine Baker 560518
	Thursday Fellowship (mostly ladies)	2 nd and 4 th Thursday in the month 2.30pm	St. John's Road	Christine Baker 560518
	Mother's Union	1 st and 3 rd Thursday in the month 2pm	St. John's Road	Christine Baker 560518
CENTRAL SOUTHPORT				
Boundary Street Evangelical Church	Tuesday at Two (church based activities)	Tuesday 2pm	Boundary Street	Mrs Broughton 579188
Hampton Road URC	Mixed Fellowship (inc. speakers, beetle drives, quizzes, outings etc)	Every other Thursday 2.15 – 3.30pm	Hampton Road (corner Boundary Street)	Contact the church for further information
	Ladies Guild (Devotional)	Every other Tuesday 2.15 – 3.15pm	Hampton Road (corner Boundary Street)	Contact the church for further information
Christ Church	Tuesday @ 2	Tuesday 2pm	Lord Street	Contact the church for further information

CENTRAL SOUTHPORT				
Lord Street West URC	Men's Group	Every other Tuesday 10am	Lord Street West	Contact the church for further information
	Women's Group	Every Thursday 2.15pm and Alternate Tuesdays 2.30pm	Lord Street West	Contact the church for further information
St George's URC	Afternoon Tea	Wednesday 2 – 4pm (come and go as you please)	Lord Street	Drop In
	Ladies Fellowship	1 st Wednesday in the month 8pm	Lord Street	Contact the church for further information
	Women's Guild	Every other Thursday 2.15pm	Lord Street	Contact the church for further information
	Games Group	Thursday 7pm – 9.30pm (come and go as you please)	Lord Street	Drop In
	Painting for Pleasure	Friday 10am – 12 noon	Lord Street	Contact the church for further information
	Morning Coffee	Saturday 10am – 12 noon (come and go as you please)	Lord Street	Drop In
St. Marie's Church	U3A meetings	Alternate Mondays 10am – 12 noon	The Marian Centre, Bath Street North (rear of St Marie's)	Contact the church for further information
	Friendship Club	Wednesday 2 – 4pm	The Marian Centre	Contact the church for further information

CENTRAL SOUTHPORT				
Organisation	Club/Activity	Day/Time	Address	Contact
Salvation Army	Young at Heart (over 50's) Club	Wednesday 1.45pm	Shakespeare Street	547805
	Coffee Shop	Monday – Friday 10am – 4pm	Shakespeare Street	547805
	Home Leave (ladies fellowship)	Monday 1pm	Shakespeare Street	547805
Southport Centre for the Deaf	Tuesday Group	Tuesday 10am – 12 noon	19A Stanley Street	549008
	Various activities for members (small annual fee to pay) inc. coffee mornings, bingo, day trips, quizzes, raffles	Various days and times	Various venues	549008
Southport Shopmobility Link	Hire of motorised vehicles and wheelchairs	Monday – Friday 9am – 4.30pm	Tulketh Street, Southport (opposite Waitrose)	501506
Southport YMCA	Over 55's exercise	Tuesday 10 – 11am	81 Hoghton Street	538317
	Fit for Life (Osteoporosis Group)	Tuesday and Thursday 10.30 – 11.30am	81 Hoghton Street	538317
	Yoga	Tuesday 9.30 – 11.30am Thursday 10am – 12 noon	81 Hoghton Street	538317
	Aqua Aerobics	Friday 10.30 – 11.15am	Tarlton High School	538317
	Fitness Gym (all instructors have specialised training to work with over 55's)	Monday – Friday 8am – 10pm Saturday/Sunday 9am – 7pm	81 Hoghton Street	538317

CENTRAL SOUTHPORT				
Organisation	Club/Activity	Day/Time	Address	Contact
University of the Third Age	General Meeting (for membership card holders only)	1 st Thursday in the month	Lord Street West United Reformed Church Hall	Edith Bewick 220648
	Bowls	Monday and Thursday 10am		Teg Roberts 231130
	Bridge 1	Thursday 1.30pm	Guardian Court	Alice Hepworth 577035
	Bridge 2	Monday 1.30pm	Stanley Street	Joan Holt 226344
	Classics Revisited	Alternate Tuesdays 7.30pm		Lilian Smith 578675
	Concert Party	Wednesday 2pm		Eunice Joynson 225871
	Craft and Art	1 st and 3 rd Monday in the month 10.30am	St Maries	Joan Murray 226644
	Discussion	1 st and 3 rd Tuesday in the month 10.30am		Ellen Ince 226304
	French	Alternate Thursdays 2pm		Leila Lipsey 560667
	Gardening	2 nd Tuesday in the month 2.15pm	RAFA Club, Sussex Road	Pat Dedman 536356
	Genealogy	Last Thursday in the month 10am		Allen Buckley 533813
	German	Alternate Tuesdays 2.30pm		Jean Wilkins 533641

CENTRAL SOUTHPORT				
Organisation	Club/Activity	Day/Time	Address	Contact
University of the Third Age	Golf	Wednesday 1.30pm		Wyn Humphries 576941
	Local History	4 th Tuesday in the month 7.30pm		Jean Rivett 547456
	Lunch Get- Together	Alternate Fridays 12 noon		Pam Maddison 568557
	Music 1	Alternate Thursdays 2.30pm		James MacDonald 578675
	Music 2	1 st Wednesday in the month 2.30pm		Jean McEwen 540427
	Scrabble 1	Alternate Thursdays 7.30pm		Jean Henderson 227014
	Scrabble 2	Alternate Fridays 2.30pm		Elsa Dunne 539764
	Snooker	Tues, Wed, Fri 10am		Allen Buckley 533813
	Spanish	Monday 10am		Patrick Devereaux 576928
	Walking (Leisurely)	1 st and 3 rd Friday		Doris Wood 542719
Grace Baptist Church	Men's Meeting	Wednesday 10.30am	40 Market Street	Contact the church for further information
	Ladies Meeting	Wednesday 10.30am	40 Market Street	Contact the church for further information

CENTRAL SOUTHPORT				
Organisation	Club/Activity	Day/Time	Address	Contact
St Philip and St Paul with Wesley	Ladies Group	Alternate Wednesdays 7.30pm	Scarisbrick New Road	Contact the church for further information
	Mother's Union	2 nd Tuesday in the month 8pm	Scarisbrick New Road	Contact the church for further information
	Age Concern Exercise class	Wednesday 2.30pm	Scarisbrick New Road	Contact the church for further information
Family Life Centre	Auntie Wainwright's Club	Chair based keep fit Monday 12 noon – 12.45pm followed by a social meeting with light lunch 1 - 2.45pm	Ash Street	Contact the centre for further information
Leyland Road Methodist Church	Open morning/coffee morning	Wednesday 10am – 12 noon	Leyland Road	Church office 536648
	Ladies Group	Tuesday 2.30 – 4.00pm	Leyland Road	Church office 536648
Holy Trinity Church	Luncheon Club	Tuesday 12 noon	Manchester Road	Contact the church for further information
	Fellowship	2 nd Tuesday in the month 8pm	Manchester Road	Contact the church for further information

CHURCHTOWN				
Meols University of the Third Age	General Meetings	2 nd Tuesday of every month 2pm	Emmanuel Church Hall, Cambridge Road	Maureen Barber, Emmanuel Church
	Bridge/Scrabble	Every Tuesday except days of General Meetings 2pm	Emmanuel Church Hall	Maureen Barber, Emmanuel Church
	Walking/Rambling	Monday 10am	Various venues	Maureen Barber, Emmanuel Church
Meols University of the Third Age	Luncheon Club	Alternate Wednesdays 12 noon	Various venues	Maureen Barber, Emmanuel Church
	Creative Writers Group	Tuesday monthly 2pm	Emmanuel Church Hall	Maureen Barber, Emmanuel Church
	Bowls	Wednesdays in summer 2pm	Victoria Park	Maureen Barber, Emmanuel Church
	Keep Fit for 55 years and over	Friday 10.15am	Emmanuel Church Hall	Maureen Barber, Emmanuel Church
	Theatre Outings	Various	Various theatres	Maureen Barber, Emmanuel Church
Emmanuel Church	Luncheon Club	3 rd Wednesday in the month 12.30pm	Cambridge Road	Contact church for further information

MARSHSIDE				
Southport Stroke Club	Social Evenings	3 rd Thursday of every month 7.30pm	St Patrick's Parochial Centre, Marshside Road	Southport Stroke Club
	Outings	Each month from March to November (members contribute towards cost)	Varying destinations around the North West	
St Patrick's RC Church	Over 55's Club (£2 annual and £1 weekly subscription). Activities include: Card games, scrabble, dominoes, bingo, quizzes etc. Speakers, videos, outings	Wednesday 2 – 4pm	St Patrick's Church Hall, 35 Marshside Road	St Patrick's RC Church
	Over 55's exercise	Tuesday 11.30am – 12.30pm	St Patrick's Church hall, 35 Marshside Road	YMCA 538317
Marshside Temperance Hall	Over 60's	Tuesday 1.30 – 3.30pm	Temperance Hall, 61 Shellfield Road	Marshside Temperance Hall
	Tai Chi	Thursday 10 – 11am	61 Shellfield Road	Marshside Temperance Hall
	Old Time Dancing	Sunday 2 – 4pm	61 Shellfield Road	Marshside Temperance Hall
Marshside Methodist Church	Coffee morning and Thought for the Day	Thursday 10.30am	Marshside Methodist Church, 126 Cambridge Road	Marshside Methodist Church

KEW				
Church of St Francis of Assisi	Exercise Class	Monday 10 – 11am	Folkestone Road, Kew	547758
	Luncheon Club	Wednesday 12.30pm	Folkestone Road, Kew	547758
	Fellowship	Wednesday 2pm	Folkestone Road, Kew	547758
	Coffee Morning	Thursday 10.30am	Folkestone Road, Kew	547758
NORTH SEFTON WIDE				
Sefton O.P.E.R.A. (Older Person Enabling, Resource and Action)	Pampering and massage sessions (open to all older members of the community)	Tuesday 1.30 – 3.30pm	Various residential and sheltered accommodation in Southport	Ann or Vikki 0151 330 0479
	Reminiscence Sing a long	Wednesday 1.30 – 3.30pm	Held locally at various locations in Southport	Ann or Vikki 0151 330 0479
	50+ Learn to Swim	Wednesday 9 – 10am		Ann or Vikki 0151 330 0479
Sefton Older Person's Community Care Forum	North Sefton Forum Meetings	Last Thursday in the month 1.30pm	Various venues	Margaret Lambert 538411
Age Concern	Exercise Classes, Tai Chi, Healthy Walks	Various days	Various venues	To enrol for any of the classes, please ring Age Concern on 542993