



## EitC Online engagement timetable:

In response to the COVID-19 pandemic and having to cease all EitC session delivery, an online engagement timetable has been developed to ensure EitC participants can stay connected and remain socially and physically active whilst at home. The session menu below has been designed to help to improve fitness, reduce social isolation, build resilience, improve morale and optimism for the future. Sessions are delivered on a weekly basis, unless otherwise stated, and are free to access. To register your interest or to ask any questions, please contact your EitC programme coordinator. Upon registration you will be sent an invitation email to join the session alongside details for how to download the free 'Webex' app from your App store.

Time:	Monday	Tuesday	Wednesday	Thursday	Friday
10-11am		<b>Blue Base</b> Coffee morning <i>Exclusive to Blue Base participants</i>	<b>Workout Wednesday</b> <i>Join EitC's fitness trainers for a tailored bodyweight circuit training session. No equipment needed.</i>	<b>Active Bingo</b> <i>Join EitC's Health &amp; Wellbeing Team for a fun-filled session to get both brains and bodies active</i>	<b>Yoga group</b> <i>Join EitC's Rosanna for a relaxing Yoga session to relax, relive stress and set you up for a great weekend</i>
11-12pm	<b>Motivation Monday</b> <i>Interviews with inspirational guest speakers to provide motivation and advice to help kick start your week</i> <b>10:30-12 midday</b>	<b>Pilates group</b> <i>Join our Pilates instructor Donna for a relaxing Pilates session to improve balance and core strength.</i>	<b>'Girls On Side'</b> Coffee morning <i>Exclusive to Girls On Side participants</i>	<b>Walking Football</b> Coffee morning <i>Exclusive to Walking Football participants</i> ----- <b>Everton Veterans Hub</b> NAFFI break <i>Exclusive to EVH participants</i>	<b>'Imagine Your Goals'</b> Coffee morning <i>Exclusive to IYG participants</i>
1-2pm 2-3pm		<b>Online Dementia Friends training</b> <i>Every last Tuesday of the month 1-2pm</i>		<b>Online Mental Health Awareness</b> <i>Every last Thursday of the month 1-3pm</i>	
<b>Timetable key:</b> <ul style="list-style-type: none"> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #f4cccc; border: 1px solid black; margin-right: 5px;"></span> Open access session to any EitC participant/ volunteer</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #d9ead3; border: 1px solid black; margin-right: 5px;"></span> Closed access session only available to specific project participants</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #e6e6fa; border: 1px solid black; margin-right: 5px;"></span> This session is subject to confirmation and will hopefully be available in the next few weeks</li> </ul>					