

TUESDAY

Stay and Play

Our 'Stay and Play' session is a free class at The People's Hub which provides parents with a dedicated time and space to bond with their child. Activities and educational equipment are available also and coffee, tea and toast all provided. Staff will be on hand for wellbeing advice and guidance for you and your little one.

**Tuesdays 10 - 11.30am,
The People's Hub, L4 4DF**

Stand Together

Stand Together is an opportunity for anyone over 65 to improve their quality of life by making new friends, having fun and enjoying a variety of activities together. The programme is funded by The Premier League and supported by the Professional Footballers' Association. Sessions are free to attend and breakfast and refreshments provided.

**Tuesdays 10.30am - 12.30pm,
The Blue Base on Salop Street, L4 4BZ**

Youth Zone

There's a variety of different activities for young people to take part in at our Walton Youth Zone - from football tournaments, gaming, arts and craft, hair and beauty and multi-sports. We also run regular trips out and there's plenty of opportunities to represent Everton in the Community and play against other PL kicks teams. We also run additional activities during half-terms.

**Youth Zone (Ages 12-16)
Tuesdays 5.45 - 7.45pm, The People's Hub, L4 4DF**

**Youth Zone (Ages 8-12)
Thursdays 5.45 - 7.45pm, The People's Hub, L4 4DF**

MONDAY

Women's Only Health and Fitness Class

Get fit and healthy in a friendly, welcoming environment with Everton in the Community. Women of all ages and abilities are welcome to attend.

**Mondays 11am - 12pm,
The People's Place, L4 4DF**

Walking Football

Everton in the Community hosts a number of Walking Football programmes to encourage people to remain physically and socially active playing football, albeit at a slightly slower pace. The free-to-attend weekly football sessions are delivered by qualified Everton in the Community coaches at The People's Hub all-weather astro-turf pitch.

***Walking Football Monday/Wednesday
(Ages 40+) 6.30 - 8.00pm, The People's Hub, L4 4DF**

****Keep Your Boots On Wednesdays
(Ages 60+) 2.30 - 4.00pm, The People's Hub, L4 4DF**

WEDNESDAY

Stand Together

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Wednesdays 10.30am - 12.30pm
The Blue Base on Salop Street, L4 4BZ

Sit and Knit

A social group where participants attend to knit together, take part in some arts and crafts and have a chat over a cup of tea. The group also regularly donate items knitted during the sessions to Liverpool Women's Hospital for their Little Woollens Shop.

Wednesdays 12 – 1.30pm, The People's Hub, L4 4DF

Yoga and Mindfulness

People of all ages and abilities are welcome to sign up for our free weekly yoga and mindfulness session that takes place in The People's Place. Yoga is scientifically proven to relieve stress, improve flexibility, as well as generally support your mental and physical wellbeing, so why not make it your weekly routine to join us every Wednesday at The People's Hub.

Yoga mats are also available.

Wednesdays 1.30 – 2.30pm, The People's Place, L4 4DF
Additional session: Thursdays 1 – 2 pm, The People's Place, L4 4DF

WEDNESDAY

Spirit Choir

The Everton in the Community Spirit Choir is open to anyone from the local community who rejoice in the joy of singing. Every Wednesday, the charity's spirit choir comes together to sing and socialise at The People's Hub, and they're always on the lookout for new members. There are no barriers to getting involved regardless of your singing ability with sessions designed to help combat loneliness and social isolation as well as helping to improve the physical and mental wellbeing of its participants.

Wednesdays 6.30 – 7.30pm, The People's Hub, L4 4DF

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Wednesdays 1pm – 2.30pm
The People's Hub, L4 4DF

THURSDAY

Everton Cares Fitness Class

A weekly fitness class for individuals with a health condition who would like to try different forms of exercise whilst it being tailored to their needs and abilities.

Thursdays 10am - 11am, The People's Place, L4 4DF

Sing and Sign

Parents are taught a combination of British sign language and Makaton with their babies aged five to 18 months. The session focuses on the babies' wants and needs that they cannot express before they become verbal. Sing and sign teaches parents how to communicate with their baby, and the result is a happier baby who develops their language and communications skills much earlier. Registration required. 10-week course.

**Thursdays 1.30pm - 2.00pm,
The People's Place, L4 4DF (registration required)**

SATURDAY

Dad's Club

Sessions will provide children with a safe space to play and have fun with other little ones of a similar age whilst dads can seek parent and wellbeing advice, socialise with other like-minded dads, and of course bond and spend some quality time with their own children. A whole host of activities and play equipment is available to entertain your little ones as well as snacks and refreshments.

Alternative Saturdays
**(Please email neighbourhood@evertonfc.com
to confirm when) 10am - 11.30am**

**The People's Hub, Spellow Lane, L4 4DF, and
Clubmoor Childrens Centre, Utting Ave E, Liverpool L11 1DQ**



Please email neighbourhood@evertonfc.com
for more information or to sign up.