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**FACE FORWARD**

**FREE New course guide Feb-Apr 2025**

**We are providing free health and wellbeing courses to residents of**

**the Knowsley area and beyond.**

**Why not enrol on a new course with Knowsley FACE Forward.**

**For more information about our courses, please refer to the Knowsley FACE course guide,**

**scan the QR code above or visit** [**www.knowsleyface.co.uk**](http://www.knowsleyface.co.uk)

**Alternatively, you can get in touch using contact details below.**

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| **Contacts** | | | | | | | | |
| **Enrolments - please enrol online or contact Ange Powell** | | | | | | | | |
| **Ange Powell**  **Alex Horrocks** | | [**ange.powell@knowsley.gov.uk**](mailto:ange.powell@knowsley.gov.uk)  [**alex.horrocks@knowsley.gov.uk**](mailto:alex.horrocks@knowsley.gov.uk) | |  | | **07870 884 266**  **07340 704 077** | | |
| **Halewood** | | | | | | | | |
| **New Hutte Neighbourhood Centre,**  Lichfield Road, Halewood, L26 1TT | | | | | | | | |
| **Day** | **Course** | | **Time** | | **Course length** | | **Start date** | **Tutor** |
| **Monday** | **Dance Cultures** (T&L) | | **1pm-3pm** | | **5 Weeks** | | **10/02/2025** | **Diane S-C** |
| **Tuesday** | **Aromatherapy** (CLMH) | | **12:00-14:00** | | **5 Weeks** | | **25/02/2025** | **Maureen G** |
| **Tuesday** | **Mixed Therapies** (CLMH) | | **14:00-16:00** | | **5 Weeks** | | **25/02/2025** | **Maureen G** |
| **Tuesday** | **Dancercise** (CLMH) | | **10.00-11.00** | | **5 Weeks** | | **TBA** | **Diane S-C** |
| **Tuesday** | **Sequence Dancing** (CLMH) | | **14.30-15.30** | | **5 Weeks** | | **TBA** | **Diane S-C** |
| **Thursday** | **Family History** (CLMH) | | **13.00-15.00** | | **5 Weeks** | | **27/02/2025** | **Alan M** |
| **Thursday** | **Upcycle Costume Sewing** (T&L) | | **09:30-12:30** | | **5 Weeks** | | **27/02/2025** | **Sharon C** |
| **Thursday** | **Coffee & Chat engagement morning** (T&L) | | **10:00-12:00** | | **Ongoing** | | **Every Week** | **Rebecca F** |
| **Friday** | **Introduction to Yoga and Guided Relaxation** (CLMH) | | **13.00-15.00** | | **5 Weeks** | | **28/02/2025** | **Alison J** |

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| **Huyton / Stockbridge** | | | | | |
| Volair, Stockbridge Village, L28 1AB  Incredible Edibles, Court Hey Park, L16 2LR | | | | | |
| **Wednedsay** | **Dancercise – Volair Leisure Centre, Stockbridge** (T&L) | **11am-12pm** | **5 Weeks** | **05/03/2025** | **Diane S-C** |
| **Wednesday** | **Highway to Health – Incredible Edibles** (CLMH) | **1pm-3pm** | **5 Weeks** | **19/02/2025** | **Yvonne I** |
| **Thursday** | **Family Ancestry – Incredible Edibles** (CLMH) | **10am-12pm** | **5 Weeks** | **27/02/2025** | **Alan M** |

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| **PRESCOT** | | | | | |
| **Knowsley FACE Learning Hub**  Prescot Shopping Centre (Ground Floor), Aspinal Street, Prescot L34 5GA | | | | | |
| **Monday** | **Upcycle Costume Sewing** (T&L) | **09:30-12:30** | **5 Weeks** | **24/02/2025** | **Sharon C** |
| **Wednesday** | **Highway to Health** (CLMH) | **10:00-12:00** | **5 Weeks** | **19/02/2025** | **Yvonne I** |
| **Thursday** | **Coffee & Chat engagement morning** (T&L) | **10:00-12:00** | **Ongoing** | **Every Week** | **Rebecca F** |
| **Friday** | **Local History of Prescot** (T&L) | **10.00-12.00** | **5 Weeks** | **28/02/2025** | **Alan M** |
| **Friday** | **Emotional Freedom Technique (Tapping)** (CLMH) | **10.00-12.00** | **5 Weeks** | **28/02/2025** | **Maureen G** |

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| **Kirkby** | | | | | |
| **The Maples,** Westhead Avenue, L33 0YN  **Volair Leisure Centre,** Cherryfield drive, L32 8SA | | | | | |
| **Monday** | **Family Ancestry – The Maples** (CLMH) | **13:00-15:00** | **5 Weeks** | **24/02/2025** | **Alan M** |
| **Wednesday** | **Dancercise – Volair Leisure Centre** (T&L) | **13:00-14:00** | **5 Weeks** | **05/03/2025** | **Diane S-C** |

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| **Closed Classes (Not for Advertisement)** | | | | | |
| **These classes are for bespoke groups & Organisations and are not to be advertised as places are full.** | | | | | |
| **Monday** | **Family Ancestry – Kirkby- Southdene CC** (T&L) | **6-8pm** | **5 Weeks** | **24/02/2025** | **Alan M** |
| **Wednesday** | **Mixed Therapies – Halewood NH – YVYC** (CLMH) | **10am-12pm** | **5 Weeks** | **26/02/2025** | **Janine B** |
| **Wednesday** | **Mixed Therapies – Halewood NH – YVYC** (CLMH) | **1pm-3pm** | **5 Weeks** | **26/02/2025** | **Janine B** |
| **Friday** | **Healthy Eating – Halewood NH – YVYC** (CLMH) | **1pm-3pm** | **5 Weeks** | **28/02/2025** | **Anne L** |