

## SUMMARY OF KNOWSLEY IKAN TEAM ACTIVITIES 2014

Day	Extra Care Time (AM)	IKAN	Extra Care Time (PM)	IKAN
<b>Monday</b>  Huyton	10.00am-12.30pm Huyton Fallers Support Group. Free Activity & social group Highclere Crescent Community Room Highclere Crescent Huyton Contact: Ann Cullen Ikan Tel: 0151 443 2162		1:00pm-3:00pm Glencroft Close Community Room Fairclough Rd Huyton L36 Bingo, Activity & Social Group Contact: Helen Power 0151 480 9292	
Prescot	10.30am-12.00am Coffee morning & activities Oliver Lyme House Sheltered Scheme Lavendar Close Prescot Contact: Jeannie Embleton 0800 694 0270		12:30pm Luncheon Club South Ave community room Prescot Contact: Karen Gray Scheme Manager Tel:07810053741  1.30pm-3.00pm Activity & Social Group Highfields Supported Housing Scheme, West Street, Prescot Contact: Scheme Manager Cindy Poole Tel: 0781 005 3715	
Cronton				1.15-2.15pm-Chair Based Exercise Holy Family Social Club Hall Lane Cronton Contact Jeannie Embleton IKAN Team 0800 694 0270
Kirkby	11.00am – 12.00pm Activity & social group Park Court community room Kirkby Contact: Elaine Morgan Scheme Manager Tel: 548 1009 Wendy Ferguson Tel: 0151 443 4313  12.00pm - 2.00pm Chair Based Exercises/Social Group Kirkby Fire Station, Webster Drive			

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Whiston	<p>Kirkby L32 8FL          Contact: Wendy Ferguson          Tel: 0151 443 4313          07717 301 444</p> <p>10.00am-12.00pm          F.L.A.P          Activity &amp; social group          Robert Foulks Centre          Brook Street          Whiston          Contact : Lillian Bridgers          Tel: 0151 292 3622 or          Jeannie Embleton          IKAN 0800 694 0270</p>			
Halewood			<p>1.00pm -3.00pm          Activity &amp; social group          Kinlock Close          Community Room          Halewood          Contact: Ann Cullen Ikan          Tel: 0151 443 2162          or Sue Venables          scheme manager          Tel:448 1282</p>	
<b>Tuesday</b>  Huyton		<p>10.30-12.30pm          FREE Activity and social group. Boccia, Tai Chi and strength exercises.          The Gate Community Centre, Princess Drive,          Huyton L14  <i>Free cuppa!</i>          Contact: Rachel Freeman IKAN Team          0800 694 0270</p>	<p>2.30 pm- 4.30pm          Activity &amp; social group          Crawshaw Court community room.          Huyton          Contact Laraine or Debbie - Scheme Manager 480 2424 or          Rachel Freeman (IKAN) 0800 694 0270</p>	<p>1.00pm – 4pm          Knit Witts activity / knitting / bingo / social group          ‘Knowsley Works’ Shop          Longview Shopping parade          Hillside Road          Huyton          Contact: Mary Edgar:          07845 419 766          Rachel Freeman (IKAN)          0800 694 0270</p>
Prescot	<p>10.00am – 12.45pm          Extra care activities, social group, chair based exercise with 2 course lunch for £3.00          Knowsley Skills Academy Cafe (KSA)          Scotchbarn lane          Prescot          Contact: Jeannie Embleton (IKAN) 0800 694 0270          Or Maureen Lockart (KSA) 0151 440 2850</p>		<p>1.00pm-3.00pm          Activity &amp; social group          Eaton Street community room          Contact: Liz Melia 07810053710          1.30pm-3.30pm          Activity &amp; social group          Greenwood Close community room          Prescot          contact - Deb Waring Scheme</p>	

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			Manager 07810053711	
Kirkby	10.30am-12.30pm Happy Hours – Chair Based Exercises/Social, Towerhill Community Centre, Ebony Way, Kirkby L32 1XT Contact: instructor ( Wendy Ferguson ) Tel: 0151 443 4313 07717301444			2.00-4.00pm Chair Based Exercise 21 Park Close Westvale Kirkby L32 2BU Contact: Katherine Maxwell – Scheme Manager 0151 548 4487
Halewood	11am-12.00pm Chair Based Exercise Class New Hutte Community Centre Litchfield Road, Halewood L26 1TT Contact: Instructor (Marie Shelley) Tel: 0151 244 3366 or 0778 552 0988			
Cronton			1.00-3.00pm Extra Care Activities Boccia/New Age Kurling Holy Family Social Club Hall Lane Cronton Contact: Jeannie Embleton IKAN Team 0800 694 0270	
<b>Wednesday</b> Halewood	10.00am- 2.00pm Memory Lane Knowsley Dementia Support Group Kinloch Close Community Room Halewood L26 9XZ Contact: Ann Cullen(IKAN) 07827 254 219, Pat Mairs 07858 032 490			
<b>Thursday</b> Huyton		10.30am-12.30pm FREE Multi activity group - Boccia / Kurling / Tai chi / strength exercises	1.00pm – 3.00pm Social Group Hillside Community Centre Hillside Avenue	1.00pm 4.00pm Knit Witts Knitting & social group 'Knowsley Works'

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		<p><b>Stockbridge Village Neighbourhood Centre, The Withens Stockbridge Village L28</b>  Refreshments- minimal charge.  <b>Contact: Rachel Freeman (IKAN) 0800 694 0270</b></p>	<p><b>Huyton Contact: Hillside Community Centre 0151 449 3688</b></p>	<p><b>Shop Longview Shopping Parade Hillside Road Huyton</b>  <b>Contact: Rachel Freeman (IKAN) 0800 694 0270</b></p>
Prescot		<p><b>10:00am – 12:00pm Activity &amp; Social group/Chair based Exercise Facing Life And Pain (F.L.A.P) Robert Foulkes Centre Brook Street Whiston</b>  <b>Contact: Lillian Bridgers 0151 292 3622 or Jeannie Embleton (IKAN) 0800 694 0270</b></p>	<p><b>2:00pm- 4:00pm Activity Session Boccia &amp; Refreshments Bold Manor Supported Housing Dragon Lane Whiston</b>  <b>Contact: Jeannie Embleton (IKAN) 0800 694 0270</b></p> <p><b>1:00pm-3.00pm Knitwits- Knitting Group Highfield Sheltered Scheme West St Prescot.</b>  <b>Contact Scheme Manager Cindy Poole 07810053715</b></p>	
Kirkby	<p><b>10.30-12.00 Golden Years Activities, social group &amp; Chair Based Exercise Northwood Community Centre Gilescroft Avenue Northwood Kirkby</b>  <b>Contact: Wendy Ferguson (IKAN) 07717 301 444 / 0151 443 4313</b></p>		<p><b>1.30 – 3.30pm Cygnet Court Boccia / activities Northwood Kirkby</b>  <b>Contact: Wendy Ferguson (IKAN) 0151 443 4313 / 07717 301 444</b></p>	
<b>Friday Kirkby</b>	<p><b>Zumba (adapted) Towerhill Community Centre Ebony Way Towerhill Kirkby</b></p>	<p><b>12.00 – 1.00pm Line Dancing for older people. Towerhill Community Centre.</b></p>	<p><b>1.30 pm – 2.30 pm Happy Hours Carpet Bowls &amp; social group Tower Hill</b></p>	

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	<b>L33 8YD Contact: Wendy Ferguson 0151 443 4313 07717 301 444</b>	<b>Ebony Way Towerhill Contact: Wendy Tel 0151 443 4313 07717 301 444</b>	<b>Community Centre Ebony Way Kirkby Contact: Wendy Ferguson Tel: 0151 443 4313 07717301444</b>	
Halewood			<b>12.30 pm-1.30 pm WAFTA community room Contact Louise Croft Scheme Manager 448 9966 or Contact: Ann Cullen Ikan Tel: 0151 443 2162</b>	
Prescot			<b>1.00– 3.00pm Card making, Highfield Sheltered scheme, Contact: Cindy Poole, Scheme Manager 07810 053 715</b>	

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