

Bootle and Orrell Hey

# Festival of Wellbeing



**ORRELL TRUST**  
onwards together

3 days of free  
activities and  
events to support  
health and  
wellbeing

St John & St James Church and Community Centre  
71 Bailey Drive, Bootle, L20 6EX

**6TH, 7TH, & 8TH July 2023**



# Introduction

We are delighted to present the programme for The Orrell Trust's first Festival of Wellbeing which will take place at St John & St James Church and Community Centre on 6, 7, and 8 July 2023.

We all need to take positive choices for our health and wellbeing from time-to-time. Whether it is a regular hobby that gives us joy, a volunteering role where we can use our time and skills in service of others, a social event that connects us with other people, or something we do in the week just for ourselves. Our Festival of Wellbeing showcases a varied and lively selection of the activities offered by The Orrell Trust alongside those of our friends and local partner organisations to support you and your wellbeing.

Pop in, try something new, it could be one of the best decisions you make for your health and wellbeing. We look forward to seeing you there.



## 5 ways to wellbeing

The 5 ways to wellbeing are steps we can all take to improve our mental health and wellbeing. Doing these 5 things can help us to feel more positive and able to get the most out of life.

### Connect

Connecting with others can help us feel close to people, and valued for who we are.

### Get Active

Many people find that physical activity helps them maintain positive mental health.

### Take Notice

Paying attention to the present moment - our thoughts, feelings, body, and the world around us - can improve mental wellbeing.

### Learn

Learning new skills can boost self esteem, develop a sense of purpose, and help connect with others.

### Give

Acts of kindness can improve wellbeing by creating positive feelings, a sense of reward, and a feeling of purpose.



# Thursday 6 July

TIME	ACTIVITY	DESCRIPTION
All Day (10am – 4pm)	Café Thursday	Community Café
10am	Story and Rhyme Time	Listen to a story and join in some related activities. (For under 5s)
10am (2hrs)	Down Orrell Hey	Memory Café for people living with memory loss and those who care for them.
11am	Story and Rhyme Time	Listen to a story and join in some related activities. (For under 5s)
12 noon	Community Lunch	Good food and good company.
1pm (2hrs)	Orrell Arts Cafe	Creative art making for all
1pm	Mind, body, and soul	A holistic approach to health and wellbeing.
2pm (2hrs)	Drop-in pampering session	Pop in between 2 and 4pm for a pampering session delivered by Sefton OPERA

**Timetable is correct at time of going to print.  
Please check [www.theorrelltrust.co.uk](http://www.theorrelltrust.co.uk) for any updates  
or follow us on social media @orrelltrust**





# Friday 7 July

TIME	ACTIVITY	DESCRIPTION
10am	Healthy Cooking	Practical introduction to cooking healthily.
10am (2hrs)	Crochet	Develop your crochet skills.
11am	Healthy Cooking	Practical introduction to cooking healthily.
11am	Gardening	Plant an herb garden to take home.
12pm	Healthy Cooking	Practical introduction to cooking healthily.
1pm	Story Telling	Space-themed story-telling and crafts by local children's author Jude Lennon
1pm	Learn to hand sew	Introduction to hand sewing from Becca Buttons.
2pm	Yoga	Restorative yoga for healthy backs
2pm	Down Orrell Hey	Memory Café for people living with memory loss and those who care for them.
2pm	Gardening	Plant a flower pot to take home.
3pm	Orrell Arts Café	Creative art making for all.
3pm	Yoga	Restorative yoga – get rid of the boulders in your shoulders.
4pm	Scratch Choir	Your chance to perform as part of a choir.

7pm – 9pm

## Family Games Night

Join us for an evening of fun and games for all the family.



# Saturday 8 July

TIME	ACTIVITY	DESCRIPTION
9am	Crosby parkrun (Meet at Crosby Leisure Centre)	Run, walk, jog, or volunteer at your free, weekly, friendly local 5k event. <a href="http://www.parkrun.org.uk/crosby">www.parkrun.org.uk/crosby</a>
10am	Try Tai Chi	A 30-minute taster session
10am	Orrell Arts Café	Creative art making for all.
10am	Orrell Park Green Team	Bring the family for a community litter pick. Meet at Orrell Park Station.
11am	Learn to hand sew	Introduction to hand sewing from Becca Buttons.
12pm	Chaos Dance	Adult dance fitness
12pm	Beginners Crochet	Learn to crochet.
1pm (2hrs)	Local History Walk	A 2.5km guided local history walk.
1pm	Craft hour	Learn to macramé. Make a keyring or bookmark.
1pm	Chair based exercise	Gentle exercise for those with limited mobility.
2pm	Try Tai Chi	A 30-minute taster session
2pm	Down Orrell Hey	Memory Café for people living with memory loss and those who care for them.
3pm	Card Making	Learn the art of card making.

**Unless otherwise stated all activities are held at St John & St James Church and Community Centre (71 Bailey Drive, Bootle L20 6EX) and last for 1 hour.**



# The Orrell Trust

The Orrell Trust is a community charity based at St John & St James Church and Community Centre in Bootle. From this bright, modern, and accessible base we run a range of activities and projects for the local community.

Our weekly programme includes activities for older people; children, young people, and families; and young adults with additional needs. Alongside our regular activities we run short courses, one-off sessions, seasonal events, training, and fundraisers throughout the year.



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onwards together



## Volunteer with us

Our volunteers are central to all we do at The Orrell Trust. If you are looking to give a few hours each week to support an organisation that is working to improve the local community, please get in touch.

We have opportunities to suit almost everybody with roles across our work with older people; children, young people, and families; and young adults with additional needs.

Other roles are in the background but are no less important. These include supporting our work with catering, admin, or as a trustee.

**Interested?** Give us a call, drop us an email, or speak to one of the team.



## Contact us

The Orrell Trust, St John & St James Church and Community Centre,  
71 Bailey Drive, Bootle, L20 6EX

**T:** 0151 933 2116 **E:** [manager@theorrelltrust.co.uk](mailto:manager@theorrelltrust.co.uk) **W:** [theorrelltrust.co.uk](http://theorrelltrust.co.uk)



The Orrell Trust is a Registered Charity (No. 1096549) and a Company Limited by Guarantee (No. 4425137)



# Thanks

The Orrell Trust is grateful to our friends and partners who are working with us to make this event a success.

Geraldine Egan • Sefton OPERA • Netherton Feelgood Factory • Jude Lennon • KHDB • White Tiger Taiji School • Chaos Dance • Natalie Jeffreys-Meadows • Becca Buttons • Living Well Sefton Community Connectors • The May Logan Centre • Hugh Baird College • Adult ACES Programme • Social Prescribing Network • Orrell Park Green Team • Crosby parkrun • Sandra Dale • Jan Forrest • MPAC • Maghull Library • St John & St James Church • Erin Rowlands • Alison Doyle



With special thanks to Living Well Sefton whose generous funding allows this event to take place.



# What's on

Thursday

Story Time • Rhyme Time • Live Your Best Life • Pampering • Down Orrell Hey (Memory Café) • Arts Café • Hugh Baird College • Community Connectors • Health Checks • Sefton OPERA

Friday

Cooking • Healthy Eating • Story-telling and Crafts • Restorative Yoga • Arts Café • Crochet • Sewing • Health Checks • Hugh Baird College • Social Prescribing Team • Down Orrell Hey (Memory Café) • Sefton OPERA • Gardening • Family Games Night

Saturday

Tai Chi • Dance Fitness • Sewing • Crochet • Down Orrell Hey (Memory Café) • Card Making • Health Checks • Hugh Baird College • Social Prescribing Team • Arts Café • Sefton OPERA • Crosby parkrun • Litter Pick • Local History Walk

