

# HALL USER CONTACT LIST 2026

**Hall Administrator: 07796628901 (Liz Sinker)**

## MONDAYS

*Morning:* National Childbirth Trust playgroup -  
[Coordinator.NorthLiverpool@nct.org.uk](mailto:Coordinator.NorthLiverpool@nct.org.uk)

*Morning:* Gaynor McHugh - Chair Exercises – 07944 989140 -  
[gaynormchugh39@gmail.com](mailto:gaynormchugh39@gmail.com)

*Evening:* Salsa – Martin – 07795 360753

*Evening:* Flow Fitness Pilates – Lauren – 07930 735828

## TUESDAYS:

*Afternoon:* Songbirds (Ladies Choir) – Ali Davies – 07912 181437

*Evening:* Rainbows – Liz Sinker – [alsinker@hotmail.com](mailto:alsinker@hotmail.com) 07796628901

*Evening:* Brownies – Liz Sinker – [alsinker@hotmail.com](mailto:alsinker@hotmail.com) 07796628901

*Evening:* Guides – Lindsay Martin – [lindsaymartin170410@yahoo.com](mailto:lindsaymartin170410@yahoo.com)  
07534959825

## WEDNESDAYS:

*Morning:* Flow Fitness Women's Strength and Tone – Lauren Ruane – 07930  
735828

*Afternoon:* Tai Chi – Kam – 07931 725182

*Evening:* Greek school – Eleni – 07932 627900

## THURSDAYS:

*Morning:* Early Birds Playgroup and Soupa Thursday cafe – Lesley Utley –  
07388 324196

*Morning:* Ageing Well exercise class – Emily – 07756 694050

*Evening:* Spanish for Fun – Stephane – 07968 307604 –  
[stephane@languageforfun.uk](mailto:stephane@languageforfun.uk)

*Evening:* Flow Fitness Boxercise for Women – Lauren Ruane – 07930 735828

## FRIDAYS:

*Morning:* Flow Fitness Women's Strength and Tone – Lauren Ruane – 07930  
735828

*Afternoon:* Singing for Wellbeing – Kirsty – 07830 516106

*Evening:* Dog Training – Dawn – 07788 182230

**SATURDAYS:**

*Morning:* Baby Ballet – [southport@babyballet.co.uk](mailto:southport@babyballet.co.uk) 07980521267

11.00 -12 noon: 2<sup>nd</sup> Sat in month – Blundellsands Constituency surgeries

Cllr Diane Roscoe – [diane.roscoe@sefton.gov.uk](mailto:diane.roscoe@sefton.gov.uk) – 07557 649055

Cllr Christine Howard – [Christine.howard@sefton.gouk](mailto:Christine.howard@sefton.gouk)

**SUNDAYS**

Monthly: Women's Circle, Mindfulness and Relaxation – Lauren Ruane – 07930 735828

Trainmasters – Shalini – 07803 172371

Young Engineers – Pamini – 07712 854368

**WEEKDAY AFTERSCHOOL:**

**JETS MONDAY – FRIDAY:** Jets Out of School Club – Head Office – 0151 928 4991