



Parachute Regimental Association Liverpool Branch

Health and Wellbeing Programme

Liverpool Airborne Ambles Activity Schedule

Forthcoming Activity Overview:

- A range of Liverpool city centre heritage walking tours taking in historical landmarks and key cultural aspects within the city of Liverpool.
- Activities seek to include a military interest.
- Also included a visit to the city of Chester.
- Activities last approximately 3 hours commencing at 1.00pm.
- Focus on participants accessibility.
- 15 places per activity.
- Previous evaluations have been very positive. 100% satisfied, 100% would join a future event. Positive remarks on wellbeing. Feedback provided positively on comradeship, social interaction in particular referencing covid, well organised, historical learning value.

Proposed Dates: Third Tuesday each month. See below:

Date	Proposed Activity	Location
Tuesday 20 th July 2021	Western Approaches Museum and Guided Tour (time tbc)	Liverpool
Tuesday 17 th August 2021	Chester City / Roman Walls and Cheshire Military Museum	Chester
Tuesday 21 st September 2021	Liverpool Hope Street and Cathedral tour including Anglican Tower.	Liverpool

Additional Information:

- Online registration required to confirm places. Links to book will be forwarded via email circulated by Brian Welsh, PRA Secretary.
- Full details / information will be provided to participants following registration.
- Activities integral to the 5 ways to wellbeing: Connect, Give, Be Active, Take Notice and Keep Learning.
- Future activities will build on current proposals and other activities.
- Mental Health First Aid Course. Facilitated through Beacon counselling Trust.