

LIVERPOOL SUPPORT GROUP

2026 Programme

Meetings are held in a friendly atmosphere for support and information. All our support groups are run by volunteers, some who are living with osteoporosis, and others closely touched by the condition. Family, friends and guests (18+) are welcome.

Dates for 2026

Tuesday 24 February, 10am-12 noon

Coffee and chat

Lime Street Holiday Inn

Thursday 19 March, 2pm

Sarcopenia talk

Ruth Stow

Venue: Edwards Building, off Pembroke Place, Liverpool L7 8XP

Friday 22 May, 2:30pm

Healthiness Exercise Session

Andy Ireland

Venue: Edwards Building, off Pembroke Place, Liverpool L7 8XP

Thursday 18 June, 2pm

Osteoporosis Update

Vicky Glaze, highly specialist physiotherapist

Venue: Edwards Building, off Pembroke Place, Liverpool L7 8XP

Thursday 3 September, 2pm

Yoga for Osteoporosis Demonstration

Helen Oughton, Yoga Teacher

Venue: Edwards Building, off Pembroke Place, Liverpool L7 8XP

theros.org.uk

St James House, Lower Bristol Road, Bath BA2 3BH

Email: info@theros.org.uk • **Telephone:** 01761 471771 • **Nurse Helpline:** 0808 800 0035 • **President:** Her Majesty The Queen

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Tuesday 20 October

World Osteoporosis Day

Exact details to be confirmed.

Come along and join us:

No booking is needed for meetings unless specified, and there is no need to contact us in advance – just come along! If you need more information about a meeting, please get in touch with us by emailing: [**liverpoolvolunteers@theros.org.uk**](mailto:liverpoolvolunteers@theros.org.uk).

If you would rather speak to someone by telephone, please phone the ROS general enquiries line (01761 471771) and they will arrange a call back from our volunteering team.

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