



MONDAY 15 th May	TUESDAY 16 th May	WEDNESDAY 17 th May	THURSDAY 18 th May	FRIDAY 19 th May
Time: 9am – 9:45am Activity: NEW Weekly Eccleston Mere Primary Walk (more info) Meet outside the school gates. Saleswood Ave, Eccleston, Saint Helens WA10 5NX	Time: 11am – 12pm Activity: Weekly Parr Walk (more info) Meet at Havannah Lane, WA9 2JU. Arrive 10 mins prior to register.	Time: 9.30am – 10.15am Activity: NEW Weekly Four Acres Pram Walk (more info) Meet at King George V playing field, Jubits Lane, St. Helens WA9 4RU.	11.30am – 1pm Men's Mixed Activities <u>every Thursday</u> (more info here) Peter Street Community Centre, WA10 2EQ	10am – 11am Men's Mixed Activities <u>every Friday</u> (more info here) Park Farm Community Centre, 54 Kentmere Avenue, WA11 7PG
Time: 10am – 12pm Activity: Weekly Craft Club Chester Lane Library, Four Acre Ln, St Helens, Saint Helens WA9 4DE	Need help with your mental health? Useful links here	Time: 10am – 11.30am Activity: Weekly Crownway Walk (more info) Meet at 9.45 at Crownway Community Centre, Crown Street, WA12 9DA	9.45am – 10.45am Weekly Wargrave Hub Walk (more info) Meet outside Wargrave Community Hub 143 Alder Street WA12 8HR.	Need some ideas for healthy recipes on a budget? Our Healthy Eating team has some great recipe ideas.
Time: 10:30am – 11:45am Activity: Weekly Carr Mill Walk (more info) Meet outside Park Farm Community Centre, Kentmere Avenue, Carr Mill, St Helens WA11 7PG	Time: 11am – 1pm Activity: Men's Mixed Activities <u>every Tuesday</u> (more info here) St Philips Church, Fleet Lane, Parr, WA9 2NQ	Come and see our ' Happy to Chat Benches ' at • Taylor Park • Victoria Park • Many other St Helens locations.	Time for Me <u>Weekly</u> on Thursdays 10am – 12pm (St Michaels Church, Gartons Ln, Clock Face, St Helens WA9 4RA) 1pm - 3pm (St Philips Church, Fleet Lane, WA9 2NQ)	10am – 11.30am Weekly Wargrave Walk (more info) Meet outside Newton Community Centre, WA12 8EX. Arrive 10 mins prior to register.
Time: 1pm – 2pm Activity: Weekly Four Acre Walk (more info) Meet at Chester Lane Car Park, WA9 4DE	Want to meet new people? Join us and meet other people on our Getting Active and Men's Wellbeing activities.	10am – 12pm Men's Wellbeing Allotment <u>every Wednesday</u> (more info here) Nutgrove Allotments, Main Ave (off Scholes Lane), Thatto Heath, WA0 3QA	12.15pm – 1pm Weekly Victoria Park Stroll (info) Meet at the car park near the Mansion House, City Road, WA10 2UE. Arrive 10 mins prior to register.	4pm – 4.30pm Weekly Taylor Park Walk (more info) Meet by the outdoor gym near the Boat House, Taylor Park, Grosvenor Road, WA10 3HX. Arrive 10 mins prior to register.

Need support for your wellbeing? [St Helens Wellbeing Service](#) can support with healthy eating, exercise, weight management, stopping smoking, health checks, breastfeeding, mental & social wellbeing, oral health and volunteering.