



MONDAY 15 th May	TUESDAY 16 th May	WEDNESDAY 17 th May	THURSDAY 18 th May	FRIDAY 19 th May
<p>Time: 9am – 9:45am Activity: NEW Weekly Eccleston Mere Primary Walk (more info)</p> <hr/> <p>Meet outside the school gates. Saleswood Ave, Eccleston, Saint Helens WA10 5NX</p>	<p>Time: 11am – 12pm Activity: Weekly Parr Walk (more info)</p> <hr/> <p>Meet at Havannah Lane, WA9 2JU. Arrive 10 mins prior to register.</p>	<p>Time: 9.30am – 10.15am Activity: NEW Weekly Four Acres Pram Walk (more info)</p> <hr/> <p>Meet at King George V playing field, Jubits Lane, St. Helens WA9 4RU.</p>	<p>11.30am – 1pm Men's Mixed Activities every Thursday (more info here)</p> <hr/> <p>Peter Street Community Centre, WA10 2EQ</p>	<p>10am – 11am Men's Mixed Activities every Friday (more info here)</p> <hr/> <p>Park Farm Community Centre, 54 Kentmere Avenue, WA11 7PG</p>
<p>Time: 10am – 12pm Activity: Weekly Craft Club</p> <hr/> <p>Chester Lane Library, Four Acre Ln, St Helens, Saint Helens WA9 4DE</p>	<p>Need help with your mental health?</p> <p>Useful links here</p>	<p>Time: 10am – 11.30am Activity: Weekly Crownway Walk (more info)</p> <hr/> <p>Meet at 9.45 at Crownway Community Centre, Crown Street, WA12 9DA</p>	<p>9.45am – 10.45am Weekly Wargrave Hub Walk (more info)</p> <hr/> <p>Meet outside Wargrave Community Hub 143 Alder Street WA12 8HR.</p>	<p>Need some ideas for healthy recipes on a budget?</p> <p>Our Healthy Eating team has some great recipe ideas.</p>
<p>Time: 10:30am – 11:45am Activity: Weekly Carr Mill Walk (more info)</p> <hr/> <p>Meet outside Park Farm Community Centre, Kentmere Avenue, Carr Mill, St Helens WA11 7PG</p>	<p>Time: 11am – 1pm Activity: Men's Mixed Activities every Tuesday (more info here)</p> <hr/> <p>St Philips Church, Fleet Lane, Parr, WA9 2NQ</p>	<p>Come and see our 'Happy to Chat' Benches at</p> <ul style="list-style-type: none"> • Taylor Park • Victoria Park • Many other St Helens locations. 	<p>Time for Me Weekly on Thursdays</p> <p>10am – 12pm (St Michaels Church, Gartons Ln, Clock Face, St Helens WA9 4RA)</p> <p>1pm - 3pm (St Philips Church, Fleet Lane, WA9 2NQ)</p>	<p>10am – 11.30am Weekly Wargrave Walk (more info)</p> <hr/> <p>Meet outside Newton Community Centre, WA12 8EX. Arrive 10 mins prior to register.</p>
<p>Time: 1pm – 2pm Activity: Weekly Four Acre Walk (more info)</p> <hr/> <p>Meet at Chester Lane Car Park, WA9 4DE</p>	<p>Want to meet new people?</p> <p>Join us and meet other people on our Getting Active and Men's Wellbeing activities.</p>	<p>10am – 12pm Men's Wellbeing Allotment every Wednesday (more info here)</p> <hr/> <p>Nutgrove Allotments, Main Ave (off Scholes Lane), Thatto Heath, WA0 3QA</p>	<p>12.15pm – 1pm Weekly Victoria Park Stroll (info)</p> <hr/> <p>Meet at the car park near the Mansion House, City Road, WA10 2UE. Arrive 10 mins prior to register.</p>	<p>4pm – 4.30pm Weekly Taylor Park Walk (more info)</p> <hr/> <p>Meet by the outdoor gym near the Boat House, Taylor Park, Grosvenor Road, WA10 3HX. Arrive 10 mins prior to register.</p>

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.