



MONDAY 9 <sup>th</sup> MAY	TUESDAY 10 <sup>th</sup> MAY	WEDNESDAY 11 <sup>th</sup> MAY	THURSDAY 12 <sup>th</sup> MAY	FRIDAY 13 <sup>th</sup> MAY
<p><b>9am – 1pm</b> <b>Mental Health First Aid</b></p> <hr/> <p>Online only. To register your interest, please email <a href="mailto:chcp.sthelens@nhs.net">chcp.sthelens@nhs.net</a> or complete online <a href="#">here</a></p>	<p><b>9am – 1pm</b> <b>Mental Health First Aid</b></p> <hr/> <p>Online only. Please see 9<sup>th</sup> May for how to register your interest</p>	<p><b>10am – 11am</b> <b>Crownway Walk (<a href="#">more info</a>)</b></p> <hr/> <p>Meet at 9.45 at Crownway Community Centre, Crown Street, WA12 9DA</p>	<p><b>11.30am – 1pm</b> <b>Men's Mixed Activities &amp; Information Stand, Cook &amp; Taste (<a href="#">more info here</a>)</b></p> <hr/> <p>Peter Street Community Centre, WA10 2EQ</p>	<p><b>10am – 11am</b> <b>Men's Mixed Activities (<a href="#">more info here</a>)</b></p> <hr/> <p>Park Farm Community Centre, 54 Kentmere Avenue, WA11 7PG</p>
<p><b>10:15am – 10:45am</b> <b>St Helens College walk (<a href="#">more info</a>)</b></p> <hr/> <p>Meet at 10 at St Helens Wellbeing Service office door (near the main college reception) Water street, WA10 1PP</p>	<p><b>10am – 10.45am</b> <b>St Benedict's Wood Walk (<a href="#">more info</a>)</b></p> <hr/> <p>Meet at 9.45 at Nutgrove Allotments, Main Ave (off Scholes Lane), Thatto Heath, WA10 3QA</p>	<p><b>10am – 12pm</b> <b>Open Day Cuppa &amp; Chat (limited spaces, to book call 01744 371111 or <a href="#">click here</a>)</b></p> <hr/> <p>Nutgrove Allotments, Main Ave (off Scholes Lane), Thatto Heath, WA10 3QA</p>	<p><b>12.30pm – 1pm</b> <b>Victoria Park Stroll (<a href="#">more info</a>)</b></p> <hr/> <p>Meet at 12.15 at the car park near the Mansion House, City Road, WA10 2UE</p>	<p><b>10am – 11.30am</b> <b>Wargrave Walk (<a href="#">more info</a>)</b></p> <hr/> <p>Meet at 9.45 outside Newton Community Centre, Park Road South, WA12 8EX</p>
<p><b>12pm – 4pm</b> <b>For Torus clients only. Blood Pressure, Social Prescribing, support &amp; advice</b></p> <hr/> <p>Mobile Unit, Foundry Wharf, Fingerpost</p>	<p>Did you know there's an area of St Helens called St Benedict's Wood? Wonder where this wood is? Want to find out more about it.....?</p>	<p><b>1pm – 2:30pm</b> <b>Cook &amp; Taste. Self referral (limited spaces, to book call 01744 371111 or <a href="#">click here</a>)</b></p> <hr/> <p>Central Link Children's Centre</p>	<p>Come and see our Wellbeing Bench at Victoria Park.....</p>	<p><b>4pm – 4.30pm</b> <b>Taylor Park Walk (<a href="#">more info</a>)</b></p> <hr/> <p>Meet by the outdoor gym near the Boat House, Taylor Park, Grosvenor Road, WA10 3HX</p>
<p><b>1pm – 2:30pm</b> <b>Cook &amp; Taste. Self referral (limited spaces, to book call 01744 371111 or <a href="#">click here</a>)</b></p> <hr/> <p>Central Link Children's Centre</p>	<p>....then please join us at 9.45am and we can share more with you while we walk.</p>	<p><b>1.30pm – 2.30pm</b> <b>Mental Health First Aiders only Wellbeing Session</b></p> <hr/> <p>Nutgrove Allotments, Main Ave (off Scholes Lane), Thatto Heath WA10 3QA</p>	<p>....and if you'd like to, join us at 12.15pm on our stroll around the park.</p>	<p>Come and see our <a href="#">Wellbeing Bench</a> at Taylor Park, and if you'd like to, join us and others on our walk around the park.</p>

Connecting with others is good for your wellbeing!