

MONDAY 13 <sup>th</sup> JUNE	TUESDAY 14 <sup>th</sup> JUNE	WEDNESDAY 15 <sup>th</sup> JUNE	THURSDAY 16 <sup>th</sup> JUNE	FRIDAY 17 <sup>th</sup> JUNE
<b>9am – 1pm</b> <b>Mental Health First Aid (TBC)</b> <hr/> 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>	<b>9am – 1pm</b> <b>Mental Health First Aid (TBC)</b> <hr/> Online only. Please see 13 <sup>th</sup> June for how to register your interest	<b>10am – 11am</b> <b>Crownway Walk (<a href="#">more info</a>)</b> <hr/> Meet at 9.45 at Crownway Community Centre, Crown Street, WA12 9DA	<b>09:30 – 10:30</b> <b>Slim Gyms (<a href="#">more info here</a>). To book on, you will need to register first by calling 01744 37 11 11</b> <hr/> Peter Street Community Centre, WA10 2EQ	<b>10am – 11am</b> <b>Men's Mixed Activities (<a href="#">more info here</a>)</b> <hr/> Park Farm Community Centre, 54 Kentmere Avenue, WA11 7PG
<b>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.....?</b>	<b>10am – 10.45am</b> <b>St Benedict's Wood Walk (<a href="#">more info</a>)</b> <hr/> Meet at 9.45 at Nutgrove Allotments, Main Ave (off Scholes Lane), Thatto Heath, WA10 3QA	<b>10am – 12pm</b> <b>Open Day Cuppa &amp; Chat for everyone</b> <hr/> Nutgrove Allotments, Main Ave (off Scholes Lane), Thatto Heath, WA10 3QA	<b>10.30am – 11.30am</b> <b>Cuppa &amp; Chat for everyone</b> <hr/> Peter Street Community Centre, WA10 2EQ	<b>11am – 12pm</b> <b>Cuppa &amp; Chat for everyone</b> <hr/> Park Farm Community Centre, 54 Kentmere Avenue, WA11 7PG
<b>....then please join us at 9.45am on 14<sup>th</sup> June and we can share more with you while we walk.</b>	<b>Have a cuppa &amp; chat and FREE blood pressure checks at our allotment from 11am – 12pm. Open to everyone.</b>	<b>12.45pm – 2pm</b> <b>Open Day Cuppa &amp; Chat for everyone</b> <hr/> Nutgrove Allotments, Main Ave (off Scholes Lane), Thatto Heath WA10 3QA	<b>11.30am – 1pm</b> <b>Men's Mixed Activities (<a href="#">more info here</a>)</b> <hr/> Peter Street Community Centre, WA10 2EQ	<b>10am – 11.30am</b> <b>Wargrave Walk (<a href="#">more info</a>)</b> <hr/> Meet at 9.45 outside Newton Community Centre, Park Road South, WA12 8EX
<b>1pm – 2:30pm</b> <b>Cook &amp; Taste. Self referral (limited spaces, to book call 01744 371111 or click <a href="#">here</a>)</b> <hr/> Central Link Children's Centre	<b>11am – 12pm</b> <b>Cuppa &amp; Chat &amp; blood pressure checks</b> <hr/> Nutgrove Allotments, Main Ave (off Scholes Lane), Thatto Heath, WA10 3QA	<b>1pm – 2:30pm</b> <b>Cook &amp; Taste. Self referral (limited spaces, to book call 01744 371111 or click <a href="#">here</a>)</b> <hr/> Central Link Children's Centre	<b>12.30pm – 1pm</b> <b>Victoria Park Stroll (<a href="#">more info</a>)</b> <hr/> Meet at 12.15 at the car park near the Mansion House, City Road, WA10 2UE	<b>4pm – 4.30pm</b> <b>Taylor Park Walk (<a href="#">more info</a>)</b> <hr/> Meet by the outdoor gym near the Boat House, Taylor Park, Grosvenor Road, WA10 3HX