

Wellbeing Enterprises CIC

'Ways to Wellbeing' Programme of Activities

Runcorn (July to September 2017)

Here is a list of all our FREE courses and activities running over the next three months - come along to any of our courses to learn top-tips to boost your own, and other people's wellbeing.

For further information or to book a place on any course please contact the Wellbeing Enterprises team on 01928 589799, email info@wellbeingenterprises.org.uk or book online via www.wellbeingenterprises.org.uk

Course / Event	Venue	Starts	Length & Cost
<p>Become a Volunteer Wellbeing Ambassador Learn how to help others in Halton improve their Wellbeing. Become a Wellbeing champion, have fun and meet new people</p>	<p>Wellbeing Enterprises Bridgewater House Old Coach Rd Runcorn WA7 1QT</p>	<p>Wednesday 19th July 2.00pm-5.00pm</p>	<p>3 hour session - Limited FREE places</p>
<p>Living Life to the Full Top tips on how to tackle everyday problems; improve your confidence and mood. Learn new skills on how to increase motivation and feel great again.</p>	<p>Brookvale Community Centre, Northwich Road. WA7 6PE</p>	<p>Tuesday 1st August 11.00am-12.30pm</p>	<p>8 weeks - Limited FREE places</p>
<p>Mindfulness Discover the power of Mindfulness to boost wellbeing and reconnect with your life through your senses.</p>	<p>St Edward's Church, Ivy St, Runcorn, WA7 5NZ</p>	<p>Monday 31st July 3.00pm-4.30pm</p>	<p>6 weeks - Limited FREE places</p>

Focus on Nature Walk

Enjoy the great outdoors and some gentle walking in a friendly and relaxed atmosphere. Connect with yourself, boost your wellbeing discover local treasures and explore your creative side.

30th Aug and 4th Oct meet at Grangeway Community centre, Runcorn, WA7 5HA.

6th 13th 20th & 27th Sept meet at Runcorn Hill Park Café 81 Highlands Rd, Runcorn WA7 4PX

Wednesday 30th August
10.00am-12.00pm

6 weeks - Limited
FREE places

Sleep and Relaxation

Learn techniques and top tips to get a better night's sleep and how to relax more.

Castlefields Health Centre,
WA7 2ST

Monday 11th September
10.30am-12.00am

4 weeks - Limited
FREE places

Children in Need Summer Wellbeing Project

Courses for young people between the ages of 10-18

Courses such as Mindfulness for young people and confidence workshops are being run in collaboration with other local voluntary organisations

If you are interested in discussing partnership opportunities for young people please call Helen Trahar on 01928 589 799

1 day workshops and
4-6 week courses available

Solutions to an Ageing Society

Wellbeing Enterprises are on the search for talented Halton residents (16+) that might have a bright idea to make life better for older people. If you are passionate to create a sustainable project you can apply for an award of between £500 and £5,000

If you want to find out more and discuss further contact the Wellbeing Enterprises Team

Or download an application pack from the website

FREE- Limited funding available

Wellbeing Enterprises CIC

'Ways to Wellbeing' Programme of Activities

Widnes (July 2017 to September)

Here is a list of all our FREE courses and activities running over the next three months – come along to any of our courses to learn top-tips to boost your own, and other people's wellbeing.

For further information or to book a place on any course please contact the Wellbeing Enterprises team on 01928 589799, email info@wellbeingenterprises.org.uk or book online via www.wellbeingenterprises.org.uk

Course / Event	Venue	Starts	Length & Cost
<p>Become a Volunteer Wellbeing Ambassador</p> <p>Learn how to help others in Halton improve their Wellbeing. Become a Wellbeing champion, have fun and meet new people</p>	<p>Wellbeing Enterprises Bridgewater House Old Coach Rd Runcorn WA7 1QT</p>	<p>Wednesday 19th July 2.00pm-5.00pm</p>	<p>3 hour session - Limited FREE places</p>
<p>Living Life to the Full</p> <p>Top tips on how to tackle everyday problems; improve your confidence and mood. Learn new skills on how to increase motivation and feel great again.</p>	<p>Ditton Community centre, Dundalk Road, Widnes, WA8 8DF</p>	<p>Tuesday 1st August 3.00pm- 4.30pm</p>	<p>8 weeks - Limited FREE places</p>
<p>Mindfulness</p> <p>Discover the power of Mindfulness to boost wellbeing and reconnect with your life through your senses.</p>	<p>Trinity Methodist URC 138 Albert Rd, Widnes WA8 6LG</p>	<p>Monday 31st July 10.30-12.00pm</p>	<p>6 weeks - Limited FREE places</p>

Focus on Nature Walk

Enjoy the great outdoors and some gentle walking in a friendly and relaxed atmosphere. Connect with yourself, boost your wellbeing discover local treasures and explore your creative side

30th Aug and 4th Oct meet at Ditton Community centre, Dundalk Road, Widnes, WA8 8DF

Wednesday 30th August
1.30pm-15.00pm

6 weeks - Limited
FREE places

6th 13th 20th & 27th Sept meet at Pickering's Pasture car park, Mersey View Road, WA8 8LP

Sleep and Relaxation

Learn techniques and top tips to get a better night's sleep and how to relax more.

Peel House Lane Medical Plaza
Peel House Ln, Widnes
WA8 6TN

Monday 11th September
2.00pm-3.30pm

4 weeks - Limited
FREE places

Closed course for Peel House patients

Children in Need Summer Wellbeing Project

Courses for young people between the ages of 10-18

Courses such as Mindfulness for young people and confidence workshops are being run in collaboration with other local voluntary organisations

If you are interested in discussing partnership opportunities for young people please call Helen Trahar on 01928 589 799

1 day workshops and 4-6 week courses available

Solutions to an Ageing Society

Wellbeing Enterprises are on the search for talented Halton residents (16+) that might have a bright idea to make life better for older people. If you are passionate to create a sustainable project you can apply for an award of between £500 and £5,000

If you want to find out more and discuss further contact the Wellbeing Enterprises Team

Or download an application pack from the website

FREE- Limited funding available