

Wellbeing Enterprises CIC 'Ways to Wellbeing' Programme of Activities Knowsley (July - September 2017)

Here's a list of all our **FREE** courses and activities running over the next three months – come along to 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 Knowsley's Community Wellbeing Officer, Emily on 01928 589799 or email info@wellbeingenterprises.org.uk. You can also book online via www.wellbeingenterprises.org.uk.

Course / Event	Venue	Starts	Length & cost
<p>Mindfulness Discover the power of Mindfulness to boost your wellbeing, reduce stress and reconnect with your life through your senses and breathe.</p>	CGL, The Link Centre, St Chad's Dr, Liverpool, L32 8RE	Monday 26 th June 2017 10am-11:30am	6 Weeks CLOSED GROUP
<p>Mindfulness Discover the power of Mindfulness to boost your wellbeing, reduce stress and reconnect with your life through your senses and breathe.</p>	Knowsley Community College Cherryfield Drive, Kirkby, L32 8SF	Wednesday 28 th June 2017 10am-11:30am	4 Weeks CLOSED GROUP
<p>Laughter Club These workshops are fun, friendly, non-competitive, non-judgemental and supportive; with lots of laughter. Comedy improvisation helps creativity, spontaneity and is great for confidence building. Join us making new friends and learning new skills.</p>	Torrington Drive Community Association, New Hutte Neighbourhood Centre, Lichfield Road, Halewood, Knowsley, L26 1TT	Friday 30 th June 2017 11am-12:30pm	4 Weeks FREE Limited Places
<p>Sleep and Relaxation Learn techniques and top tips to get a better night's sleep and how to relax more using breathing techniques, mindfulness and meditation.</p>	Yew Trees Centre, Capper Grove, Liverpool, L36 7YT	Tuesday 4 th July 2017 11am-12:30pm	4 Weeks FREE Limited Places
<p>Sleep and Relaxation/ Stress Less Learn techniques and top tips to get a better night's sleep, how to relax more, understand ways to combat stress and develop your own personalised stress busting plan.</p>	CHASS- Greenwood Court Community Centre, Greenwood Close, Prescott, L34 2SL	Wednesday 5 th July 2:30-4pm	4 Weeks CLOSED GROUP



<p>Wellbeing Booster</p> <p>This course will offer a taste of four of our most popular courses to give participants a boost to their wellbeing. The course offers top tips around Sleep, Relaxation, Emotional Awareness, Mindfulness, and offers '10 ways to feel happier right away'.</p>	<p>Hilltop Children's Centre, Bedford Close, Huyton, Liverpool, L36 1XH</p>	<p>Monday 10th July 2017 1pm-2:30pm</p>	<p>4 weeks CLOSED GROUP</p>
<p>Creative Painting</p> <p>This course offers a space for you to explore your creative side, have fun and meet new people. We will concentrate on creating individual artwork through a different medium each week.</p>	<p>Swanside Community Centre, Broadgreen Willoughby Road, L14 6SA</p>	<p>Friday 28th July 10am-12pm</p>	<p>4 Weeks FREE Limited spaces</p>
<p>Stress Less</p> <p>Learn techniques and top tips to get a better night's sleep, how to relax more, understand ways to combat stress and develop your own personalised stress busting plan.</p>	<p>Yew Trees Centre, Capper Grove, Huyton, Liverpool, L36 7YT</p>	<p>Tuesday 1st August 2017 11am-12:30pm</p>	<p>4 Weeks FREE Limited Spaces</p>
<p>Sleep and Relaxation</p> <p>Learn techniques and top tips to get a better night's sleep and how to relax more using breathing techniques, mindfulness and meditation.</p>	<p>Knowsley Community College, Cherryfield Drive, Kirkby, L32 8SF</p>	<p>Wednesday 2nd August 10am-11:30pm</p>	<p>4 Weeks CLOSED GROUP</p>
<p>Creative Crafts</p> <p>This course offers a space for you to explore your creative side, have fun and meet new people. Work with an artist to discover all of your creative talents in a variety of craft workshops.</p>	<p>Mosscroft Community Centre, Longview Drive, Liverpool Area, L36 6EB</p>	<p>Wednesday 2nd August 3pm-4:30pm</p>	<p>4 Weeks FREE Limited Spaces</p>
<p>Emotional Awareness</p> <p>Explore where feelings and thoughts come from, gain tips and techniques on how to connect to others and overcome difficult relationships</p>	<p>Imagine @ The Fairclough Centre, 193 Liverpool Rd, Huyton, L36 3RD</p>	<p>Monday 7th August 3pm-4:30pm</p>	<p>4 Weeks FREE Limited Spaces</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>Imagine @ The Fairclough Centre, 193 Liverpool Rd, Huyton, L36 3RD</p>	<p>Monday 18th September 3pm-4:30pm</p>	<p>8 Weeks FREE Limited Spaces</p>

We may have more courses coming up during this period, please get in touch to find out more about the courses that we offer and add your details to our mailing list. You can reach us on 01928 589 799 or visit our website.

