

Wellbeing Enterprises CIC

Runcorn 'Ways to Wellbeing' programme of activities: July to September 2014

Here's a list of all of our social prescribing activities running in the next three months. For further information or to book a place on any course or event please call 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
Strictly Come Wellbeing Learn a variety of dancing styles - find out how dancing can boost your wellbeing - no previous experience required.	Brookvale Community Centre, WA7 6PE	Tuesday 1st July 6.00pm - 8.00pm	6 weeks - FREE
Actiphons Bring your children to learn phonics through fun physical games to improve their speaking and listening skills (suitable for children aged 3-5 years)	Palacefields Community Centre, WA7 2UA	Tuesday 22nd July 11.30am - 12.30pm	6 weeks - FREE
My Forest School Spend time in the great outdoors with this FREE four week course! For parents and their children.	Phoenix Park, WA7 2NY	Monday 28th July 10.00am - 12.00pm	4 weeks - FREE
Jewellery making Learn simple jewellery and bead craft techniques and create your own unique piece of jewellery. No previous experience required and all materials provided.	Murdishaw Community Centre, WA7 6JW	Monday 4th August 10.30am - 12.00pm	4 weeks - FREE
Mindfulness Discover the power of Mindfulness to boost wellbeing and reconnect with your life through your senses	Churchill Hall, WA7 1DH	Tuesday 5th August 1.30pm - 3.00pm	6 weeks - FREE

Astronomy for Men Ever wondered what's up there in the sky or how a telescope works? Join our beginners course and learn basic astronomy knowledge!	Knowledge Observatory - Wigg Island, WA7 1PJ	Thursday 7th August 7.00pm - 9.00pm	6 weeks - FREE
'Stress Less' programme Take part in a fun and creative course to learn top-tips to combat stress in your life.	Grangeway Community Centre, WA7 5HA	Wednesday 20th August 1.00pm - 3.00pm	6 weeks - FREE
Living Life to the Full Find out how you can change your life in just 12 hours - tackle everyday problems and boost your wellbeing	Palacefields Community Centre, WA7 2UA	Wednesday 16th July 11.00am - 12.30pm	6 weeks - FREE
	The Brindley Arts Centre, WA7 1BG	Monday 21st July 6.00pm - 7.30pm	
Nordic walking Learn how to Nordic walk with a FREE four week course and turn every walk in to a workout! No equipment needed. Different levels available.	For course times and venues please contact the Nordic Walking tutor Elizabeth Kerley on 078 030 373 32.		4 weeks - FREE
WOW Event Find out how wonderful and talented you really are and take away with you a route map to your future success!	St Andrew's Church, Grange, WA7 5JZ	Tuesday 29th July 6.00pm - 8.30pm	6 weeks - FREE

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Actiphons Bring your children to learn phonics through fun physical games to improve their speaking and listening skills (suitable for children aged 3-5 years)	St Paul's Church (Victoria Square), WA8 7QU	Wednesday 23rd July 2.00pm - 3.00pm	6 weeks - FREE
My Forest School Spend time in the great outdoors with this FREE four week course! For parents and their children.	Meeting at Pickerings Pasture Visitors Centre, WA8 8LP	Monday 28th July 1.00pm - 3.00pm	4 weeks - FREE
Mindfulness Discover the power of Mindfulness to boost wellbeing and reconnect with your life through your senses	Beaconsfield Health Centre, WA8 6TR	Wednesday 30th July 3.30pm-5.00pm	6 weeks - FREE
Jewellery making Learn simple jewellery and bead craft techniques and create your own unique piece of jewellery. No previous experience required and all materials provided.	Upton Community Centre, WA8 4PF	Monday 4th August 1.30pm - 3.00pm	4 weeks - FREE
Astronomy for Men Ever wondered what's up there in the sky or how a telescope works? Join our beginners course and learn basic astronomy knowledge!	Pex Hill Observatory, WA8 5QW	Tuesday 12th August 7.00pm - 8.30pm	6 weeks - FREE

Living Life to the Full

Find out how you can change your life in just 12 hours - tackle everyday problems and boost your wellbeing

Peelhouse Medical Plaza, Friday 4th July
WA8 6TN 10.30am - 12.00pm

8 weeks - FREE

Upton Community
Centre, WA8 4PF

Thursday 7th Aug
6.00 pm-7.30pm

Strictly Come Wellbeing

Learn a variety of dancing styles - find out how dancing can boost your wellbeing - no previous experience required.

Ditton Community
Centre, WA8 8DF

Tuesday 26th August
11.00 - 12.30pm

6 weeks - FREE

Nordic walking

Learn how to Nordic walk with a FREE four week course and turn every walk in to a workout! No equipment needed. Different levels available.

For course times and venues please contact the Nordic Walking tutor Elizabeth Kerley on 078 030 373 32.

4 weeks - FREE

WOW Event

Find out how wonderful and talented you really are and take away with you a route map to your future success!

CRMZ (next to Kingsway
Leisure Centre), WA8
7QE Monday 28th July
10.00 - 12.30pm

6 weeks - FREE
