

Webinar: Breaking The Vicious Cycle

Monday 27th April 10:00am - 11:00am

Explore how the vicious cycle can impact your thoughts, feelings, and behaviours, and learn practical ways to break it and improve your wellbeing.

Join us online via Teams -
Register on our webpage :
www.wellbeingenterprises.org.uk/whats-on/

T: 01928 589 799

Photography Walk - Pickering's Pasture

Wednesday 29th April 11:00am - 12:30pm

Stroll through Pickering's Pasture and capture the beauty through photography. Submit your best shot to win a prize.

Meeting Point: Pickering's Pasture car park,
Mersey View Road.
WA8 8LP

T: 01928 589 799

Webinar: How to Fix Almost Anything

Tuesday 5th May 12:00pm - 1:00pm

Learn problem solving and goal setting techniques to achieve your wellbeing goals.

Join us online via Teams -
Register on our webpage :
www.wellbeingenterprises.org.uk/whats-on/

T: 01928 589 799

Painting Portraits

Thursday 14th May 11:00am - 12:30pm

Turn a favourite photo into a unique artwork, capturing the people - or pets - you love on canvas.

Grangeway Community Centre
Grangeway
WA7 5HA

T: 01928 589 799

Air Dry Clay Moulding

Wednesday 20th May 2:00pm - 3:30pm

Slow down, unwind, and enjoy the calming process of shaping soft clay into your own unique, handmade creations.

Upton Community Centre
Hough Green Road
WA8 4PF

T: 01928 589 799

To book:

Call: 01928 589799

Email: info@wellbeingenterprises.org.uk

Online: www.wellbeingenterprises.org.uk

Runcorn Music Trail

Wednesday 27th May 11:00am - 12:30pm

Enjoy a guided walk through Runcorn's musical heritage on the Beyond the Tracks trail - exploring landmarks, iconic moments, and the stories behind them.

Meeting point: Runcorn Train Station
Station Road
WA7 5UB

T: 01928 589 799

Webinar: Building Your Confidence

Thursday 18th June 11:00am - 12:00pm

Discover practical tips to boost your confidence and feel more positive about yourself and your interactions with others.

Join us online via Teams -
Register on our webpage:
www.wellbeingenterprises.org.uk/whats-on/

T: 01928 589 799

Disco Walking and Cycling

Wednesday 24th June 1:00pm - 2:00pm

Get moving with our disco walk and cycle around Victoria Park - music on and glow sticks ready for a fun, feel-good experience (glow sticks supplied).

Meeting Point: The Band Stand
Victoria Park
WA8 4PF

T: 01928 589 799

Wellbeing Wanderers

Every first and third Tuesday of the month 11am

Get active, meet new people, and enjoy the outdoors. Join our friendly walking group and turn your steps into something social.

First Tuesday - Victoria Park, Widnes. WA8 4PF

Third Tuesday - Runcorn Promenade. WA7 1DH

T: 01928 589 799

Thriving Together: Support Group For People With Long-Term Conditions

Every second and last Wednesday of the month

Join a welcoming, supportive space, online and in person, for people living with long-term conditions. Share experiences, build connections and gain support to help you thrive.

Second Wednesday - Online at 11am

Last Wednesday - CGL, WA8 0QR at 10am

T: 01928 589 799

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