

Programme start dates:

2022

January 6 week Programme
dates

Thursday

6th, 13th, 20th, 27th Jan
3rd, 10th Feb

March 6 week Programme
dates

Thursday

17th, 24th Feb
3rd, 10th, 17th 24th March

April 6 week Programme
dates

Thursday

31st March
7th, 14th, 21st 28th April
5th May

Wishing Well
Healthy Living Project
Charity Registration No: **1180756**

CONTACT DETAILS

For further details/referrals please
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Wishing Well. Education, Health and Well-
Being

Jubilee House

St Paul's Street

Crewe

CW1 2QA

WISHING WELL -*being* Programme



Free 6 week well-being
programme

Every Thursday 1pm-3pm

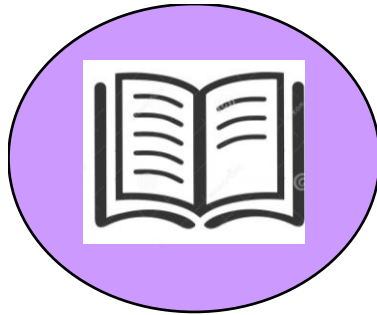
@Jubilee House



Suitable for all ages and abilities,
no specialist equipment or
clothing required.

Week 1

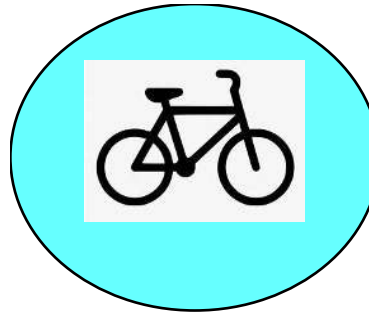
Learning a new skill



Take part in a creative and active learning session.

Week 2

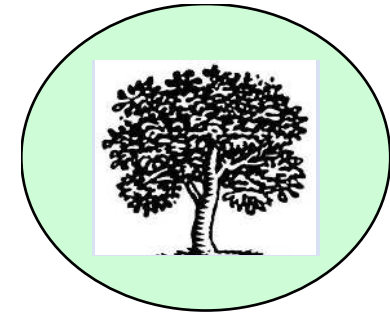
Be active



Learn how increased activity can support your wellbeing and join in a light activity session.

Week 3

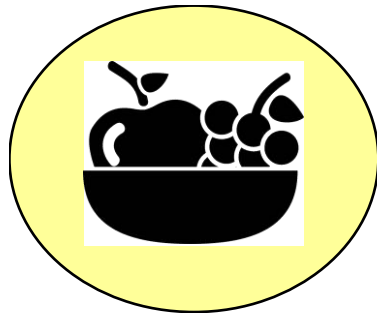
Back to Nature



Create your own planting or flower arrangement and re-connect with nature.

Week 4

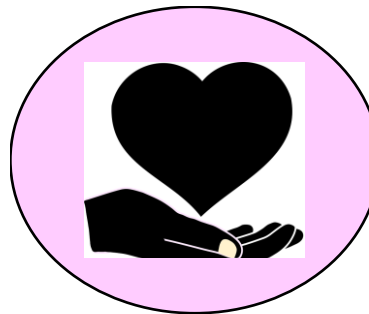
You are what you eat



Take part in a cookery class and create a healthy and nutritious meal.

Week 5

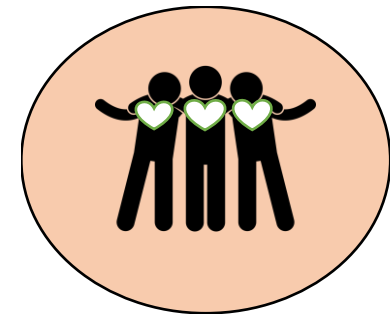
Give to others



Volunteer a couple of hours at Wishing Well and become part of the team.

Week 6

Socialising and Talking



Enjoy an afternoon tea with the group.

FOLLOWING THE SIX STEPS TO WELLBEING CAN IMPROVE YOUR MENTAL HEALTH