

SOCIAL PRESCRIBING

Happy New Year!



**One Ellesmere Port
Community Connect
Friday 27th January
1pm-2pm
Microsoft Teams**

Invites to follow
If you don't usually receive an invite
and would like to attend please email
spep@healthboxcic.com



Ellesmere
Port
Parish

Everyone Welcome to our Warm Hub

St. Thomas and All Saints Church, Whitby Road



Mondays 3.15 – 5.15pm throughout
January, February and March –
starting on January 16, 2023.

Plenty of fun activities for children to enjoy,
or a quiet place to sit and relax.

We look forward to seeing you!

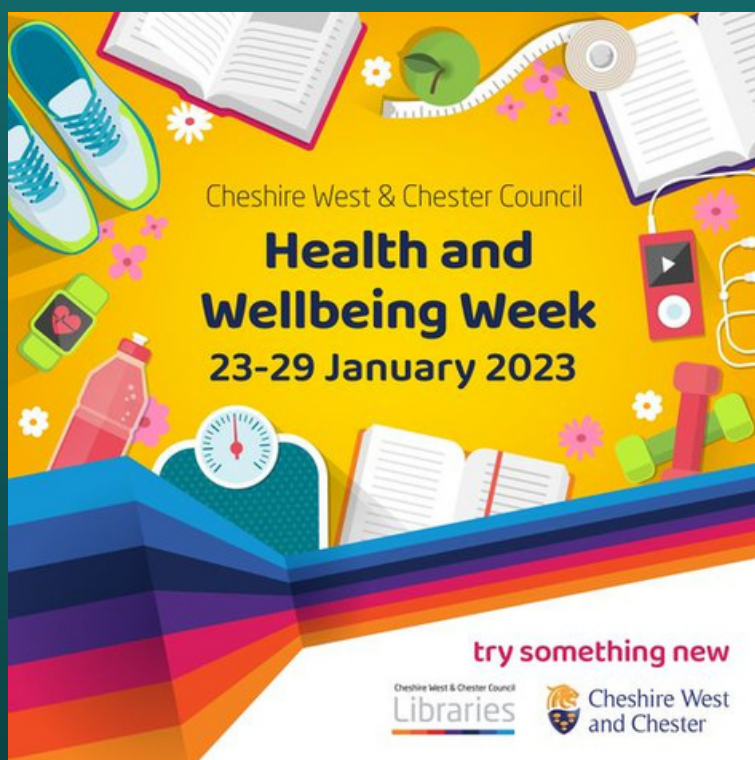
Further information from
safeguardingEPortParish@hotmail.com

Come and enjoy a
light tea with us
too! Soup, toast
and biscuits, plus
unlimited tea,
coffee, and juice
available.



SOCIAL PRESCRIBING

Health and Wellbeing Week with Cheshire West & Chester Libraries



HEALTHBOX
COMMUNITY WELLBEING SERVICES

Mindfulness

Learn more about mindfulness

Thurs 26th Jan

11:30 - 12:30

Ellesmere Port Library

Food & Mood

Learn how food affects our mood

Thurs 26th Jan

13:00 - 14:00

Ellesmere Port Library

If you would like to take part and promote your organisation or have a skill you would like to share during our health and wellbeing week, please email: libraryevents@cheshirewestandchester.gov.uk

SOCIAL PRESCRIBING

All About Wellbeing In Westminster

Brio Wellbeing

NEW

WELLBEING WALKS

STARTS **MONDAY 23 JANUARY 1PM**

Join us for some fresh air and explore your local area with confidence and friends!

EVERY MONDAY - MEETING AT
Westminster Community Centre,
Church Parade, Ellesmere Port, CH65 2ER

Nothing beats a bit of fresh air and our wellbeing walks are a great way to meet new people and explore the local area.

Suitable for all abilities, we've planned a gentle walk no longer than 1 hour that you can enjoy with like-minded people.

Top it off with a nice cup of tea at the end at Westminster Community Centre.

Please contact **LAURA** on **07879235379** or email laura@cwttogether.org.uk

Routes may vary across grass and other paths. Please wear appropriate footwear and bring a drink!

Cheshire West and Chester
Total Environment
Cheshire West and Chester
RAMBLERS



WESTMINSTER MEN'S WELLBEING GROUP

Thursdays 1:00-2:30pm

All about improving Men's wellbeing with a weekly meet up. Have a chat, get support and get involved in some activities.

What's usually on at the group?

Pool



Table Tennis



Card Games



Cooking



Have your say! We want this group to be for the men of Ellesmere Port. If there is something you'd like to do, come down and let us know.

Westminster Community Centre
Church Parade, Ellesmere Port, CH65 2ER

For more information email spep@healthboxcic.com

SOCIAL PRESCRIBING

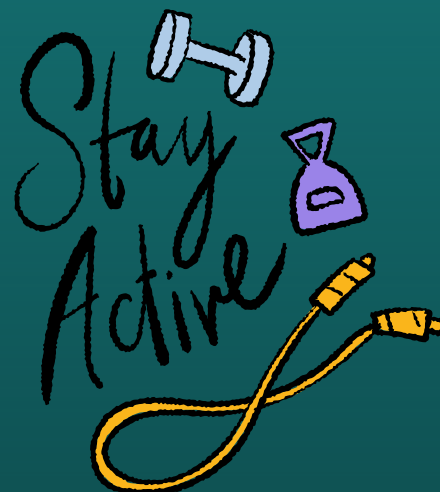
All About Wellbeing In Westminster

NEW

WHERE GETTING
IT WRONG
IS TOTALLY
ALRIGHT.

THIS
GIRL
CAN
CLASSES
BRIO LEISURE

Come and try our new exercise classes where everyone is in it together!



WHAT TO EXPECT FROM YOUR CLASS

- A warm welcome from your instructor
- A fun, low intensity class with a mix of different styles

WHAT YOU SHOULD WEAR

- Comfortable leggings or workout trousers / shorts (no jeans)
- A t-shirt or top suitable for moving around in
- Trainers

WHAT YOU SHOULD BRING

- A bottle of water

THINGS TO REMEMBER

- Everyone will be a bit nervous, but everyone is in it together!
- If you go the wrong way, miss a beat - it doesn't matter, getting it wrong is half the fun!
- You can go at your own pace, and have a break at any point.

YOUR NEAREST CLASS IS:

Westminster Community Centre
Church Parade, Ellesmere Port CH65 2ER

Weekly Classes Starting 24 January
1.30pm - 2.15pm

Contact EPSportsvillage@brisleisure.org for more information or just turn up on the day!

FREE
Suitable for 16+












SOCIAL PRESCRIBING

Tomorrow's Women Comes To Chester

And They Have Loads On In January!

NEW

TOMORROW'S WOMEN EMPOWERING TIMETABLE JANUARY 2023

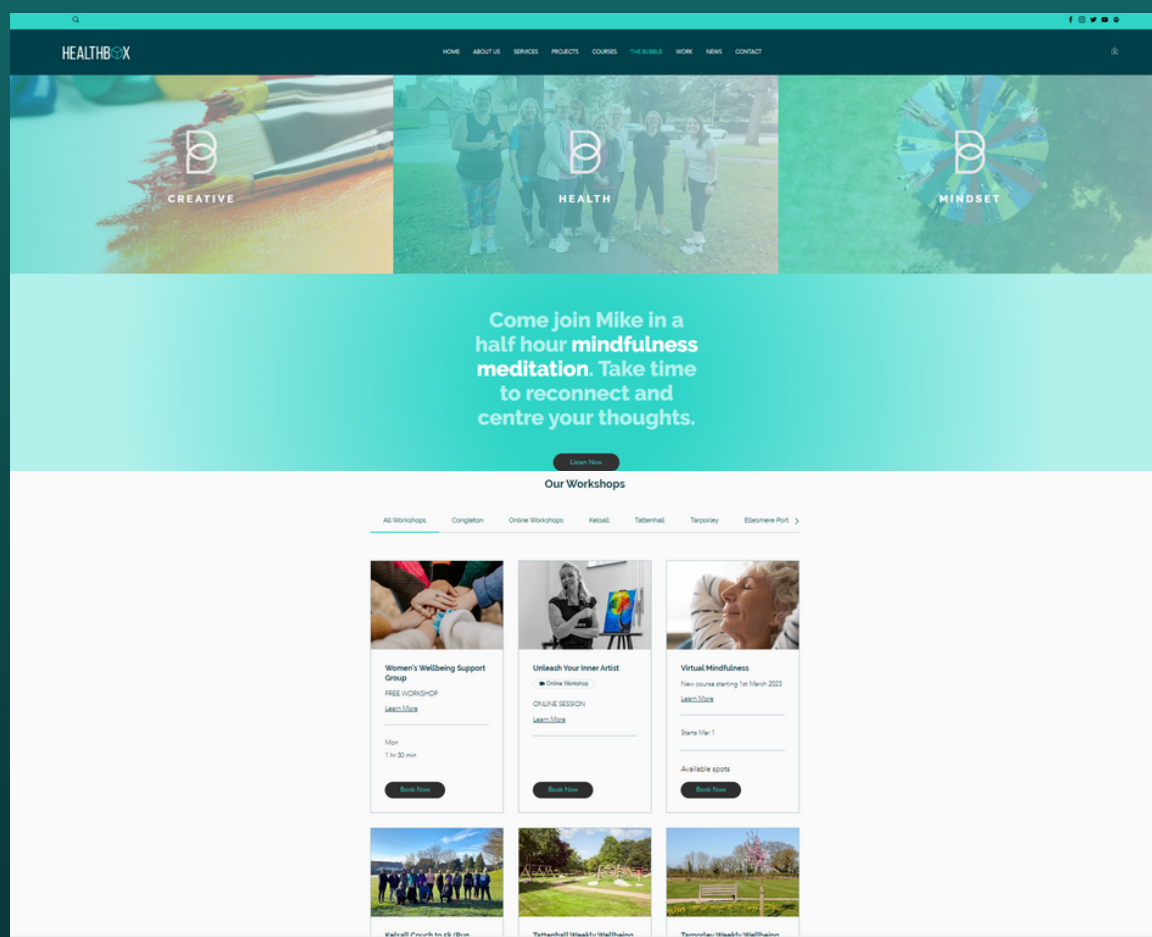
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>® Feed You Numeracy Skills 4-week course 10am -2pm</p> <p>Enrolment: 16th January Start date: 23rd January Looking at ways to save money & cooking on a budget, help lower food costs, also help with information on living a more healthy, nutritious lifestyle.</p> <p>*Completion of course you will be gifted a slow cooker, ingredients & cooking cards</p> 	<p>® Children's & Young people's Mental Health L2 Qualification 6-week course 10am-2pm</p> <p>Enrolment : 17th January Start date: 24th January Course will cover: *Mental health problems commonly associated with children *Mental wellbeing in children *Support available and be knowledgeable</p>  	<p>® 10m - 12pm Finding Me 6-week</p>  <p>Domestic Abuse Course Starting 25th January</p>	<p>® Combat the Cost of Living Crisis 4-week course 10am - 2pm</p> <p>Enrolment: 19th January Start date: 26th January - Budgeting control and managing money - develop your own personalised 12-month plan - Bank reconciliations and spreadsheet design - Understand your utility bills – switching providers to save money - Understand your benefits/tax/wage slip</p> 	<p>® Confidence Masterclass Starting 20th January x5-weeks, 10am – 12pm</p> <p>Looking at:</p> <ul style="list-style-type: none"> • What does confidence mean to you? • Empower your mind and body • Overcome anxiety, develop aspirations • Personal growth 
<p>® 1pm – 3pm Finding Me 6-week</p> <p>Domestic Abuse Course Starting 16th January</p> 	<p>® Wellbeing for All Starting 17th January x5-weeks, 1pm – 3pm</p> <p>Looking at:</p> <ul style="list-style-type: none"> • What is good mental & physical health • Looking after body & mind • Connecting with others • Living a healthy life • Looking after number one • A letter to yourself 	<p>30 minutes Mindfulness Relaxation session Throughout January @ 1pm</p> 	<p>Mindful Colouring Starting 5th January Throughout the month @ 1.30pm</p> 	<p>Jam Session Starting 13th January Bring along your instruments & come have some fun 1.30-2.30pm All levels welcome</p> 

Please note **BOOKING** is **ESSENTIAL** to attend, ring **01244 906 494** to book your slot & for information regarding our timetable

SOCIAL PRESCRIBING

The Bubble Workshops

www.healthboxcic.com/the-bubble



Keep Up To Date On Healthbox-Wide News Here

<https://bit.ly/3X1Ne5p>

WHAT'S ON?

WESTMINSTER MEN'S WELLBEING GROUP



All about improving Men's wellbeing with a weekly meet up. Have a chat, get support and get involved in some activities.

Some weekly activities include:

Mindfulness
Music
Art
Cooking

Thursdays
1:00-2:30pm

Have your say! We want this group to be for the men of Ellesmere Port. If there is something you'd like to do, come down and let us know.

Westminster Community Centre
Church Parade, Ellesmere Port, CH65 2ER

For more information email spep@healthboxcic.com

HEALTHBOX
COMMUNITY WELLBEING SERVICES

COMMUNITY FUND

ForHousing

Brio
Wellbeing

NEW

EP ACTIVE

BE YOUR OWN HERO!

Join our **FREE** 12-week programme now and receive **FREE** nutritional support, access to Brio Leisure facilities and a step by step programme tailored to you!

Sign up today
by calling freephone

03333 448 979 or email
epactive@brioleisure.org

Better Lives Club

Every Thursday
11.00am - 2.00 pm



Call Clair 07446699995
for more information.
**FREE LUNCH
PROVIDED**

Join in with a range of **FREE** activities:

Arts & Crafts,
Knit & Natter

Learn or share a skill,

Repair or repurpose broken items or clothing.

Connect with each other and make new friends!



ForHousing

COMMUNITY FUND

Exciting new venue!

(Ellesmere Port after school)

Our **Ellesmere Port after school sessions for young people ages 12-18 years with SEND**, have a brilliant new venue!

From the 7th September our after school group will be held at the Bridge Wellness Gardens. This fantastic new venue provides a fun and safe space in beautiful garden surroundings.

Come along to:

Bridge Wellness Gardens,
Mill Lane,
Ellesmere Port,
Cheshire
CH66 3NE

Wednesdays 5-7pm

For ages 12-18 years



At our groups we provide:

- A wide range of fun, engaging activities and games for all abilities
- A chance to make new friends, socialise and build confidence
- Fully qualified and DBS checked group leaders to keep you safe

SESSIONS
ARE
FREE

The Endorphins Group
Book online or please get in touch for more
information. Pre Booking Essential.
T: 0330 1332642

Endorphins

WHAT'S ON?

Bounce back into work

Together we'll use your skills and our expertise to launch your new career

- Opportunities to access a range of jobs providing you with opportunities
- Work with an employment advisor to make the most of your skills
- Get help with interviews, CVs, digital skills and applying for jobs and training
- Get personalised one to one support to get straight into employment

Whether you have recently been made redundant, chosen to change your career or just left college, we'll work together to start the right career quickly and stay in it

Find out more

www.torusfoundation.org.uk/springboard
springboard@torusfoundation.org.uk
0300 123 4090

Springboard is open to anyone over the age of 18 who is unemployed in Cheshire and Warrington

springboard
cheshire

Springboard is led by Torus Foundation and is funded by the European Social Fund (ESF)



MILESTONE MUMS PEER SUPPORT GROUP



Milestone Mums

THURSDAYS 10AM-12 AM
BRIDGE WELLNESS
GARDENS

Wednesdays
11am-12:30pm
Mums with kids under 2

Thursdays
10am-12:00pm
Mums with kids over 2

Need a wheelchair?



We can help.

The British Red Cross mobility aids service provides equipment for short-term use.

We operate on a not-for-profit basis. All proceeds will be used by the British Red Cross to deliver this service across the UK, helping people wherever and wherever they are.

To book: redcross.org.uk/wheelchair

Call 0300 456 1914

Or scan the QR code



SCAN ME

Messy Play, Story Time and Music



Theatre Porto - Whitby Park

Mondays and Fridays

10am-12.30pm

£2 for under 3's and £3 for over 3's.

WHAT'S ON?

HEALTHBOX

COMMUNITY WELLBEING SERVICES

Healthy Heart Project

Healthbox CIC are excited to launch our Healthy Heart Project funded by West Cheshire Clinical Commissioning Group.

This project is an exercise and education programme intended for residents of Cheshire West and Chester who have:

- Hypertension.
- A diagnosed heart condition, eg stable angina, stable heart failure or controlled arrhythmias.
- Previous cardiac event, eg MI, CABG or PCI.

The project will provide weekly exercise and education sessions in:

- Chester
- Ellesmere Port
- Rural Cheshire



REFERRALS CAN BE MADE VIA ELEMENTAL TO THE SOCIAL PRESCRIBING TEAM WITH A NOTE OF 'HEALTHY HEARTS' IN THE OTHER INFORMATION SECTION.

Additionally, virtual exercise sessions and educational webinars can be accessed on a weekly basis via Zoom.

For more information please email: jack@healthboxcic.com



NEW

**STARTS
MONDAY 23
JANUARY
1PM**

WELLBEING WALKS

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Top it off with a nice cup of tea at the end at Westminster Community Centre.

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NEW

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Church Parade, Ellesmere Port CH65 2ER

Weekly Classes Starting 24 January
1.30pm - 2.15pm

Contact EPsports@brileisure.org for more information or just turn up on the day!

FREE
Suitable for 16+



GARDENING FOR ALL

Come and join us!



Whitby Park Walled Garden Ellesmere Port, CH65 6QY

Every Wednesday and Thursday - Drop in for a couple of hours between 10am and 2.30pm.

Explore seed sowing, flower growing, salad planting, being active and drinking tea. Make new friends and learn new skills.

No experience necessary, there's **no charge** and all are welcome

For more information phone 01925 816217 or e-mail mail@merseyforest.org.uk



FULL CIRCLE

Intergenerational Group for socially isolated Mums & older people bringing 3 generations together. Come and join us!

- friendly and welcoming environment
- opportunity to create friendships
- share knowledge and life experiences
- fun and laughter
- connection within the community
- tea and cake
- reduce isolation
- developing connections & activities through a mixture of age groups

FOR PARENTS AND CHILDREN AGED 0-24 MONTHS AND OLDER PEOPLE

Start Date: 14 April 2022

Every Thurs 10.30am - 11.30am

To book a place please call

0151 608 8288

Venue: Trinity Methodist Church
Whitby Road Ellesmere Port
CH65 0AT

BOOKING IS ESSENTIAL!



West Cheshire FIBROMYALGIA SUPPORT GROUP

Meetings at

**Little Sutton
Community Centre**

Please Contact: Ruth Spicer

Tel: 0151 348 1098

Email: westcheshirefibromyalgia771@gmail.com

www.fibromyalgiawestcheshire.com

Working with Fibromyalgia Association U.K.



WHAT'S ON?

The Peoples Pantry@
Stanney Grange Community Centre

Thursday Snack and Chat

2pm-6pm

Everyone Welcome

Recent events affected your income?
Need help or advice?
Has covid left you feeling isolated?

Join us for a free cuppa,
snack and chat.

Support and advice from West
Cheshire Foodbank and Citizens
Advice Cheshire West will also be
available



Your Weekly Wellbeing Planner

Monday	Tuesday	Wednesday	Thursday	Friday
	Board Games When: 1:00 - 3:00pm Where: Chester What: Make new friends with an organised group board game event.	Bru at Neston* When: 11am - 12pm Where: Neston What: Drop in and have a face-to-face chat over a cuppa.	Bru Zoom When: 11:30am - 12:30pm Where: Zoom What: Online coffee mornings.	
	Arts 'n' Crafts When: 1:00 - 3:00pm Where: Ellesmere Port What: Get creative and meet new people in our weekly arts and crafts group.	Weekly Wellbeing Walk When: 11am - 1pm Where: Chester and Ellesmere Port What: A group wellbeing walk at alternate locations.	Gardening at Allotment** When: 2pm - 4pm Where: Chester What: Plant and grow at our allotment and polytunnel site in Chester.	

Contact Chapter to book your place!

info@chaptermentalhealth.org
01244 344 409
chaptermentalhealth.org/belong

* Starts Wednesday 2nd February 2023
** Starts Thursday 3rd February 2023

chapter
POSITIVE ABOUT MENTAL HEALTH

JOIN OUR HEALTHY CONSERVATION TEAM

Get active and improve your local environment!

- Green exercise outdoors
- Tree / shrub maintenance
- Improving pathways
- Habitat creation
- Pond maintenance
- No special skills required
- Fun & friendly. All welcome!

When and where?
Whitby Park, Ellesmere Port CH65 9AQ
Every Tuesday, 10am-12.30pm,
2nd Nov - 28th March
For more information, contact:
Elizabeth Mason on 07541691504
mail@merseyforest.org.uk
or Nell McMahon on 07740899716
n.mcmahon@tcv.org.uk



Cheshire West & Chester Council Domestic abuse open access groups

Open access groups for women affected by domestic abuse run weekly at venues in Chester, Ellesmere Port and Winsford. Groups are supported by qualified Independent Domestic Violence Advocate's who can offer confidential advice and support to women relating to a range of subjects surrounding domestic abuse.

The groups are somewhere for women affected by domestic abuse to go to:

- seek advice
- interact with others
- share experiences
- allow their voice to be heard
- enjoy refreshments and social sessions such as arts and crafts, beauty and wellness.

For information on male support groups, visit: www.cheshirewestandchester.gov.uk/openaccessgroups or call the Domestic Abuse Intervention and Prevention Service on 0300 123 7047 option 2.

Sessions run on a weekly basis, with potential for change on bank holidays and during the school holidays. No need to book, just drop in. For further information and dates visit: www.cheshirewestandchester.gov.uk/openaccessgroups. If you, or someone you know is in a relationship that doesn't quite feel right, speak to someone about it. You can get help and advice and access self-support services at: openhandedorcheshire.org.uk or call: 0300 123 7047, option 2.

Central Health



WHAT'S ON?

What's on at
the Boaty



Crafternoons

Every Tuesday 1pm -3pm

Come and Jam with us, Learn a new skill, have a chat!

Everyone Welcome.
Refreshments available for donations.



www.boatytheatre.co.uk
112, Whitby Road, Ellesmere Port, CH650AB. Tel: 0151 356 7432



Every Wednesday 5:30pm -7pm

Join our friendly and supportive group of writers.
No experience necessary. Start a new project or
work on an existing one

19+ All Welcome.
Refreshments available for donations.



www.boatytheatre.co.uk
112, Whitby Road, Ellesmere Port, CH650AB. Tel: 0151 356 7432



Every Sunday 12pm -2pm

Come and Jam with us, Learn a new skill, have a chat!

Everyone Welcome.
Refreshments available for donations.



www.boatytheatre.co.uk
112, Whitby Road, Ellesmere Port, CH650AB. Tel: 0151 356 7432



Every Wednesday 7pm -9pm

Ed's Riff Shop is a guitar masterclass with a difference.
Join our friendly and supportive group.

Everyone Welcome.
Refreshments available for donations.



www.boatytheatre.co.uk
112, Whitby Road, Ellesmere Port, CH650AB. Tel: 0151 356 7432



Are you a writer aged 12 to 19?

We would like to hear from you!
Join the Boaty Young Writers Network to meet other writers,
work on new and exciting projects and see your work come to life!

FREE WEEKLY SESSIONS
from
TUESDAY 9TH NOVEMBER 2021

info@boatytheatre.co.uk



www.boatytheatre.co.uk
112, Whitby Road, Ellesmere Port, CH650AB. Tel: 0151 356 7432



WHAT'S ON?



THE PORT MEN IN SHEDS

Ellesmere Port

OUR CONCEPT

The Port Men in Sheds concept, is about bringing men of all ages together in the hope of combating loneliness and social isolation.

"The idea is to bring all those garden sheds under one roof"



OUR OBJECTIVE

The objective of The Port Men in Sheds, is to promote social inclusion and to help those effected by social isolation or loneliness which includes people impacted by retirement, unemployment, disability or ill health (mental or physical).

This is achieved by providing a friendly, safe environment where men of all ages and backgrounds can get together and undertake such activities as woodwork projects, IT projects, play pool all day if you want or just sit around - chat - drink tea. A place where you can learn and share new skills, make new friends and support each other. You can also get involved in community projects in the Ellesmere Port area, so come and join us.



OUR CONTACT DETAILS

Tel: 07878 174312

Email: info@theportmeninsheds.org.uk

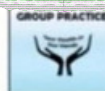
Website: www.theportmeninsheds.org.uk

The Port Men in Sheds
Unit 25, Rosscliffe Road
Ellesmere Port, CH66 3AS

The Port Men in Sheds is a registered charity. Charity Number 1191097

POST COVID FATIGUE?

parkrun



Are you suffering from mental health issues resulting from COVID-19?

**Socialise safely, get active & get mentally fit.
A healthy, happier you.**

Have you been feeling isolated and want to get out and meet people?

Do you want to lead a healthy and active lifestyle?

To join or for more information contact us on

0151 355 2112



JOIN YORK ROAD GROUP PRACTICE WITH THEIR WEEKLY

PARK RUN

FOR ANY AGE AND ANY LEVEL OF WALKER OR

Wellbeing Walks

Join us for some fresh air and a chat on one of our 'Wellbeing Walks'

When: Wednesdays at 1pm

Where: Meet at Ellesmere Port Library, Civic Way, CH65 0BG.

Walks will be a gentle pace and approximately 45 minutes long around Whitby Park.

Suitable for all abilities. Why not join us for a lunchtime stroll around the park?

Please contact Laura for more information:
07879 235379
or email:
laura@cwtogether.org.uk



Let's TALK

Ellesmere Port

A range of people available to talk to you about your **wellbeing** and **provide** you with information and advice about things available in your local area.

From your **health and housing** to **local social opportunities** and **support with care**.

Come and have a **different conversation**.

We'll be here in **Ellesmere Port Market** every **Thursday** from **10am until 1pm** so please pop by and we'll do what we can to help.

