

# The Men's Wellbeing Project



Boost your mental wellbeing by taking part in **FREE activities** that suit you.

Get involved in our Community Allotment have a brew and a chat, support with growing on the plot, community walks, relaxation sessions, and gentle exercise sessions.

Want to know more or book a place?

Call: **01744 371111**

Email: **chcp.sthelens@nhs.net**

Visit: **sthelenswellbeing.org.uk**



**Want to volunteer?  
Please get in touch**

 **@StHelensWellbeing**

 **@StHWellbeing**