



Howe Bridge Leisure centre

Community activities

Weekly 09:30 - 13:00



09:30 - 10:00 Drop in

Attend if you would like advice, support or more information about services and what we offer.

10:00 - 11:00

CLW Appointments

121 support for social issues that are affecting your health and wellbeing.

11:00 - 12:00

Wellbeing events

19th July - Healthy eating information

An overview of food categories, their importance on our health and how some foods can have a negative impact on our health.

26th July - Health MOT

Height, weight, body composition, alcohol and smoking status and support to make changes if wanted.

2nd August - Smoking information

And the benefits of quitting, sign up to reduce or quit if wanted.

9th August - Mindful walk

Take it at your own pace, we can adapt this walk to include all walking abilities, take in the fresh air and calm of nature

12:00 - 13:00

Wellbeing events

19th July - Outdoor picnic

Pack up your lunch and join us outside for a picnic in the sunshine, bring friends/family or get to know new people.

26th July - Financial planning

Work through budget sheets, check benefit entitlement and find out about services that can offer specialist support.

2nd August - 5 ways of Wellbeing

Learn ways to improve your wellbeing and create an individualised plan.

9th August - Budget food planning

A session exploring how to make meals that are budget friendly, comparing cost of shopping lists at local shops, meal planning ideas.

13:00 - 17:00

Healthy Routes appointments

121 support for Weight management, smoking cessation, physical activity, alcohol reduction and mental wellbeing.



- Mental wellbeing ↑
- Weight management ↓
- Physical activity →
- New hobby ←
- Stopping smoking ←

Be Well:

Can support if you're looking to ease your way back into fitness or are already a full-time fitness fan, there's something for everyone at Be Well, whatever your age or ability. From guided walks to junior fitness, inclusive activities to water sports.

Community link workers:

Offer a broad range of support and advice on; finances, mental wellbeing, carer support, volunteering, employment and many more. They also have a wealth of knowledge on what is on offer in the local community.

Healthy routes:

Provide practical support to help with; weight management including a personalised healthy eating plan, stopping smoking, alcohol reduction and mental wellbeing.



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CLW Appointments

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Wellbeing events

16th August - Healthy eating information

An overview of food categories, their importance on our health and how some foods can have a negative impact on our health.

23rd August - Portion sizes information

A look at the correct portion sizes, why they are important, what foods should make up what portions and a free portion tool to help you manage at home.

30th August - Budget food planning (Packed lunch version)

A session exploring how to make packed lunches that are budget friendly, comparing cost of shopping lists at local shops.

12:00 - 13:00

Wellbeing events

16th August - Refreshments and chat

Bring along family and friends or get to know new people, drinks provided.

23rd August - Outdoor picnic

Pack up your lunch and join us outside for a picnic in the sunshine, bring friends/family or get to know new people.

30th August - What's on in my community

Information about local services, groups and volunteering opportunities in Atherton, Tyldesley, Mosley common and Leigh.

13:00 - 17:00

Healthy Routes appointments

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