

# WorkWell

WorkWell is a free and voluntary programme designed to support those with health conditions to start, stay, or succeed in work. It offers personalised support tailored to individual needs.



## Support Includes:

Mentoring  
GP support  
Free Bikes  
Weekly Activities  
Training

Volunteering  
Employment Support  
Links to Recovery Community  
Sign Posting to additional Services  
and more



Funded by  
UK Government



Active  
Lancashire

# Free Weekly Activities

Monday	<b>Walk &amp; Talk</b>	11am - 12noon	Haslam Park, Blackpool Road, PR2 1JE. Meet at Park Gates
Monday	<b>Boxing</b>	1pm - 2pm	Soccer City, Parker Street, Preston, PR2 2AH
Tuesday	<b>Walk &amp; Talk</b>	11am - 12noon	Moor Park, Preston, PR1 6AU
Wednesday	<b>Walk &amp; Talk</b>	11am - 12noon	Worden Park, Leyland, PR25 3BD
Wednesday	<b>Football</b>	12noon - 1pm	Fylde Sport and Education Centre, Mill Farm, PR4 3JZ
Wednesday	<b>Docks Walk &amp; Talk</b>	1.30pm	Riversway Preston. Meet dockside at the Ribble Pilot
Thursday	<b>Walk &amp; Talk</b>	11am - 12noon	Avenham Park, Preston, PR1 8JP
Thursday	<b>Yoga</b>	12noon	Clayton Brook Village Hall, Bamber Bridge, PR5 8HL
Thursday	<b>Badminton</b>	7pm - 8pm	West View Leisure Centre, Preston, PR1 5EP
Friday	<b>Walk and Talk</b>	10am - 11am	Adlington Library, Chorley, PR6 9RG
Friday	<b>Football</b>	12noon - 1.30pm	Soccer City, Parker Street, Preston, PR2 2AH

## Get Involved:

Scan the QR code, or contact Paul on 07732 156060 / pbecouarn@activelancashire.org.uk to find out more about the support on offer.

