



Flourish and Succeed CIC

Mental Health and Wellbeing Groups

Community Groups Timetable - 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Men's Group 6:30pm to 8.30pm Craig's Community Centre, Stockbridge Village L28 4ER	Men's Allotment Group 10am to 12 noon Court Hey Park	Wellness Wednesday Activity Every other Wednesday	Women's Well-being Group 10am to 12 noon Craig's Community Centre, Stockbridge Village, L28 4ER	Parent & Child Group (0-4 years of age) 9:30am to 12:00 Craig's Community Centre, Stockbridge Village, L28 4ER	Walk & Talk Outdoor Activity Saturday / Sunday
Men's Group 6:30pm to 8.30pm Southdene Community Centre, Broad Lane, Kirkby L32 6QG	Women's Mental Health Fitness Boxing Project 7:15pm to 8:15pm Community Pavilion, Pool Hey, Stockbridge Village, L28 4ER	Children's / SEND After School Football Skills & Coaching Session 4.00pm to 5.00pm	Women's Mental Health Fitness Boxing Project 7:15pm to 8:15pm Community Pavilion, Pool Hey, Stockbridge Village, L28 4ER	Men's Allotment Group 10am to 12 noon Court Hey Park	
Men's Group 6:30pm to 8.30pm Prescot Tesco Cables Retail L35 5NQ					



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