

WELLBEING MAP OF HOLBEACH

Engaging in the 5 Ways to Wellbeing every day can help you improve or sustain your mental health and wellbeing.

A MAP OF OPPORTUNITIES



Funded & commissioned by South Holland District Council
 Concept & design by Art Pop-Up
 artpopup.co.uk



THE 5 WAYS TO WELLBEING: CONNECT | BE ACTIVE | TAKE NOTICE | LEARN | GIVE

ABOUT US



South Holland District Council recognises the importance for our communities in raising awareness of Health and Wellbeing activities within the district of South Holland and the area of Holbeach. There are many ways locally residents can access new skills, make new friends and connections.

For more details visit:
sholland.gov.uk/community



The 5 ways to wellbeing

CONNECT | BE ACTIVE | TAKE NOTICE | LEARN | GIVE

A MAP OF OPPORTUNITIES!

THIS MAP WAS PRODUCED BY SOUTH HOLLAND DISTRICT COUNCIL WITH ART POP-UP. IT EXPLORES OPPORTUNITIES FOR LOCAL RESIDENTS TO SUPPORT THEIR WELLBEING AND IMPROVE MENTAL HEALTH THROUGH REGULAR ACTIVITY RELATING TO THE 5 WAYS TO WELLBEING.



Art Pop-Up

HOLBEACH

Holbeach Library and Community Hub

Co-op Store, 5 Fleet Street, Holbeach, Lincolnshire, PE12 7AX
www.lincolnshire.gov.uk/directory-record/63983/holbeach-library

Boxes of Hope

Boxes of Hope Community Hub, 23 High Street, Holbeach, PE12 7DY
boxesofhope.co.uk
01406 420261

A community hub offering a safe space for the community to meet new people. Connecting people with the self help that is available to all our communities.

Holbeach Good Mood Community Café

Boxes of Hope Community Hub, 23 High Street, Holbeach, PE12 7DY
www.cpslmind.org.uk/how-we-help/good-life-service/good-mood-cafes/
0300 303 4363
Thursday 10am – 12noon

Tonic Health Holbeach Hub

The Holbeach Hub, Boston Road South, Holbeach, PE12 7LR
www.tonic-health.co.uk
07471 515232

Primary school-aged youth club:

Tuesdays 4-6pm

Secondary school-aged youth club:

Fridays 5-7pm

Night Light Café:

Mondays and Wednesdays 4-7pm

SociABLES:

Wednesdays and Fridays 10-2pm

Bicycle repair café:

Wednesdays and Fridays 10-2pm

Holbeach Community Larder

The Reading Rooms, Church Street, Holbeach, PE12 7LL

holbeachcommunitylarder.org/

07858 905903

Every Wednesday 10am – 1pm

Every Friday 12noon – 1pm

Holbeach Community Café

Holbeach Community Larder, The Reading Rooms, Church Street, Holbeach, PE12 7LL
Fridays 10.30am until 12.30 for two course meal, free of charge. Donations welcome.

Growing Well Together Holbeach

The Holbeach Hub, Boston Road South, Holbeach, PE12 7LR
Contact sherine.angus@lincoln.anglican.org

Wellbeing Walk

Starting point – United Services Club, 50 Church Street, Holbeach, PE12 7LL

www.ramblers.org.uk/go-walking/wellbeing-walks/holbeach

Contact - wellbeingwalks@lincolnshire.coop
Every Thursday from 10.30am

Community Cuppa

All Saints Church, 5 Church Street, Holbeach, Spalding, PE12 7LL

Every Wednesday from 10am

Holbeach Reading Rooms

Community Centre, 19 Church Street, Holbeach Lincolnshire PE12 7HQ.

Available to hire and various weekly activities.

Netherfield Playing Field

Netherfield, Holbeach, Spalding, PE12 7HX

Carter's Park

Park Road, Holbeach, Spalding, PE12 7PT

All Saints Church

5 Church Street, Holbeach, Spalding, PE12 7LL

01406 423460

<https://allsaintsholbeach.org.uk/>

Holbeach Methodist Church

Albert Street, Holbeach, Spalding, PE12 7DP

01406704489

Apex Pole Fitness

12 West End, Holbeach, PE12 7LW

Contact apexpolefitness@gmail.com

Helen's Zumba and Fitness

www.facebook.com/HelenLeasFitness

Contact legwarmersrin@hotmail.co.uk

Zumba, Pilates, Clubbercise and mobility classes.

Various fun and welcoming sessions at the Women's Institute and Community Centre.

Contact for more information. Pay as you go.

Boogie Bounce with Emmeline

Holbeach Methodist Church, Albert St, Holbeach,

PE12 7DP

07842456583

Royals' Gym

19-25 Fleet Street, Holbeach, PE12 7AD

www.royalsgym.co.uk

Contact admin@royalsgym.co.uk

Holbeach Outdoor Market

Boston Road, South Holbeach, PE12 7LR

Every Thursday

5 Ways to Wellbeing

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Evidence suggests there are 5 steps you can take to improve your mental health & wellbeing. Trying these things could help you feel more positive & able to get the most out of life. Find out more on the NHS website.

Holbeach Indoor Farmer's Market

The Holbeach Hub Sports Hall, Boston Rd, Holbeach, PE12 7LR

07977889927

First Sunday of every month (except January), 10am – 2pm. Free Admission.

Artisan food and drink, local produce, handmade crafts and more.

The Holbeach Bookshop

Community Bookshop

3, Park Road, Holbeach, Spalding, PE12 7EE

07565980913

Contact theholbeachbookshop@outlook.com

Location of Life-Saving Defibrillators

To find exact locations of all the defibrillators in the area and many others within the district can be found at www.defibfinder.uk

Samaritans

If you need someone to talk to, you can contact a Samaritan. Any time day or night, whatever you are going through, Samaritans will not judge or tell you what to do.

Call 116 123 free or www.samaritans.org/how-we-can-help/contact-samaritan/



THE NIGHT LIGHT CAFÉ IS A LOCAL, SAFE SPACE THAT PROVIDES A LISTENING EAR FOR ANYONE WHO IS FINDING LIFE DIFFICULT FOR ANY REASON AT ALL

An out of hours, non-clinical drop in service, run by Tonic Health staff and trained volunteers, providing a space to chat in confidence, meet others in a similar situation, play pool/darts/games and plenty of refreshments. Signposting, wellbeing advice and information on support and other organisations, these sessions are free of charge and are at The Holbeach Hub, Boston Road South, Holbeach PE12 7LR (opposite Tescos) on Mondays and Wednesdays 4-7pm.

FUNDED, COMMISSIONED & WITH CONTENT BY SOUTH HOLLAND DISTRICT COUNCIL

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