

FLATLANDS ALPACAS

WILDLIFE POND & PICNIC AREA

CROWLAND LEISURE & WELLBEING

PETERBOROUGH & SPALDING GLIDING CLUB

LIBRARY & COMMUNITY HUB

CROWLAND IN BLOOM PARISH COUNCIL

CROWLAND ABBEY

TRINITY BRIDGE

WELLBEING MAP OF CROWLAND

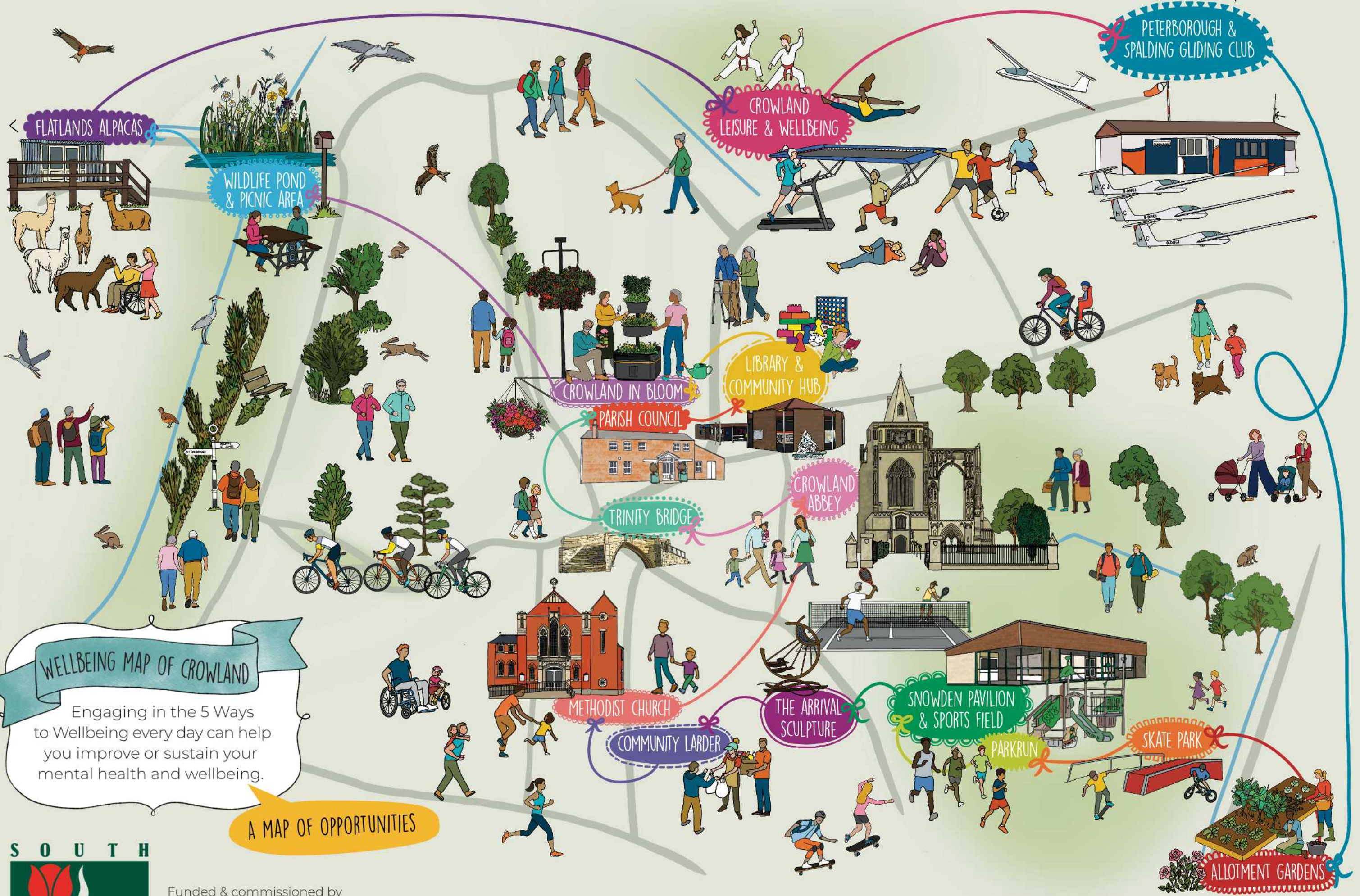
Engaging in the 5 Ways to Wellbeing every day can help you improve or sustain your mental health and wellbeing.

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

CROWLAND

Snowden Pavillion & Sports Field
Thorney Road, Crowland PE8 9QR
crowland.parish.lincolnshire.gov.uk

Crowland Leisure & Wellbeing Centre
Sports Hall Building, Postland Rd,
Crowland PE6 0JA
Contact 01733 961 063
admin@crowandleisure.co.uk
crowandleisure.co.uk
Opening times:
Monday-Friday 8am - 9:30pm
Saturday 8am - 5pm
Sunday 8am - 12:00

Snowden Field Park Run
Snowden Field, Thorney Road,
Crowland, PE6 0AL
parkrun.org.uk/snowdenfield
Every Saturday 9am

Crowland Skate Park
Snowden Sports Field, Crowland PE6 0NN
crowland.parish.lincolnshire.gov.uk

Crowland Tennis Courts
Thorney Road, Crowland, PE6 0AL
Contact Parish Council 01733 210653
enquiries@crowland-pc.uk

Crowland Town Bowling Club
Thorney Road, Crowland PE6 0AL
crowlandtownbowlingclub.chessck.co.uk

Crowland Wheelers
fb.com/groups/www.crowlandwheelers.co.uk

Crowland Gun Club - Clay Pigeon Shooting
Second Drove, Low Wash, Crowland PE6 0JB
shootingclubdirectory.com/listings/crowland-gun-club

Crowland Angling Club
Gravel Causeway, Crowland PE6 0HP
crowlandanglingclub@outlook.com

Peterborough and Spalding Gliding Club
Crowland Airfield, Spalding Road,
Crowland PE6 0JW
Clubhouse: 01733 210 463 on Sat, Sun & Bank
holidays
psgc.co.uk

Crowland Allotment Gardens
James Road, Crowland PE6 0AA
Contact Parish Council 01733 210653
enquiries@crowland-pc.uk
crowland.parish.lincolnshire.gov.uk

Wellbeing Walk

Starting point – Crowland Methodist Church,
Reform Street, PE6 0AN
ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-south-holland
Also lincolnshire.coop/wellbeing-walks
Contact 01522 544632
healthwalks@lincolnshire.coop
Every Wednesday from 10.45am

Crowland Walks

sholland.gov.uk/article/5679/Crowland-walks
Various locations

Trinity Bridge

East Street, Crowland PE6 0EN
historicengland.org.uk

Crowland wildlife pond and picnic areas
West Bank, Crowland PE6 0HP

Flatlands Alpacas

The Common, Crowland PE6 0HL
Contact 07734 266097
flatlandsalpacas.co.uk

Crowland Library & Community Hub
Hall Street, Crowland PE6 0EW
lincolnshire.gov.uk/directory/57/find-a-library
Tuesday & Thursday: 9.30 to 12.30pm & 2pm to 5pm
Saturday: 10am to 1pm
Contact 01733 212027
secretary@crowlandhub.com

Crowland Community Larder
Methodist Chapel, Reform Street, Crowland
PE6 0AN
Contact 07421 840313
crowlandlarder@outlook.com
crowlandhub.com
fb.com/crowlandcommunitylarder
Friday 10am-12pm

Crowland Parish Council

Parish Rooms, Hall St, Crowland PE6 0EW
Contact 01733 210653
enquiries@crowland-pc.uk
crowland.parish.lincolnshire.gov.uk

5 Ways to Wellbeing

CONNECT | BE ACTIVE | TAKE NOTICE | LEARN | GIVE

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.

Crowland in Bloom

Parish Rooms, Hall St, Crowland PE6 0EW

Crowland Women's Institute

The Scout Hut, Thorney Road, Crowland PE6 0AL
Second Tuesday of the month 7.15pm
lincolnshire-south.thewi.org.uk

Crowland Abbey

46 East Street, Crowland PE6 0EN
Pastoral enquiries 01778 217366
priest@crowlandabbey.org.uk
crowlandabbey.org.uk

Crowland Methodist Church

Reform St, Crowland PE6 0AN
Contact 01733 210240
revlmh@gmail.com
fb.com/crowlandmethodistchurch

CONNECT TO SUPPORT

Connect to support Lincolnshire is an online directory helping you to manage your health & wellbeing. It is the place to go to for information & advice on all aspects of health and wellbeing & adult social care in Lincolnshire. Please visit:
lincolnshire.connecttosupport.org

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

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

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CONCEPT, DESIGN & ILLUSTRATION BY ART POP-UP

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