



# Upcoming Courses November 1<sup>st</sup>

To go on these FREE courses you need to be aged over 16, a resident in B&NES and to book in advance. Call us on **01225 831820**, unless an alternative number is shown or make an enquiry via the website [www.wellbeingcollegebanes.co.uk](http://www.wellbeingcollegebanes.co.uk)

For a 1-1 Wellbeing Advice session ring us on **01225 831820** for an appointment.

**Anyone 16 or over who lives in B&NES can attend the following:**

When does it start?	What's the course called?	What time is it on?	How long does it run for?	Where is it held?	How do I book?
Various	Furniture Repair and Restoration	Tuesdays & Thursdays 9.30am - 4pm	On-going	Woodworks Project Units 1-4 Victoria Park, Bath, BA1 3AX	Stephen Budd on 01225 313240
Wednesday 1 <sup>st</sup> November	Tai Chi	7pm-9pm	2 sessions	Southdown Methodist Church Bath BA2 1NG	Wellbeing College
Thursday 26 <sup>nd</sup> November	Sing It Out!	1.30pm- 3.30pm	6 sessions	All Saints Centre High Street Weston Bath BA1 4BX	Wellbeing College
Saturday 28 <sup>th</sup> October	Woodland Tai Chi	12.30pm- 2.30pm	6 sessions	Greyfield Woods, High Littleton, BS39 6YE	Wellbeing College
Saturday 28 <sup>th</sup> October	Woodland Mindfulness	2.30pm- 4.30pm	6 sessions	Greyfield Woods, High Littleton, BS39 6YE	Wellbeing College
Thursday 2 <sup>nd</sup> November	Gentle Yoga Level 2	12.15pm- 1.45pm	6 sessions	Southdown Methodist Church Southdown Bath BA2 1NJ	Wellbeing College
Monday 6 <sup>th</sup> November	Hand Reflexology for Self-Help	10.30am- 12pm	4 weeks	Percy Centre, New King Street Bath BA1 2BN	Wellbeing College

Monday 6 <sup>th</sup> November	Lakeside Mindfulness	10am-12pm	6 weeks	Community farm Denny Lane Chew Magna BS40 8SZ	Wellbeing College
Wednesday 8 <sup>th</sup> November	Chew Valley Villages Wellbeing	1.30pm- 3.30pm	1 off session	Chew Valley Children's Centre Chew Valley School Chew Valley Lane Bristol BS40 8QB	Wellbeing College
Thursday 9 <sup>th</sup> November	Christmas Cooking Made Easy	10.30am- 1pm	5 weeks	St Andrews Church, Hawthorn Grove, Foxhill, Bath, BA2 5QA	Wellbeing College
Wednesday 15 <sup>th</sup> November	Aromatherapy for Wellbeing: An Introduction to Essential Oils and their Uses	2.30pm- 3.30pm	1 off Session	Chew Valley Children's Centre Chew Valley School Chew Valley Lane Bristol BS40 8QB	Wellbeing College
Wednesday 15 <sup>th</sup> November	Tai Chi	7pm-9pm	6 weeks	Southdown Methodist Church Southdown Bath BA2 1NJ	Wellbeing College
Wednesday 15 <sup>th</sup> November	Winter Warmers- Outdoor Cookery	11.30am- 2pm	1 off Session	Monksdale Road allotment Monksdale Road Bath BA2 2JF	Wellbeing College
Thursday 23 <sup>rd</sup> /30 <sup>th</sup> November	Wellness Recovery Action Plan	9.30am- 3pm	2 sessions	Percy Centre, New King Street Bath BA1 2BN	Wellbeing College
Friday 24 <sup>th</sup> November	Herbs for Wellbeing	1.30pm- 3.30pm	1 off Session	Monksdale Road allotment Monksdale Road Bath BA2 2JF	Wellbineg College
Thursday 7 <sup>th</sup> December	5 Ways to Wellbeing	10.30am- 1.30pm	1 off Session	Bath tbc	Wellbeing College
Friday 8 <sup>th</sup> December	Encouraging Wildlife into your Garden - Outdoors at the allotment	1.30pm- 3.30pm	1 off Session	Monksdale Road allotment Monksdale Road Bath BA2 2JF	Wellbeing College

## Courses with certain eligibility criteria:

When does it start?	Course Name/ Duration	What time is it on?	Who Is it For?	Where is it held?	How do I book?
Various	Traditional Upholstery	Tues/Weds /Thurs 9.30am-4pm	People experiencing mental/ physical difficulties	Woodworks Project Units 1-4 Victoria Park Bath, BA1 3AX	Call Woodwork Project on 01225 313240
Mondays & Wednesdays / Wednesday	Greenlinks Allotment Project	12.30pm-3.30pm / 11am-2pm	People experiencing or have experienced mental difficulties	Monksdale Road, Bath / Ammerdown House, Radstock	Healthy Lifestyle Service 01225 831852
Thursday 12 <sup>th</sup> October	Improving Computer Skills for the over 50s	2pm-4pm	4 weeks	Paulton Hub 1-2 Hill Court High Street Paulton BS39 7QG	Wellbeing College
Thursday 26 <sup>th</sup> October	Massage Workshop for Carers Level 2	10am-12.30pm	1 off workshop	Carers Centre Woodlands, Lower Bristol Rd, BA2, Bath BA2 9ES	Carers Centre 01761 431388
Tuesday 7 <sup>th</sup> November	Wellness sessions for mums and babies 6-18mths	1pm-2.30pm	1 off session	Well Bath, Charlcombe, Bath BA1 8DN	Call Make a Move on 07572823792
Thursday 9 <sup>th</sup> November	iPads for Beginners 50+	2pm-4pm	4 weeks	Paulton Hub 1-2 Hill Court High Street Paulton BS39 7QG	Wellbeing College

## Courses for Volunteers including Carers:

When does it start?	Course Name/ Duration	What time is it on?	Where is it held?	How do I book?
Wednesday 15 <sup>th</sup> November	Motivational Interviewing	9.30am-4.30pm	Bath tbc	Wellbeing College website or volunteernetwo rkbanes@gmail. com
Monday 23 <sup>rd</sup> November	Peer Mentoring	10am-4pm	Bath tbc	Wellbeing College website or St Mungo's 07825115775
Wednesday 29 <sup>th</sup> November	Every Day First Aid – To support people who are homeless	1pm – 3pm	The Bubble, St John's Hospital, Bath	Wellbeing College Website or call 01225 831438
Thursday 7 <sup>th</sup> December	Lone Working	10am-1.30pm	Bath tbc	Wellbeing College website or St Mungo's 07825115775
Tuesday 12 <sup>th</sup> December	Safeguarding Adults and Children	10am-1.30pm	Bath tbc	Wellbeing College website or St Mungo's 07736457670