



Upcoming Courses February 21st

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

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?
Wednesday 21 st February	Woodland Wellbeing	10am-12pm	Every 2 weeks until end of Feb	Greyfield Woods, High Littleton,	Wellbeing College
Wednesday 21 st February	Tai Chi and The Five Elements (Indoors)	7pm-9pm	2 weeks remaining	Southdown Methodist Church The Hollow Bath BA2 1NJ	Wellbeing College
Thursday 22 nd February	Mediterranean Cookery	10am-1pm	7 weeks	St Andrews Community Church Hawthorn Grove Foxhill Bath BA2 5QA	Wellbeing College
Saturday 24 th February	Woodland Tai Chi	1pm-3pm	5 weeks	Greyfield Woods High Littleton Bath BS39 6YE	Wellbeing College
Saturday 24 th February	Woodland Mindfulness	3pm-5pm	5 weeks	Greyfield Woods High Littleton Bath BS39 6YE	Wellbeing College
Saturday 24 th	Weekend Wellness	10am-11.30am	6 Weeks	Charlton House Hawthorn's Lane	Wellbeing College

February				Keynsham BS31 1BE	
Monday 26 th February	Lakeside Mindfulness	12pm-2pm	6 weeks	Community Farm Denny Ln, Chew Magna, BS40 8SZ	Wellbeing College
Saturday 10 th March	5 Ways to Wellbeing	10.30am- 1.30pm	1 session	Keynsham Baptist Church High Street Keynsham BS31 1DZ	Wellbeing College
Friday 6 th April	Qi Gong	10am- 11.30am	10 Weeks	Quebec Community Room Dominion Road Twerton Bath BA2 1DJ	Wellbeing College
Friday 6 th April	Mindful Spring Walks	1.30pm- 2.30pm	4 Weeks	Keynsham Bandstand Memorial Park BS31 1HL	Wellbeing College
Tuesday 17 th April 	Laughter Yoga	3.30pm- 4.30pm	5 Weeks	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ	Wellbeing College
Tuesday 17 th April 	Macmillan Cancer Support - HOPE Programme. Do you need support following your cancer episode?	10am- 12.30pm	6 Weeks	Royal National Hospital for Rheumatic Diseases, Upper Borough Walls, Bath BA1 1RL	Wellbeing College
Tuesday 17 th April	Gentle Yoga Level 2	10.30am- 12pm	6 Weeks	Southdown Methodist Church The Hollow Southdown BA2 1NJ	Wellbeing College
Wednesday 18 th April	Gentle Yoga Level 1	10.30am- 12pm	6 Weeks	The Percy Centre, New King street,	Wellbeing College

				Bath BA1 2BN	
Thursday 19 th April	5 Ways to Wellbeing	10.30am- 1.30pm	1 Session	Bath City Farm Kelston View Bath BA2 1NW	Wellbeing College
Tuesday 8 th May 	Feldenkrais	6pm-7pm	5 Weeks	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ	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?
Wednesday	Greenlinks Allotment Project	11am-2pm	People experiencing or have experienced mental difficulties	Ammerdown House, Radstock	Healthy Lifestyle Service 01225 831852
Thursday 22 nd February	Improving Computer skills 50+	2pm-4pm	4 weeks	Paulton Hub 1-2 Hill Court High Street Paulton BS39 7QG	Wellbeing College
Thursday 12 th April	Ipads for Beginners 50+	2pm-4pm	4 weeks	Paulton Hub 1-2 Hill Court High Street Paulton BS39 7QG	Wellbeing College
Monday 16 th April	Wellbeing Programme for People in Pain	1.30pm-4.30pm	11 sessions	Southdown Methodist Church The Hollow Bath BA2 1NJ	Wellbeing College
Thursday 19 th April	Ceramic Workshop for Deaf or hard of hearing- Hand-building	2pm-4pm	6 weeks	The School Room, Bath Artists Studios The Old	Wellbeing College

	techniques with Clay			Malthouse, Comfortable Place BA1 3AJ	
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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?
Monday 26 th February	Connect 5 Mental Health Training Level 1	6pm-8pm	The Bubble	Wellbeing College website
Monday 5 th March / 12 th March	Peer Mentoring (2 days)	10am-4pm	Bath tbc	Wellbeing College website / 07825115775
Tuesday 6 th March	Motivational Interviewing	9.15am-4.45pm	Bath tbc	Wellbeing College website
Tuesday 13 th March	Volunteer Core Training	9am-3.30pm	Bath tbc	Wellbeing College website
Thursday 22 nd March	Lone Working	10am-13.30pm	Bath Fire Station Cleveland Bridge Bath BA2 6PU	Wellbeing College website / 07825115775
Thursday 29 th March	Safeguarding Adults and Children	10am-1.30pm	Bath tbc	Wellbeing College website / 07736457670
Tuesday 17 th April	Supporting people with mental health needs	12.30pm-4.30pm	Bath tbc	Wellbeing College website / 07736457670