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Upcoming Courses

18 August 2022

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 **0300 247 0050**, unless an alternative number is shown or make an enquiry via the website ([**www.wellbeingcollegebanes.co.uk**](http://www.wellbeingcollegebanes.co.uk)**)**

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

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| **What’s the course called?** | **When does it start?** | **What time is it on?** | **How long does it run for?** | **Where is it held?** | **How do I book?** |
| Weight Loss with BETTER | Ongoing  | Various times | 12 weeks | Bath Sports Centre, North Parade Road, Bath, BA2 4ET | Kate Percival 07443 825565 |
| Build A Bike | Ongoing on a Tuesday | 9.30 am – 12.30 pm & 1.30 pm – 4.30 pm (am and pm courses | Ongoing 4 weeks courses | Julian House Bike Shop in Bath and Trowbridge | Rod Standing, Tutor, 07534 092557 |
| Singing for Wellbeing | Ongoing on a Thursday | 10.30 am – 11.30 am | Ongoing | Community Rooms, CURO, Grove Street, Bath, BA2 4BA | Via Soundwell Music Therapy – 07423 400655 |
| Music Support for Carers | Ongong on a Friday | 11.00 am – 12.00 noon | Ongoing | Community Rooms, CURO, Grove Street, Bath, BA2 4BA | Via Soundwell Music Therapy – 07423 400655 |
| Beginners Meditation  | 6 July – 31 August 2022 | 6.00pm – 7.00pm | 9 weeks | Breath Studio, Ridgeway House, Regil Lane, Winford, BS40 8AX | Paula Hewitt |
| Meditation, Walk & Connect |  6 July – 31 August 2022 | 1.30 pm – 3.00pm | 9 weels | Breath Studio, Ridgeway House, Regil Lane, Winford, BS40 8AX | Paula Hewitt |
| Beginners Meditation & Mindfulness | 7 July – 25 August 2022 | 10.00 am – 10.30 am | 8 weeks | Zoom | Paula Hewitt |
| Deep Relaxation | 18 July – 22 August 2022 | 2.15 pm – 3.45 pm | 6 weeks | On line via Zoom | Sandhya |
| Outdoor Mindfulness | 12 July – 16 August 2022 | 11.30 am – 1.00pm | 6 weeks | Meet at Fear Hall, Keynsham | Sandhya |
| Introduction to Self Care | 15 July – 16 Sept 2022 | 9.00 am – 10.30 am | 8 weeks | On line Zoom | Sandhya  |
| Willow Basket Weaving at the Farm | 5 Sept – 10 October 2022 | 10.00am – 12.00 pm | 6 weeks | The Community Farm, Denny Ln, Chew Magna, Bristol BS40 8SZ | Ecowild |
| Emotional Freedom Technique – Tapping | 5 Sept – 27 Oct 2022 | 11.00 am – 12.30 pm | 8 weeks | Community 67, Queens Road, Keynsham, BS31 2NW | Wellbeing College |
| Yoga Nidra at the Lake | 5 Sept – 10 Sept 2022 | 1.00 pm – 3.00 pm | 6 weeks | The Community Farm, Denny Ln, Chew Magna, Bristol BS40 8SZ |  |
| Mindfulness in Keynsham | 6 Sept – 18 Oct 2022 | 11.45 am – 1.15 pm | 7 weeks |  | Wellebing College |
| Playlist for Life | 6 September 2022 | 1.00 pm – 3.00 pm | 1 day | On line Zoom | Creativity Works |
| Cancer Support Group | 7 Sept - 12 October 2022 | 10.00am – 12.00pm | 6 weeks | Timsbury YMCA | Wellbeing College |
| Outdoor Mindfulness | 7 Sept – 26 Oct 2022 | 11.00 am – 12.30 pm | 8 weeks | Outside McColls, 39-41 Holmoak Rd, Keynsham, BS31 2RZ | Wellbeing College |
| Introduction to Meditation  | 7 Sept – 19 Oct 2022 | 1.15 pm – 2.45 pm | 7 weeks | Community 67, Queens Road, Keynsham, BS31 2NW | Wellbeing College |
| Men’s Outdoor Group | 14 Sept – 19 Oct 2022 | 6.00 pm – 9.00 pm | 6 weeks | Welton Manor Farm, Millard's Hill, Midsomer Norton, Radstock, BA3 2BW | Ecowild |
| Men’s Woodland Project Group | 15 Sept – 27 Oct 2022` | 10.00 am – 1.00 pm | 6 weeks | Grefield Wood Roundhouse, High Littleton, Somerset, BS39 6XZ | Ecowild |
| The Urban Garden & Grow for Life City & Guilds Course  | 20 Sept start | 10.00 am – 2.00 pm | 10 weeks | The Urban Garden, off Royal Victoria Park, Bath, BA1 2LZ | info@theurbangarden.org.uk |
| Cook, Eat and Stay a Healthy Weight | 20 Sept – 19 Oct 2022 | 6.00pm – 8.00pm | 5 weeks | On-line | Wellbeing College |
| The Urban Garden & Grow for Life City & Guilds Course  | 21 Sept start | 9.30 am – 12.30 pm | 12 weeks | The Urban Garden, off Royal Victoria Park, Bath, BA1 2LZ | info@theurbangarden.org.uk |
| Moving on with Self Care | 23 Sept – 11 Nov 2022 | 9.10 am – 10.40 am | 8 weeks | On line Zoom | Sandhya |
| ipads for Beginners | 26 Sept – 31 October 2022 | 10.00am – 12.00pm | 6 weeks | Unit 14, South Road, Midsomer Norton, BA3 2EZ. Next to the Green Shop | Wellbeing College |
| Android Tablets for Beginners | 27 Sept – 1 Nov 2022 | 10.00 am – 12.00 noon | 6 weeks | Unit 14, South Road, Midsomer Norton, BA3 2EZ. Next to the Green Shop | Wellbeing College |
| Woodland Connect | 4 Oct – 15 Nov 2022 | 10.00 am – 3.00pm | 6 weeks | Grefield Wood, High Littleton, Bristol, BS39 6XZ | Ecowild |
| Fun with Clay | 29 Oct – 17 Dec 2022 | 11.00 am - 1.00 pm | 6 weeks | The School Room, Bath Artistes’ Studios, The Old Malthourse, Comfortable Place, Upper Bristol Rod, Bath, BA1 2XD | Wellbeing College |
| Moving on with Ipads | 7 Nov – 12 Dec 2022 | 10.00am – 12.00pm | 6 weeks | Unit 14, South Road, Midsomer Norton, BA3 2EZ. Next to the Green Shop | Wellbeing College |
| Moving on with Android Tablets | 8 Nov - 13 Dec 2022 | 10.00 am – 12.00 noon | 6 weeks | Unit 14, South Road, Midsomer Norton, BA3 2EZ. Next to the Green Shop | Wellbeing Colege |
| Gentle Yoga£3.50 | Mondays | 10.00 am – 11.00 am | Ongoing | The Bubble, 4-5 Chapel Court, Bath | St Johns Foundation – 01225 486401 |
| Gentle Yoga£3.50 | Mondays | 11.30 am – 12.30 pm | Ongoing | The Bubble, 4-5 Chapel Court, Bath | St Johns Foundation – 01225 486401 |
| Cook & Eat£5.00 | Mondays | 2.30 pm – 5.00pm | Ongoing | Royston Tucker Room, Combe Park, Bath | St Johns Foundation – 01225 486401 |
| Sewing Class£5.00 | Mondays | 10.00 am – 12.00 noon | Ongoing | Royston Tucker Room, Combe Park, Bath | St Johns Foundation – 01225 486401 |
| Gentle Seated Exercise£3.50 | Mondays | 12.00 noon – 1.00pm | Ongoing | Southdown Methodist Church | St Johns Foundation – 01225 486401 |
| Pilates£3.50 | Tuesday | 12.30 pm – 13.15 pm | Ongoing | The Bubble, 4-5 Chapel Court, Bath | St Johns Foundation – 01225 486401 |
| Get Creative£5.00 | Tuesdays | 10.00 am – 12.00 pm | Ongoing | The Bubble, 4-5 Chapel Court, Bath | St Johns Foundation – 01225 486401 |
| Cook & Eat£5.00 | Tuesdays | 2.30 pm – 5.00 pm | Ongoing | The Bubble, 4-5 Chapel Court, Bath | St Johns Foundation – 01225 486401 |
| Ballet£18.00 per 6 week session | Tuesdays | 2.00 pm – 3.00 pm | Ongoing | The Chapel  | St Johns Foundation – 01225 486401 |
| Pilates£5.00 | Tuesdays | 11.00 am – 11.45 am | Ongoing | Royston Tucker Room, Combe Park, Bath | St Johns Foundation – 01225 486401 |
| Arty Café£5.00 | Tuesday | 2.00 pm – 4.00 pm | Ongoing | Royston Tucker Room, Combe Park, Bath | St Johns Foundation – 01225 486401 |
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**Courses for Volunteers including Carers:**

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| **When does it start?** | **Course Name/ Duration** | **What time is it on?** | **Where is it held?** | **How do I book?** |
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