



29 Upcoming Courses & Activities To Improve Your Wellbeing over the next 12 months

Thursday 26th October	Massage Workshop for Carers Level 2	10:00 - 12:30	1 session	The Carers' Centre Woodlands Lower Bristol Road Bath BA2 9ES 01761 431388
Thursday 26th October	Sing It Out - Community Singing Project	13:30 - 15:30	7 sessions	All Saints Centre High Street Weston Bath BA1 4BX 01225 831820
Friday 27th October	Explore your body energy-QI Gong made simple	9:30 - 11:00	6 sessions	Quebec Community Room Quebec off Dominion Road Twerton Bath BA2 1DJ 01225 831 820
Saturday 28th October	Woodland Mindfulness	15:30 - 17:30	6 sessions	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Saturday 28th October	Woodland Tai Chi	13:00 - 15:00	6 sessions	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820

Wednesday 1st November	Woodland Wellbeing	10:00 - 12:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Wednesday 1st November	Volunteer Core Training Session	9:00 - 15:30	1 session	...to be confirmed in Bath . .
Wednesday 1st November	Gentle Yoga - Level 1	10:30 - 12:00	6 sessions	Percy Community Centre New King Street Bath BA1 2BN 01225 831820
Thursday 2nd November	Gentle Yoga - Level 2.	12:15 - 13:45	6 sessions	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820
Monday 6th November	Lakeside Mindfulness	10:00 - 12:00	1 session	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SX 01225 831820
Monday 6th November	Hand Reflexology for Self-help	10:15 - 11:45	3 sessions	Percy Community Centre New King Street Bath BA1 2BN 01225 831820
Tuesday 7th November	Wellness for Mums and babies 6-18 months old	13:00 - 14:30	1 session	Wellbath Charlcombe Bath BA1 8DN 07572823792
Wednesday 8th November	Woodland Wellbeing	10:00 - 12:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820

Wednesday 8th November	Chew Valley Wellbeing Wednesday - Move, Touch, Massage, Energise	13:30 - 15:30	1 session	Chew Valley Children's Centre Chew Valley School Chew Valley Lane Bristol BS40 8QB 01225 831820
Thursday 9th November	iPads for beginners 50+	14:00 - 16:00	4 sessions	Paulton Hub 1-2 Hill Court High Street Paulton BS39 7QG 01225 831820
Wednesday 15th November	Tai Chi and The Five Elements	19:00 - 21:00	6 sessions (fee applies)	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820
Wednesday 15th November	Volunteer Training - Motivational Interviewing	9:30 - 16:30	1 session	...to be confirmed in Bath . .
Wednesday 22nd November	Hand Reflexology for Self-help	13:30 - 14:30	1 session	Chew Valley Children's Centre Chew Valley School Chew Valley Lane Bristol BS40 8QB 01225 831820
Thursday 23rd November	Volunteer Training - Peer Mentoring (Two Days)	10:00 - 16:00	2 sessions	...to be confirmed in Bath . . 07825115775
Thursday 23rd November	Wellness Recovery Action Planning	9:30 - 15:00	2 sessions	Percy Community Centre New King Street Bath BA1 2BN 01225 831820
Saturday 25th November	5 Ways to Wellbeing	10:30 - 13:30	1 session	Midsomer Norton Town Hall The Island Midsomer Norton BA3 2HQ 01225 831820

Wednesday 29th November	Volunteer Training - Every Day First Aid to support People who are Homeless.	13:00 - 15:00	1 session	The Bubble St Johns Foundation 4-5 Chapel Court Bath BA1 1SQ 01225 831820
Thursday 7th December	Volunteer Training - Lone Working	10:00 - 13:30	1 session	...to be confirmed in Bath . . 07825115775
Tuesday 12th December	Volunteer Training - Safeguarding Adults and Children	10:00 - 13:30	1 session	...to be confirmed in Bath . . 07736457670
Tuesday 9th January	Volunteer Training - Supporting People with Mental Health needs.	12:30 - 16:30	1 session	...to be confirmed in Bath . . 07736457670
Tuesday 9th January	Volunteer Core Training Session	9:00 - 15:30	1 session	...to be confirmed in Bath . .
Monday 5th March	Volunteer Training - Peer Mentoring (Two Days)	10:00 - 16:00	2 sessions	...to be confirmed in Bath . . 07825115775
Thursday 22nd March	Volunteer Training - Lone Working	10:00 - 13:30	1 session	...to be confirmed in Bath . . 07825115775
Thursday 29th March	Volunteer Training - Safeguarding Adults and Children	10:00 - 13:30	1 session	...to be confirmed in Bath . . 07736457670

Booking is essential to ensure your place on the activity. Most courses are free but if a charge applies, that is indicated above.

Call **01225 831 820** or email enquiries@wellbeingcollegebanes.co.uk for more information or to book your place.

www.wellbeingcollegebanes.co.uk