



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

Saturday 23rd February	Woodland Mindfulness February 2019	2.30pm - 4.30pm	6 sessions	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Saturday 23rd February	Woodland Tai Chi	12.30pm - 2.30pm	8 sessions	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Monday 25th February	Diabetes Cookery course (Fully Booked)	1.30pm - 3.30pm	7 sessions	All Saints Centre High Street Weston Bath BA1 4BX 01225 831820
Tuesday 26th February	Lone Working training for volunteers - St Mungo's	10:00 - 13:30	1 session	Allen Building, room A210, Bath College Avon Street Bath BA1 1UP 07825115775
Wednesday 27th February	Grow and make at the farm	10am - 12pm	1 session	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SZ 01225 831820
Wednesday 27th February	Grow and make at the farm	1pm - 3pm	1 session	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SZ 01225 831820

Thursday 28th February	Respecting Difference: An Introduction to Equality & Inclusion - Bath College & St Mungo's	10:00 - 12:30	1 session	Allen Building, room A210, Bath College Avon Stree Bath BA1 1UP 07825115775
Monday 4th March	Safeguarding Training Adults and Children - St Mungo's	10:00 - 13:30	1 session	Bath City Farm Kelston View Twerton Bath BA2 1NW 07736457670
Wednesday 6th March	Grow and make at the farm	1pm - 3pm	8 sessions	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SZ 01225 831820
Wednesday 6th March	Woodland Wildlife Walks	10:00 - 12:00	5 sessions	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Wednesday 6th March	Grow and make at the farm	10:00 - 12:00	8 sessions	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SZ 01225 831820
Tuesday 12th March	MECC - Make Every Contact Count (Healthy Conversation Skills) - St Mungo's & Wellbeing College	09:30 - 13:00	2 sessions	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 07825115775
Thursday 14th March	MECC - Make Every Contact Count (Healthy Conversation Skills) - St Mungo's & Wellbeing College (Fully Booked)	09:45 - 13:30	2 sessions	Guildhall Bath High St, Bath BA1 5AW 07825115775

Thursday 14th March	Volunteer Training- Make Every Contact Count (MECC) part 2 of 2 DAY course	09:45 - 13:30	2 sessions	Guildhall Bath High St, Bath BA1 5AW 07825115775
Thursday 21st March	Dementia Awareness (Dementia Friends Information Session)	18:00 - 19:00	1 session	The Community Room, St Johns Hospital St Johns Hospital 4-5 Chapel Court Bath BA1 1SQ
Thursday 21st March	Buggy Walk in Keynsham	9.45am - 11.15am	10 sessions	To Be Confirmed - - 01225 831820
Wednesday 27th March	Mental health awareness for sport and physical activity - Bath Mind	-	1 session	Twerton Village Hall Landseer Road Bath BA2 1DX 07825115775
Thursday 28th March	Managing Challenging Situations - Volunteer training provided by - Wellbeing College	10:00 - 13:00	1 session	Bath City FC Function Rooms Twerton Park 105 High Street Bath BA2 1DB ralph.lillywhite@mungos.org
Wednesday 3rd April	Volunteer Core Training Session - DHI	09:00 - 15:30	1 session	DHI Head Office 15-16 Milsom Street Bath BA1 1DE
Thursday 4th April	5 Ways to Wellbeing	10.30am - 1.30pm	1 session	Percy Community Centre New King Street Bath BA1 2BN 01225 831820
Tuesday 9th April	Diabetes Cookery course	1.45pm - 3.45pm	6 sessions	Paulton Hub 1-2 Hill Court High Street Paulton BS39 7QG 01225 831820

Tuesday 23rd April	Feldenkrais - Move with Ease Now	6.30pm - 7.30pm	7 sessions	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820
Wednesday 24th April	Gentle Yoga for All	10.30am - 12pm	5 sessions	Percy Community Centre New King Street Bath BA1 2BN 01225 831820
Thursday 9th May	Mental health awareness for sport and physical activity - Bath Mind	18:00 - 21:00	1 session	Twerton Village Hall Landseer Road Bath BA2 1DX 07825115775
Monday 13th May	Creative Pottery for All	10.30am - 12.30pm	5 sessions	Rose Cottage 43 High Street Twerton Bath BA2 1DB 01225442813
Monday 20th May	Wellbeing Programme for People with Pain	-	11 sessions	Weston Hub Penhill Road Bath BA1 4EH 01225 831820

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.

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