



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

Saturday 24th February	Woodland Mindfulness February-March	15:00 - 17:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Saturday 24th February	Woodland Tai Chi February - March	13:00 - 15:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Saturday 24th February	Weekend Wellness - course is now full (Fully Booked)	10:00 - 11:30	6 sessions	Charlton House Hawthorns Lane, Keynsham BS31 1BF 01225 831820
Monday 26th February	Lakeside Mindfulness February	10:00 - 12:00	1 session	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SX 01225 831820
Monday 26th February	Volunteer Training - Mental Health Awareness (Connect 5 Level 1)	18:00 - 20:30	1 session	The Bubble St Johns Foundation 4-5 Chapel Court Bath BA1 1SQ
Wednesday 28th February	Woodland Wellbeing	10:00 - 12:00	10 sessions	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820

Saturday 3rd March	Woodland Mindfulness February-March	15:00 - 17:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Saturday 3rd March	Woodland Tai Chi February - March	13:00 - 15:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Monday 5th March	Lakeside Mindfulness February	10:00 - 12:00	1 session	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SX 01225 831820
Monday 5th March	Volunteer Training - Peer Mentoring (Two Days)	10:00 - 16:00	2 sessions	St Mungo's The Vaults Green Park Station Bath BA1 1JB 07825115775
Tuesday 6th March	Volunteer Training - Motivational Interviewing	9:15 - 16:45	1 session	...to be confirmed in Bath . .
Thursday 8th March	Fresh Art 2018	14:00 - 16:30	4 sessions	Holburne Museum Great Pulteney Street Bath BA2 4DB 07921880056
Saturday 10th March	Woodland Mindfulness February-March	15:00 - 17:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Saturday 10th March	Woodland Tai Chi February - March	13:00 - 15:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820

Saturday 10th March	5 Ways to Wellbeing	10:30 - 13:30	1 session	Keynsham Baptist Church High Street Keynsham BS31 1DZ 01225 831820
Monday 12th March	Lakeside Mindfulness February	10:00 - 12:00	1 session	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SX 01225 831820
Tuesday 13th March	Volunteer Core Training Session	9:00 - 15:30	1 session	...to be confirmed in Bath . .
Saturday 17th March	Woodland Mindfulness February-March	15:00 - 17:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Saturday 17th March	Woodland Tai Chi February - March	13:00 - 15:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Monday 19th March	Lakeside Mindfulness February	10:00 - 12:00	1 session	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SX 01225 831820
Thursday 22nd March	Volunteer Training - Lone Working	10:00 - 13:30	1 session	Bath Fire Station Cleveland Bridge Bath BA2 6PU 07825115775
Saturday 24th March	Woodland Mindfulness February-March	15:00 - 17:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820

Saturday 24th March	Woodland Tai Chi February - March	13:00 - 15:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Monday 26th March	Lakeside Mindfulness February	10:00 - 12:00	1 session	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SX 01225 831820
Monday 26th March	Volunteer Training - Safeguarding Adults and Children (Fully Booked)	10:00 - 13:30	1 session	Bath City Farm Kelston View Twerton Bath BA2 1NW 07736457670
Tuesday 3rd April	Volunteer Training - Respecting Difference: An Introduction to Equality and Inclusion	13:00 - 15:30	1 session	Bath Fire Station Cleveland Bridge Bath BA2 6PU 07825115775
Wednesday 4th April	Core Stability - Stronger from the Inside Out	10:30 - 12:00	6 sessions	Southside Youth Hub Kelston View Bath BA2 1NR 01225 831820
Thursday 5th April	Fresh Art 2018	14:00 - 16:30	4 sessions	The Americal Museum Claverton Manor Claverton Bath BA2 7BD 07921880056
Thursday 5th April	Volunteer Training - Healthy Conversation Skills (Make Every Contact Count)	9:45 - 13:30	2 sessions	...to be confirmed in Bath . . 07825115775

Friday 6th April	Qi Gong made simple - Explore your body energy (now fully booked) (Fully Booked)	10:00 - 11:30	10 sessions	Quebec Community Room Quebec off Dominion Road Twerton Bath BA2 1DJ 01225 831 820
Friday 6th April	Mindful Spring Walks	13:30 - 14:30	1 session	Keynsham Bandstand Keynsham Memorial Park BS31 1HL 01225 831820
Tuesday 10th April	Tai Chi Timsbury - an introduction	11:00 - 12:00	6 sessions	Timsbury YMCA North Road Bath BA2 0JH 01225 831820
Thursday 12th April	iPads for beginners 50+	14:00 - 16:00	4 sessions	Paulton Hub 1-2 Hill Court High Street Paulton BS39 7QG 01225 831820
Friday 13th April	Mindful Spring Walks	13:30 - 14:30	3 sessions	Keynsham Bandstand Keynsham Memorial Park BS31 1HL 01225 831820
Monday 16th April	Wellbeing Programme for People with Pain	13:30 - 16:30	11 sessions	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820
Tuesday 17th April	Gentle Yoga - Level 2. April / May course	10:30 - 12:00	6 sessions	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820

Tuesday 17th April	Volunteer Training - Supporting People with Mental Health needs.	12:30 - 16:30	1 session	Bath City Farm Kelston View Twerton Bath BA2 1NW 07736457670
Tuesday 17th April	Laughter Yoga	15:30 - 16:30	5 sessions	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820
Wednesday 18th April	Gentle Yoga - Level 1 - April	10:30 - 12:00	6 sessions	Percy Community Centre New King Street Bath BA1 2BN 01225 831820
Wednesday 18th April	Macmillan Cancer Support - HOPE Programme. Do you need support following your cancer episode?	10:00 - 12:30	6 sessions	Royal National Hospital for Rheumatic Diseases, Bath Upper Borough Walls, Bath BA1 1RL 01225 831820
Thursday 19th April	5 Ways to Wellbeing	10:30 - 13:30	1 session	Bath City Farm Kelston View Twerton Bath BA2 1NW 01225 831820
Thursday 19th April	Understanding your child's behaviour - parenting course for parents/carers of children with additional needs.	10:00 - 12:00	10 sessions	The Carers' Centre Woodlands Lower Bristol Road Bath BA2 9ES 0800 038 8885
Thursday 26th April	Ceramic Workshop for Deaf or hard of hearing- Hand-building techniques with Clay	14:00 - 16:00	6 sessions	The School Room, Bath Artists Studios The Old Malthouse, Comfortable Place Bath BA1 3AJ

Tuesday 8th May	Feldenkrais (Southdown Methodist Church in May-June)	18:00 - 19:00	5 sessions	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820
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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