



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

Wednesday 25th April	Woodland Wellbeing	10:00 - 12:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Wednesday 25th April	Volunteer Training - Group Facilitators Course	10:30 - 15:30	6 sessions	...to be confirmed in Bath . .
Thursday 26th April	Bake Around the World with Food for Thought	10:30 - 13:30	6 sessions	The Thoughtful Bread Company 19 Barton Street Bath BA1 1HG 01225 831820
Thursday 26th April	Ceramic Workshop for Deaf or hard of hearing- Hand- building techniques with Clay (Fully Booked)	14:00 - 16:00	6 sessions	The School Room, Bath Artists Studios The Old Malthouse, Comfortable Place Bath BA1 3AJ
Saturday 28th April	Woodland Mindfulness April- May	15:30 - 17:30	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Saturday 28th April	Woodland Tai Chi April/May	13:00 - 15:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820

Monday 30th April	Lakeside Mindfulness	10:00 - 12:00	1 session	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SX 01225 831820
Wednesday 2nd May	Woodland Wellbeing	10:00 - 12:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Monday 7th May	Lakeside Mindfulness	10:00 - 12:00	1 session	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SX 01225 831820
Tuesday 8th May	Feldenkrais (NOW FULLY BOOKED) (Fully Booked)	18:00 - 19:00	5 sessions	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820
Saturday 12th May	Woodland Mindfulness April- May	15:30 - 17:30	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Saturday 12th May	Woodland Tai Chi April/May	13:00 - 15:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Monday 14th May	Lakeside Mindfulness	10:00 - 12:00	1 session	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SX 01225 831820
Thursday 17th May	5 Ways to Wellbeing	10:30 - 13:30	1 session	Keynsham Methodist Church Office Charlton Road Keynsham BS31 2JA 01225 831820

Friday 18th May	Mindfulness Part 2	19:00 - 21:00	4 sessions	Central United Reformed Church Halls Grove Street Bath BA2 6PJ 01225 831820
Saturday 19th May	Woodland Mindfulness April- May	15:30 - 17:30	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Saturday 19th May	Woodland Tai Chi April/May	13:00 - 15:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Tuesday 22nd May	Crazy Quilting with Stitch Friday	10:00 - 12:00	12 sessions	The Bubble St Johns Foundation 4-5 Chapel Court Bath BA1 1SQ 01225831820
Wednesday 23rd May	Prepare and Share with Food for Thought	10:30 - 13:30	6 sessions	St John's Roman Catholic Church Hall South Parade Bath BA2 4AF 01225 831820
Friday 25th May	Volunteer Core Training Session	9:00 - 15:45	1 session	Bath College (Bath City Centre campus) The Roper Building Avon Street Bath BA1 1UP
Monday 4th June	Lakeside Wood Carving	12:00 - 13:30	7 sessions	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SX 01225 831820

Tuesday 5th June	Volunteer Training - Peer Mentoring (Two Days)	10:00 - 16:30	2 sessions	...to be confirmed in Bath . . 07825115775
Tuesday 5th June	Tai Chi Timsbury - an introduction	11:00 - 12:00	4 sessions	Timsbury YMCA North Road Bath BA2 0JH 01225 831820
Wednesday 6th June	Gentle Yoga - Level 1	10:30 - 12:00	8 sessions	Percy Community Centre New King Street Bath BA1 2BN 01225 831820
Thursday 7th June	5 Ways to Wellbeing	10:30 - 13:30	1 session	Percy Community Centre New King Street Bath BA1 2BN 01225 831820
Thursday 7th June	Internet Shopping for Beginners 50+	13:30 - 16:30	1 session	Midsomer Norton Town Hall The Island Midsomer Norton BA3 2HQ 01225 831820
Thursday 7th June	Ceramic Workshop for Deaf or hard of hearing- Hand-building techniques with Clay	13:30 - 16:00	6 sessions	The School Room, Bath Artists Studios The Old Malthouse, Comfortable Place Bath BA1 3AJ
Tuesday 19th June	Volunteer Training - Safeguarding Adults and Children	10:00 - 13:30	1 session	...to be confirmed in Bath . . 07736457670
Thursday 21st June	Volunteer Training - Respecting Difference: An Introduction to Equality and Inclusion	10:00 - 12:30	1 session	Bath College (Bath City Centre campus) The Roper Building Avon Street Bath BA1 1UP 07825115775

Tuesday 26th June	Volunteer Training - Lone Working	10:00 - 13:30	1 session	Bath College (Bath City Centre campus) The Roper Building Avon Street Bath BA1 1UP 07825115775
Wednesday 27th June	Volunteer Training - Every Day First Aid around Drugs and Alcohol	13:30 - 15:30	1 session	Bath College (Bath City Centre campus) The Roper Building Avon Street Bath BA1 1UP
Monday 2nd July	Dementia Awareness (Dementia Friends Information Session)	18:00 - 19:30	1 session	The Bubble St Johns Foundation 4-5 Chapel Court Bath BA1 1SQ
Thursday 5th July	5 Ways to Wellbeing	10:30 - 13:30	1 session	Midsomer Norton Town Hall The Island Midsomer Norton BA3 2HQ 01225 831820
Friday 6th July	Volunteer Training - Healthy Conversation Skills (Make Every Contact Count)	9:45 - 13:30	2 sessions	Bath College (Bath City Centre campus) The Roper Building Avon Street Bath BA1 1UP 07825115775
Tuesday 17th July	Volunteer Training - Supporting People with Mental Health needs.	12:30 - 16:30	1 session	...to be confirmed in Bath . .
Wednesday 26th September	Volunteer Training - Every Day First Aid to support People who are Homeless.	13:30 - 15:30	1 session	Bath College (Bath City Centre campus) The Roper Building Avon Street Bath BA1 1UP

Thursday 27th September	Dementia Awareness (Dementia Friends Information Session)	18:00 - 19:30	1 session	The Bubble St Johns Foundation 4-5 Chapel Court Bath BA1 1SQ
Wednesday 5th December	Dementia Awareness (Dementia Friends Information Session)	18:00 - 19:30	1 session	The Bubble St Johns Foundation 4-5 Chapel Court Bath BA1 1SQ

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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