



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

Saturday 17th November	Make a Felt Robin Christmas Decoration	13.00 - 16:00	1 session	Bath City Farm Kelston View Twerton Bath BA2 1NW 01225 831820
Wednesday 21st November	Volunteer Core Training Session	09:00 - 15:30	1 session	DHI Head Office 15-16 Milsom Street Bath BA1 1DE
Thursday 22nd November	Diabetes Cookery course	09.45 - 11.45	6 sessions	Saltford Hall Wedmore Road Saltford Bristol BS31 3BY 01225 831820
Thursday 22nd November	Volunteer Training - Boundaries	09:30 - 12:30	1 session	Twerton Village Hall Landseer Road Bath BA2 1DX 07825115775
Thursday 29th November	Volunteer Training - Be Heard In Banes - Mental Health Self-Advocacy Training - Nov 29th	10:00 - 13:00	1 session	Bath College (Bath City Centre campus) The Roper Building Avon Street Bath BA1 1UP 07825115775
Friday 30th November	Coping with Christmas	10.30am - 1.30pm	1 session	Percy Community Centre New King Street Bath BA1 2BN 01225 831820

Monday 3rd December	Make a Felt Robin Christmas Decoration	13.00 - 16.00	1 session	Bath City Farm Kelston View Twerton Bath BA2 1NW 01225 831820
Wednesday 5th December	Volunteer Training - Every Day First Aid - Responding to Older Adults	13:30 - 15:30	1 session	...to be confirmed in Bath . .
Tuesday 8th January	Hand Reflexology for Self-help	10:30 - 12:00	4 sessions	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820
Tuesday 8th January	Gentle Yoga - Level 1	12.15pm - 1.45pm	8 sessions	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820
Wednesday 9th January	Gentle Yoga Level 2	10.30am - 12pm	8 sessions	Percy Community Centre New King Street Bath BA1 2BN 01225 831820
Wednesday 9th January	iPads for beginners	15:00 - 17:00	4 sessions	Midsomer Norton Town Hall The Island Midsomer Norton BA3 2HQ 01225 831820
Wednesday 9th January	Woodland Fire Cooking	10:00 - 12:00	6 sessions	Greyfield Woods High Littleton Bath BS39 6YE 01225831820
Monday 14th January	Feldenkrais - Move with Ease Now	2.00 - 3.30	6 sessions	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820

Wednesday 16th January	One day Mental Health First Aid	09:00 - 15:30	1 session	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ
Monday 21st January	Feldenkrais - Move with Ease Now	-	1 session	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820
Thursday 24th January	Volunteer Training - Managing Challenging Situations	10.00am - 1.30pm	1 session	Genesis Trust Life Skills The Old School House St John's Court South Parade Bath BA2 4AF
Friday 25th January	Volunteer Core Training Session	09:00 - 15:30	1 session	DHI Head Office 15-16 Milsom Street Bath BA1 1DE
Monday 4th February	Wellbeing Programme for People with Pain	1.30pm - 4.30pm	11 sessions	Weston Hub Penhill Road Bath BA1 4EH 01225 831820
Monday 11th February	Volunteer Training - Peer Mentoring (Two Days)	10:00 - 16:30	2 sessions	...to be confirmed in Bath . . 07825115775
Monday 25th February	Diabetes Cookery course	1.30 - 3.30	7 sessions	All Saints Centre High Street Weston Bath BA1 4BX 01225 831820
Monday 4th March	Volunteer Training - Lone Working (Fully Booked)	10:00 - 13:30	1 session	...to be confirmed in Bath . . 07825115775

Thursday 14th March	Volunteer Training - Healthy Conversation Skills (Make Every Contact Count) - Tue 6th & Tue 13th Nov	9:45 - 13:30	2 sessions	...to be confirmed in Bath . . 07825115775
Tuesday 9th April	Diabetes Cookery course	-	6 sessions	Paulton Hub 1-2 Hill Court High Street Paulton BS39 7QG 01225 831820
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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