



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

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
Wednesday 27th June	Yoga for Men	16:45 - 17:45	1 session	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820
Saturday 30th June	Woodland Tai Chi	13:00 - 15:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
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

Monday 2nd July	Creative Pottery for All	10.30am - 12.30am	4 sessions	Rose Cottage 43 High Street Twerton Bath BA2 1DB 01225442813
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
Saturday 7th July	Woodland Tai Chi	13:00 - 15:00	4 sessions	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Saturday 7th July	Woodland Mindfulness in July	15:30 - 17:30	4 sessions	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Monday 9th July	Happiness and Resilience Arts - 'Capture the Good Stuff'	10:00 - 12:00	6 sessions	Salvation Army Bath Citadel Green Park Road Bath BA1 1XE 01225 831820
Tuesday 10th July	Core Stability Level 1	9:30 - 10:30	10 sessions	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820

Tuesday 10th July	Core Stability Level 2	10:30 - 12:00	10 sessions	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820
Thursday 12th July	Qi Gong for Improvers	11:30 - 12:30	1 session	Quebec Community Room Quebec off Dominion Road Twerton Bath BA2 1DJ 01225 831820
Thursday 12th July	Explore Your Body Energy - Qi Gong Made Simple	10:00 - 11:30	10 sessions	Quebec Community Room Quebec off Dominion Road Twerton Bath BA2 1DJ 01225 831820
Monday 16th July	Restorative Yoga	6.30pm - 7.30pm	6 sessions	Ralph Allen School Claverton Down Rd Bath BA2 7AD 01225 831820
Tuesday 17th July	Volunteer Training - Supporting People with Mental Health needs.	12:30 - 16:30	1 session	...to be confirmed in Bath . .
Thursday 19th July	Qi Gong for Improvers	11:30 - 12:30	1 session	Quebec Community Room Quebec off Dominion Road Twerton Bath BA2 1DJ 01225 831820
Wednesday 25th July	Chair yoga and relaxation	10:00 - 11:15	6 sessions	Keynsham Baptist Church High Street Keynsham BS31 1DZ 01225 831820

Tuesday 31st July	Wellbeing Through Nature	10.30 - 15.00	6 sessions	Bath City Farm Kelston View Twerton Bath BA2 1NW 01179800393
Monday 3rd September	Feldenkrais - Move with Ease Now	19:00 - 20:00	6 sessions	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820
Tuesday 4th September	Willow Weaving at the Farm	1.15pm - 3.15pm	6 sessions	Bath City Farm Kelston View Twerton Bath BA2 1NW 01225 831820
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	Create Your Individual Wellness Plan (WRAP)	9:30 - 15:00	2 sessions	Percy Community Centre New King Street Bath BA1 2BN 01225 831 820
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

Tuesday 30th October	Volunteer Training - Respecting Difference: An Introduction to Equality and Inclusion - (course cancelled - next course coming soon) (Fully Booked)	10:00 - 12:30	1 session	...to be confirmed in Bath . . 07825115775
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](mailto:enquiries@wellbeingcollegebanes.co.uk) for more information or to book your place.

**[www.wellbeingcollegebanes.co.uk](http://www.wellbeingcollegebanes.co.uk)**