



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

Wednesday 22nd August	Gentle Fitness - Bands Bonanza	1pm - 2.30pm	14 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831 820
Wednesday 22nd August	Qi Gong made simple - Explore your body energy (August)	2.30pm - 4pm	14 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831 820
Saturday 1st September	Woodland Tai Chi	13:00 - 15:00	6 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831820
Saturday 1st September	Woodland Mindfulness	3pm - 5pm	6 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831820
Monday 3rd September	Feldenkrais - Move with Ease Now <b>(Fully Booked)</b>	19:00 - 20:00	6 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831820
Tuesday 4th September	Willow Weaving at the Farm (Fully booked) <b>(Fully Booked)</b>	1.15pm - 3.15pm	6 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831820

Tuesday 4th September	Tai Chi and The Five Elements (Indoors)	19.00 - 21.00	6 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831820
Wednesday 5th September	Woodland Wildlife Walks	10:00 - 12:00	6 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831820
Wednesday 5th September	Indoor Mindfulness 6 week course	7pm - 9pm	6 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831820
Wednesday 5th September	Gentle Yoga - Level 1	10:30 - 12:00	8 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831820
Thursday 6th September	Macmillan Cancer Support - HOPE Programme. Do you need support following your cancer episode?	10.00 - 12.30	6 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831820
Thursday 6th September	Gentle Yoga Level 2	12:15 - 13:45	8 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831820
Thursday 6th September	Buggy Walk in Keynsham	9.15am - 10.45am	8 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831820

Monday 10th September	Lakeside Mindfulness	10am - 12pm	6 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831820
Wednesday 12th September	iPads for beginners	15:00 - 17:00	4 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831820
Thursday 13th September	5 Ways to Wellbeing	10.30am - 1.30pm	1 session	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831820
Tuesday 18th September	Hand Reflexology for Self-help	10:30 - 12:00	4 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831820
Thursday 20th September	Be Heard In Banes - Mental Health Self-Advocacy Training (Ideal for Volunteers)	9.30am - 1.00pm	1 session	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 07702961694
Wednesday 26th September	Volunteer Training - Every Day First Aid to support People who are Homeless.	13:30 - 15:30	1 session	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN
Thursday 27th September	Create Your Individual Wellness Plan (WRAP)	9:30 - 15:00	2 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831 820
Thursday 27th September	Dementia Awareness (Dementia Friends Information Session)	18:00 - 19:30	1 session	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN

Tuesday 2nd October	Tai Chi in Timsbury	11am - 12pm	8 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 01225 831820
Thursday 11th October	Volunteer Training - Peer Mentoring (Two Days)	10:00 - 16:30	2 sessions	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 07825115775
Thursday 25th October	Volunteer Training - Safeguarding Adults and Children	10:00 - 13:30	1 session	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 07736457670
Tuesday 30th October	Volunteer Training - Respecting Difference: An Introduction to Equality and Inclusion	10:00 - 12:30	1 session	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 07825115775
Thursday 1st November	Volunteer Training - Lone Working (Fully Booked)	10:00 - 13:30	1 session	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN 07825115775
Wednesday 5th December	Dementia Awareness (Dementia Friends Information Session)	18:00 - 19:30	1 session	The Good Shepherd church hall 2 Northend Batheaston BA1 7EN

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)**