



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

Tuesday 12th December	Volunteer Training - Safeguarding Adults and Children	10:00 - 13:30	1 session	Percy Community Centre New King Street Bath BA1 2BN 07736457670
Thursday 14th December	Sing It Out - Community Singing Project	13:30 - 15:00	1 session	All Saints Centre High Street Weston Bath BA1 4BX 01225 831820
Wednesday 20th December	Woodland Wellbeing	10:00 - 12:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Thursday 21st December	Sing It Out - Community Singing Project	13:30 - 15:00	1 session	All Saints Centre High Street Weston Bath BA1 4BX 01225 831820
Wednesday 3rd January	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

Saturday 6th January	Woodland Mindfulness	14:30 - 16:30	6 sessions	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Saturday 6th January	Woodland Tai Chi	12:30 - 14:30	6 sessions	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Monday 8th January	Lakeside Mindfulness	10:00 - 12:00	1 session	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SX 01225 831820
Monday 8th January	Buggy Walk in Keynsham	10:00 - 11:30	6 sessions	Keynsham Methodist Church Office Charlton Road Keynsham BS31 2JA 01225 831820
Tuesday 9th January	Volunteer Training - Supporting People with Mental Health needs.	12:30 - 16:30	1 session	...to be confirmed in Bath . . 07736457670
Tuesday 9th January	Gentle Yoga - Level 2.	10:30 - 12:00	5 sessions	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820
Tuesday 9th January	Mindfulness Part 1	19:00 - 21:00	4 sessions	Bath Central United Reformed Church Grove Street Bath BA2 6PJ 01225 831820
Tuesday 9th January	Volunteer Core Training Session	9:00 - 15:30	1 session	...to be confirmed in Bath . .

Wednesday 10th January	Woodland Wellbeing	10:00 - 12:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Wednesday 10th January	Gentle Yoga - Level 1	10:30 - 12:00	5 sessions	Percy Community Centre New King Street Bath BA1 2BN 01225 831820
Wednesday 10th January	Feldenkrais - Move with Ease Now (Southside, Bath)	10:30 - 11:30	1 session	Southside Youth Hub Kelston View Bath BA2 1NR 01225 831820
Thursday 11th January	Computers for Beginners 50+	14:00 - 16:00	4 sessions	Paulton Hub 1-2 Hill Court High Street Paulton BS39 7QG 01225 831820
Monday 15th January	Lakeside Mindfulness	10:00 - 12:00	1 session	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SX 01225 831820
Monday 15th January	Hand Reflexology for Self-help	10:30 - 12:00	3 sessions	Percy Community Centre New King Street Bath BA1 2BN 01225 831820
Wednesday 17th January	Tai Chi and The Five Elements (Indoors)	19:00 - 21:00	6 sessions	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820

Thursday 18th January	Feldenkrais- Move With Ease Now (at Bath United Reformed Church, Grove St)	18:00 - 19:00	1 session	Bath Central United Reformed Church Grove Street Bath BA2 6PJ 01225 831820
Friday 19th January	Wellness through Creative Movement and Relaxation	12:30 - 14:00	6 sessions	Wellbath Charlcombe Bath BA1 8DN 01225 831820
Friday 19th January	Understanding Your Childs Behaviour (Parents of children aged 4-11)	10:00 - 12:00	10 sessions	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820
Monday 22nd January	Lakeside Mindfulness	10:00 - 12:00	1 session	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SX 01225 831820
Wednesday 24th January	Woodland Wellbeing	10:00 - 12:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Monday 29th January	Lakeside Mindfulness	10:00 - 12:00	1 session	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SX 01225 831820
Monday 5th February	Lakeside Mindfulness	10:00 - 12:00	1 session	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SX 01225 831820
Wednesday 7th February	Woodland Wellbeing	10:00 - 12:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820

Monday 12th February	Lakeside Mindfulness	10:00 - 12:00	1 session	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SX 01225 831820
Wednesday 21st February	Woodland Wellbeing	10:00 - 12:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Thursday 22nd February	Improving Computer Skills for Over 50s	14:00 - 16:00	4 sessions	Paulton Hub 1-2 Hill Court High Street Paulton BS39 7QG 01225 831820
Wednesday 28th February	Woodland Wellbeing	10:00 - 12:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Monday 5th March	Volunteer Training - Peer Mentoring (Two Days)	10:00 - 16:00	2 sessions	...to be confirmed in Bath . . 07825115775
Wednesday 7th March	Woodland Wellbeing	10:00 - 12:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Wednesday 14th March	Woodland Wellbeing	10:00 - 12:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Wednesday 21st March	Woodland Wellbeing	10:00 - 12:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820

Thursday 22nd March	Volunteer Training - Lone Working	10:00 - 13:30	1 session	...to be confirmed in Bath . . 07825115775
Wednesday 28th March	Woodland Wellbeing	10:00 - 12:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Thursday 29th March	Volunteer Training - Safeguarding Adults and Children	10:00 - 13:30	1 session	...to be confirmed in Bath . . 07736457670
Wednesday 4th April	Woodland Wellbeing	10:00 - 12:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Wednesday 11th April	Woodland Wellbeing	10:00 - 12:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 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
Wednesday 18th April	Woodland Wellbeing	10:00 - 12:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Wednesday 25th April	Woodland Wellbeing	10:00 - 12:00	1 session	Greyfield Woods High Littleton Bath BS39 6YE 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.

www.wellbeingcollegebanes.co.uk