



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

Tuesday 4th June	Woodland Mindfulness	12.30pm - 2.30pm	6 sessions	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Tuesday 4th June	Woodland Tai Chi	10am - 12pm	6 sessions	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Tuesday 4th June	Indoor Mindfulness 6 week course	7pm - 9pm	6 sessions	St Phillip's and St James Church 35 Frome Road Odd Down Bath BA2 2QF 01225 831820
Thursday 6th June	Buggy Walk in Keynsham	9.45am - 11.15am	7 sessions	To Be Confirmed - - 01225 831820
Wednesday 12th June	Volunteer Training - Peer Mentoring (Two Days) - St Mungo's	10:00 - 16:00	2 sessions	Bath Fire Station Cleveland Bridge Bath BA2 6PU 07825115775
Thursday 13th June	Gentle Yoga for All	1.15pm - 2.45pm	6 sessions	Bath City FC Function Rooms Twerton Park 105 High Street Bath BA2 1DB 01225 831820

Wednesday 19th June	Volunteer Core Training Session - DHI	09:00 - 15:30	1 session	St Andrews Community Church Hawthorn Grove Foxhill Bath BA2 5QA
Thursday 20th June	5 Ways to Wellbeing	10.30am - 1.30pm	1 session	Bath Fire Station Cleveland Bridge Bath BA2 6PU 01225 831820
Monday 24th June	Gentle Yoga for All	10.30am - 12pm	6 sessions	Stirling Way off Park Road Keynsham Bristol BS31 1DF 01225 831820
Monday 24th June	Respecting Difference: An Introduction to Equality & Inclusion - Bath College & St Mungo's	13:00 - 15:30	1 session	Bath College (Bath City Centre campus) The Roper Building Avon Street Bath BA1 1UP 07825115775
Tuesday 25th June	Diabetes Cookery course	9.45am - 12.15pm	6 sessions	Saltford Hall Wedmore Road Saltford Bristol BS31 3BY 01225 831820
Tuesday 25th June	Hand Reflexology for Self-help	10.30am - 12pm	4 sessions	St. Michaels Junior School Newton Rd Bath BA2 1RW 01225 831820
Wednesday 26th June	Lone Working training for volunteers - St Mungo's	10:00 - 13:30	1 session	To be confirmed in Bath . . 07825115775
Wednesday 26th June	Tai Chi and The Five Elements (Indoors)	7pm - 9pm	6 sessions	Midsomer Norton Town Hall The Island Midsomer Norton BA3 2HQ 01225 831820

Monday 1st July	Mental Health Awareness Training - Bath Mind	13:30 - 16:30	1 session	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 01225 831820
Wednesday 3rd July	Woodland Wild Art	10am - 12pm	7 sessions	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Wednesday 3rd July	Safeguarding Training Adults and Children - St Mungo's	10:00 - 13:30	1 session	Bath City FC Function Rooms Twerton Park 105 High Street Bath BA2 1DB 07736457670
Wednesday 10th July	MECC - Make Every Contact Count	09:45 - 13:30	2 sessions	Bath City FC Function Rooms Twerton Park 105 High Street Bath BA2 1DB
Thursday 5th September	Buggy Walk in Keynsham	9.45am - 11.15am	6 sessions	To Be Confirmed - - 01225 831820
Thursday 5th September	Diabetes Cookery course	1.15pm - 3.45pm	6 sessions	Conygre Hall North Road Timsbury Bath BA2 0JQ 01225 831820
Tuesday 10th September	Woodland Mindfulness	12.30pm - 2.30pm	6 sessions	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820
Tuesday 10th September	Woodland Tai Chi	10am - 12pm	6 sessions	Greyfield Woods High Littleton Bath BS39 6YE 01225 831820

Monday 16th September	Fire Cooking at the Community farm	10am - 12pm	6 sessions	The Community Farm Denny Lane, Chew Magna, Bristol BS40 8SZ 01225 831820
Monday 2nd December	Mental Health Awareness Training - Bath Mind	13:30 - 16:30	1 session	Southdown Methodist Church The Hollow Southdown Bath BA2 1NJ 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](mailto:enquiries@wellbeingcollegebanes.co.uk) for more information or to book your place.

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