



Upcoming Courses May 3rd

To go on these courses you need to be aged over 16, a resident in B&NES and to book in advance. Call us on **01225 831820**, unless an alternative number is shown or make an enquiry via the website (www.wellbeingcollegebanes.co.uk)

Most courses are free but there is a Voluntary charge for a few, shown with a *

For a 1-1 **Wellbeing Advice** session ring us on **01225 831820** for an appointment.

Anyone 16 or over who lives in B&NES can attend the following:


When does it start?	What's the course called?	What time is it on?	How long does it run for?	Where is it held?	How do I book?
Various	Furniture Repair and Restoration	Tuesdays and Thursdays 9.30am -4pm	On-going	Woodworks Project Units 1-4 Victoria Park, Bath, BA1 3AX	Stephen Budd on 01225 313240
Saturday 6 th May	Weekend Wellness	10:00am – 11:30am	5 week course	Time Out centre, Keynsham BS31 1HG	Make-A-Move 07340 078493
Monday 8 th May	Weekday Wellness	10:00am – 11:30am	5 week course	Time Out centre, Keynsham BS31 1HG	Make-A-Move 07340 078493
Wednesday 3 rd May	Woodland Wellbeing *	10:30am- 12:30pm	9 weeks (no need to come every week)	Greyfield Woods, High Littleton, BS39 6YE	Wellbeing College
Thursday 4 th May	CAP Money Management	7:30pm – 9:30pm	3 week course	St Saviours Church Hall, Bath, BA1 6RT	Jackie Albrow 07949 798072

Tuesday 9 th May	Time to Change-Improving Attitudes to Mental Health	2.30pm-3.30pm	One-off Session	The Bubble, St Johns Foundation, Bath	Wellbeing College
Saturday 13 th May 	Mindfulness in the Woods	2pm – 4pm	6 week course	Greyfield Woods, High Littleton, BS39 6YE	Wellbeing College
Thursday 18 th May 	Mindfulness Based Stress Reduction with Emma Thom	10am-12pm	8 weeks	Somer Centre Gullett Tynning Radstock Midsomer Norton BA3 2UH	Wellbeing College
Thursday 18 th May	5 Ways to Wellbeing	10.30am-1.30pm	One-off session	The Percy Centre, Bath	Wellbeing College
Monday 5 th June	Seated Gentle Yoga - Beginners	10.30am – 11.30am OR 12.00pm-13.00pm	10 week course Choose from 2 sessions	Chapel Of St Michael Within, St John's Hospital, Chapel Court, Bath BA1 1SQ (Near back of Primark)	Wellbeing College
Monday 5 th June 	Lifestyle Coaching for people with (or in danger of having) Type 2 Diabetes	19:15pm - 20:30pm	8 sessions	Saltford Hall Wedmore Road Saltford Bristol BS31 3BY 01225 831820	Wellbeing College
Wednesday 7 th June	Gentle Yoga – Level 1	10:30am – 12:00	6 week course	Southdown Methodist Church, Bath	Wellbeing College
Wednesday 7 th June	Gentle Yoga – Level 2	12:15pm – 1:45	6 week course	Southdown Methodist Church	Wellbeing College
Friday 9 th June	Mindfulness Part 2 *	7pm – 9pm	4 week course	St Luke's Church, Wellsway, Bath	Wellbeing College

Friday 9 th June	Seated Gentle Yoga – Intermediate	10.30am- 11.30am	10 week course	Chapel Of St Michael Within, St John's Hospital, Chapel Court, Bath BA1 1SQ	Wellbeing College
Monday 12 th June 	Hand Relexology for Self Help	10.30am- 12pm	4 week course	Percy Centre, New King Street, Bath, BA1 2BN	Wellbeing College
Saturday 17 th June	Personal Energy Management Workshop	10:00am – 12:00pm	One-off workshop	Somer Centre, Gullock Tynning, Radstock, Midsomer Norton, BA3 2UH	Wellbeing College
Thursday 22 nd June	5 Ways to Wellbeing	10.30am- 1.30pm	One-off session	The Town Hall, Midsomer Norton	Wellbeing College
Thursday 13 th July	5 Ways to Wellbeing	10.30am- 1.30pm	One-off session	The Percy Centre, Bath	Wellbeing College
Monday 17 th July	Get Crafty with Stitch Friday	10am – 3pm	5 sessions (come to as many as you like)	The Bubble, St John's Foundation, Bath	Wellbeing College

Courses with certain eligibility criteria:

When does it start?	Course Name/ Duration	What time is it on?	Who Is it For?	Where is it held?	How do I book?
Various	Traditional Upholstery	Tues/Weds /Thurs 9.30am-4pm	People experiencing mental/ physical difficulties	Woodworks Project Units 1-4 Victoria Park Bath, BA1 3AX	Call Woodwork Project on 01225 313240
Thursday 4 th May	Computers for Beginners for >50's	2-4pm/ 4 week course	People over the age of 50	Paulton Hub Paulton	Wellbeing College
Saturday 20 th May	Cooking for Dads/Male Carers and their children	10:30am – 12:30pm / 6 week course	Men and their children	The Somer Centre, Midsomer Norton, BA3 2UH	Wansdyke Play Association 01761 568242

Thursday 8 th June 	Improving Computer Skills for Over 50's	2pm – 4pm every Thursday / 4 week course	Over 50's (or those who don't mind going slowly)	Paulton Hub, 1-2 Hill Court, High Street, Paulton, BS39 7QG	Wellbeing College
Thursday 20 th July	Massage for Carers Part 2	10am-12.30pm	For Carers	Carers Centre, Bath, BA2 9ES	Carers Centre on 01761 430930

Courses for Volunteers including Carers:

When does it start?	Course Name/ Duration	What time is it on?	Where is it held?	How do I book?
Tuesday 9 th May	Mental Health Awareness Session	9:30am – 12 noon	The Bubble, St John's Hospital, Bath	Wellbeing College Website or call 01225 831438
Monday 15 th May	Volunteer Training- Understanding & Responding to Victims of Domestic Abuse	7pm-9.30pm	Community@67 67 Queens Road Keynsham BS31 2NW	Wellbeing College Website or call 01225 831438
Tuesday 16 th May	Loss and Grief	9.15am-12.30pm	Bath TBC	Wellbeing College Website or call 01225 831438
Monday 22 nd May	Dementia Awareness	7pm-8.30pm	Community@67, 67 Queens Rd, Keynsham, BS31 2NW	Wellbeing College Website or call 01225 831438
Wednesday 24 th May	Every Day First Aid – responding to older adults	1pm – 3pm	The Bubble, St John's Hospital, Bath	Wellbeing College Website or call 01225 831438



Tuesday 30 th May	Understanding PTSD	10.30am-12.30pm	Museum of Bath Architecture	Wellbeing College Website or call 01225 831438
Monday 12 th June	Mental Health Awareness	7pm-9.30pm	Community@67, 67 Queens Rd, Keynsham, BS31 2NW	Wellbeing College Website or call 01225 831438
Tuesday 20 th June	Know Your Rights: The Mental Health Act	10.30am-12.30pm	Museum of Bath Architecture	Wellbeing College Website or call 01225 831438
Wednesday 19 th July	Every Day First Aid – responding to people who are Homeless	1pm – 3pm	The Bubble, St John’s Hospital, Bath	Wellbeing College Website or call 01225 831438
Wednesday 29 th November	Every Day First Aid – Specific focus TBC	1pm – 3pm	The Bubble, St John’s Hospital, Bath	Wellbeing College Website or call 01225 831438