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Upcoming Courses

1 June 2022

To go on these **FREE** courses you need to be aged over 16, a resident in B&NES and to book in advance. Call us on **0300 247 0050**, unless an alternative number is shown or make an enquiry via the website ([**www.wellbeingcollegebanes.co.uk**](http://www.wellbeingcollegebanes.co.uk)**)**

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

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| **What’s the course called?** | **When does it start?** | **What time is it on?** | **How long does it run for?** | **Where is it held?** | **How do I book?** |
|  |  |  |  |  |  |
| Movement for Wellbeing | 26 April – 9 August 2022 | 2.00pm – 5.00pm | 16 weeks | Bath Sports Centre | Bath Mind |
| Wellness Walk | 10 May – 5 July 2022 | 11.30 am – 1.15 pm | 8 Weeks | Meet at Fear Hall. Keynsham  | Wellbeing College |
| Outdoor Mindfulness | 11 May – 29 June 2022 | 10.45 am – 12.15 pm | 8 weeks | Meet at Fear Hall, Keynsham | Wellbeing College |
| Men’s Woodland Project Group | 12 May – 16 June 2022 | 10.00am – 1.00pm | 6 weeks | Greyfield Woods, High Littleton, BS39 6YE | Ecowild |
| Deep Relaxation with Sandhya | 16 May – 4 July 2022 | 2.15 pm – 3.45 pm | 8 weeks | On Line Zoom | Wellbeing College |
| Android Tablet for Beginners | 23 May – 23 June 2022 | 10.00am – 12.00 pm | 6 weeks | Unit 14, South Road, Midsomer Norton, BA3 2EZ. Next to the Green Shop | Wellbeing College |
| Moving on with Ipads | 24 May – 5 July 2022 | 10.00 am – 12.00 pm | 6 weeks | Midsomer Norton Town Hall | Wellbeing College |
| Art For Everyone | 24 May – 12 July 2022 | 10.30 am – 12.30 pm | 8 weeks | Quebec Community Room, Dominion Road, Twerton, Bath, BA2 1DJ | Timebank Plus |
| Summer Woodland and Field Walks with Foraging | 15 June - 6 July 2022 | 1.00pm – 3.00pm | 4 weeks | Roundhouse, Greyfield Woods, High Littleton, BS39 6YE | Ecowild |
| Cancer Support Group | 15 June – 20 july 2022 | 10.00am – 12.00pm | 6 weeks | Timsbury YMCA | Wellbeing College |
| Nature Well | 20 June – 25 July 2022 | 10.00 am – 12.00 noon | 6 weeks | Greyfield Woods, High Littleton, BS39 6YE | Ecowild |
| Introduction to Self Care | 15 July – 16 Sept 2022 | 9.00 am – 10.30 am | 8 weeks | On line Zoom | Sandhya  |
| Willow Basket Weaving at the Farm | 5 Sept – 10 October 2022 | 10.00am – 12.00 pm | 6 weeks | The Community Farm, Denny Ln, Chew Magna, Bristol BS40 8SZ | Ecowild |
| Moving on with Self Care | 23 Sept – 11 Nov 2022 | 9.10 am – 10.40 am | 8 weeks | On line Zoom | Sandhya |
| ipads for Beginners | 26 Sept – 31 October 2022 | 10.00am – 12.00pm | 6 weeks | Unit 14, South Road, Midsomer Norton, BA3 2EZ. Next to the Green Shop | Wellbeing College |
| Moving on with Ipads | 7 Nov – 12 Dec 2022 | 10.00am – 12.00pm | 6 weeks | Unit 14, South Road, Midsomer Norton, BA3 2EZ. Next to the Green Shop | Wellbeing College |

**Courses for Volunteers including Carers:**

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| **When does it start?** | **Course Name/ Duration** | **What time is it on?** | **Where is it held?** | **How do I book?** |
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