


September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
Autumn term starts 16  College 2nd Birthday celebration 11am-2pm Floral Hall	17	18	Getting back on your feet 1pm-3pm Affordable Food	What is Co-production 12.30pm – 2.30pm Unison	21	22
23	College facilitator Training 10am-3pm The Bridge Centre	25	26	Caring for Carers 10.30am-1pm online	28	29
30						

October



North Staffordshire
Wellbeing College

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Introversion & embracing individuality 12noon-2pm Longton Fire Station	2	3 Be your own Health info detective 11am-1pm Meir PCC	4	5	6
7 Understanding Trauma 12noon-2pm St Paul's Church, Leek	8 Getting involved 10am-12pm Unison	9 Learn, Cook, Eat and Stay Well - part 1 1pm-3.30pm Affordable Food	10 Veterans Moving Forwards-week 1 10am-1.30pm The Bridge Centre	11	12	13
14	15 Menopause & Me 11am-1pm Biddulph Fire Station	16	17 Veterans Moving Forwards-week 2 10am-1.30pm The Bridge Centre	18 Let's talk addiction 12noon-2pm The Hive, Blurton	19	20
21 Telling your story 12.30pm-2.30pm Longton Fire Station	22	23 Learn, Cook, Eat and Stay Well - part 2 1pm-3.30pm Affordable Food Your care plan, your recovery 1.30pm-3.30pm Milehouse Surgery	24 Veterans Moving Forwards-week 3 10am-1.30pm The Bridge Centre	25 Tackling anxiety 11am-1.30pm Hazel Trees	26	27
28 Half term week	29 Half term week	30 Half term week	31 Half term week			


If you wish to attend a workshop, please enrol as a student first, and book on via email **7 days** before the session takes place. To enrol, and find more information, visit our website www.wellbeingcollege.combined.nhs.uk or email us at wellbeingcollege@combined.nhs.uk

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Half term week	2	3
4 Understanding Trauma: looking to the future 12noon-2pm St Paul's Church, Leek	5 Living well with autism (as adults) 1pm-3pm Hazel Trees	6	7 Veterans Moving Forwards-week 4 10am-1.30pm The Bridge Centre	8 Wellbeing showcase (ballooning) 12.30-2.30 Hazel Trees	9	10
11 Living well with psychosis 10.30am-12.30pm Chesterton Community Centre	12 The power of language 10.30am-12.30pm St John's Welcome Centre Getting back on your feet 10.30am-12.30pm YMCA	13	14 Veterans Moving Forwards-week 5 10am-1.30pm The Bridge Centre	15	16	17
18 Expressive writing 2pm-3.30pm online	19 Grief out loud 12noon-2pm Dougie Mac	20	21 Veterans Moving Forwards-week 6 10am-1.30pm Bridge	22	23	24
25 Expressive writing 2pm-3.30pm online	26 What is Co-Production 10.30am – 12.30pm Bridge Centre	27	28 Getting involved: selecting the best 10.30am-12.30pm Keele Hub, Harplands Wellbeing showcase (Photography) 1.30pm-3pm John Hall Gardens	29	30	

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December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 Expressive writing 2pm-3.30pm online	3 Decades Reloaded – Dance your way to wellbeing 10.30am-12.30pm Equalbase	4	5 College facilitator Training 10am-3pm Keele Hub, Seminar room 2, Harplands	6 Piecing together your mental health journey 12noon-2pm The Hive, Blurton	7	8
9 Expressive writing 2pm-3.30pm online	10	11 SPARK: celebrating creativity 12noon-2pm Vellichor Books, Hanley	12	13 Autumn Term Ends Wellbeing showcase - Vision boards 11am-12noon Hope Community church  Christmas Get Together 11am-12noon Hope Community church	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					