


# APRIL/MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28 <b>Term Starts</b> <b>Walk, talk &amp; picnic</b> 1pm-2.30pm Hanley Park 	29 <b>What is co-production?</b> 10am-12pm Online	30	1 <b>The Art of sleep</b> 1.30pm-3.30pm Dougie Mac Wellbeing Centre	2	3	4
5  BANK HOLIDAY	6	7 <b>Learn, cook &amp; eat 1/2</b> 10-1pm St Francis church	8	9	10	11
12 <b>Tackling anxiety</b> 11am-1pm New Vic	13	14 <b>Learn, cook &amp; eat 2/2</b> 10am-1pm St Francis Church	15	16 <b>Seeds of hope</b> 1pm-3pm John hall gardens	17	18
19 <b>Pawprints on the mind</b> 12noon-2pm Changes (Leek)	20	21 <b>Bundle of joy, storm of feelings</b> 10.30am-12.30pm Changes (Stoke)	22 <b>Getting back on your feet</b> 12.30pm-2.30pm Meir Primary Care Centre	23	24	25
26	27	28	29	30	31	1
HALF TERM BREAK						

Already enrolled with us?

Just get in touch to book your workshops—email [wellbeingcollege@combined.nhs.uk](mailto:wellbeingcollege@combined.nhs.uk) or call/text 07790 985794 or 07971 996653.

New to the College?

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MONDAY

TUESDAY

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SUNDAY

2  
**Your care plan, your recovery**  
1pm-3pm  
Greenfield Centre

3

4

5  
**Understanding reasonable adjustments**  
1pm-3pm  
Longton Fire Station

6  
**Mood & Movement**  
10.30am-12noon  
The Hive

7

8

9

10  
**Veterans moving forwards** 1/6  
12noon-3.30pm  
Bridge Centre

11

12

13

14

15

Learning disability week 2025

16

17  
**Living well with a learning disability**  
10am-12noon  
Hazel Trees  
**Veterans moving forwards** 2/6  
12noon-3.30pm  
Bridge Centre

18

19  
**Creating PRIDE**  
11am-1pm  
YMCA

20  
**Getting involved**  
9.30am-11.30am  
Keele hub, Harplands Hospital

21  
**Stoke Pride 2025**  


22

23

24  
**Veterans moving forwards** 3/6  
12noon-3.30pm  
Bridge Centre  
  
**Humanistic helper**  
10.30am-1pm  
UNISON

25

26  
**Understanding trauma**  
10.30am-12.30pm  
RVS Centre

27  
**Getting involved: selecting the best**  
9.30am-11.30am  
Harplands, Keele hub

28

29

30  
**Living well with autism (as adults)**  
10.30am-12.30pm  
King Street Studios

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SUNDAY

1  
**Veterans moving forwards** 4/6  
 12noon-3.30pm  
 Bridge Centre  
  
**Caring for carers**  
 10.30am-12.30pm  
 Brampton Museum

2

3  
**Understanding trauma: looking to the future**  
 10.30am-12.30pm  
 RVS Centre

4

5

6

7  
**The Power of language**  
 12.30pm-3pm  
 The Hive

8  
**Veterans moving forwards** 5/6  
 12noon-3.30pm  
 Bridge Centre

9

10  
**Let's talk addiction**  
 11am-1pm  
 Bridge Centre

11

12


13

14  
**Me and my black dog**  
 xxxx  
 Burslem Fire Station?

15  
**Veterans moving forwards** 6/6  
 12noon-3.30pm  
 Bridge Centre

16

17  
**College Facilitator Training**  
 10am-3pm  
 Longton Fire Station

18 **Term ends**  
**Living well with epilepsy**  
 10am-12noon  
 Shelton Primary Care Centre  


19

20

21

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27

SUMMER HOLIDAYS

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