


SEPTEMBER



North Staffordshire
Wellbeing College

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8 Term starts & College 3rd Birthday The Great Wellbeing College Quest 1pm - 2:30pm Westport Lake 	9	10 What is co-production? 10:30am - 12:30pm online	11	12	13	14
15	16 Living well with autism (as adults) 12noon - 2pm Middleport Medical Practice	17 Your College journey 12:30pm - 2:30pm UNISON	18	19 Piecing together your mental health journey 10:30am - 12:30pm Shelton Primary Care Centre	20	21
22	23	24	25 Getting back on your feet - the CHIME way 10:3am - 12.30pm The Moony Club	26 Healthy hearts 11am - 1pm Westport lake	27	28
29 British Ceramics Biennial Experience 1pm - 3pm Spode Works	30	1	2	3	4	

Already enrolled with us?

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

New to the College?

Head to wellbeingcollege.combined.nhs.uk to fill in the enrolment form. We'll then arrange a quick chat to get to know you and help you get started.

OCTOBER

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	1 Me and my black dog 10am - 12:30pm The New Vic	2 Living well with psychosis 12noon - 2pm Meir Primary Care Centre	3 British Ceramics Biennial Experience 10am - 12noon Spode Works	4	5
6	7 Humanistic Helper 12noon - 2pm Westport Lake View Café	8 Menopause & Me 12noon - 2pm Middleport Medical Centre	9 Let's talk addiction 1pm - 3pm Sandyford Fire Station	10	11	12
13	14 Living well with bipolar disorder 1/2 11am - 1pm The Bridge Centre	15	16 Learn, cook, eat & stay well 1/2 10am - 12:30pm Wolstanton Methodist Church	17	18	19
20 Your care plan, your recovery 10am - 12noon Sutherland Centre	21 Living well with bipolar disorder 2/2 11am - 1pm The Bridge Centre	22	23 Learn, cook, eat & stay well 2/2 10am - 12.30pm Wolstanton Methodist Church	24 Grief out loud 11am - 1pm RISE, Dudson Centre	25	26
27	28	29	30	31	1	2
Half term break						

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NOVEMBER



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2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	1	2
3	4 Getting involved 10am - 12noon Keele hub, Harplands hospital	5 Living well with epilepsy 12noon - 2pm UNISON	6	7	8	9
10 Understanding trauma 11am - 1pm Kidsgrove library	11	12 Wellbeing Showcase: What's your history? 12noon - 2pm RISE, Dudson Centre	13 Mood & Movement Landau <i>Time to be confirmed</i>	14 Wellbeing Showcase: Mindfulness Doug Mac <i>Provisional date, final date and time to be confirmed</i>	15	16
17 Understanding trauma: looking to the future 11am - 1pm Kidsgrove library	18 Getting involved: selecting the best 10am - 12noon Keele Hub, Harplands hospital	19 Think employment 1/2 10:30am - 12:30pm Bentilee Family Hub	20 Expressive writing 1/4 1pm - 2:30pm online	21	22	23
24	25	26 Think employment 2/2: next steps 10:30am - 12:30pm Bentilee Family Hub	27 Expressive writing 2/4 1pm - 2:30pm online	28 Tackling anxiety 11am - 1:30pm Biddulph Youth & Community Zone	29	30


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Connect, adjust, include: Living with a learning disability 10am - 12noon The Bridge Centre	2	3	4 Expressive writing 3/4 1pm - 2:30pm online	5 Understanding reasonable adjustments 10am - 12:30pm The Bridge Centre	6	7
8	9 Untangling ADHD (in adults) 11am - 1:30pm Brampton Museum	10	11 Expressive writing 4/4 1pm - 2:30pm online	12	13	14
15 College facilitator training 10am - 3pm Keele Hub, Harplands hospital	16 Your College journey 10:30am - 12:30pm Leek Community Fire station	17	18	19 Term ends  This is not a Christmas "do" get together <i>Time and venue to be confirmed</i>	20	21
22	23	24	25	26	27	28
Christmas break						
29	30	31	1	2	3	3
Christmas break						

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