



North Staffordshire Wellbeing College

Prospectus Autumn term 2025



Photo by our student Karl (K.D.E. photography)



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Welcome

The **Wellbeing College** offers a range of recovery-focused educational workshops that are free and open to anyone aged 18 and over, who lives in Stoke-on-Trent, Newcastle-under-Lyme and the Staffordshire Moorlands.

All of our workshops are co-produced and co-facilitated by people who have **lived experience** of **physical** and **mental health difficulties**.

We aim to offer learning opportunities for individuals facing mental and physical health challenges, for their families, supportive staff and the public interested in these issues. These opportunities focus on enhancing understanding, confidence, coping strategies and behaviours, enabling participants to manage their lives, conditions and treatments in order to live the lives they wish to live.

The Wellbeing College is divided into three terms:



Term 1: September to December

Term 2: January to March

Term 3: April to July

Our core values



Opportunity:

Being positive about the opportunities that life presents you with



Control:

Having a sense of control over your life and symptoms



Hope:

Having hope that things will get better and being able to look to the future

How to enrol

Eligibility criteria

You need to be aged 18 and over and live within the six towns of Stoke-on-Trent, Newcastle-under-Lyme, or in the Staffordshire Moorlands.

The next step is to enrol as a student of the college by visiting our website or by contacting the team on:



wellbeingcollege@combined.nhs.uk

We will then contact you in order to discuss your application and explore the possibilities of you learning with us.



If you wish to attend a workshop, please enrol as a student first and book on via email **seven days** before the session takes place.



Learning together

We understand that it may be difficult for you when first attending the Wellbeing College and having to be in a new place, meeting new people. To help with this, feel free to bring a carer, relative or friend with you and ask them to also enrol as a student alongside you, if you feel this would be helpful.



Our Student Charter

As a student of the Wellbeing College, you can expect us to:

- ✓ Communicate with all students in a friendly and professional manner
- ✓ Make reasonable adjustments as and when needed to support you
- ✓ Provide a warm, professional, healthy and safe learning environment and work with you to make learning enjoyable and accessible
- ✓ Respect your personal beliefs, life choices, faith and cultural practices and traditions – making it an environment free from stigma and discrimination



Our people

Meet the team



Chiara Barbaro
Student Support and
Lived Experience Trainer



Sherrine Khan
Senior Peer Support Worker



Klaudia Lepska
College Coordinator



Jayne Simner
Recovery and Experience Lead

We are also supported by over 30 workshop facilitators on voluntary/time-release basis. The team is also assisted by the Wellbeing College Student Council, the Wellbeing College Steering Group, mental health nursing students on placement and volunteers.



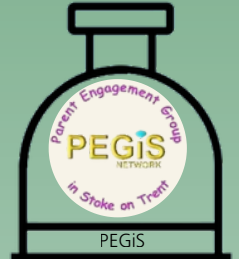
Our partners



To find out how to become a partner of the Wellbeing College, email wellbeingcollege@combined.nhs.uk

To view the full list of our partners visit our website wellbeingcollege.combined.nhs.uk/about-us/partners/





Our locations

We always try our best to use venues that are accessible for those with additional needs, are close to public transport links and have parking available.

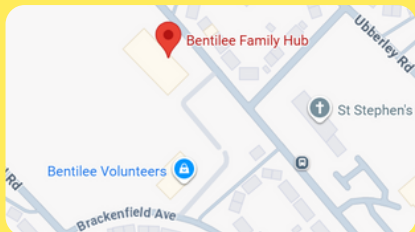
For detailed accessibility information, please visit accessible.co.uk. If you do require access to a venue, please contact us so we can double check the options for you.

If you have any questions about the workshop location, feel free to get in touch – on the day, you can call the numbers provided and we'll be happy to guide you. Our contact telephone numbers are: 07790 985794 and 07971 996653.

It's also helpful to bring a copy of our prospectus along, as it includes a picture of the venue so you'll know what to look out for!

Bentilee Family Hub

Dawlish Drive, Bentilee,
Stoke-on-Trent, ST2 0HP



Biddulph Youth and Community Zone

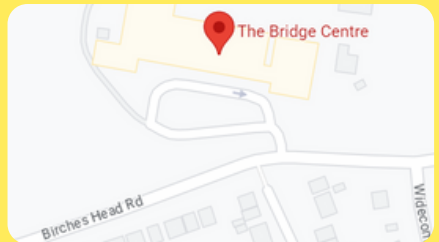
Church Road, Biddulph,
Stoke-on-Trent, ST8 6NE



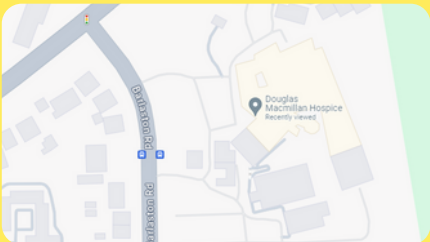
Brampton Museum
Brampton Park, Newcastle-under-Lyme, ST5 0QP



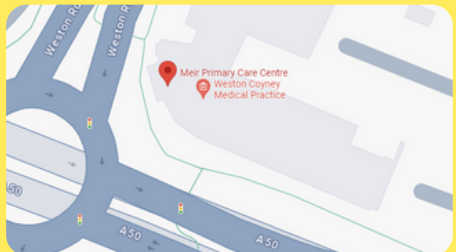
The Bridge Centre
Birches Head Road, Stoke-on-Trent, ST2 8DD



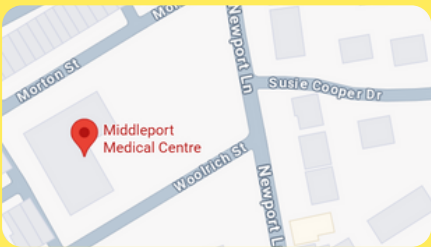
Dougie Mac Wellbeing Centre (Entrance B)
Barlaston Road, Blurton, Stoke-on-Trent, ST3 3NZ



Meir Primary Care Centre
Weston Road, Meir, Stoke-on-Trent, ST3 6AB



Middleport Medical Centre
Newport Lane, Stoke-on-Trent, ST6 3NP



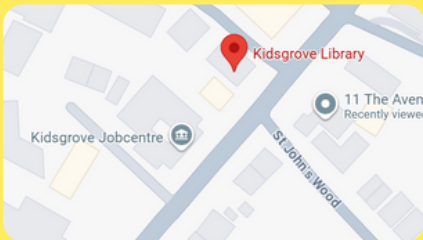
The Moony Club
Longton Exchange, the unit next door to Iceland
15 Bennett Precinct, Longton, Stoke-on-Trent, ST3 2HT



Keele Hub, Harplands Hospital (main entrance)
Hilton Road, Stoke-on-Trent, ST4 6RR



Kidsgrove Library
Meadows Road, Kidsgrove, Stoke-on-Trent, ST7 1BS



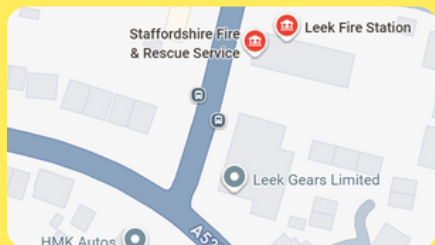
Landau

Waterside Drive, Newstead,
Stoke-on-Trent, ST3 3NW



Leek Community Fire Station

Springfield Road, Leek,
ST13 6LQ



New Vic Theatre

Etruria Road, Newcastle-
under-Lyme, ST5 0JG



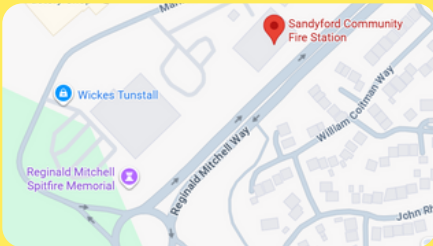
RISE

The Dudson Centre, Hope
Street, Hanley, Stoke-on-
Trent, ST1 5DD



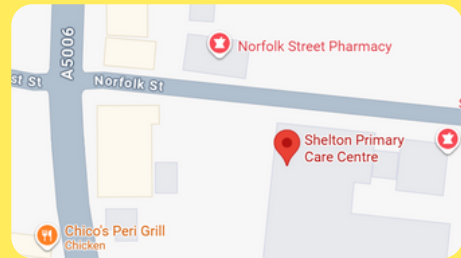
Sandyford Community Fire Station

Marlborough Way, Stoke-on-Trent, ST6 5ED



Shelton Primary Care Centre

Norfolk Street, Hanley, Stoke-on-Trent, ST1 4PB



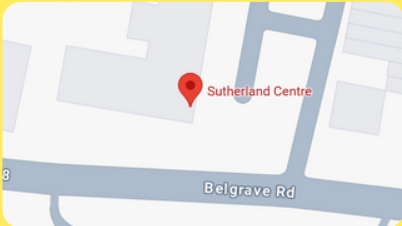
Spode Works

Church Street, Stoke-on-Trent, ST4 1QQ



Sutherland Centre

Belgrave Road, Dresden, Stoke-on-Trent, ST3 4LR



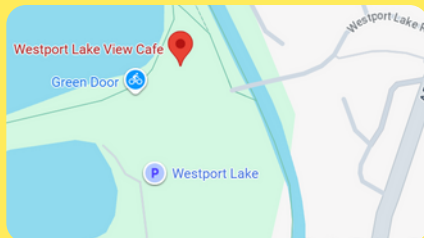
UNISON Stoke

Bevan House, Epworth Street,
Stoke-on-Trent, ST4 1NU



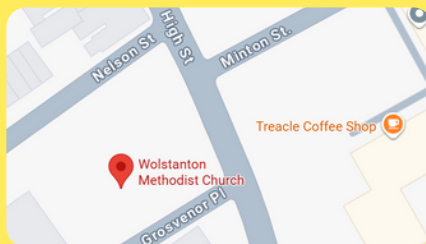
Westport Lake and Westport Lake View Café

Westport Lake Road, Burslem,
Stoke-on-Trent, ST6 4RZ



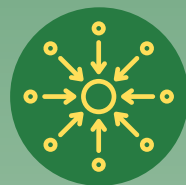
Wolstanton Methodist Church

Grosvenor Place, Newcastle-under-Lyme, ST5 0HS



Our workshops

Core workshops



What is co-production?

Wednesday 10 September, 10:30am to 12:30pm online via MS Teams

This workshop will explore what is meant by the word co-production and how co-production relates to the Wellbeing College. It will consider the importance of co-production and its wider impact. This is a topic for anyone that may be interested in utilising their lived experience or professional skillset to help others, both at work and in day-to-day life.

Your college journey

Two dates available:

← IT'S NEW!

- Wednesday 17 September, 12:30pm to 2:30pm at UNISON
- Tuesday 16 December, 10:30am to 12:30pm at Leek Community Fire Station

Want to make the most of your journey with us? This session is your chance to find out everything the Wellbeing College and our student support has to offer and see how we can help you on your own journey. You'll also learn about our Individual Learning Plan, a simple way to set your goals, keep track of your progress, and celebrate your wins, and even make one for yourself. We'll show you all the courses, activities, and support options available, so you can pick what's best for you. Whether you're new or just ready for your next step, this session will help you create a path that's suited to you and your needs.

Have you visited our website yet? It's packed with info about our workshops, partners and venues, plus details about our team and some self-help resources. We keep it updated regularly to make sure the content stays fresh and interesting.

Visit: wellbeingcollege.combined.nhs.uk

or use your phone camera to scan the QR code on the right.



Getting back on your feet – the CHIME way

Thursday 25 September, 10:30am to 12:30pm

at The Moony Club

Our workshop will explore what is meant by the word recovery, how we feel about it and whether it relates to our individual lives and if it doesn't, exploring the other available options. Join us while we consider the importance of **Connectedness, Hope, Identity, Meaning** and **Empowerment** and how this has the potential to impact on our wellbeing and recovery as we understand it.

Getting involved

Tuesday 4 November, 10am to 12pm at Keele Hub, Harplands Hospital

Are you interested in getting involved in volunteering in mental health NHS services locally? If so, join us in this workshop to find out what you can do and how to register. Learn more about the Wellbeing College, our values and how you can use the power of your lived experience to volunteer with us. If you have first-hand insight of mental distress or accessing our services, we particularly welcome you to attend and explore our co-production and peer plans.

Getting involved: selecting the best

Tuesday 18 November, 10am to 12pm at Keele Hub, Harplands

We invite individuals with lived experience and their carers to support our recruitment panels in interviewing and selecting new team members for Combined Healthcare. If you think this is something you would like to be involved in, this workshop will give you all the information you need to prepare for and participate in the interview processes. Your unique value set will help to ensure we select the best candidates to provide the best quality care that we can.

College facilitator training

Monday 15 December, 10am to 3pm at Keele Hub, Harplands

A workshop for anyone interested in becoming a co-facilitator at the Wellbeing College. This session will provide you with the knowledge and skills needed to consider developing and delivering a workshop within the Wellbeing College.

Other workshops – Education



Living well with autism (as adults)

Tuesday 16 September, 12pm to 2pm at Middleport Medical Practice

Having autism can be a truly unique and wonderful way to experience the world. But this does not mean it doesn't come without its difficulties. Our workshop is designed to explain the common struggles many individuals with autism face and how to use adaptive coping strategies to combat these. We welcome anyone to come along, it doesn't matter whether you have autism yourself, you are a support worker or you have family members with autism.

Piecing together your mental health journey

Friday 19 September, 10:30am to 12.30pm at Shelton Primary Care Centre

Join us for an introduction to common mental health difficulties and find out how to get the right support at the right time. This workshop explores the differences in NHS services and what is available in the community to meet different levels of mental health needs and offers ideas of how you can support yourself to live well with your mental health.

Humanistic helper

Tuesday 7 October, 12pm to 2pm at Westport Lake View Café

This workshop helps you explore how humanistic counselling techniques can be used in everyday life to improve communication and offer support to those around you. You'll learn practical skills for fostering positive connections and supporting others in a meaningful way. Rooted in humanistic psychology, this session empowers you to apply these techniques to enhance both personal and professional relationships.

Let's talk addiction

Thursday 9 October, 1pm to 3pm at Sandyford Community Fire Station

In this workshop we will talk about addictions and the impact that they can have on our mental and physical health. We will discuss together what could be helpful at different times as well as exploring the support and treatment available.

Here's what a past participant thought:

"Workshops have to be interesting to keep my attention and this workshop delivered on that score."

Learn, cook, eat and stay well (Two-week workshop)

Thursdays 16 and 23 October, 10am to 12:30pm at Wolstanton Methodist Church

Learn about healthy eating, mood-boosting foods and budget-friendly recipes in this interactive session. Explore batch cooking ideas and nutrition tips, then share and taste your creations over a cuppa.

Your care plan, your recovery

Getting the most out of your co-produced care plan

Monday 20 October, 10am to 12pm at the Sutherland Centre

This interactive workshop is primarily designed for people who are accessing mental health services within North Staffordshire Combined Healthcare NHS Trust. We aim to introduce you to the different elements of what will become your care plan document. In this session, we hope to empower you to have equal responsibility and to co-produce your care plan with your key worker.

A full term calendar view of the dates, times and locations of our workshops can be found online on our website.

Just scan the QR code on the right or visit

wellbeingcollege.combined.nhs.uk

SCAN ME



Quality improvement – your voice matters

Online, via MS Teams – time and date to be announced

Join us for an introduction to quality improvement (QI). This workshop is for anyone who, based on their experience, is interested in helping local services improve. QI is a tool that gives time, resources, and support to the people who know the challenges best on how to fix them. It is often used to enhance the experience of people by focusing on: “what matters to you?”

Untangling ADHD (in adults)

Tuesday 9 December, 11am to 1.30pm at
Brampton Museum

← **IT'S NEW!**

Being an adult with ADHD can feel like a tangled ball of chaos. Come to our session to start untangling it by exploring what exactly ADHD is, its traits and how we can live well with it. You are welcome to join us whether you have the diagnosis, are awaiting assessment, are self-diagnosed or are simply curious.

Understanding trauma

Monday 10 November, 11am to 1pm at Kidsgrove Library

An introduction to what is meant by ‘trauma’ within the context of mental health. This two-hour workshop also explores the impact that trauma can have on the brain. We will look at how understanding more about trauma can help to reduce stigma, as well as what longer-term treatment can do to help.

Understanding trauma: looking to the future

Monday 17 November, 11am to 1pm at Kidsgrove Library

A workshop exploring individual ways to move forwards following trauma, through use of compassionate discussion, hints and tips.

Connect, adjust, include: living with a learning disability

Monday 1 December, 10am to 12pm at The Bridge Centre

This workshop is designed for anyone with an interest in learning from people living life with a learning disability. Come along to find out what we can all do to make our services and society more inclusive and accessible for those with a learning disability.

Understanding reasonable adjustments

Friday 5 December, 10am to 12:30pm at The Bridge Centre

Do you feel like you need reasonable adjustments to be your best self? This workshop is designed to clarify what reasonable adjustments are, who can request them and the types of support that might be available, empowering you to confidently advocate for the adjustments you need or to support someone you know.

Other workshops – Wellbeing



British Ceramics Biennial Experience

Taking place at Spode Words, two dates available:

- Monday 30 September, 1pm to 3pm
- Friday 3 October, 10am to 12pm

IT'S NEW!

Session delivered by British Ceramics Biennial, supported by our college staff

Get curious with clay at the 2025 British Ceramics Biennial.

The two-hour experience includes:

- A friendly, conversational tour of some of the most significant artworks within the Biennial
- A hands-on clay engagement workshop within the Playscape Project Space. Your chance to try out some unusual clay making techniques with the guidance of the Biennial associate artists.

Me and my black dog

Wednesday 1 October, 10am to 12:30pm at New Vic Theatre

You've probably heard the analogy of the black dog and depression – but how do you live with it? In this workshop, we'll dive into the symptoms of depression, how it can impact your life and the ways to tame your black dog so you can live well alongside it.

Living well with psychosis

Thursday 2 October, 12pm to 2pm at Meir Primary Care Centre

We will come together to consider the term psychosis and the impact this can have on a person and their carers. We will explore some common symptoms of this condition but also the complexities of someone experiencing psychosis, and how they may interpret reality very differently to others around them.

We will learn about the importance of effective treatment, support and coping strategies to promote person-centred care and steps to a meaningful recovery journey.

Menopause and me

Wednesday 8 October, 12pm to 2pm at Middleport Medical Centre

Menopause is a natural and inevitable part of a woman's life. Nevertheless, symptoms associated with menopause and the lead up to it (perimenopause) can be complex, debilitating and life changing. Join us to explore what happens to our bodies, common symptoms and treatment options as well as personal experiences and signposting to helpful resources.

Here's what a past participant thought:

"I really enjoyed it, the slides were informative and well presented and the facilitator was very knowledgeable and had life experience."

Grief out loud

Friday 24 October, 11am to 1pm at RISE, Dudson Centre

This interactive workshop offers an introduction for those who have experienced grief, bereavement and loss or those who would like a greater insight into how to support themselves and others. Join us to learn about grief reactions, contemporary grief theory and self-care. This is a safe space to self-reflect, further your knowledge and connect with others as well as finding out what support services are available and when they might be needed.

Following the workshop, the Dove service will hold a drop-in to answer any questions about their service and take self referrals.

Living well with epilepsy

Wednesday 5 November, 12pm to 2pm at UNISON

This workshop provides a brief overview of epilepsy, aiming to increase understanding and awareness of the condition. Areas covered include: what epilepsy is and the different types, how it is diagnosed and treated, signs and symptoms of epileptic activity, antiepileptic and rescue medications and associated risks. The session will also explore the link between epilepsy and mental health, offering tools and strategies for managing your wellbeing alongside the condition.

Living well with bipolar disorder (Two-part workshop)

Tuesdays 14 and 21 October, 11am to 1pm at
The Bridge Centre

This two-part workshop looks at our understanding of bipolar disorder and exploring the causes and symptoms that may be experienced by someone living with this illness. The workshop will give an overview of why it often takes longer to diagnose than other mental health conditions. In the second part we explore and celebrate all the positives of living with bipolar, and how utilising recovery-focused approaches in our day to day living can help lead to a happier and more meaningful life.

Wellbeing showcase series

← 2 NEW SESSIONS!

Join us on these more informal and interactive sessions to see the Wellbeing College students and friends showcase the strategies that keep them well. During each workshop you will meet a different person and hear about their favourite way to keep their wellbeing in check, with an opportunity to try it out.

What's your history?

Wednesday 12 November, 12pm to 2pm at RISE, Dudson Centre

This session celebrates the rich heritage of our local pottery industry. We'll explore its history, stories and significance to our community, and take part in a creative, heritage-inspired activity alongside a reflective discussion.

Mindfulness

Friday 14 November, 1pm to 2:30pm at
Dougie Mac Wellbeing Centre

A friendly, hands-on workshop exploring how mindfulness supports wellbeing. We will try simple techniques, share reflections and practical tips for bringing more calm, focus and balance into daily life.

Think employment

Wednesday 19 November, 10:30am to 12:30pm at Bentilee Family Hub

Employability and employment can be a scary thought but this workshop will help you overcome those fears with professional and relevant advice. Come along and build up the confidence to show the best you. We will also provide information about services that can support individuals into employment and assist with employability skills.

Here's what a past participant thought:

"Meaningful and honest conversations. I loved the video about challenging mental health stigma."

Expressive writing (Four-week workshop)

Thursdays 12:45pm to 2:30pm, 20 and 27 November, 4 and 11 December, online via MS Teams

Workshop co-produced with Royal Literary Fund

Explore your thoughts and feelings through writing. In a supportive and confidential environment, you'll reflect on your experiences, guided by a professional writer. Whether you're new to writing or more experienced, you'll engage in activities that help you express yourself, from simple lines to stories or poems. Each session includes a short reading and discussion, followed by prompts to inspire your own writing.

Think employment part two – next steps

Wednesday 26 November, 10:30am to 12:30pm at Bentilee Family Hub

This second workshop focuses on those ready to step into meaningful employment. We will focus on using transferable skills and our tips on the importance of your application standing out from the crowd. We will cover CV writing, and explore the interview process and how to make this a less daunting experience.

Tackling anxiety – anxiety in everyday life

Friday 28 November, 11am to 1:30pm at Biddulph Youth and Community Zone

Our workshop provides a snapshot into anxiety and its effect on our wellbeing. Noticing how anxiety can affect us is the first step to tackling it. Moreover, accepting how it can be present not only emotionally but physically in us and in others can help to tackle the triggers and symptoms. During the session we will also explore panic disorders.

Did you know we have a Facebook page? It's another way to get in touch with us and keep up with our latest news. Search:

North Staffordshire Wellbeing College
or scan the QR code on the right



Other workshops – Physical health



Healthy hearts

Friday 26 September, 11am to 1pm at Westport Lake

Have you been invited for a routine health check by your GP or healthcare provider? In this workshop we will explore what that health check might entail and why the person may have sent you an appointment. You will be able to take the time to look at the equipment used for health checks and understand what the results may mean when you get them afterwards. This session will empower you with the knowledge to understand your own health and give you an opportunity to learn and share healthy lifestyle ideas.

We will also be able to show you the Green Door facilities where you can have a go on the accessible bikes for all ages and abilities (although there is no pressure to have a go).

Mood and movement

Thursday 13 November, at Landau – time to be announced

This workshop will enable students to learn how moving your body can help improve mental wellbeing and increase self-esteem. Join us for a low-key session of gentle hula hooping and other fitness activities which will be suitable for all abilities. There is no level of skill required, just an interest in getting moving in a non-judgemental, safe space. Check out a photo from the session below!



Social events



The Great Wellbeing College Quest

Monday 8 September, 1pm to 2:30pm at Westport Lake

Join us to celebrate our third birthday and the start of the new term with a twist – a treasure hunt around Westport Lake! Go solo or team up, you can also try out accessible bikes provided by Green Door. Finish off by joining us for treats and refreshments at the Westport Lake View Café.

This is not a Christmas 'do'

Friday 19 December, time and venue to be announced

If you want to enjoy good company, good food and human connection, but not necessarily with a Christmas theme, come and join us for this alternative event. Whether you've had enough of candy canes and endless festive tunes, the thought of decorating a tree makes you shiver, or you are simply not a fan of this time of the year – join us for an alternative get together in true Wellbeing College style!



Co-production

What is co-production?

Co-production makes us different to conventional colleges. This means that everything we do, from designing and delivering the workshops to strategic decisions, is done together.

We have two types of tutors:

Experts by experience and **experts by training**

Both work together closely to provide a **rounded** and **thorough** perspective on any topic you may be studying with us. This draws on both professional expertise and lived experience, and we think that both are equally important.



Definitions

A co-operative learning approach

The Wellbeing College values all experience equally – personal, clinical and professional – in the exchange of knowledge and ideas. This co-operative learning approach means those delivering the workshops become ‘facilitators’, not ‘problem-solvers’ or ‘fixers’.

A strengths-based approach

We encourage people to develop their skills, knowledge and aspirations. We do this by supporting them to use these individually, in daily life, in the community and at the College.

Collaborative partnership working

We will ensure that people with lived experience are equal partners in co-designing and co-delivering all aspects of the College.

Partnership of equals

Co-production involves the sharing of power and responsibility which will be a new way of working for many people. Through collaboration among experts by training and experts by experience, together we learn from challenges and grow as a group and community.

A move from challenging roles

Our vision is that co-production will move people beyond service user, carer and professional roles, to being people and students who mutually respect one another’s expertise, knowledge and experience.

Taking risks together

We recognise that meaningful change often begins outside our comfort zones. We believe that through positive risk-taking and working together, even ambitious or uncertain ideas become risks worth embracing.

FAQs



What is the Wellbeing College?

We offer free workshops for people over 18 to empower them to take control of their journey and live fulfilling lives, even in presence of challenges. Our goal is to empower students to identify and nurture their inner resources to improve their physical and mental wellbeing.

Who can attend the college?

Our workshops are open to anyone aged 18+ residing in Stoke-on-Trent, Newcastle-under-Lyme and the Staffordshire Moorlands.

How much do the workshops cost?

The workshops are free but you need to enrol before attending.

What do we offer?

The Wellbeing College workshops offer a safe and supportive learning environment to explore what wellbeing means to you. All of our workshops are designed to inspire hope and empower students to explore, consider and discover what is useful and valuable to them.

Do I need to be referred to attend?

No. You do not need to be referred. As a student, you will need to enrol onto a workshop each time a new prospectus comes out.

What happens during the enrolment process?

The enrolment is an opportunity for us to get to know each other. We'll learn what your strengths and interests are, as well as your reasons for wanting to engage with the Wellbeing College. You will learn about us and what we do, and together we can explore any support needs you may have. We schedule an enrolment appointment at a time and in a way that suits you.

I don't want to go back to school or college – is that what this is?

No! Our workshops aren't traditional college or school subjects and aren't delivered in a traditional way. You'll have opportunities to discuss subjects that interest you, learn at your own pace and share your expertise in a friendly and relaxed environment.

Do I need to have any qualifications in order to attend a workshop?

No. There are no formal entry requirements and we don't ask you to take notes, read or speak out loud in a workshop if you don't feel comfortable.

How many other students will be on a workshop with me?

Group sizes are kept small, so typical group sizes are between 8 to 12 students. Please contact us if this is something you are concerned about, and together we can explore how to support you.



Space for your notes



A large rectangular area with a green border, containing 20 horizontal lines for writing notes.



North Staffordshire Wellbeing College

Contact us



wellbeingcollege.combined.nhs.uk



wellbeingcollege@combined.nhs.uk



North Staffordshire Wellbeing College



@NorthStaffsWBC



**07790 985794
07971 996653**