


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
5	6	7	8	9	10	11
 <p>12 <b>Beating the January blues</b> 12pm to 2pm Biddulph Country Park and The Hideaway Cafe <b>TERM STARTS</b></p>	<p>13 <b>Wellbeing showcase - Pieces of me</b> 10am to 12pm UNISON</p>	14	<p>15 <b>Veterans Moving Forwards 1/5</b> 9:15am to 11:30am The Bridge Centre</p>	<p>16 <b>Let's talk addiction</b> Newcastle Guildhall 1pm to 3pm</p>	17	18
<p>19 <b>Me and my black dog</b> 12pm to 2:30pm Kidsgrove library</p>	20	<p>21 <b>Beating the January Blues</b> 12:30 to 2:30pm Keele Woods and Keele Uni Student's Space</p>	<p>22 <b>Veterans Moving Forwards 2/5</b> 9:15am to 12:30am The Bridge Centre</p>	23	24	25
<p>26 <b>Understanding psychosis</b> 12pm to 2:30pm New Vic Theatre</p>	<p>27 <b>Writing personal statements</b> 11:45am to 2pm Online via Ms Teams</p> <p><i>National Storytelling Week 2026</i></p>	28	<p>29 <b>Veterans Moving Forwards 3/5</b> 9:15am to 12:30am The Bridge Centre</p>	30	31	1

## How to book on:

**New to the College?** **Already enrolled with us?**

Complete the enrolment form at [wellbeingcollege.combined.nhs.uk](mailto:wellbeingcollege.combined.nhs.uk) and we'll be in touch to get you started.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 <b>Your College Journey</b> 11am to 1pm Leek Fire Station	3 <b>Writing with confidence!</b> 11:45am to 2pm Online, via Ms Teams	4	5 <b>Veterans Moving Forwards 4/5</b> 9:15am to 12:30am The Bridge Centre	6 <b>Empowered, not overpowered</b> 10:30am to 1pm Meir Primary Care Centre	7	8
9 <b>Living well autism as adults</b> YMCA (Art Room) 10:30 to 12:30	10 <b>Learn, cook, eat and stay well 1/2</b> 10:30am to 1pm YMCA	11	12 <b>Veterans Moving Forwards 5/5</b> 9:15am to 12:30am The Bridge Centre	13	14	15
16	17	18	19	20	21	22
Half term break						
23 <b>Getting back on your feet - the CHIME way</b> 12pm to 2pm Biddulph Community Fire Station	24 <b>Learn, cook, eat and stay well 2/2</b> 10:30am to 1pm YMCA	25	26 <b>Grief Out Loud</b> 12pm to 2pm New Vic Theatre <i>followed by 1 hour Dove service drop in</i>	27 <b>Mindfulness to fit your life</b> 1pm to 3pm Meir Primary Care Centre	28	1

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2	3 <b>Getting involved</b> 10am to 12pm UNISON, Stoke	4	5 <b>Living With Loneliness</b> 10am to 12:30pm Reaching CIC, Lymedale Enterprise Centre	6 <b>Mood and movement</b> 10.30am to 12pm Hazel Trees	7	8
9	10 <b>Tackling anxiety</b> 12pm to 2:30pm Newcastle Guildhall	11	12 <b>Living well with EUPD</b> YMCA (Art room) 10:30 to 1pm	13 <b>What's co-production?</b> 1:30pm to 3:30pm Newcastle Fire Station	14	15
16	17 <b>College facilitator training</b> 10am to 3pm Sandyford Fire Station requested	18	19 <b>Understanding reasonable adjustments</b> 10:30am-1pm Sandyford Fire Station	20 <b>Dyslexia &amp; me</b> 10:30am-12:30pm Bridge Centre	21	22
23	24	25	26	27 <b>Connecting with nature</b> Westport Lake Cafe 12pm to 2:30pm  <b>TERM ENDS</b>	28	29

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