



North Staffordshire
Wellbeing College

Prospectus
Spring Term
2026

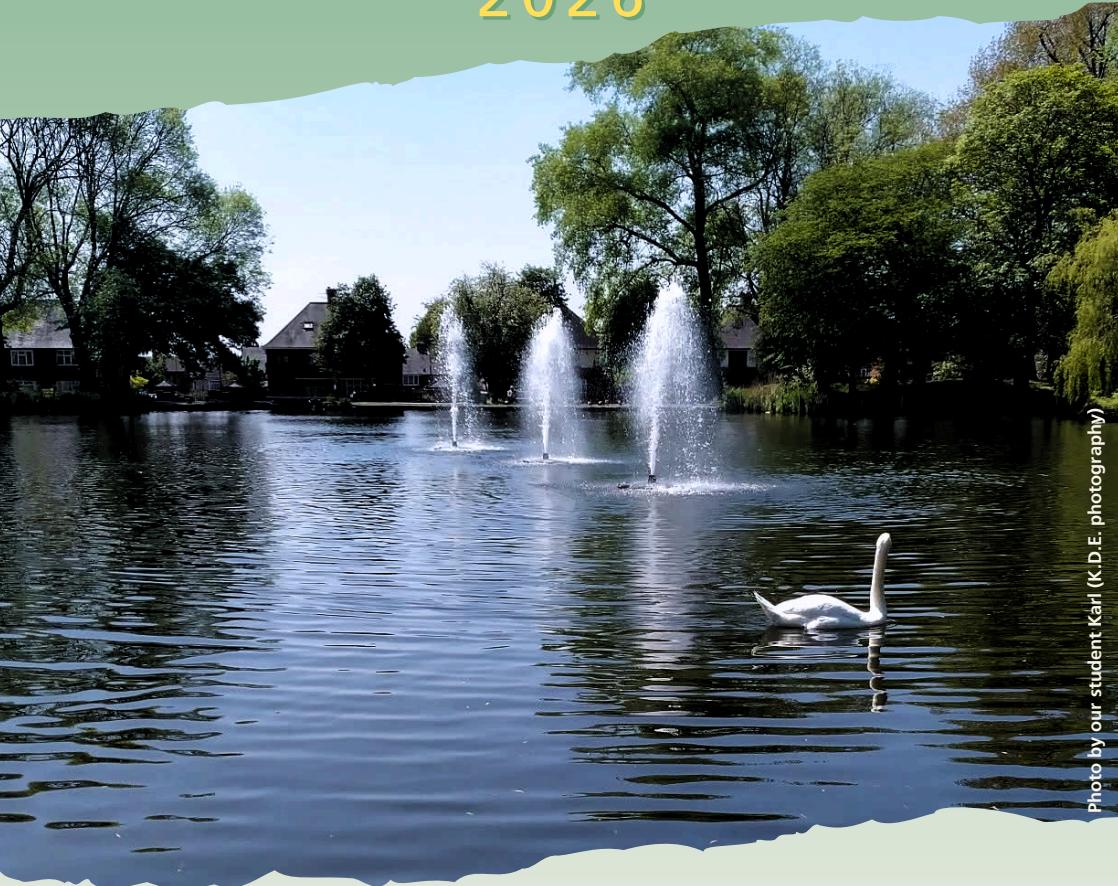


Photo by our student Karl (K.D.E. photography)



Table of contents

01

Welcome

02

How to enrol

03

Student Charter

04

Our people

05

Our partners

07

Our locations

12

Our workshops



Beating the January Blues	16
Connecting with nature: Springtime growth	19
College facilitator training	13
Dyslexia & me	16
Empowered, not overpowered	17
Getting back on your feet – the CHIME way	12
Getting involved	13
Grief out loud	18
Learn, cook, eat and stay well	15
Let's talk addiction	14
Living well with autism (as adults)	15
Living well with Borderline (Emotionally Unstable) Personality Disorder	19
Living with loneliness - my path to connection	18

Me and my black dog	17
Mindfulness to fit your life	18
Mood and movement	20
Tackling anxiety - anxiety in everyday life	19
Understanding psychosis	14
Understanding reasonable adjustments	16
Veterans moving forwards	17
Wellbeing showcase – Pieces of me	20
Wellbeing showcase – what's your history?	20
What is co-production?	13
Writing personal statements	14
Writing with confidence!	15
Your college journey	12

22

Definitions

23

Frequently asked questions (FAQs)



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

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:

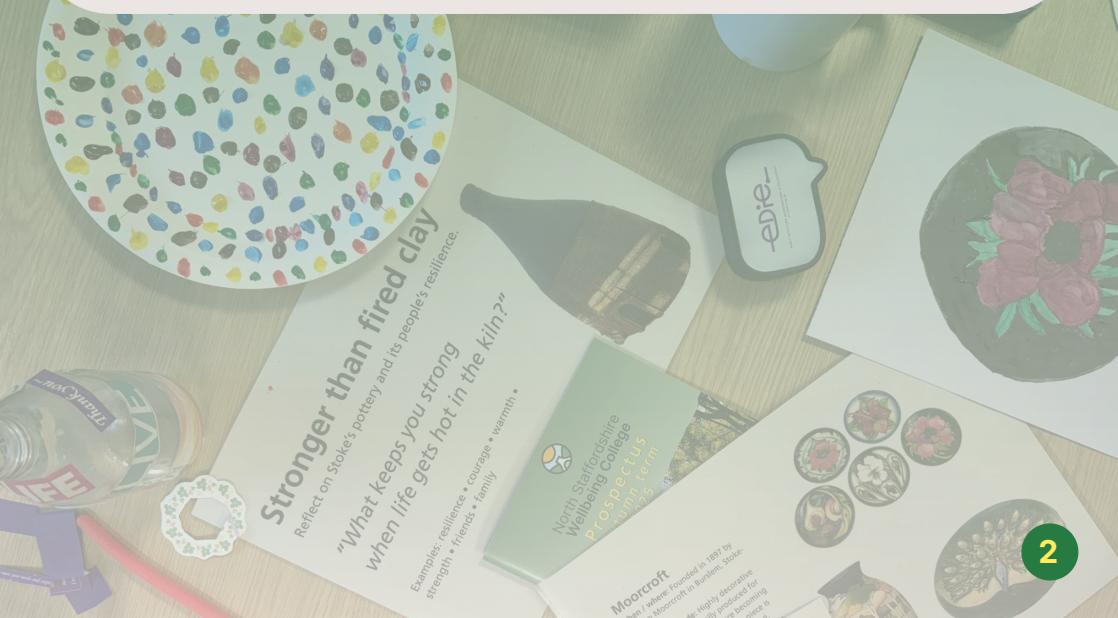
 wellbeingcollege@combined.nhs.uk

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 Simmer
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

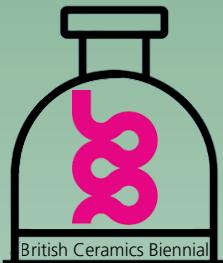


To find out how to become a partner of the Wellbeing College, email wellbeingcollege@combined.nhs.uk

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



Bentilee Family Hub



British Ceramics Biennial



The Bridge Centre



Combined Healthcare NHS Trust



Community Health Partnerships



Changes



Dougie Mac



The Dove Service



EqualBase



Everyone Health



Expert Citizens



Green Door



John Hall Wellness Garden



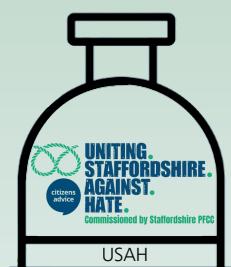
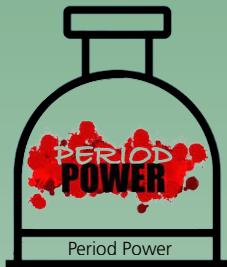
JustFamily CIC



LifeWORKS



Keele University



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!

Apedale Heritage Centre

Loomer Road, Chesterton,
Newcastle-under-Lyme, ST5 7LB



NEW!



Biddulph Community Fire Station

Princess Street, Biddulph,
Stoke-on-Trent, ST8 6JN



NEW!

Biddulph Country Park

Grange Road, Biddulph,
Stoke-on-Trent, ST8 7SB



The Bridge Centre

Birches Head Road,
Stoke-on-Trent, ST2 8DD



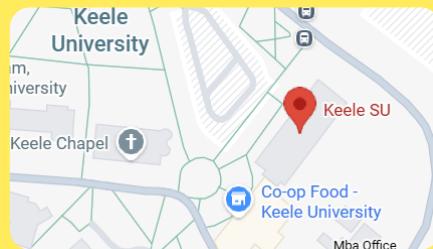
Hazel Trees

135 Duke Street, Fenton,
Stoke-on-Trent, ST4 3NR



Keele Student's Union

University of Keele, Keele Rd,
Newcastle-under-Lyme, ST5 5BJ



Kidsgrove Library

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



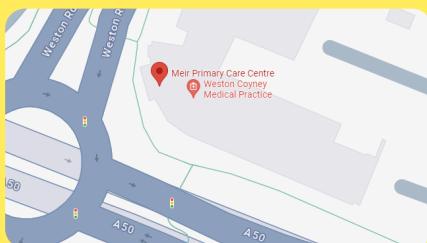
Leek Community Fire Station

Springfield Road, Leek,
ST13 6LQ



Meir Primary Care Centre

Weston Road, Meir,
Stoke-on-Trent, ST3 6AB



Newcastle Community Fire Station

Knutton Lane,
Newcastle-under-Lyme, ST5
2SL



Newcastle Guildhall

High Street, Newcastle-under-Lyme, ST5 1PW



New Vic Theatre

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



Reaching CIC

Studio 2, Lymedale Court
Enterprise Centre, Dalewood Road, ST5 9QH



Sandyford Community Fire Station

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



Shelton Primary Care Centre

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



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



YMCA - Art room

Harding Road, Hanley, Stoke-on-Trent, ST1 3AE



Our workshops

Core workshops

Your college journey

Monday 2 February, 11am to 1pm at Leek 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.

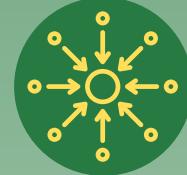
Getting back on your feet – the CHIME way

Monday 23 February, 12pm to 2pm at Biddulph Fire Station

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.

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.



SCAN ME



Getting involved

Tuesday 3 March, 10am to 12pm at UNISON Stoke

Are you interested in getting involved in volunteering in NHS mental health 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.

College facilitator training

Tuesday 17 March, 10am to 3pm at Sandyford Fire Station

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.

What is co-production?

Friday 13 March, 1pm to 3:30pm at Newcastle Fire Station

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.

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



Other workshops – Education



Let's talk addiction

Friday 16 January, 1pm to 3pm at Newcastle Guildhall

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.

Understanding psychosis

Monday 26 January, 12pm to 2:30pm at The New Vic Theatre

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.

Writing personal statements

IT'S NEW!

Tuesday 27 January, 11:45am to 2pm, online via MS Teams

This workshop will help you write a personal statement that stands out from the crowd! Facilitated by Royal Literary Fund's Laura Beatty who is a writer of fiction and non-fiction, and an experienced teacher, with the support from the Wellbeing College.

- Learn how to read the clues in application guidelines and job adverts, to help you write a response that is a good fit
- Identify your strengths and write a personal story that truly reflects who you are and what you offer.
- Understand the role of artificial intelligence (AI) in processing applications
- Find your own, authentic voice
- Gain practical experience in structuring and writing a personal statement that is truly engaging

Embrace this opportunity to present yourself with confidence and originality, setting you apart from other candidates.

Living well with autism (as adults)

Monday 9 February, 10:30am to 12:30pm at YMCA Art Room

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.

Writing with confidence!

Tuesday 3 February, 11:45am to 2pm, online via Ms Teams

IT'S NEW!

Whether you're writing for work, a personal project, or just for fun, this friendly and relaxed workshop will give you the practical tools to approach any writing task with confidence.

Run by Susan Elliot Wright and supported by Wellbeing College Staff. Susan Elliot Wright is a novelist and former magazine journalist from the Royal Literary Fund. Susan is passionate about helping people to develop everyday writing skills – without the stress!

Please note that although we open with a creative exercise, this is not a 'creative writing' workshop.

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

Tuesdays 10 and 24 February, 10:30am to 1pm at YMCA

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.



Understanding reasonable adjustments

Thursday 19 March, 10:30am to 1pm at Sandyford Fire Station

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.

Here's what the past participants thought:
"It was an eye opener", "I will now consider ways of working that promote my wellbeing"

Dyslexia & me

Friday 20 March, 10:30 am to 12:30pm at The Bridge Centre

This workshop offers an understanding of what dyslexia is and tackles common myths around it. We'll share strategies for building confidence and navigating challenges and explore practical ways to support adults with dyslexia in everyday life. The session is led by lived experience insight to bring authentic perspective and understanding.

Other workshops – Wellbeing



Beating the January blues

Two dates available:

- Monday 12 January, 12pm to 2pm at Biddulph Country Park
- Wednesday 21 January, 12:30pm to 2:30pm at Keele Student's Union/Keele Woods

IT'S BACK!

Let's get together on Blue Monday, known as the "most miserable day of the year" for a walk in nature, followed by a get together with a hot drink to share our tips for getting through the tough winter months. Join us to explore how we can keep ourselves well, connect with others and maintain hope for spring.

Me and my black dog

Monday 19 January, 12pm to 2:30pm at Kidsgrove library

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.

Veterans moving forwards – five-week course

Thursdays 9:15am to 12:30pm, for 5 weeks,
starting 15 January, at The Bridge Centre

IT'S BACK!

HELP for
HEROES

Co-designed by Veterans for Veterans*

Delivered by approved facilitators, including a peer veteran.

The aim of this five-week course is to provide you with the opportunity to gain clarity about your direction in life, develop tools and strategies to help you commit to action and make progress towards your brighter future.

Week 1: Introductions, ways of working and individual aims

Week 2: The military mindset

Week 3: Breathe, sleep, move

Week 4: Learning to prioritise, plan and make good decisions

Week 5: Overcoming obstacles to your progress and sustaining positive change

*Veterans moving forwards is only available to veterans



Watch a video featuring previous veterans who attended this course, sharing how it benefited them and supported their journeys. Scan the QR code on the left, or click the link below:
tinyurl.com/vmfcollegefeedback

Empowered, not overpowered

Friday 6 February, 10:30am to 1pm at Meir Primary Care Centre

IT'S NEW!

This interactive workshop explores what makes relationships – whether with friends, family, or partners – healthy and supportive. Learn to recognise unhealthy patterns and discover practical strategies to break them, while understanding where our ideas about relationships come from. Through real examples and open discussion, you'll gain insights and tools to help you create more respectful, balanced, and positive connections in your life.

Grief out loud

Thursday 26 February 12pm to 2pm at the New Vic Theatre

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, at 2pm to 3pm, the Dove service will host a drop-in to answer any questions about their service and take self-referrals.

Mindfulness to fit your life

Friday 27 February, 1pm to 3pm at Meir Primary Care Centre (Community room)

A friendly, hands-on workshop exploring how mindfulness supports wellbeing. We will explore how mindfulness can be practiced even in the busiest schedules and minds. Together we will try simple techniques, share reflections and practical tips for bringing more calm, focus and balance into everyday life.

Living with loneliness – my path to connection

Thursday 5 March, 10am to 12:30pm at Reaching CIC

IT'S NEW!

This workshop will help you understand loneliness in a safe and friendly space. We will look at different types of loneliness and why people feel lonely, even when they are around others. We will talk about the barriers that can stop us from connecting with people – such as confidence, routines, past experiences, and practical challenges. You will learn how to set small, realistic goals to help you take steps toward meeting people, building confidence, and feeling less alone. You will leave with a simple plan that fits you and your life.

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

SCAN ME



Tackling anxiety – anxiety in everyday life

Tuesday 10 March, 12pm to 2:30pm at Newcastle Guildhall

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.

Living well with Borderline Personality Disorder (BPD)

Also known as Emotionally Unstable Personality Disorder (EUPD)

Thursday 12 March, 10:30am to 1pm at YMCA Art Room



Join us in this interactive session to gain insight and awareness on what living with Emotionally Unstable Personality Disorder may look like. This workshop aims to explore experiences and treatments of EUPD (also known as Borderline Personality Disorder) including coping strategies to promote a meaningful life beyond diagnosis and how we can all support others to do so.

Connecting with nature – Springtime growth

Friday 27 March, 12pm to 2:30pm at Westport Lake Café



New seasonal series of workshops!

These workshops are for anybody wanting to explore ways to maintain wellbeing and structure throughout the year, building on understanding your own personal patterns according to seasonal changes and using nature to nurture yourself through every up and down of life. The workshop will explore how changes in the seasons can influence your energy, routines and wellbeing. Join us in developing strategies to maintain balance throughout the year through a mixture of indoor and outdoor hands-on activities.

Wellbeing showcase series

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?

IT'S NEW!

Apedale Heritage Centre, date and time to be announced

This session honours heritage of Apedale's mining past. Together, we'll explore the shared and new stories uncovering the lives and legacy that shaped our local landscape. Connect with others who share similar memories and discover parts of our area's heritage that may have quietly sat beneath your feet unnoticed.

Pieces of me

IT'S NEW!

Tuesday 13 January, 10am to 12pm at UNISON Stoke

Explore your journey through the art of collage. Using canvas boards and magazine cut-outs, the session provides a relaxed, supportive space to reflect on identity, strengths, and hopes for the future. Through prompts and conversation, you can discover new insights, express emotions visually, and connect with others in a safe and uplifting environment. **No artistic skills are needed** – just curiosity, openness, and a willingness to explore your story in a different way. Materials provided.

Other workshops – Physical health



Mood and movement

Friday 6 March, 10:30am to 12pm at Hazel Trees

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.

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.

With any other questions you can email us on:

wellbeingcollege@combined.nhs.uk



Space for your notes





North Staffordshire Wellbeing College

Contact us



wellbeingcollege.combined.nhs.uk



wellbeingcollege@combined.nhs.uk



North Staffordshire Wellbeing College



@NorthStaffsWBC



**07790 985794
07971 996653**