



North Staffordshire Wellbeing College

Prospectus Summer Term 2026



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



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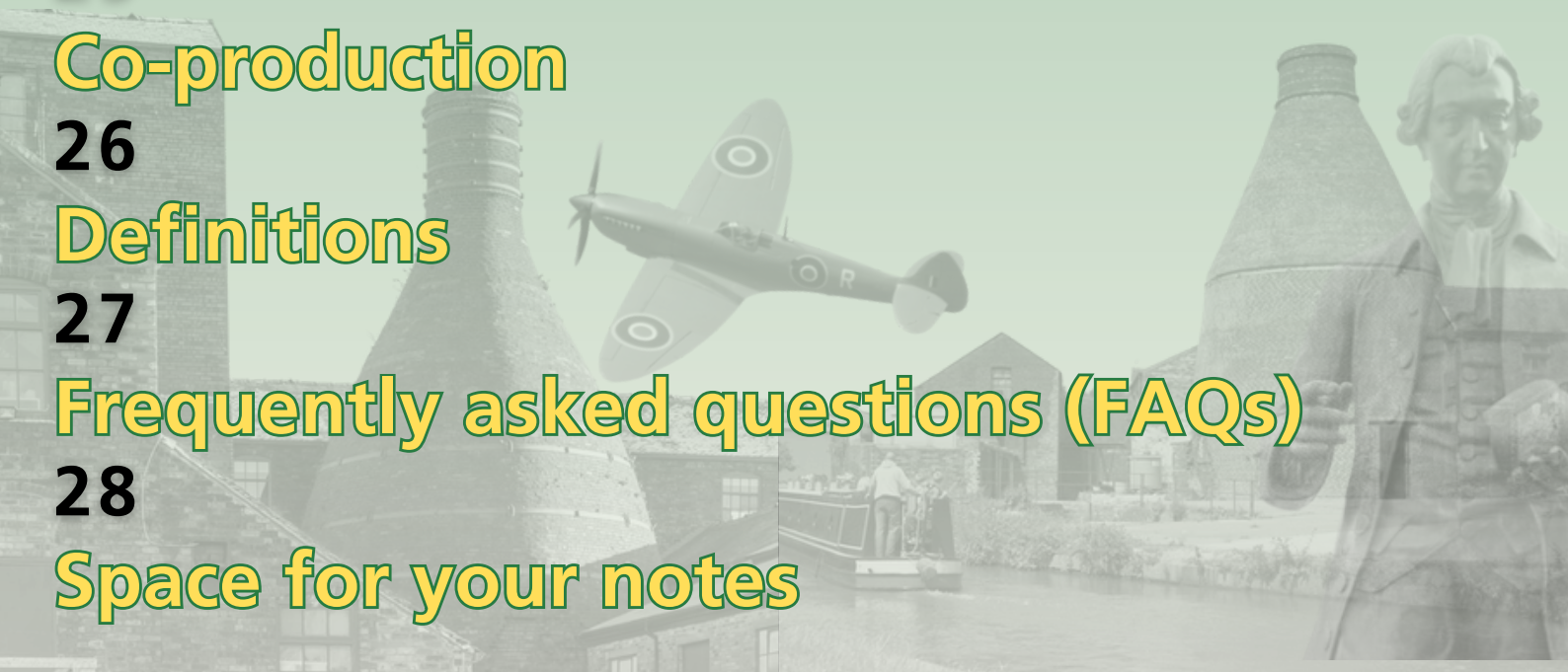
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Welcome

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

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



YOU!



The Lyme Trust



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



Headway



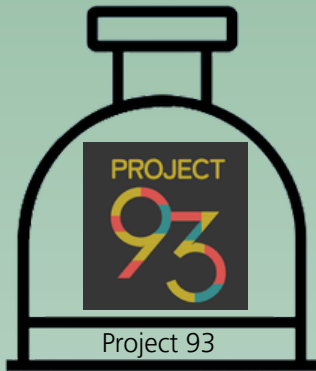
JustFamily CIC



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](https://www.accessible.co.uk). If you do require access to a venue, please contact us so we can double check the options for you.

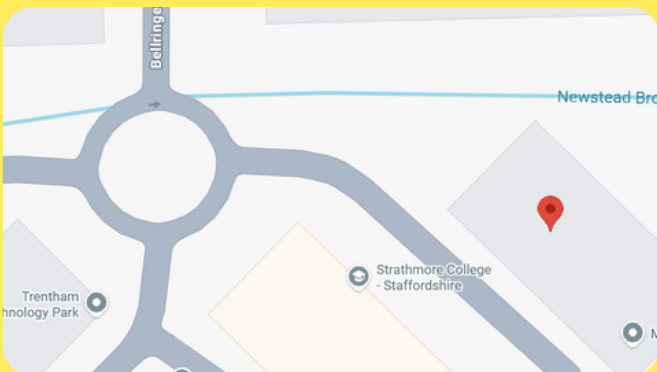
If you have any questions about the workshop location, feel free to get in touch – on the day, you can call the numbers provided and we'll be happy to guide you. Our contact telephone numbers are: 07790 985794 and 07971 996653.



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!

Ashtenne Unit 22
Trentham Technology Park,
Bellringer Road,
Stoke-on-Trent, ST4 8JL

NEW!

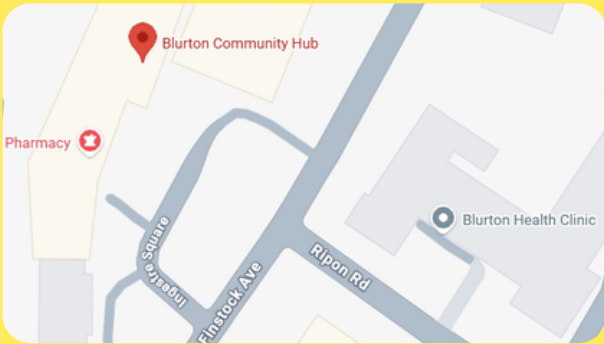


Biddulph Community Fire Station
Princess Street, Biddulph,
Stoke-on-Trent, ST8 6JN



NEW!

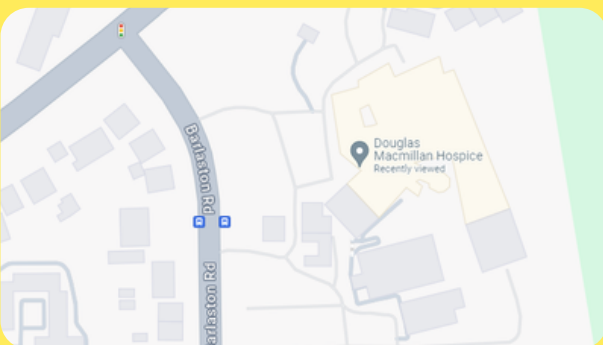
Blurton Community Hub Ingestre Square, Blurton, Stoke-on-Trent ST3 3JT



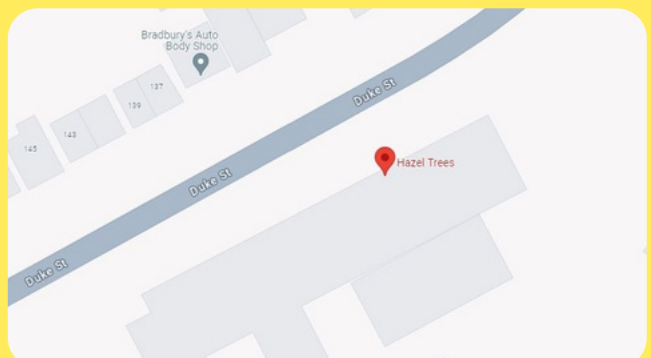
The Bridge Centre Birches Head Road, Stoke-on-Trent, ST2 8DD



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



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



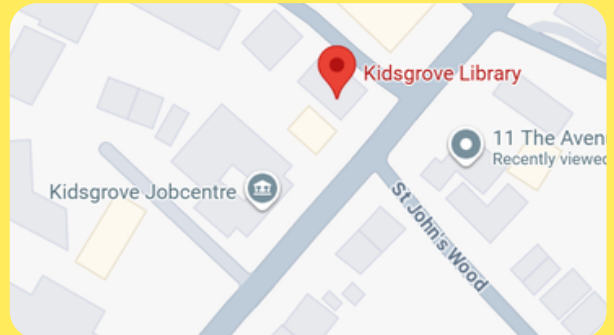
Hope Community Church

Upper Huntbach St, Hanley,
Stoke-on-Trent ST1 2BX



Kidsgrove Library

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



Knypersley reservoir

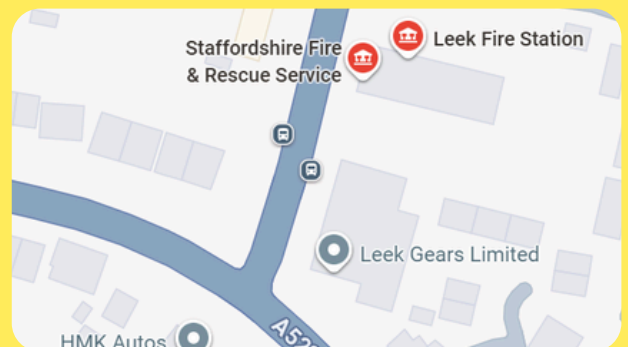
Brown Edge, Stoke-on-Trent
ST8 7QY

NEW!

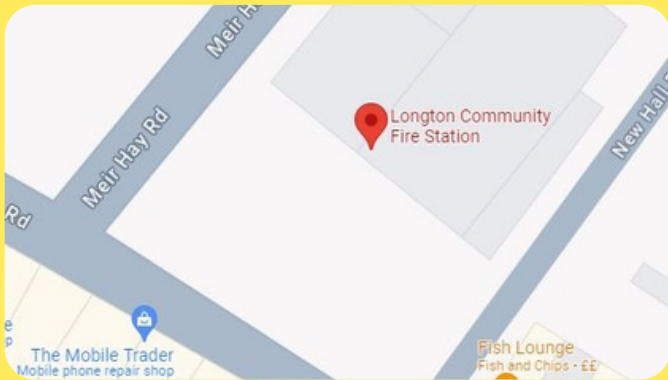


Leek Community Fire Station

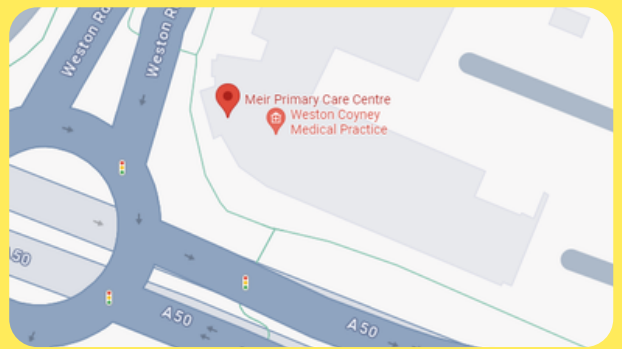
Summerfield Road, Leek,
ST13 6LQ



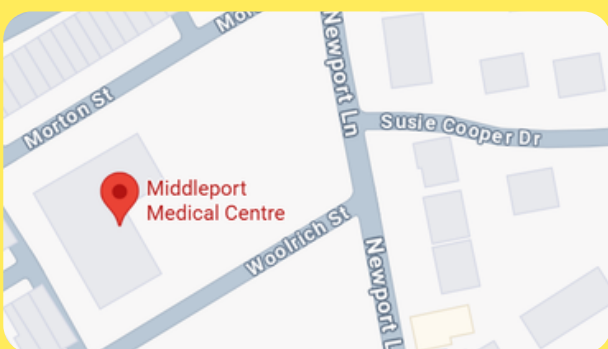
Longton Community Fire Station
266 Uttoxeter Road, Longton,
Stoke-on-Trent ST3 4QE



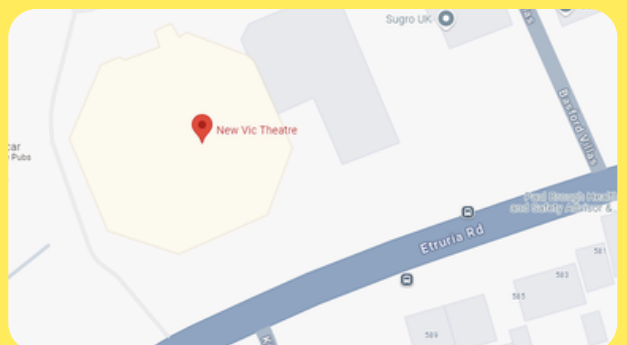
Meir Primary Care Centre
Weston Road, Meir,
Stoke-on-Trent, ST3 6AB



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



New Vic Theatre
Etruria Road, Newcastle-under-Lyme,
ST5 0JG



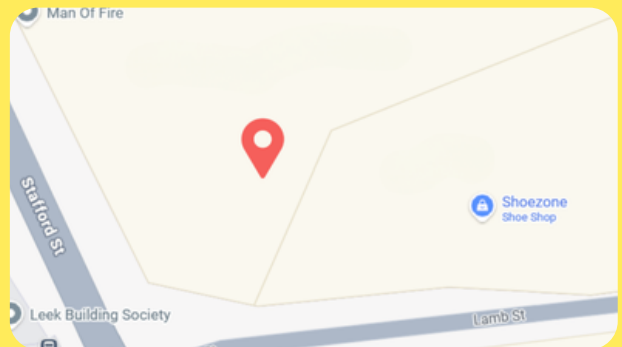
Newcastle Guildhall

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



Community Hub

Potteries Shopping Centre
Entrance from Lamb Street,
Hanley, Stoke-on-Trent
ST1 1PF



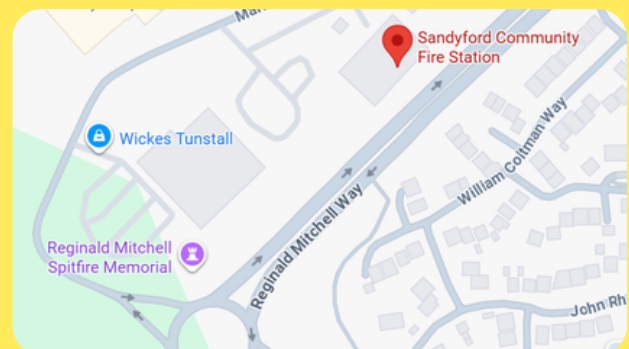
RVS Hanley Centre

29 Charles St, Hanley,
Stoke-on-Trent ST1 3JP

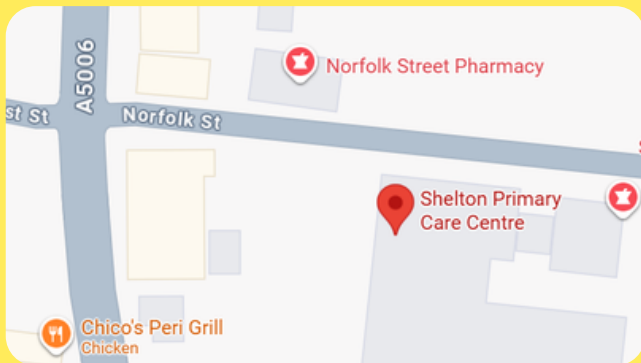


Sandyford Community Fire Station

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



Shelton Primary Care Centre
Norfolk Street, Hanley, Stoke-on-Trent, ST1 4PB



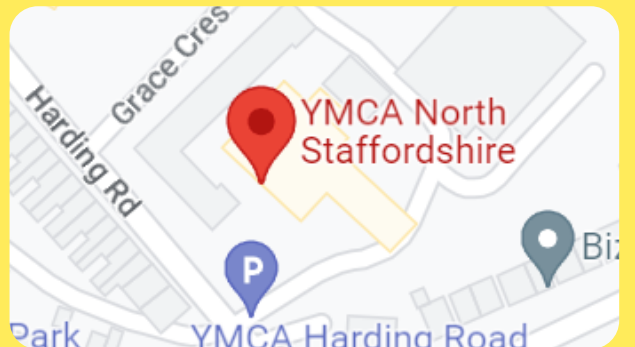
UNISON Stoke
Bevan House, Epworth Street, Stoke-on-Trent, ST4 1NU



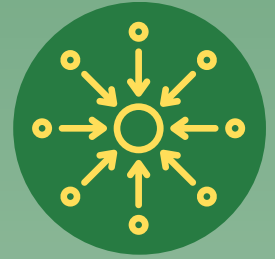
Westport Lake and Westport Lake View Café
Westport Lake Road, Burslem, Stoke-on-Trent, ST6 4RZ



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



Our workshops



Core workshops

Your college journey

Tuesday 21 April, 10:30am to 12:30pm at The Bridge Centre

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

Tuesday 5 May, 1pm to 3pm at Middleport Medical Centre

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.

Telling your story

Tuesday 12 May, 10am to 12pm at UNISON, Stoke

← IT'S BACK!

Telling your story is an important skill to have for many occasions in life. We all need to be able to present our story to help people understand our values and what motivates us. In this workshop, we will explore what storytelling is and when it might be useful. We will also discuss barriers we might have to overcome in order to tell our stories and how we might support others to be empowered to tell their story too.

What is co-production?

Tuesday 9 June, 12:30pm to 2:30pm at Longton 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.

Getting involved

Friday 12 June, 12pm to 2pm at Ashtenne Unit 22, Trentham

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.

Getting involved: selecting the best

← IT'S BACK!

Friday 19 June, 12pm to 2pm at Ashtenne Unit 22, Trentham

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 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

Friday 3 July, 10am to 3pm at The Bridge Centre

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



Understanding psychosis

Monday 27 April, 11am to 1:30pm at Hope Community Church

We will come together to understand 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.

What our students said about this workshop:

“Like other sessions I've attended, there's a healthy balance of lived experience and factual knowledge exchange.”

“The workshop was fantastic and it was really interesting to hear from others who have psychosis.”

Be your own health information detective

Thursday 23 April, 10:30am to 12:30pm
at Longton Community Fire Station

← IT'S BACK!

In today's digital world, and with Artificial Intelligence (AI) on the rise we have easy access to lots of information about health. But not all of it is correct or helpful!

This workshop aims to provide individuals with the necessary skills and tools to find trustworthy health information, evaluate its credibility, and empower them to confidently engage with healthcare providers to ensure quality care.

Living well with Borderline Personality Disorder (BPD)

Also known as Emotionally Unstable Personality Disorder (EUPD)

Two separate dates available:

- Friday 1 May, 10:30am to 1pm at RVS Centre, Hanley
- Wednesday 8 July, 1pm to 3:30pm at Sandyford Fire Station

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.

Understanding reasonable adjustments

Thursday 21 May, 1:30pm to 4pm at Shelton Primary Care 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.

Piecing together your mental health journey

Friday 5 June, 10:30am to 12:30pm
at Shelton Primary Care Centre

← **IT'S BACK!**

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.

← IT'S NEW!

AuDHD and me

Thursday 11 June, 12pm to 2:30pm at The New Vic Theatre

Having Autism and ADHD (AuDHD) can often feel like an internal 'tug of war' being pulled between one set of emotions and another. In this interactive workshop we will use neurodivergent friendly ways to look at what AuDHD is, its strengths and how to support ourselves and others. You will have the opportunity to explore the challenges that AuDHD can bring and how to overcome them.

You are welcome to join us whether you have the diagnosis, are awaiting assessment, are self-diagnosed, supporting others or are simply curious.

Connect, adjust, include: living with a learning disability

Tuesday 16 June, 10:30am to 12:30pm
at Blurton Community Hub

← IT'S BACK!

Marking Learning Disability Week 2026

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.

Let's talk addiction

Tuesday 30 June, 12pm to 2pm at UNISON, Stoke

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.

Dyslexia & me

Thursday 2 July, 10am to 12pm at Meir Primary Care 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



Me and my black dog

Friday 17 April, 12pm to 2:30pm at Leek Fire Station

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.

Expressive writing

← IT'S BACK!

4 week workshop on Thursdays 10.15am-12pm,
Starts on 30 April, ends on 21 May, 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 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.

Empowered, not overpowered

Understanding healthy relationships

Friday 8 May, 10:30am to 1pm at Middleport Medical Centre

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.

Tackling anxiety – anxiety in everyday life

Monday 11 May, 12pm to 2:30pm at Kidsgrove library

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. 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.

Creating PRIDE

Tuesday 2 June, 2:30pm to 4pm at YMCA, Hanley

← **IT'S BACK!**

Creating PRIDE is an interactive, creative workshop open to the LGBTIQ+ community and allies, offering a safe and welcoming space to come together. During the session, we'll explore what Pride means to each of us, using creativity and self-expression to share our perspectives. You will design and create individual pieces that reflect their own ideas, which will then be brought together to form a collective artwork celebrating the diversity and strength of our community.

No creative experience needed, full guidance and materials provided.

Grief out loud

Thursday 18 June, 11:30am to 1:30pm
at Biddulph Community Fire Station

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 1:30pm to 2:30pm, the Dove service will host a drop-in to answer any questions about their service and take self-referrals.

← IT'S BACK!

Caring for carers

Tuesday 23 June, 12pm to 2:30pm at RVS Centre, Hanley

When caring for a loved one, friend or family member, a person may not realise they are a carer and fulfilling a caring role. The physical, emotional and psychological demands of caring can often leave carers feeling isolated and alone. In this workshop we explore the life and importance of a carer, the need for self-care and accessing services and support available beyond the session.

← IT'S BACK!

Self-care in 2026 and beyond

Friday 26 June, 10am to 12pm at Dougie Mac Wellbeing Centre

Would you like to take better care of yourself in 2026? In this workshop we will explore what is meant by self-care. We will examine the many forms this comes in and help you to develop a plan so you can make self-care a regular part of your life.



← IT'S BACK!

Menopause & Me

Monday 6 July, 12pm to 2pm at Kidsgrove library

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.

← IT'S BACK!

Veterans moving on

Tuesday 7 July, 10:30am to 12:30pm at The Bridge Centre

This workshop is for veterans who have completed the Help for Heroes Veterans Moving Forward course and for any veterans who are interested in completing the course in the future. This workshop will be a relaxed get together to review our individual progress and share more information about the Veterans Moving Forward course, which will be a feature on the Autumn prospectus, later this year.

← IT'S NEW!

Connecting with nature – Summertime growth

Friday 10 July, 12pm to 2:30pm at Westport Lake

A seasonal series of workshops! Content varies each term

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.

Living with loneliness – my path to connection

← New time

Wednesday 15 July, 12:30pm to 3pm at Hazel Trees, Fenton

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.

Mindfulness to fit your life

← A new, updated version!

Thursday 16 July, 1:30pm to 4pm at Newcastle Guildhall

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.



Special events

We'll also host an event in July to mark the end of this academic year. More details to follow!

The Wellbeing College indoor beach party

Monday 13 April, 11am to 1pm
Venue to be announced

← IT'S NEW!

A relaxed, drop-in event to kick off the summer term in style! This is a great opportunity to find out what's coming up this term, get to know us, and book onto sessions that interest you. Whether you're new to the College or already part of our community, come along to chat with the team, ask questions, and discover what we're all about.

No need to book on this event - just come along!

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.

Squirrel trail

Monday 18 May, 12pm to 2pm at Knypersley Reservoir

← IT'S NEW!

During this walk one of our students will guide us to local squirrel hotspots, offering a chance to gently connect with nature. Along the way, we'll notice what stands out in our surroundings and reflect on the feelings, memories, and sense of wellbeing these moments can bring.

My safety box

Wednesday 24 June, 12:30pm to 2:30pm at Newcastle Guildhall

← IT'S NEW!

In this creative and reflective workshop, you'll design and decorate your own personal "safety box" – a collection of items that help you feel grounded, calm, and hopeful. Alongside the creative activity, we'll look at how safety boxes can support mental health and wellbeing, particularly in relation to trauma, and discuss when and how to use them effectively in everyday life.

Other workshops - physical health



Healthy Hearts

Friday 15 May, 1:30pm to 3:30pm at Westport Lake

← IT'S BACK!

Workshop co-produced with Green Door

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 appt. 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 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's no pressure to have a go).

Mood and movement

Friday 22 May, 12pm to 1pm at YMCA, Hanley

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.

In previous runs of this workshop, all students reported feeling more hopeful as a result and said they would recommend it to a friend!

Useful links

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.

Visit: wellbeingcollege.combined.nhs.uk

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



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



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



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?

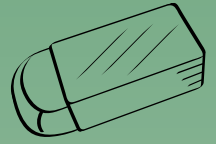
No. There are no formal entry requirements and we don't ask you to take notes, read or speak out loud in a workshop if you don't feel comfortable.

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 dark green border, containing 20 horizontal black lines for writing notes.



North Staffordshire Wellbeing College

Contact us



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North Staffordshire Wellbeing College



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