

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
7	8	9 Our next chapter in colour: College birthday and launch of new academic year 11am to 2pm Tommy Cheadle's	10	11	12	13
14 Autumn Term Starts 	15	16	17 College facilitator training 9:30am to 3pm Longton fire station	18 Understanding psychosis 10:30am to 1pm Shelton Primary Care Centre	19	20
21 Me & my black dog: understanding depression 12:30pm to 3pm New Vic	22 Living with loneliness: my path to connection 1pm to 3:30pm Ashtenne Unit 22, Trentham	23	24	25	26	27
28 understanding transgender experiences and wellbeing 10.30am to 12:30am Newcastle fire station	29 Wellbeing showcase - The Art of Emotional Wellbeing 1pm to 3:15pm New Vic	30	1	2	3	4

How to book on:

New to the College?

Complete the enrolment form at wellbeingcollege.combined.nhs.uk and we'll be in touch to get you started.

Already enrolled with us?

Email wellbeingcollege@combined.nhs.uk or call/text 07790 985794 or 07971 996653.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	1 The Power of language 10am to 12pm UNISON	2 Veterans moving forwards 1/5 10am to 1:30pm Bridge Centre	3	4
5	6	7 Can you trust "Doctor Google"? 1pm to 3pm Dougie Mac Wellbeing Centre	8 Dyslexia & Me 10:30am to 12:30pm Sandyford fire station	9 Veterans moving forwards 2/5 10am to 1:30pm Bridge Centre	10	11
12 More than the mess - understanding hoarding 12:30pm to 2:30pm New Vic	13 Getting back on your feet 12pm to 2:30pm RVS Hanley Centre	14	15	16 Veterans moving forwards 3/5 10am to 1:30pm Bridge Centre	17	18
19 Piecing together your mental health journey Longton fire station 12:30pm to 2:30pm	20 Wellness planning - moving forward 12:30pm to 2:30pm RVS Hanley Centre	21	22	23 Veterans moving forwards 4/5 10am to 1:30pm Bridge Centre	24	25
26	27	28	29	30	31	1
HALF TERM BREAK						

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 Grief out loud 10am to 12pm Changes Stoke <i>Followed by 1-hour drop-in from the Dove service (optional)</i>	3 Expressive writing 1/4 12:15pm to 3pm Online via Ms Teams	4	5 Learn, cook, eat and stay well 1/2 10am to 1pm Wolstanton Methodist Church	6	7	8
9	10 Expressive writing 2/4 12:15pm to 3pm Online via Ms Teams	11	12 Learn, cook, eat and stay well 2/2 10am to 1pm Wolstanton Methodist Church	13 Veterans moving forwards 5/5 10am to 1:30pm Bridge Centre	14	15
16 Mindfulness practice: Progressive muscle relaxation 1pm to 2:30pm Ashtenne Unit 22, Trentham	17 Expressive writing 3/4 12:15pm to 3pm Online via Ms Teams	18	19 Being a man: identity, expectations and wellbeing 12pm to 2pm Meir Primary Care Centre	20 Connecting with nature: Autumn reflection 12pm to 2:30pm Westport Lake Cafe	21	22
23 Mindfulness practice: Body scan meditation 1pm to 2:30pm Ashtenne Unit 22, Trentham	24 Expressive writing 4/4 12:15pm to 3pm Online via Ms Teams	25	26 SPARK - celebrating creativity 1pm to 3pm Newcastle Guildhall	27 Caring for carers 10:30am to 1pm Tunstall, venue to be confirmed	28	29
30 College facilitator training 9:30am to 3pm Keele Hub, Harplands Hospital	1	2	3	4	5	6

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	1	2 Am I happy in my relationships? 10:30am to 1pm The Bridge Centre	3 Stroke & brain injury: finding a way forward 12pm to 2pm Meir Primary Care Centre	4 Let's talk addiction 1pm to 3pm Milehouse Medical Practice	5	6
7 Decades Reloaded 12pm to 2pm Wellspring Methodist Church, Cheadle	8 Humanistic helper 10am to 12:30pm Windmills, Stoke	9	10 Above the clouds: Understanding trauma 10:30am to 12:30pm Shelton Primary Care Centre	11 Tackling anxiety 11am to 1:30pm Windmills, Stoke	12	13
14	15 Understanding Fibromyalgia: beyond the symptoms 1pm to 3pm Affordable Food Stoke	16	17 Above the clouds: My safety box 10:30am to 12:30pm Shelton Primary Care Centre	18 Term ends The best present is being present. The big chill 11am to 2pm The Pavilion, Hanley Park 	19	20
21	22	23	24	25	26	27
CHRISTMAS BREAK						
28	29	30	31	1	2	3
CHRISTMAS BREAK						

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