

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

## How to book on:

**New to the College?**

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

**Already enrolled with us?**

Email [wellbeingcollege@combined.nhs.uk](mailto:wellbeingcollege@combined.nhs.uk) or call/text 07790 985794 or 07971 996653.



| MONDAY                                                                                                | TUESDAY                                                                                   | WEDNESDAY | THURSDAY                                                                                      | FRIDAY                                                                       | SATURDAY | SUNDAY |
|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|----------|--------|
| 28                                                                                                    | 29                                                                                        | 30        | 1                                                                                             | 2<br><b>Veterans moving forwards 1/5</b><br>10am to 1:30pm<br>Bridge Centre  | 3        | 4      |
| 5                                                                                                     | 6                                                                                         | 7         | 8<br><b>Dyslexia &amp; Me</b><br>10:30am to 12:30pm<br>Sandyford fire station                 | 9<br><b>Veterans moving forwards 2/5</b><br>10am to 1:30pm<br>Bridge Centre  | 10       | 11     |
| 12<br><b>More than the mess - understanding hoarding</b><br>12:30pm to 2:30pm<br>New Vic              | 13<br><b>Getting back on your feet</b><br>12pm to 2:30pm<br>RVS Hanley Centre             | 14        | 15<br><b>Living with loneliness: my path to connection</b><br>10:30am to 1pm<br>Bridge Centre | 16<br><b>Veterans moving forwards 3/5</b><br>10am to 1:30pm<br>Bridge Centre | 17       | 18     |
| 19<br><b>Piecing together your mental health journey</b><br>Longton fire station<br>12:30pm to 2:30pm | 20<br><b>Wellness planning - moving forward</b><br>12:30pm to 2:30pm<br>RVS Hanley Centre | 21        | 22<br><b>Veterans moving forwards 4/5</b><br>10am to 1:30pm<br>Bridge Centre                  | 23                                                                           | 24       | 25     |
| 26                                                                                                    | 27                                                                                        | 28        | 29                                                                                            | 30                                                                           | 31       | 1      |
| HALF TERM BREAK                                                                                       |                                                                                           |           |                                                                                               |                                                                              |          |        |

## How to book on:

New to the College? Already enrolled with us?

Complete the enrolment form at [wellbeingcollege.combined.nhs.uk](https://wellbeingcollege.combined.nhs.uk) Email [wellbeingcollege@combined.nhs.uk](mailto:wellbeingcollege@combined.nhs.uk) or  
and we'll be in touch to get you started. call/text 07790 985794 or 07971 996653.

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

## How to book on:

New to the College?    Already enrolled with us?

Complete the enrolment form at [wellbeingcollege.combined.nhs.uk](https://wellbeingcollege.combined.nhs.uk)    Email [wellbeingcollege@combined.nhs.uk](mailto:wellbeingcollege@combined.nhs.uk) or  
and we'll be in touch to get you started.    call/text 07790 985794 or 07971 996653.



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

## How to book on:

New to the College? Already enrolled with us?

Complete the enrolment form at [wellbeingcollege.combined.nhs.uk](https://wellbeingcollege.combined.nhs.uk) and we'll be in touch to get you started. Email [wellbeingcollege@combined.nhs.uk](mailto:wellbeingcollege@combined.nhs.uk) or call/text 07790 985794 or 07971 996653.