SEPTEMBER 2026

North Staffordshire Wellbeing College

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	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.

OCTOBER 2026

North Staffordshire Wellbeing College

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	1	2 **Veterans moving forwards 1/5** 10am to 1:30pm Bridge Centre	3	4
5	6	7	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 **Living with loneliness: my path to connection** 10:30am to 1pm Bridge Centre	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 **Veterans moving forwards 4/5** 10am to 1:30pm Bridge Centre	23	24	25
26	27	28	29	30	31	1

HALF TERM BREAK

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NOVEMBER 2026

North Staffordshire Wellbeing College

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 **Grief out loud** 10am to 12pm Changes Stoke *Followed by 1-hour drop-in from the Dove service (optional)*	3 **Expressive writing 1/4** 12:15pm to 2pm Online via Ms Teams	4	5 **Learn, cook, eat and stay well 1/2** 10am to 1pm Wolstanton Methodist Church	6	7	8
9 **Can you trust "Doctor Google"** 1:30pm to 3:30pm Dougie Mac Wellbeing Centre	10 **Expressive writing 2/4** 12:15pm to 2pm 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 2pm 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 2pm Online via Ms Teams	25 **The power of language** 10am to 12pm UNISON, Stoke	26 **SPARK - celebrating creativity** 1pm to 3pm Newcastle Guildhall	27 **Caring for carers** 10:30am to 1pm Sandyford Community Fire Station	28	29
30 **College facilitator training** 9:30am to 3pm Keele Hub, Harplands Hospital	1	2	3	4	5	6

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DECEMBER 2026

North Staffordshire Wellbeing College

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 Venue to be announced (Staffs Moorlands)	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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