

The Health And Wellbeing College - Autumn 2022 Semester

Monday 5th September to Friday 23rd December 2022

All Venues: **AUL** = Ashton-Under-Lyne **BUR** = Bury **STO** = Stockport **VAL** = The Vale

Venue	Course Title	Wks	Start Date	Time
AUL	No Worries	1	MON 5TH SEP	10am
BUR	Self Esteem Booster	6	MON 5TH SEP	10.30am
BUR	Assert Yourself	2	MON 5TH SEP	2pm
AUL	Out Of The Blues	6	MON 5TH SEP	2pm
AUL	Cool It	6	TUE 6TH SEP	10am
AUL	This Is My Moment	1	WED 7TH SEP	10am
AUL	I Am In Control	6	WED 7TH SEP	2pm
AUL	Five Ways To Wellbeing	1	THU 8TH SEP	10am
AUL	Writing Our Stories	8	THU 8TH SEP	2pm
STO	Self Esteem Booster	6	FRI 9TH SEP	10.30am
STO	Assert Yourself	2	FRI 9TH SEP	2pm
AUL	Creative Upcycling	6	MON 12TH SEP	10am
AUL	Drug and Alcohol Awareness	4	TUE 13TH SEP	10am
VAL	Batik Silk Painting	6	WED 14TH SEP	10am
AUL	Stop Motion Film	6	THU 15TH SEP	10am
AUL	Living Life To The Full	6	THU 15TH SEP	2pm
BUR	Coping With Change	4	MON 19TH SEP	2pm
AUL	Journaling	4	WED 21ST SEP	10am
STO	Coping With Change	4	FRI 23RD SEP	2pm
AUL	The Gratitude Gallery	4	MON 3RD OCT	10am
AUL	Time To Shine	2	THU 6TH OCT	10am
AUL	Believe and Achieve	4	TUE 11TH OCT	10am
AUL	An Introduction To Ayurveda	4	TUE 11TH OCT	2pm
AUL	Wellness of Spirit*(No session on 28 th Oct)	4	FRI 14TH OCT	2pm
BUR	Living Life To The Full	6	MON 17TH OCT	10.30am
BUR	Cool It!	6	MON 17TH OCT	2pm
AUL	Coping With Change	4	MON 17TH OCT	2pm
AUL	Out Of The Blues	6	TUE 18TH OCT	10am
AUL	Make Smoking History	1	WED 19TH OCT	10am
AUL	Making Space - An Introduction To Mindfulness	8	WED 19TH OCT	1pm
AUL	Reading For Health	6	WED 19TH OCT	2pm
AUL	Curtains To Sleepless Nights	2	THU 20TH OCT	10am
STO	Living Life To The Full	6	FRI 21ST OCT	10.30am
STO	Cool It!	6	FRI 21ST OCT	2pm

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AUL	Looking After me Looking After You	4	WED 26TH OCT	10am
AUL	Reclaim Your Life	5	THU 27TH OCT	2pm
AUL	Arts For Wellbeing	6	MON 31ST OCT	10am
AUL	Believe and Achieve	4	THU 3RD NOV	10am
AUL	Fashion Styling	4	THU 3RD NOV	10am
AUL	Assert Yourself	2	TUE 8TH NOV	10am
AUL	Healthy Relationships	4	TUE 8TH NOV	2pm
AUL	I Am In Control	6	MON 14TH NOV	2pm
AUL	Preparing For Your Future	4	TUE 22ND NOV	10am
AUL	Coping With Change	4	WED 23RD NOV	10am
AUL	Preparing To Volunteer	1	THU 24TH NOV	10am
AUL	Scrapbooking	4	FRI 25TH NOV	10am
BUR	Loss and Bereavement	3	MON 28TH NOV	10.30am
BUR	Believe And Achieve	4	MON 28TH NOV	2pm
AUL	Loss And Bereavement	3	TUE 29TH NOV	10am
AUL	Living Well With Psychosis	4	WED 30TH NOV	2pm
AUL	An Introduction To Ayurveda	4	THU 1ST DEC	10am
AUL	Book Up	2	THU 1ST DEC	10am
AUL	Looking After Me Looking After You	4	THU 1ST DEC	2pm
STO	Loss And Bereavement	3	FRI 2ND DEC	10.30am
STO	Curtains To Sleepless Nights	2	FRI 2ND DEC	2pm
AUL	Time To Shine	2	TUE 6TH DEC	2pm
AUL	Book Up	2	MON 12TH DEC	10am
AUL	Curtains To Sleepless Nights	2	THU 15TH DEC	10am
BUR	No Worries	1	MON 19TH DEC	10.30am
AUL	This Is My Moment	1	TUE 20TH DEC	10am
AUL	Five Ways To Wellbeing	1	TUE 20TH DEC	2pm
AUL	Get Mental Health Aware	1	WED 21ST DEC	10am
AUL	Autumn 2022 Semester Celebration/Graduation		FRI 23RD DEC	1pm

**Wellness Of Spirit – dates are as follows: 14th/21st Oct & 4th /11th Nov (no session on the 28th of October)*

Students must enrol first to book any of our courses at: <https://hwcollege.penninecare.nhs.uk/>

For more information about any of our courses: Call: [0161 – 716 -2666](tel:0161-716-2666) or Email: hwcollege.penninecare@nhs.net

All courses are FREE to anyone ages 18+ living within who live in: Heywood, Middleton or Rochdale / Bury / Oldham / Stockport / Tameside or Glossop