

Health & Wellbeing College new term offer – April 12th – August 13th

This term we have an exciting range of courses, being delivered both face to face and online.

We will be offering the following standard courses:

- Arts for wellbeing
- Assert yourself
- Believe and achieve
- Cool it
- Coping with change
- Curtains to sleepless nights
- Get mental health aware
- Healthy relationships
- I am in control
- Living well with psychosis
- Out of the blues
- This is my moment
- Reading for health (in partnership with Tameside libraries)
- Eat Well Get Active (in partnership with Be Well Tameside)

We also have the following NEW courses this term:

- **Living life to the full:** This 6 week course offers resources for improving feelings, beating stress and boosting ability to live well
- **Reclaim your life:** Reclaim your life from illness, pain and disability. Ideal for those experiencing chronic pain, stiffness, lung or heart problems, tiredness, high-blood pressure, diabetes or any other long-term health condition. This 4 week course can



help you reclaim your life when it feels like illness is taking over

- **No worries (in partnership with Healthy Minds, Tameside & Glossop):** Come and join us for a one off workshop exploring 'worry' in the context of our everyday lives. Through this interactive session we will define what worry is, and how this fits in with anxiety. We will explore what skills can be used to manage worry more effectively, including some useful techniques such as worry time, problem solving, mindfulness and relaxation
- **'An introduction to Ayurveda: Balancing, mind, body and spirit' with Sarah Moore:** Ayurveda is the traditional Hindu system of medicine, based on the idea of balance in bodily systems and uses diet, herbal treatment, and yogic breathing. Join Sarah to find out more about this fascinating idea, where she will share how it has helped her through lock down and life's pressures

Please see our website: <https://hwcollege.penninecare.nhs.uk/> for more information on any of our courses / workshops and for specific dates and times. New courses and workshops are being developed and added all the time so please do keep an eye on the website for the most up to date information.

Enrolment is completed quickly and easily online at the above address with no assessment needed or long form filing (*Note – based on some recent feedback we have simplified our enrolment process further so it is even easier than ever and literally take a few minutes).

Please be reassured that all face to face courses are being delivered in a 'covid safe' way. Numbers will be restricted whilst needed in line with government guidance. Only our main site in Ashton Under Lyne will be operating face to face courses during this term, however anyone can attend.

Online courses will be delivered using Microsoft Teams; don't worry if you haven't used this software – a link will be sent out prior to the course and once you click on it, it will take you straight to the session.

We look forward to seeing you – either face to face or virtually! Any questions or queries please don't hesitate to get in touch:

0161 716 2666 hwcollege.penninecare@nhs.net



Summer Semester Dates - April to August 2021

Key

Online Course – Join us online using a link

InClass Course – Limited Capacity Courses at HWC Ashton Campus

Course Title	Start Date	Time	No. Of Weeks
Living Life To The Full Online	Monday, 12 th April	11am	6
Living Well With Psychosis	Monday, 12 th April	2pm	4
An Introduction To Ayurveda: Balancing Mind, Body & Spirit Online	Tuesday, 13 th April	11am	4
This Is My Moment	Tuesday, 13 th April	2pm	1
Cool It Online	Wednesday, 14 th April	11am	6
Out Of The Blues	Wednesday, 14 th April	2pm	6
Reclaim Your Life	Thursday, 15 th April	2pm	4
Believe & Achieve	Friday, 16 th April	10am	4
I Am In Control	Friday, 16 th April	2pm	6
Curtains To Sleepless Nights	Tuesday, 20 th April	2pm	2
No Worries Online	Wednesday, 21 st April	10am	1
Eat Well, Get Active	Thursday, 22 nd April	2pm	4
Believe & Achieve	Tuesday, 4 th May	2pm	4
Coping With Change	Tuesday, 11 th May	10am	4
Healthy Relationships	Thursday, 13 th May	2pm	4
Arts for Wellbeing	Friday, 14 th May	10am	8
Reclaim Your Life	Monday, 17 th May	2pm	4
Arts for Wellbeing	Wednesday, 26 th May	10am	8
I Am In Control	Wednesday, 26 th May	2pm	6
Out Of The Blues	Friday, 28 th May	2pm	6
An Introduction To Ayurveda: Balancing Mind, Body & Spirit	Tuesday 1 st June	2pm	4
No Worries	Wednesday 2 nd June	10am	1

This Is My Moment Online	Monday 7th June	11am	1
Arts for Wellbeing	Tuesday 8 th June	10am	8
Reading For Health	Wednesday 9 th June	2pm	6
Living Life To The Full	Thursday 10 th June	2pm	6
Curtains To Sleepless Nights Online	Monday 14th June	11am	2
This Is My Moment	Monday 21 st June	2pm	1
Reclaim Your Life Online	Monday 28th June	11am	4
Living Life To The Full	Monday 28 th June	2pm	6
Out Of The Blues	Tuesday 29 th June	2pm	6
Coping With Change	Wednesday 7 th July	2pm	4
Healthy Relationships	Friday 9 th July	10am	4
Cool It	Friday 9 th July	2pm	6
Believe & Achieve	Wednesday 21 st July	10am	4
Living Well With Psychosis	Thursday 22 nd July	2pm	4
Assert Yourself Online	Monday 26th July	11am	2
Get Mental Health Aware	Tuesday 3 rd August	10am	1
Assert Yourself	Wednesday 4 th August	2pm	2
Curtains To Sleepless Nights	Friday 6 th August	10am	2
This Is My Moment	Tuesday 10 th August	10am	1

Our Courses for the Summer Semester – April 12th to August 13th 2021, Will be a mix of both In Class & Online

Due to government restrictions on classroom based teaching there will be a limited capacity so we can keep our students

We look forward to you joining us!

The Health & Wellbeing College Team