

NEW DATES - WINTER 2023 SEMESTER

Name of Course	Start Date	Time	End Date	Venue	No. Wks
An Introduction To Ayurveda	Tue 3 rd Jan	10AM	Tue 24 th Jan	AUL	4
Coping With Change	Tue 3 rd Jan	2PM	Tue 24 th Jan	AUL	4
Creative Clay Tile Design	Wed 4 th Jan	10AM	Wed 25 th Jan	AUL	4
Fashion Styling	Wed 4 th Jan	10AM	Wed 25 th Jan	AUL	4
I Am In Control	Thu 5 th Jan	10AM	Thu 9 th Feb	AUL	6
Time To Shine	Thu 5 th Jan	10AM	Thu 12 th Jan	AUL	2
Cool It!	Thu 5 th Jan	2PM	Thu 9 th Feb	AUL	6
QWELL Mental Health Support Advice *	Fri 6 th Jan	10AM	Fri 6 th Jan	AUL	1
Reclaim Your Life	Fri 6 th Jan	10.30AM	Fri 3 rd Feb	STO	5
Five Ways To Wellbeing	Fri 6 th Jan	2PM	Fri 6 th Jan	STO	1
Believe And Achieve	Mon 9 th Jan	10AM	Mon 30 th Jan	AUL	4
Creative Upcycling	Mon 9 th Jan	10AM	Mon 13 th Feb	AUL	6
Believe And Achieve	Mon 9 th Jan	10.30AM	Mon 30 th Jan	BUR	4
Art For Wellbeing	Mon 9 th Jan	2PM	Mon 20 th Feb	AUL	7
Cool it!	Mon 9 th Jan	2PM	Mon 13 th Feb	BUR	6
Time To Shine	Fri 13 th Jan	2PM	Fri 20 th Jan	STO	2
Get Mental Health Aware	Thu 19 th Jan	10AM	Thu 19 th Jan	AUL	1
Reading For Health	Wed 25 th Jan	2PM	Wed 1 st Mar	AUL	6
An Introduction To Ayurveda	Thu 26 th Jan	10AM	Thu 16 th Feb	AUL	4
Book Up	Fri 27 th Jan	2PM	Fri 3 rd Feb	STO	2
Time To Shine	Tue 31 st Jan	10AM	Tue 7 th Feb	AUL	2
No Worries	Tue 31 st Jan	2PM	Tue 31 st Jan	AUL	1
Preparing For Your future	Wed 1 st Feb	10AM	Wed 22 nd Feb	AUL	4
Book Up	Mon 6 th Feb	10AM	Mon 13 th Feb	AUL	2
Living Well With Psychosis	Mon 6 th Feb	10.30AM	Mon 27 th Feb	BUR	4
Healthy Relationships	Tue 7 th Feb	2PM	Tue 28 th Feb	AUL	4
Loss And Bereavement	Fri 10 th Feb	10.30AM	Fri 24 th Feb	STO	3
Curtains To Sleepless Nights	Fri 10 th Feb	2PM	Fri 17 th Feb	STO	2

NEW STUDENTS MUST ENROL FIRST TO BOOK ANY OF OUR COURSES

<https://hwcollege.penninecare.nhs.uk>

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

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Reclaim Your Life	Tue 14 th Feb	10AM	Tue 14 th Mar	AUL	5
Self Esteem Booster	Tue 14 th Feb	10AM	Tue 21 st Mar	AUL	6
Help Yourself To Wellbeing	Thu 16 th Feb	10AM	Thu 30 th Mar	AUL	7
Curtains To Sleepless Nights	Thu 16 th Feb	2PM	Thu 23 rd Feb	AUL	2
QWELL Mental Health Support Advice *	Fri 17 th Feb	10AM	Fri 17 th Feb	AUL	1
Looking After Me Looking After You	Mon 20 th Feb	10AM	Mon 13 th Mar	AUL	4
Living Life To The Full	Mon 20 th Feb	2PM	Mon 27 th Mar	BUR	6
Art For Wellbeing	Thu 23 rd Feb	10AM	Thu 6 th Apr	AUL	7
Scrapbooking	Fri 24 th Feb	10AM	Fri 17 th Mar	AUL	4
Self Esteem Booster	Fri 24 th Feb	2PM	Fri 31 st Mar	STO	6
Blogging For Wellbeing	Mon 27 th Feb	2PM	Mon 6 th Mar	AUL	2
Out Of The Blues	Thu 2 nd Mar	2PM	Thu 6 th Apr	AUL	6
No Worries	Fri 3 rd Mar	10.30AM	Fri 3 rd Mar	STO	1
Wellness Of Spirit	Fri 3 rd Mar	2PM	Fri 24 th Mar	AUL	4
Assert Yourself	Mon 6 th Mar	10.30AM	Mon 13 th Mar	BUR	2
This Is My Moment	Tue 7 th Mar	2PM	Tue 7 th Mar	AUL	1
Living Well With Psychosis	Wed 8 th Mar	2PM	Wed 29 th Mar	AUL	4
Healthy Relationships	Fri 10 th Mar	10.30AM	Fri 31 st Mar	STO	4
Preparing To Volunteer	Mon 13 th Mar	2PM	Mon 13 th Mar	AUL	1
Believe And Achieve	Tue 14 th Mar	2PM	Tue 4 th Apr	AUL	4
Acting Up	Wed 15 th Mar	10AM	Wed 5 th Apr	AUL	4
Journalling	Thu 16 th Mar	10AM	Thu 6 th Apr	AUL	4
Five Ways To Wellbeing	Mon 20 th Mar	10AM	Mon 20 th Mar	AUL	1
No Worries	Mon 20 th Mar	10.30AM	Mon 20 th Mar	BUR	1
Mindful Art Doodling	Mon 20 th Mar	2PM	Mon 3 rd Apr	AUL	3
Loss And Bereavement	Tue 21 st Mar	10AM	Tue 4 th Apr	AUL	3
Book Up	Fri 24 th Mar	10AM	Fri 31 st Mar	AUL	2
Assert Yourself	Mon 27 th Mar	10AM	Mon 3 rd Apr	AUL	2
Curtains To Sleepless Nights	Mon 27 th Mar	10.30AM	Mon 3 rd Apr	BUR	2
Curtains To Sleepless Nights	Tue 28 th Mar	10AM	Tue 4 th Apr	AUL	2
This Is My Moment	Mon 3 rd Apr	2PM	Mon 3 rd Apr	BUR	1
This Is My Moment	Wed 5 th Apr	2PM	Wed 5 th Apr	AUL	1
No Worries	Thu 6 th Apr	10AM	Thu 6 th Apr	AUL	1

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