

ALL COURSES - WINTER 2024 SEMESTER FOR AHSTON -UNDER-LYNE, BURY & STOCKPORT CAMPUSES

Title	Start Date	End Date	Number of Weeks	Day	Time
I AM IN CONTROL	03/01/2024	07/02/2024	6	WED	10AM - 12PM
SELF ESTEEM BOOSTER	03/01/2024	07/02/2024	6	WED	2PM - 4PM
ARTS FOR WELLBEING	04/01/2024	22/02/2024	8	THU	10AM - 12PM
RECLAIM YOUR LIFE	04/01/2024	01/02/2024	5	THU	2PM - 4PM
FINDING YOUR BALANCE	08/01/2024	08/01/2024	1	MON	10AM - 12PM
TIME TO SHINE	09/01/2024	16/01/2024	2	TUE	10AM - 12PM
SCRAPBOOKING	09/01/2024	30/01/2024	4	TUE	10AM - 12PM
AN INTRODUCTION TO AYURVEDA	09/01/2024	13/02/2024	6	TUE	10AM - 12PM
HEALTHY RELATIONSHIPS	09/01/2024	30/01/2024	4	TUE	2PM - 4PM
OUT OF THE BLUES (AT OUR STOCKPORT CAMPUS - CIRTEK HOUSE)	10/01/2024	14/02/2024	6	WED	2PM - 4PM
LIVING LIFE TO THE FULL	11/01/2024	15/02/2024	6	THU	10AM - 12PM
I AM IN CONTROL (AT OUR BURY CAMPUS - HUMPHREY HOUSE)	11/01/2024	15/02/2024	6	THU	10AM - 12PM
BELIEVE AND ACHIEVE (AT OUR BURY CAMPUS - HUMPHREY HOUSE)	11/01/2024	01/02/2024	4	THU	1PM - 3PM
LIVING LIFE TO THE FULL (AT OUR STOCKPORT CAMPUS - CIRTEK HOUSE)	12/01/2024	16/02/2024	6	FRI	2PM - 4PM
THIS IS MY MOMENT	15/01/2024	15/01/2024	1	MON	10AM - 12PM
JOURNALING	17/01/2024	07/02/2024	4	WED	10AM - 12PM
HOW MUCH IS TOO MUCH? ALCOHOL AWARENESS	19/01/2024	02/02/2024	3	FRI	10AM - 12PM
MAKE SMOKING HISTORY	19/01/2024	19/01/2024	1	FRI	2PM - 4PM
CURTAINS TO SLEEPLESS NIGHTS	22/01/2024	29/01/2024	2	MON	10AM - 12PM
LOOKING AFTER ME LOOKING AFTER YOU	23/01/2024	13/02/2024	4	TUE	2PM - 4PM
HELP YOURSELF TO WELLBEING	30/01/2024	12/03/2024	7	TUE	10AM - 12PM
GET MENTAL HEALTH AWARE	05/02/2024	05/02/2024	1	MON	10AM - 12PM
COOL IT!	06/02/2024	12/03/2024	6	TUE	2PM - 4PM
ASSERT YOURSELF (AT OUR BURY CAMPUS - HUMPHREY HOUSE)	08/02/2024	15/02/2024	2	THU	1PM - 3PM
LOSS AND BEREAVEMENT	08/02/2024	22/02/2024	3	THU	2PM - 4PM
ASSERT YOURSELF	12/02/2024	19/02/2024	2	MON	10AM - 12PM
PREPARING TO VOLUNTEER	13/02/2024	13/02/2024	1	TUE	10AM - 12PM
BOOK UP!	14/02/2024	21/02/2024	2	WED	10AM - 12PM
I AM IN CONTROL	14/02/2024	20/03/2024	6	WED	2PM - 4PM
READING FOR HEALTH	19/02/2024	25/03/2024	6	MON	2PM - 4PM
WALKING THROUGH THE STORM	20/02/2024	26/03/2024	6	TUE	10AM - 12PM
THIS IS MY MOMENT	20/02/2024	20/02/2024	1	TUE	10AM - 12PM
OUT OF THE BLUES	20/02/2024	26/03/2024	6	TUE	2PM - 4PM
COOL IT! (AT OUR STOCKPORT CAMPUS - CIRTEK HOUSE)	21/02/2024	27/03/2024	6	WED	2PM - 4PM
TIME TO SHINE	22/02/2024	29/02/2024	2	THU	10AM - 12PM
LOSS AND BEREAVEMENT (AT OUR BURY CAMPUS - HUMPHREY HOUSE)	22/02/2024	07/03/2024	3	THU	10AM - 12PM
OUT OF THE BLUES (AT OUR BURY CAMPUS - HUMPHREY HOUSE)	22/02/2024	28/03/2024	6	THU	1PM - 3PM
WELLNESS OF SPIRIT	23/02/2024	15/03/2024	4	FRI	2PM - 4PM
HEALTHY RELATIONSHIPS (AT OUR STOCKPORT CAMPUS - CIRTEK HOUSE)	23/02/2024	15/03/2024	4	FRI	2PM - 4PM
BELIEVE AND ACHIEVE	28/02/2024	20/03/2024	4	WED	10AM - 12PM
FASHION STYLING	29/02/2024	21/03/2024	4	THU	10AM - 12PM
AN INTRODUCTION TO AYURVEDA	29/02/2024	04/04/2024	6	THU	10AM - 12PM
PREPARING FOR YOUR FUTURE	29/02/2024	21/03/2024	4	THU	2PM - 4PM
MINDFUL ART DOODLING	29/02/2024	14/03/2024	3	THU	2PM - 4PM
FINDING YOUR BALANCE	04/03/2024	04/03/2024	1	MON	10AM - 12PM
COPING WITH CHANGE	05/03/2024	26/03/2024	4	TUE	10AM - 12PM
NO WORRIES	07/03/2024	07/03/2024	1	THU	10AM - 12PM
BOOK UP!	11/03/2024	18/03/2024	2	MON	10AM - 12PM
MENOPAUSE COURSE	14/03/2024	21/03/2024	2	THU	10AM - 12PM
NO WORRIES (AT OUR BURY CAMPUS - HUMPHREY HOUSE)	14/03/2024	14/03/2024	1	THU	10AM - 12PM
CURTAINS TO SLEEPLESS NIGHTS	19/03/2024	26/03/2024	2	TUE	10AM - 12PM
FIVE WAYS TO WELLBEING	19/03/2024	19/03/2024	1	TUE	2PM - 4PM
CURTAINS TO SLEEPLESS NIGHTS (AT OUR BURY CAMPUS - HUMPHREY HOUSE)	21/03/2024	28/03/2024	2	THU	10AM - 12PM
NO WORRIES (AT OUR STOCKPORT CAMPUS - CIRTEK HOUSE)	22/03/2024	22/03/2024	1	FRI	2PM - 4PM
NO WORRIES	25/03/2024	25/03/2024	1	MON	10AM - 12PM
FIVE WAYS TO WELLBEING	27/03/2024	27/03/2024	1	WED	10AM - 12PM

NEW COURSES COMING UP IN JANUARY 2024 FOR OUR WINTER 2024 SEMESTER!



Scan QR code for ALL our
NEW courses for 2024!

VISIT OUR WEBSITE TO ENROL & FIND OUT MORE DETAILS TO BOOK ON ANY OF THESE COURSES:

[HTTPS://HWCOLLEGE.PENNINECARE.NHS.UK/](https://hwcollege.penninecare.nhs.uk/)

CURRENT STUDENTS CAN BOOK DIRECTLY VIA THE STUDENT DASHBOARD ON OUR WEBSITE

ANY QUESTIONS PLEASE RING US ON: [0161-716-2666](tel:0161-716-2666) OR EMAIL US: [HWCOLLEGE.PENNINECARE@NHS.NET](mailto:hwcollege.penninecare@nhs.net)