

SPRING 2024 SEMESTER TIMETABLE

ALL COURSES WILL TAKE PLACE AT THE MAIN HEALTH AND WELLBEING COLLEGE IN ASHTON-UNDER-LYNE (HIGHLIGHTED IN BLUE) EXCEPT THOSE THAT STATE THEY WILL TAKE PLACE AT OUR SATELLITE CAMPUSES IN EITHER BURY (HIGHLIGHTED IN GREEN) OR STOCKPORT (HIGHLIGHTED IN PINK).

MAY 2024

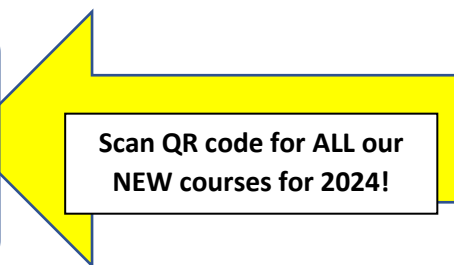
ALL COURSES - SPRING 2024 SEMESTER FOR ASHTON-UNDER-LYNE, BURY & STOCKPORT CAMPUSES					
NAME OF COURSE	DAY	START DATE	TIME	END DATE	WEEKS
LOOKING AFTER ME LOOKING AFTER YOU	TUESDAY	21/05/2024	2PM - 4PM	11/06/2024	4
I AM IN CONTROL	TUESDAY	21/05/2024	10AM - 12PM	25/06/2024	6
BOOK UP!	TUESDAY	21/05/2024	10AM - 12PM	28/05/2024	2
CURTAINS TO SLEEPLESS NIGHTS	WEDNESDAY	22/05/2024	10AM - 12PM	29/05/2024	2
RECLAIM YOUR LIFE	THURSDAY	23/05/2024	10AM - 12PM	20/06/2024	5
ASSERT YOURSELF (BURY CAMPUS - HUMPHREY HOUSE)	THURSDAY	23/05/2024	10AM - 12PM	30/05/2024	2
AN INTRODUCTION TO AYURVEDA	THURSDAY	23/05/2024	10AM - 12PM	27/06/2024	6

JUNE 2024

ALL COURSES - SPRING 2024 SEMESTER FOR ASHTON-UNDER-LYNE, BURY & STOCKPORT CAMPUSES					
NAME OF COURSE	DAY	START DATE	TIME	END DATE	WEEKS
MENOPAUSE COURSE	MONDAY	03/06/2024	10AM - 12PM	10/06/2024	2
HEALTHY RELATIONSHIPS	MONDAY	03/06/2024	2PM - 4PM	24/06/2024	4
NO WORRIES	TUESDAY	04/06/2024	10AM - 12PM	04/06/2024	1
FIVE WAYS TO WELLBEING	WEDNESDAY	05/06/2024	10AM - 12PM	05/06/2024	1
THIS IS MY MOMENT	WEDNESDAY	05/06/2024	2PM - 4PM	05/06/2024	1
LOSS AND BEREAVEMENT	WEDNESDAY	05/06/2024	10AM - 12PM	19/06/2024	3
COOL IT! (BURY CAMPUS - HUMPHREY HOUSE)	THURSDAY	06/06/2024	10AM - 12PM	11/07/2024	6
CURTAINS TO SLEEPLESS NIGHTS (BURY CAMPUS - HUMPHREY HOUSE)	THURSDAY	06/06/2024	1PM - 3PM	13/06/2024	2
READING FOR HEALTH	MONDAY	10/06/2024	2PM - 4PM	15/07/2024	6
ACTING UP	TUESDAY	11/06/2024	10AM - 12PM	02/07/2024	4
SCRAPBOOKING	TUESDAY	11/06/2024	10AM - 12PM	02/07/2024	4
TIME TO SHINE	WEDNESDAY	12/06/2024	10AM - 12PM	19/06/2024	2
ARTS FOR WELLBEING	WEDNESDAY	12/06/2024	2PM - 4PM	31/07/2024	8
LOSS AND BEREAVEMENT (STOCKPORT CAMPUS - CIRTEK HOUSE)	FRIDAY	14/06/2024	2PM - 4PM	28/06/2024	3
COOL IT!	MONDAY	17/06/2024	10AM - 12PM	22/07/2024	6
NO WORRIES	TUESDAY	18/06/2024	2PM - 4PM	18/06/2024	1
WALKING THROUGH THE STORM	THURSDAY	20/06/2024	10AM - 12PM	25/07/2024	6
OUT OF THE BLUES (BURY CAMPUS - HUMPHREY HOUSE)	THURSDAY	20/06/2024	1PM - 3PM	25/07/2024	6
HOW MUCH IS TOO MUCH? ALCOHOL AWARENESS	THURSDAY	20/06/2024	2PM - 4PM	04/07/2024	3
ASSERT YOURSELF	MONDAY	24/06/2024	10AM - 12PM	01/07/2024	2
SELF ESTEEM BOOSTER	TUESDAY	25/06/2024	2PM - 4PM	30/07/2024	6
OUT OF THE BLUES	WEDNESDAY	26/06/2024	10AM - 12PM	31/07/2024	6
LIVING LIFE TO THE FULL	WEDNESDAY	26/06/2024	10AM - 12PM	31/07/2024	6
COOL IT! (STOCKPORT CAMPUS - CIRTEK HOUSE)	WEDNESDAY	26/06/2024	2PM - 4PM	31/07/2024	6
CURTAINS TO SLEEPLESS NIGHTS	THURSDAY	27/06/2024	10AM - 12PM	04/07/2024	2

JULY 2024

ALL COURSES - SPRING 2024 SEMESTER FOR ASHTON-UNDER-LYNE, BURY & STOCKPORT CAMPUSES					
NAME OF COURSE	DAY	START DATE	TIME	END DATE	WEEKS
RECLAIM YOUR LIFE	MONDAY	01/07/2024	2PM - 4PM	29/07/2024	5
HEALTHY RELATIONSHIPS	TUESDAY	02/07/2024	10AM - 12PM	23/07/2024	4
PREPARING FOR YOUR FUTURE	THURSDAY	04/07/2024	10AM - 12PM	25/07/2024	4
WELLNESS OF SPIRIT	FRIDAY	05/07/2024	2PM - 4PM	26/07/2024	4
LIVING WELL WITH PSYCHOSIS (STOCKPORT CAMPUS - CIRTEK HOUSE)	FRIDAY	05/07/2024	2PM - 4PM	26/07/2024	4
BELIEVE AND ACHIEVE	MONDAY	08/07/2024	10AM - 12PM	29/07/2024	4
JOURNALING	TUESDAY	09/07/2024	10AM - 12PM	30/07/2024	4
LOSS AND BEREAVEMENT	THURSDAY	11/07/2024	10AM - 12PM	25/07/2024	3
MINDFUL ART DOODLING	THURSDAY	11/07/2024	2PM - 4PM	25/07/2024	3
MAKING SMOKING HISTORY	THURSDAY	11/07/2024	2PM - 4PM	11/07/2024	1
TIME TO SHINE (BURY CAMPUS - HUMPHREY HOUSE)	THURSDAY	18/07/2024	10AM - 12PM	25/07/2024	2
PREPARING TO VOLUNTEER	TUESDAY	23/07/2024	10AM - 12PM	23/07/2024	1
NO WORRIES	MONDAY	29/07/2024	10AM - 12PM	29/07/2024	1
THIS IS MY MOMENT	TUESDAY	30/07/2024	10AM - 12PM	30/07/2024	1



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

<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