

Summer 2025 Course Timetable

*Online Courses
**In Person Courses



Wellbeing
& Recovery
College

NHS
Midlands Partnership University
NHS Foundation Trust

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
May	AM	Practical Mindfulness 12th, 19th May & 2nd, 9th June 10am – 12pm			Understanding & Managing Anxiety 1st, 8th & 15th May 10am - 12.30pm Exploring Loss & Moving Forward 8th & 15th May 10.30am - 12.30pm	Building Your Self Esteem & Assertiveness 9th, 16th & 23rd May 10am - 12.30pm Craft your way to Mindfulness – Circle Weaving St. George's Education Centre, Stafford 9th May 10am – 11.30am
	PM	Understanding Depression 12th, 19th May & 2nd, 9th June 5.30pm – 7.30pm	Wellbeing Toolkit 13th & 20th May 1pm – 3pm			Birdwatching for Wellbeing 16th May 1pm - 3pm

June	AM	Understanding Fatigue & Fatigue Management 9th & 16th June 10.30am – 12.30pm		Understanding Dementia 4th & 11th June 10.30am – 12.00pm	Exploring and Balancing our Sensory Reactions 5th, 12th & 19th June 10.30am - 12.30pm	Understanding Depression St Luke's Church Centre, Cannock 6th & 13th June 10.30am – 1.30pm
		Building Your Self Esteem and Assertiveness 23rd, 30th June & 7th, 14th July 10am – 12pm		Understanding & Managing Anxiety Brookside Central Community Centre, Telford 11th & 18th June 11am – 2pm		Craft your way to Mindfulness – Bunting 6th June 11am - 12.30pm
		Understanding Fibromyalgia 30th June 10.30am - 12.30pm	Understanding & Managing Anxiety 3rd, 10th & 17th June 1pm – 3.30pm	Living with Bipolar 4th June 1pm - 3pm		Connecting with Nature Victoria Park, Stafford 13th & 20th June 10.30am – 1pm
	PM	Suicide Awareness 16th June 1pm - 3pm	Wellness Walk Stone Town Centre 17th June 1pm – 2.30pm Understanding Post Traumatic Stress Disorder (PTSD) 24th June 12.30pm - 2.30pm	The Value of Muscle Relaxation and Simple Resistance Exercises 11th June 1pm – 2.30pm Effective Communication in Relationships 18th, 25th June & 2nd July 1pm - 3pm	Wellbeing Toolkit The Lantern, Shrewsbury 5th June 12.30pm – 3.30pm Exploring the Benefits of Reading for Health and Wellbeing 19th June 5.30pm – 7.00pm	The How, What and Why of Self-Compassion 20th, 27th June & 4th July 10am – 12pm Wellness Walk Dale End park, Ironbridge 27th June 11am – 12.30pm

July	AM		Understanding and Living Well with Psychosis Holmcroft Youth and Community Centre, Stafford 8th & 15th July 10.30am -12.30pm Self-Harm Awareness 1st July 1pm - 3pm		Curious About Co-production 10th July 10.30am - 12.30pm	
	PM	Understanding Dissociative Identity Disorder (DID) Meeting Point House, Telford 7th July 1pm - 4pm	Sleeping Well 1st & 8th July 1.30pm - 3.30pm	A Taste of Mindfulness in Practice 9th July 1pm – 3pm	Understanding and Living Well with Psychosis 10th & 17th July 1pm - 3pm	