



Wellbeing Courses

Bath and North East Somerset

Current and Future Courses 20th October 2023

To attend these **FREE** courses, you need to be over 16 years of age and work, live, or be registered with a GP surgery in Bath & North East Somerset.

To enrol yourself on a course please sign up for a free account at www.wellbeing-courses.co.uk, or call the Community Wellbeing Hub on **0300 247 0050**

What's the course called?	When does it start?	What time is it on?	How long does it run for?	What's the course called?	How do I book?
Men's Woodland Project	4 October – 8 November 2023	10.00 am – 1.00 pm	6 weeks	Roundhouse, Greyfield Woods, High Littleton. BS39 6YE	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Sound Bath Therapy and Guided Meditation	4 October – 22 November 2023	6.00 pm – 7.00 pm	8 weeks	Breathe Studio, Ridgeway House, Regil Lane, Winford, BS40 8AX	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Yoga for Back Pain	5 October – 7 December 2023	2.15 pm – 3.45 pm	8 weeks	Southdown Methodist Church, The Hollow, Southdown, Bath BA2 1NJ	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050

Bath & North East
Somerset Council

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Care Group

NHS

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I Feel Like Dancing	5 October – 9 November 2023	11.45 am – 12.45 pm	6 weeks	1 st Keynsham Scout Group, Ashton Way, Keynsham, BS31 2UF	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Find Your Sparkle	5 October – 23 November 2023	6.00 pm – 8.00 pm	8 weeks	Zen Rebel Studios, The Hollies, 61 – 6b High Street, Midsomer Norton, BA3 2DT	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Yoga for Chronic Pain	10 October – 19 December 2023	10.45 am – 12.15 pm	8 sessions over 11 weeks	Hope House Surgery, 10 Waterloo Road, Radstock Bath BA3 3EP	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Eco Anxiety & Eco Empathy	12 October – 23 November 2023	1.30 pm – 3.00 pm	6 weeks	Online	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Moving on with Self-Care	18 October – 6 December 2023	1.30 pm – 3.00 pm	8 weeks	Online	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
The Art of Resilience – Managing Life's Challenges	20 October – 17 November 2023	10.00 am – 12.30 pm	5 weeks	Southdown Methodist Church, Southdown, Bath BA2 1NJ	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050

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Mindfulness for Stress	30 October – 18 December 2023	6.15 pm – 8.15 pm	8 weeks	Online	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
ipad for Wellbeing (over 50's)	3 November– 25 November 2023	10.00 am – 12.00 noon	4 weeks	Turner Room, Paulton Hospital, Salisbury Road, Paulton, BS39 7SB	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
EFT (Tapping) Group Sessions for Stress Relief	5 November – 10 December 2023	7.00 pm – 8.30 pm	6 weeks	Online	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Nordic Walking	6 November 2023 – 11 December 2023	10.00 am – 11.30 am	6 weeks	Meet outside Somer Centre, Midsomer Norton BA3 2UH	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Smartphones for Beginners (Over 50)	7 November – 12 December 2023	10.00 am – 12.00 noon	6 weeks	Southdown Methodist Church, Southdown, Bath BA2 1NJ	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Cook, Eat and Stay Healthy	8 November – 13 December 2023 (no meeting on 15 Nov 2023)	6.00 pm – 8.00 pm	5 weeks	Online	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Make Your Own Fermented Food	15 November, 29 November & 13 December 2023	2.30 pm – 4.00 pm	1 day (3 sessions)	Quebec Community Room, Twerton, Bath, BA2 1DJ	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050

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A Good Night's Sleep	24 November 2023	10.00 am – 1.00 pm	1 day	Southdown Methodist Church, The Hollow, Bath BA2 1NJ	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Introduction to Chakras	30 November – 21 December 2023	1.30 pm – 3.00 pm	4 weeks	Online via Zoom	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Christmas Creative Crafts	1 December 2023	10.00 am – 1.00pm	1 day	The Hive, Peasedown St John BA2 8DH	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Christmas Creative Crafts	6 December 2023	10.00 am – 1.00 pm	1 day	2 nd Floor Keynsham Health Centre, St. Clements Road, Keynsham BS31 1AF	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Taking the Stress Out of the Festive Season	4 December 2023	10.00 am – 1.00 pm	1 day	Southdown Methodist Church, The Hollow, Bath BA2 1NJ	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Christmas Creative Crafts	11 December 2023	10.00 am – 1.00pm	1 day	Southdown Methodist Church, The Hollow, Bath BA2 1NJ	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050

Our Partner Courses

What's the course called?	When does it start?	What time is it on?	How long does it run for?	Where is it held?	How do I book?
Saturday Gardening (Grow for Life)	5 Aug – 28 Oct 2023	10.00 am – 1.00 pm	12 weeks	St Martins School, Lympsham Green, Odd Down, Bath BA2 2UN	Tele: Eleanor or Nic on 07729 906223
Herbs and Nature (Grow for Life)	12 September – 7 November 2023`	10.00 am – 1.00 pm	8 weeks	Victoria Park, Parks Dept, Marlborough Lane, Bath, BA1 2LZ	Tele: Eleanor or Nic 07729 906223
Come and Cook – Mercy in Action (free), Women Only	12 Oct & 9 Nov 2023	10.00 am - 1.00 pm	2 sessions	Mia's Place (above Mercy in Action Charity Shop), Union Passage, Bath, BA1 1RD	Contact: actionpantry@mercyinaction.org.uk . Tele: 0787 438 7717
Free Introduction to Bicycle Maintenance (Active Way)	24 October 2023	6.30 pm – 8.30 pm	1 session	Hope House Surgery, 10 Waterloo Road, Radstock Bath BA3 3EP	For more information call 07926 074181 or email active.steps@sustrans.org.uk or visit theactivewaybathnes.co.uk
Yoga Course (The Carers' Centre)	1 Nov – 22 Nov 2023	10.30 am – 12 pm	4 weeks	Beacon Hall, French Close, Peasedown St John, BA2 8SN	Visit banescarerscentre.org.uk/activities or Call 0800 0388 885

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Come & Craft – Mercy in Action (free), Women Only	28 Nov & 5 Dec 2023	10.00 am – 12.30 pm	2 sessions	Mia's Place (above Mercy in Action Charity Shop), Union Passage, Bath, BA1 1RD	Contact: actionpantry@mercyinaction.org.uk Call: 0787 438 7717
Come & Bake – Mercy in Action (free), Women Only	22 Nov & 3 Dec 2023	10.00 am – 1.00 pm	2 sessions	Mia's Place (above Mercy in Action Charity Shop), Union Passage, Bath, BA1 1RD	Contact: actionpantry@mercyinaction.org.uk Tele: 0787 438 7717
Bath Mind Sharing Hub	Last Wednesday of the month	12.00 pm – 2.00 pm	Ongoing	The Bubble, 4-5 Chapel Court, Bath	Email wellbeing@bathmind.org.uk or call 01225 316199
Wellbeing Walks (Bath Mind/Bathscape)	Thursdays	11.00 am – 12.00 noon	Ongoing	Monksdale Road Allotments, Oldfield Park, Bath, BA2 2JD	Please email :- info@bathscape.co.uk
Get Creative £5.00	Tuesdays	10.00 am – 12.00 pm	Ongoing	The Bubble, 4-5 Chapel Court, Bath	St Johns Foundation – 01225 486401- subsidised
Cook & Eat £5.00	Tuesdays	2.30 pm – 5.00 pm	Ongoing	The Bubble, 4-5 Chapel Court, Bath	St Johns Foundation – 01225 486401- subsidised
Pilates £5.00	Tuesdays	11.00 am – 11.45 am	Ongoing	Royston Tucker Room, Combe Park, Bath	St Johns Foundation – 01225 486401- subsidised

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Open Opportunities (a non-judgemental space to connect with others and improve wellbeing)	Mondays and Wednesdays	11.00 am – 1.00 pm	Ongoing	Central Bath	01225 316367 or 07538 223890 email:- wellbeing@bathmind.org.uk
Safe Space – Peer support group for young people aged 16-25	Mondays	5.30 pm – 7.00 pm	Ongoing	Not known	01225 316367 or 07538 223890 email:- wellbeing@bathmind.org.uk
Build A Bike	Ongoing on a Tuesday	9.30 am – 12.30 pm & 1.30 pm – 4.30 pm (am and pm courses)	Ongoing 4 weeks courses	Julian House Bike Shop in Bath and Trowbridge	Rod Standing, Tutor, 07534 092557
Active Steps (a free 10 week programme of guided walks and led rides) (Active Way)	To be arranged on sign up	Times to be confirmed	10 week course (1 hour sessions)	Flexible starting points within Midsomer Norton, Paulton and Westfield	For more information call 07926 074181 or email active.steps@sustrans.org.uk or visit theactivewaybathnes.co.uk
Singing for Wellbeing	Ongoing on a Thursday	10.30 am – 11.30 am	Fortnightly	Scout HQ, 7 Grove Street, Bath BA2 6PJ	Soundwell Music Therapy – 07423 400655
Music Support for Carers	Ongoing on a Friday	11.00 am – 12.00 noon	Monthly	Scout HQ, 7 Grove Street, Bath BA2 6PJ	Soundwell Music Therapy – 07423 400655
Walking Football	Mondays Wednesdays	10.30 am - 11.30 am 10.00 am - 11.00 am	Ongoing Ongoing	Odd Down Sports Ground, Chelwood Drive, Bath BA2 2PR	Email: Paul@bathcityfoundation.org

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Keynsham Snap & Stroll	Tuesday 24 October, 31 October, 14 Nov, 28 Nov, 12 Dec 2023	10.00 am – 12.00 noon	Ongoing	Meet at Café in the Keynsham Memorial Park	Contact Adrian Wyatt ade.wyatt@gmail.com
Keynsham Snap & Stroll	Tuesday, 7 Nov, 21 Nov, 5 Dec, 19 Dec 2023 & 9 Jan 2024	10.00 am – 12.00 noon	Ongoing	Meet at One Community Trust, rear of St John's Church, Keynsham	Contact Adrian Wyatt ade.wyatt@gmail.com
Somer Valley Snap & Stroll	Tuesday, 24 Oct, 31 Oct, 7 Nov, 14 Nov, 21 Nov, 28 Nov, 5 Dec, 12 Dec, 19 Dec 2023 & 9 Jan 2024	2.00 pm – 4.00 Pm	Ongoing	Meet at Hope House Surgery, Radstock, BA3 3EP	Contact Adrian Wyatt ade.wyatt@gmail.com
Somerdale Shed and Community Centre (gardening, wood working, crafting, shedding)	Saturday and Wednesday mornings	9.30 am – 12.00 noon	Ongoing	Somerdale Shed and Community Centre, behind the Somerdale Educate Together School, off Tiberius Road, Keynsham, BS31 2FF	Contact: info@somerdalshed.org

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Creative Writing for Carers	Wednesday 25 Oct, 22 Nov, 13 Dec 2023	1.45 pm – 3.00 pm	Various dates	Online Zoom	Contact:- https://banescarercentre.org.uk or call 0800 038 8885 or email info@banescarerescentre.org.uk
Wellbeing Walks for Carers	20 Oct & 17 Nov 2023	10.45 am – 1.00 pm	Various dates	Various locations in and around Bath	https://banescarercentre.org.uk or call 0800 038 8885 or email info@banescarerescentre.org.uk
Midsomer Norton Café for Carers (come and have a chat with others over a cuppa or play games and make new friends in a relaxed atmosphere)	Monday 6 Nov & 4 Dec 2023	10.00 am – 12.00 noon	Various dates	Mardon's Social Club, Nightingale Way, Midsomer Norton, BA3 4NL	https://banescarercentre.org.uk or call 0800 038 8885 or email info@banescarerescentre.org.uk
Mental Health Care & Share Group (led by an AWP professional). This support group is for carers of someone with a mental health condition)	Friday 13 Oct 10 Nov & 8 Dec 2023	10.00 am – 12.30 pm	Various dates	Boathouse, Newbridge Road, Bath, BA1 2NB	https://banescarercentre.org.uk or call 0800 038 8885 or email info@banescarerescentre.org.uk
Living Well with Fatigue	Friday 13 October – 17 November 2023	10.00 am – 11.30 am	6 weeks	Online Teams	Contact: awp.banes-talkingtherapies@nhs.net
Perinatal Mental Health Projects – My Time My Space & Our Time Our Space			Ongoing		Judith Parr or Marsha Lines on 01225 396660/07971 484598 (Marsha)
Work Placements for Adults – Roots to Work	Once a week for 12 weeks	10.00 am – 3.00 pm	Ongoing	Bath City Farm, Kelston View, Bath BA2 1NW	Email: info@bathcityfarm.org.uk or phone 01225 481269
Volunteering Sessions for Adults Living with Mental Health – Animal Care	Mondays and Wednesdays	10.00 am – 3.00 pm	Ongoing	Bath City Farm, Kelston View, Bath BA2 1NW	Email: info@bathcityfarm.org.uk or phone 01225 481269

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Sessions for Adults Living with Mental Health – Make & Bake	Mondays	1.00 pm – 3.30 pm	Ongoing	Bath City Farm, Kelston View, Bath BA2 1NW	Email: info@bathcityfarm.org.uk or phone 01225 481269
Sessions for Adults Living with Mental Health – Gardening	Mondays	1.00 pm – 3.00 pm	Ongoing	Bath City Farm, Kelston View, Bath BA2 1NW	Email: info@bathcityfarm.org.uk or phone 01225 481269
Work Placements for Adults with Learning Difficulties– Training at the Trough– Cost £40.00 per day	Fridays	10.00 am – 3.00 pm	Ongoing	Bath City Farm, Kelston View, Bath BA2 1NW	Email: info@bathcityfarm.org.uk or phone 01225 481269
The Radstock Wellbeing Group	Tuesday	11.00 am – 1.00 pm	Ongoing	The Swallows Café in Midsomer Norton	
Fit and Fine (all round health) £5.00 per session	Thursday	7.00 pm – 9.00 pm	12-week courses	Odd Down Sports Centre, Bath, BA2 2PR	chris@bathcityfoundation.org geoff@bathcityfoundation.org website: www.bathcityfoundation.org
Roots to Wellbeing (Weekly outdoor mental health and wellbeing support group) Lunch and Transport can be provided	Every Tuesday	12.30 pm – 2.30 pm	2-hour sessions	Brickfield Park, 1A The Hollow, Oldfield Park, Bath, BA2 1 LX	Contact: roots@yourpark.org.uk . To book www.yourpark.org.uk/rootstowellbeing

Tablet Loan Scheme – Digital Inclusion (Age UK)

We've launched a **FREE** Tablet Loan Scheme!

Have you or someone you know ever wanted to explore the internet, but not had the skills, support, device, or data connection to get online? Then our new Tablet Loan Scheme might be the answer. Participants will receive a tablet and accessories, internet access, and regular personal guidance from a supportive Digital Champion along the way, for up to 12 weeks at a time.

Whether you're a complete beginner who has never before logged on, or a tech returnee in need of a refresher, our Digital team can help. From mastering the art of web browsing to conquering social media and embracing the convenience of email, you'll find yourself growing in confidence and skill with each passing week; in your own way, and at your own pace.

Where: All of Bath and North East Somerset

When: 8 - 12 weeks loans throughout the year

Contact: 01225 466135 or digital@ageukbanes.co.uk

Courses for Volunteers including Carers:

What's the course called?	When does it start?	What time does it start?	How long does it run for?	Where is it held?	How do I book?
Mental Health Training for Non-paid Carers	24 Oct – 14 Nov 2023	1.00 pm – 4.30 pm	Half a day	Bath Careers Centre, Woodlands, Lower Bristol Road, Bath, BA2 9ES	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Safeguarding Adults and Children	26 October 2023	2.30 pm – 5.00 pm	Half a day	Bath Careers Centre, Woodlands, Lower Bristol Road, Bath, BA2 9ES	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Boundaries Training	27 October 2023	2.30 pm – 5.00 pm	Half a day	Age UK St Michaels Day Centre, St Michaels Road, Bath, BA1 1SG	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Introduction to Supporting People with Mental Health Needs	3 November 2023	9.30 am – 12.30 pm	Half a day	Online	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Make Every Contact Count (MECC)	8 November 2023	1.30 pm – 4.30 pm	Half a day	Online	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050

What's the course called?	When does it start?	What time is it on?	How long does it run for?	What's the course called?	How do I book?
Safeguarding Adults and Children	23 November 2023	10.00 am – 12.30 pm	Half a day	Online	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050