

HEALTH AND WELLBEING COLLEGE

Summer School

2021

16th Aug – 27th Aug: Activities for existing and interested students

Heard about the Health & Wellbeing College? Want to come and find out more and see if it's for you? We are running a 'summer school' with a number of fun and short activities designed to give you the opportunity to find out more about what we do and meet some of the team. Or if you're already a student and want to stay connected, feel free to join in too.

Open to anyone aged 18+ across the Pennine Care Boroughs; Tameside & Glossop, Bury, Oldham, Stockport, Heywood, Middleton & Rochdale.

Due to current restrictions and to ensure we are working within a covid safe environment, places are limited, so please book now by calling **0161 716 2666** or email us at: hwcollege.penninecare@nhs.uk

I am very glad to have attended this course



Mon 16th Aug, 10am-12pm
8 places

- **Book Up! with Heather, Peer trainer, Health & Wellbeing College**
In this fun and creative session you will learn simple book-making techniques to create your own 'Books of Positivity' – individually decorated books, full of words and images to inspire you!

Mon 16th Aug, 2pm-3pm
8 places

- **Music for wellbeing with Jan, Peer trainer, Health & Wellbeing College:** Join Jan for this light-hearted, fun and interactive session where you will explore the benefits of music for wellbeing!

Tues 17th Aug, 10am-11am
8 places

- **Chatter & Natter session with our volunteer Denise:** not sure what the college is all about? Have some questions you want to ask? Want to meet others who may also be interested in joining the college? Already an existing student and want to share your experiences or think about what's next? Come along and Denise will help answer all your questions and give more information about the college!

Tues 17th Aug, 2pm-4pm
8 places

- **An introduction to Ayurveda: Balancing, mind, body and spirit with Sarah Moore, Peer Trainer, Health & Wellbeing College**

Tues 17th Aug, 4pm-5pm
8 places

- **'Be inspired' with William Mahaffey:** At the age of 12 when Williams dad took his own life, things started to spiral out of control; William struggled with depression, grief and drug addiction. He joined the army but when he left he got back in to a life of drug taking and subsequently spent time in prison. With the love for his young daughter, and wanting life to be different for her, William used exercise to help him on a journey of recovery – he now believes you can do whatever you want if you change your mind set and he wants to help others to achieve this.

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Summer School **2021**

Thank you for making
it fun and enjoyable



Weds 18th Aug,
10.30am -
11.30am
10 places

- **A Gratitude Gallery Mini-Session online with Ginny Koppenhol, a portrait photographer:** Learn 5 creative smartphone photography techniques in this hour-long session. These quickfire activities will focus on gratitude and joy, showing you that the camera on your phone can be a powerful tool in boosting your mood!

Weds 18th Aug,
2pm-4pm
8 places

- **'Charge Up' taster session with Ocean Health & Wellbeing**
Learn how working on mind and body can improve your resilience and mental and physical wellbeing. Take time out for yourself, and come to this introductory workshop, to refresh, relax and recharge your mind and body.

Thurs 19th Aug,
11am-12pm
6 places

- **Become a Blogger with Mohammed Khan, creator of <http://inmywords.co.uk> and nominee of the Mental Health Blog Awards:** Would you like a taster of how to blog? Would you like to learn to write and design? Mohammed will be running a taster session about what blogging is and how to become a blogger.

Thurs 19th Aug,
3pm-4.30pm
8 places

- **Richmond Fellowship Next Steps Team Housing Clinic Tameside only:** Are you confused with how housing works in Tameside? Need a hand signing up or sorting a housing register issue? Then come along for free impartial advice and support from the team where we will be discussing the different housing systems and support services available to you to allow you to take your next steps.

Fri 20th Aug,
10am-12pm
8 places

- **Vision boarding with Heather, Peer trainer, Health & Wellbeing College:** A creative activity to display images and vision your future - what do you want to be; what do you want to do or have in your life?

Fri 20th Aug,
1pm-2pm
8 places

- **Chatter & Natter session with our volunteer Denise**

HEALTH AND WELLBEING COLLEGE

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2021

The Health and Wellbeing College

has really helped me with my trust issues
and my self-belief

It has helped me to realise my value
and what I can achieve



Mon 23rd Aug,
10am-12pm
8 places

Mon 23rd Aug,
2pm-3pm.
6 places

- **Book Up!** with Heather, Peer trainer, Health & Wellbeing College
- **Noah's A.R.T. – pets helping people:** Do you love animals? Are you interested in learning more about the benefits of enhancing the human animal bond? Come along to this hour long session where you will meet therapy dogs, rabbits, guinea pigs and rats/mice.

Tues 24th Aug,
10am-12pm
8 places

Tues 24th Aug,
2pm-3pm
8 places

- **An introduction to Ayurveda: Balancing, mind, body and spirit with Sarah Moore, peer trainer, Health & Wellbeing College**
- **Inspirational stories;** hear from some of our staff as they share their journeys through the college. Come along and be inspired, and ask any questions! Today we hear from **Amy**.

Weds 25th Aug,
11am-12pm
8 places

Weds 25th Aug,
2pm-3pm
8 places

- **Getting started with creative writing, with Sophie Parkes-Nield, an experienced writer and founder of 'Mossley Writers:** Forget punctuation, grammar and rules you learnt at school... creative writing is a great way to relax, learn about yourself and other people, and, importantly, have fun! This hour-long session will get you trying out some simple writing exercises to turn that blank page into a masterpiece – and there won't be a rulebook in sight.
- **Music for wellbeing with Jan, Peer trainer, Health & Wellbeing College** Join Jan for this light-hearted, fun and iterative session where you will explore the benefits of music for wellbeing!

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*This is the first establishment
I have come to where I haven't felt
stupid or out of place*



Thurs 26th Aug,
10am-11am
8 places

- **Mindful Art Doodling online taster session, with Amina Sheikh visual artist and surface pattern designer:** Curious about doodling? Why not dip your toes before diving into the world of Doodles! This is a great introduction session, as to what to expect next term for the new Mindful Doodle Art workshops. So grab a pen and paper ready and let's get doodling!

Thurs 26th Aug,
11am-12pm
8 places

- **Inspirational stories;**
Today we hear from Sarah.

Thurs 26th Aug,
2pm-4pm
8 places

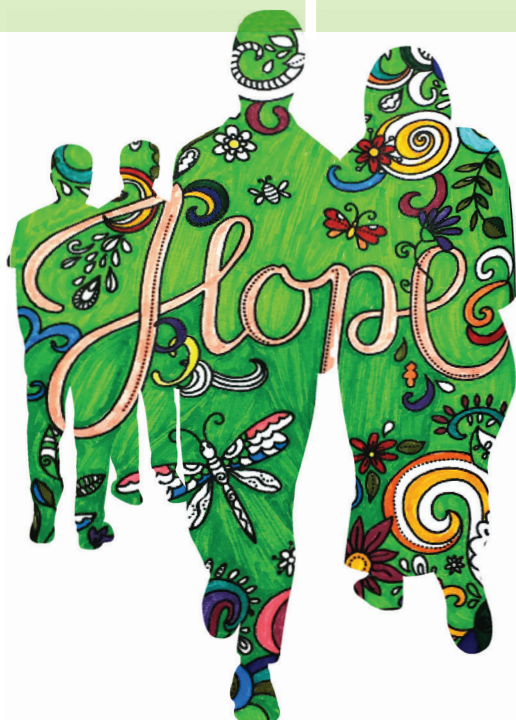
- **Writing our stories taster session with Matt, from Richmond Fellowship:** Are you interested in unlocking the creative potential of storytelling? Come along and join in this brief, taster session.

Fri 27th Aug,
11am-12pm
8 places

- **Noah's A.R.T. – pets helping people**

Fri 27th Aug,
1pm-3pm
8 places

- **This is my moment:** Join Paula for an introduction to Mindfulness and Meditation.



- All places must be booked in advance by calling the college on 0161 716 2666 or emailing hwcollege.penninecare@nhs.net
- We will also be offering 1:1 slots for those who might want a tour of the college and speak to someone about what we can offer / ask questions about the college. Again, please call / email us

The Health and Wellbeing College

*has given me the courage and confidence
to not be afraid of life and its challenges*