

Wellbeing Courses 2019/20

Run by Activate Learning in partnership with Wokingham Borough Council's Adult Education Service, our ****FREE**** Wellbeing in Mind courses are designed for people aged 19+ with issues such as stress, low mood, sleeplessness and mild to moderate mental health issues.

To be eligible to attend a wellbeing course you must:

- Live or work in the Wokingham Borough
- Be assessed to check suitability prior to the start of your chosen course using a wellbeing questionnaire (NHS PHQ9 & GAD7) This can be completed over the phone, via email or in person at Woodley Hill House.
- Complete an enrolment form before a place on the chosen course is confirmed
- Be able to commit to all enrolled course sessions unless agreed prior to any absence.
- Complete pre-course and end of course paperwork as required

Due to certain courses' popularity, we are unable to 'hold' spaces. We also reserve the right to cancel courses at short notice due to lack of attendees.

Stress Management course code: WIM1901

Learning how to better cope with stress

Course length: 6 week course

Dates: 8 Oct 2019 – 19 Nov 2019

Excl date: 29 Oct 2019

Day/time: Tue 19:00 - 21:00

Location: Woodley Hill House, Eastcourt Avenue, Earley RG6 1HH

Yoga for Wellbeing (1) course code: WIM1902

A practice of static postures and flowing sequences, breathing techniques and concentration, to help you develop strength and flexibility, mental focus and self-awareness, which all help to reduce stress and its symptoms, to mitigate low mood and to therefore improve sleep.

Course length: 6 week course

Dates: 4 Nov 2019 – 9 Dec 2019

Day/time: Mon 19:00 - 21:00

Location: Waingels Adult Learning Centre, Waingels College RG5 4RF

****To be able to participate in yoga you must be able to bear weight on your wrists. As this is a physical class, it is not suitable for those with mobility issues.**

Mosaics in Mind (1) course code: WIM1903

This course will enable students to learn the basic skills of mosaic making in a relaxed environment. There is no need to be an amazing artist in order to have fun and create a unique and lovely piece of mosaic as you will be guided and supported by an experienced tutor throughout your course.

Course length: 5 week course

Dates: 22 Nov 2019 – 20 Dec 2019

Day/time: Fri 9:30 - 12:00

Location: Woodley Hill House, Eastcourt Avenue, Earley RG6 1HH



For further information or to enrol please email
wellbeing@bracknell.ac.uk or telephone 01344 766654



IAG: Time Out For You At Christmas - course code: WIM1904

Learning to deal with the stresses of the season

Course length: 2 hour workshop

Date: 10 Dec 2019

Day/time: Tue 19:00 - 21:00

Location: Woodley Hill House, Eastcourt Avenue, Earley RG6 1HH

Refocus With Digital Photography course code: WIM1905

Unwind by learning the basics of digital photography and using the techniques learnt with a variety of different environments and subject matter

Course length: 6 week course

Date: 8 Jan 2020 – 12 Feb 2020

Day/time: Wed 19:00 - 21:00

Location: Woodley Hill House, Eastcourt Avenue, Earley RG6 1HH

Understanding Anxiety course code: WIM1906

Learning how to better cope with anxiety

Course length: 6 week course

Date: 14 Jan 2020 – 25 Feb 2020

Exl date: 18 Feb 2020

Day: Tue 19:00 - 21:00

Location: Woodley Hill House, Eastcourt Avenue, Earley RG6 1HH

Yoga for Wellbeing (2) course code: WIM1907

A practice of static postures and flowing sequences, breathing techniques and concentration, to help you develop strength and flexibility, mental focus and self-awareness, which all help to reduce stress and its symptoms, to mitigate low mood and to therefore improve sleep.

Course length: 6 week course

Dates: 24 Feb 2020 - 30 Mar 2020

Day/time: Mon 19:00 - 21:00

Location: Waingels Adult Learning Centre, Waingels College RG5 4RF

****To be able to participate in yoga you must be able to bear weight on your wrists. As this is a physical class, it is not suitable for those with mobility issues.**

IAG: Develop Your Listening Skills to Improve Your Relationships course code: WIM1908

Learning how to listen to improve all your relationships both professional and personal

Course length: 2 hour Workshop

Date: 3 Mar 2020

Day/time: Tue 19:00 - 21:00

Location: Woodley Hill House, Eastcourt Avenue, Earley RG6 1HH

IAG: How To Deal With Grief and Bereavement Workshop course code: WIM1909

Course length: 2 hour workshop

Date: 31 Mar 2020

Day/Time: Tue 19:00 - 21:00

Location: Woodley Hill House, Eastcourt Avenue, Earley RG6 1HH



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IAG: Anxiety Workshop course code: WIM1910

Course length: 2 hour workshop

Date: 21 Apr 2020

Day/time: Tue 19:00 - 21:00

Location: Woodley Hill House, Eastcourt Avenue, Earley RG6 1HH

IAG: How to Manage Low Mood & Depression course code: WIM1911

Course length: 2 hour workshop

Date: 5 May 2020

Day/time: Tue 19:00 - 21:00

Location: Woodley Hill House, Eastcourt Avenue, Earley RG6 1HH

IAG: How To Get A Better Night's Sleep Workshop course code: WIM1912

Learning strategies to improve your sleep pattern

Course length: 2 hour workshop

Day/time: 19 May 2020

Day/time: Tue 19:00 - 21:00

Location: Woodley Hill House, Eastcourt Avenue, Earley RG6 1HH

Yoga for Wellbeing (3) course code: WIM1913

Course length: 6 week course

Date: 1 Jun 2020

Day/time: Mon 19:00 - 21:00

Location: Waingels Adult Learning Centre, Waingels College RG5 4RF

*****To be able to participate in yoga you must be able to bear weight on your wrists. As this is a physical class, it is not suitable for those with mobility issues.***

Stress Management course code: WIM1915

Learning how to better cope with stress

Course length: 6 week course

Dates: 9 Jun 2020 – 14 July 2020

Day/time: Tue 19:00 - 21:00

Location: Woodley Hill House, Eastcourt Avenue, Earley RG6 1HH

Mosaics in Mind (2) course code: WIM1914

Course length: 5 week course

Dates: 5 Jun 2020 – 3 July 2020

Day/time: Fri 9:30 - 12:00

Location: Woodley Hill House, Eastcourt Avenue, Earley RG6 1HH

IAG: Explore How Journaling Can Enhance Wellbeing Workshop course code: WIM1916

Learning the importance of reflective writing to improve wellbeing

Course length: 2.5 hour workshop

Date: 21 July 2020

Day/time: Tue 19:00 - 21:30

Location: Woodley Hill House, Eastcourt Avenue, Earley RG6 1HH



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