

Wellbeing workshops

**January, February,
March 2026**



LEARN, CONNECT, GROW



Welcome

Welcome to our new prospectus for January, February and March 2026.

The BSW Recovery College provides free in-person and online workshops and courses to explore and improve mental health and wellbeing.

All our courses have been coproduced with people with lived experience.

Eligibility

Sessions are available to people aged 18+ who are residents of Bath, North East Somerset, Swindon or Wiltshire (BSW), or registered with a BSW GP. They're also open to friends and carers who wish to accompany them.

We'll contact all new learners to explain how sessions work and answer any questions.

For further information, eligibility or queries, please email:
bswrecoverycollege@second-step.co.uk

Please note: booking is essential.

Classroom Workshops

📍 Swindon

Pinetrees Community Centre,
The Circle, Swindon SN2 1RF

Date	Day & Time	Workshop/Course
06/01/2026	Tuesday, 11am - 12pm	Better Sleep (1/2)
12/01/2026	Monday, 11am - 1pm	Introduction to Low Mood (1/1)
13/01/2026	Tuesday, 11am - 12pm	Better Sleep (1/2)
21/01/2026	Wednesday, 1pm - 3pm	Mindfulness (1/2)
28/01/2026	Wednesday, 1pm - 3pm	Mindfulness (2/2)
29/01/2026	Thursday, 10am - 12pm	ADHD: Minds of All Kinds (1/5)
05/02/2026	Thursday, 10am - 12pm	ADHD: Minds of All Kinds (2/5)
11/02/2026	Wednesday, 11am - 1pm	Introduction to Low Mood (1/1)
12/02/2026	Thursday, 10am - 12pm	ADHD: Minds of All Kinds (3/5)
19/02/2026	Thursday, 10am - 12pm	ADHD: Minds of All Kinds (4/5)
26/02/2026	Thursday, 10am - 12pm	ADHD: Minds of All Kinds (5/5)

Swindon continued

04/03/2026	Wednesday, 12pm - 2pm	Introduction to Low Mood (1/1)
20/03/2026	Friday, 10am - 12pm	Mindfulness (1/2)
27/03/2026	Friday, 10am - 12pm	Mindfulness (2/2)



28 Southgate Street,
Bath, BA1 1TP

Date	Day & Time	Workshop/Course
07/01/2026	Wednesday, 1pm - 3pm	Introduction to Low Mood (1/1)
16/02/2026	Monday, 10am - 12pm	Introduction to Low Mood (1/1)
18/02/2026	Wednesday, 1.30pm - 2.30pm	Better Sleep (1/2)
25/02/2026	Wednesday, 1.30pm - 2.30pm	Better Sleep (2/2)
06/03/2026	Friday, 10am - 12pm	Mindfulness (1/2)
13/03/2026	Friday, 10am - 12pm	Mindfulness (2/2)
17/03/2026	Tuesday, 10am - 12am	Introduction to Low Mood (1/1)

📍 North Wiltshire - Trowbridge

Trowbridge Museum, The Shires Shopping Centre,
Court Street, Trowbridge, Wiltshire, BA14 8AT

Date	Day & Time	Workshop/Course
08/01/2026	Thursday, 10.30am - 12.30pm	Mindfulness (1/2)
15/01/2026	Thursday, 10.30am - 12.30pm	Mindfulness (2/2)
06/02/2026	Friday, 12.00pm - 2pm	Introduction to Low Mood (1/1)
26/03/2026	Thursday, 10am - 12pm	Introduction to Low Mood (1/1)

📍 South Wiltshire - Salisbury

Riverside, 2 Watt Road, Churchfields Industrial Estate,
Salisbury, SP2 7UD

Date	Day & Time	Workshop/Course
22/01/2026	Thursday, 1pm - 3pm	Introduction to Low Mood (1/1)
03/02/2026	Tuesday, 12pm - 2pm	Mindfulness (1/2)
10/02/2026	Tuesday, 12pm - 2pm	Mindfulness (2/2)
24/02/2026	Tuesday, 11am - 1pm	Introduction to Low Mood (1/1)

WiFi Online Workshop/Courses

Delivered via the free video conferencing app Microsoft Teams. We are happy to provide technical assistance to any learners who are new to the platform or who need help with downloading and using it.

Managing Anxiety (2 sessions)

- 06/01/2026 Tuesday, 1pm - 2pm (1/2)
- 13/01/2026 Tuesday, 1pm - 2pm (2/2)
- 19/01/2026 Monday, 10am - 11am (1/2)
- 26/01/2026 Monday, 10am - 11am (2/2)
- 04/02/2026 Wednesday, 2pm - 3pm (1/2)
- 11/02/2026 Wednesday, 2pm - 3pm (2/2)
- 20/02/2026 Friday, 12pm - 1pm (1/2)
- 27/02/2026 Friday, 12pm - 1pm (2/2)
- 05/03/2026 Thursday, 10am - 11am (1/2)
- 12/03/2026 Thursday, 10am - 11am (2/2)



Managing Intense Emotions (4 sessions)

08/01/2026	Thursday, 1pm - 3pm (1/4)
09/01/2026	Friday, 10am - 12pm (1/4)
15/01/2026	Thursday, 1pm - 3pm (2/4)
16/01/2026	Friday, 10am-12pm (2/4)
22/01/2026	Thursday, 1pm - 3pm (3/4)
23/01/2026	Friday, 10am - 12pm (3/4)
29/01/2026	Thursday, 1pm - 3pm (4/4)
30/01/2026	Friday, 10am - 12pm (4/4)
03/02/2026	Tuesday, 11am - 1pm (1/4)
10/02/2026	Tuesday, 11am - 1pm (2/4)
17/02/2026	Tuesday, 11am - 1pm (3/4)
24/02/2026	Tuesday, 11am - 1pm (4/4)
05/03/2026	Thursday, 12pm - 2pm (1/4)
12/03/2026	Thursday, 12pm - 2pm (2/4)
19/03/2026	Thursday, 12pm - 2pm (3/4)
26/03/2026	Thursday, 12pm - 2pm (4/4)

Building Resilience (2 sessions)

07/01/2026	Wednesday, 10am - 11am (1/2)
14/01/2026	Wednesday, 10am - 11pm (2/2)
20/01/2026	Tuesday, 12pm - 1pm (1/2)
27/01/2026	Tuesday, 12pm - 1pm (2/2)
05/02/2026	Thursday, 2pm - 3pm (1/2)
12/02/2026	Thursday, 2pm - 3pm (2/2)
16/02/2026	Monday, 1pm - 2pm (1/2)
23/02/2026	Monday, 1pm - 2pm (2/2)
03/03/2026	Tuesday, 10am - 11am (1/2)
10/03/2026	Tuesday, 10am - 11am (2/2)
18/03/2026	Wednesday, 2pm - 3pm (1/2)
25/03/2026	Wednesday, 2pm - 3pm (2/2)



Better Sleep (2 sessions)

20/01/2026	Tuesday, 2pm - 3pm (1/2)
27/01/2026	Tuesday, 2pm - 3pm (2/2)
02/02/2026	Monday, 3pm - 4pm (1/2)
09/02/2026	Monday, 3pm - 4pm (2/2)
02/03/2026	Monday, 12pm - 1pm (1/2)
09/03/2026	Monday, 12pm - 1pm (2/2)
16/03/2026	Monday, 1pm - 2pm (1/2)
23/03/2026	Monday, 1pm - 2pm (2/2)

Self-Kindness (1 session)

14/01/2026	Wednesday, 1pm - 3pm
30/01/2026	Friday, 1.30pm - 3.30pm
04/02/2026	Wednesday, 11am - 1pm
13/02/2026	Friday, 10-2pm
19/02/2026	Thursday, 2pm - 4pm
23/02/2026	Monday, 10am - 12pm
03/03/2026	Tuesday, 12.30pm - 2.30pm
11/03/2026	Wednesday, 2pm - 4pm
19/03/2026	Thursday, 10am - 12pm
23/03/2026	Monday, 10am - 12pm



ADHD: Minds of All Kinds (5 sessions)

05/01/2026	Monday, 12pm - 2pm (1/5)
12/01/2026	Monday, 12pm - 2pm (2/5)
19/01/2026	Monday, 12pm - 2pm (3/5)
26/01/2026	Monday, 12pm - 2pm (4/5)
02/02/2026	Monday, 12pm - 2pm (5/5)
27/02/2026	Friday, 1pm - 3pm (1/5)
06/03/2026	Friday, 1pm - 3pm (2/5)
13/03/2026	Friday, 1pm - 3pm (3/5)
20/03/2026	Friday, 1pm - 3pm (4/5)
27/03/2026	Friday, 1pm - 3pm (5 /5)

For further information and bookings,
please visit our website
[www.second-step.co.uk/wellbeing-colleges/
banes-swindon-wiltshire-recovery-college](http://www.second-step.co.uk/wellbeing-colleges/banes-swindon-wiltshire-recovery-college)

