

# Wellbeing Workshops

**April, May, June  
2026 Prospectus**



**LEARN, CONNECT, GROW**



# Welcome

Welcome to our new prospectus for April, May and June 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](mailto:bswrecoverycollege@second-step.co.uk)**

**Please note:** booking is essential.

# Classroom Workshops



28 Southgate Street,  
Bath, BA1 1TP

<b>Date</b>	<b>Day &amp; Time</b>	<b>Workshop/Course</b>
08/04/2026	Wednesday, 1pm - 3pm	Building Resilience
<b>Cohort 3</b>		
29/04/2026	Wednesday, 1pm - 3pm	ADHD: Minds of All Kinds (1/5)
06/05/2026	Wednesday, 1pm - 3pm	ADHD: Minds of All Kinds (2/5)
13/05/2026	Wednesday, 1pm - 3pm	ADHD: Minds of All Kinds (3/5)
20/05/2026	Wednesday, 1pm - 3pm	ADHD: Minds of All Kinds (4/5)
27/05/2026	Wednesday, 1pm - 3pm	ADHD: Minds of All Kinds (5/5)
05/06/2026	Friday, 1pm - 3pm	Assertive Communication
09/06/2026	Tuesday, 10am - 12pm	Self-kindness
16/06/2026	Tuesday, 10am - 12pm	Introduction to Low Mood



Pinetrees Community Centre,  
The Circle, Swindon SN2 1RF

<b>Date</b>	<b>Day &amp; Time</b>	<b>Workshop/Course</b>
22/04/2026	Wednesday, 1pm - 3pm	Better Sleep
19/05/2026	Tuesday, 1pm - 3pm	Assertive Communication
02/06/2026	Tuesday, 10am - 12pm	Introduction to Low Mood
10/06/2026	Wednesday, 10am - 12pm	Better Sleep
25/06/2026	Thursday, 1pm - 3pm	Building Resilience



## Chippenham

Chippenham Community Hub, 1 Gladstone Parade,  
Timber Street, Chippenham SN15 3BS

<b>Date</b>	<b>Day &amp; Time</b>	<b>Workshop/Course</b>
08/05/2026	Friday, 10am - 12pm	Better Sleep
01/06/2026	Monday, 12.30pm - 2.30pm	Self-kindness
18/06/2026	Thursday, 12.30pm - 2.30pm	Building Resilience
29/06/2026	Monday, 12.30pm - 2.30pm	Introduction to Low Mood

## Salisbury

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

<b>Date</b>	<b>Day &amp; Time</b>	<b>Workshop/Course</b>
11/06/2026	Thursday, 1pm - 3pm	Introduction to Low Mood
26/06/2026	Friday, 1pm - 3pm	Assertive Communication



# Online Workshops

Delivered via the free video conferencing app, Zoom. 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.

## **ADHD: Minds of All Kinds (5 sessions)**

### **Date**

### **Day & Time**

#### **Cohort 1**

02/04/2026

Thursday, 1pm - 3pm (1/5)

09/04/2026

Thursday, 1pm - 3pm (2/5)

16/04/2026

Thursday, 1pm - 3pm (3/5)

23/04/2026

Thursday, 1pm - 3pm (4/5)

30/04/2026

Thursday, 1pm - 3pm (5/5)

#### **Cohort 2**

28/04/2026

Tuesday, 10am - 12pm (1/5)

05/05/2026

Tuesday, 10am - 12pm (2/5)

12/05/2026

Tuesday, 10am - 12pm (3/5)

19/05/2026

Tuesday, 10am - 12pm (4/5)

26/05/2026

Tuesday, 10am - 12pm (5/5)

#### **Cohort 4**

01/06/2026

Monday, 10am - 12pm (1/5)

08/06/2026

Monday, 10am - 12pm (2/5)

15/06/2026

Monday, 10am - 12pm (3/5)

22/06/2026

Monday, 10am - 12pm (4/5)

29/06/2026

Monday, 10am - 12pm (5/5)

## **Assertive Communication (1 session)**

<b>Date</b>	<b>Day &amp; Time</b>
20/04/2026	Monday, 10am - 12pm
07/05/2026	Thursday, 10am - 12pm
08/06/2026	Monday, 1pm - 3pm
19/06/2026	Friday, 10am - 12pm

## **Better Sleep (1 session)**

<b>Date</b>	<b>Day &amp; Time</b>
07/04/2026	Tuesday, 10am - 12pm
02/06/2026	Tuesday, 1pm - 3pm
26/06/2026	Friday, 10am - 12pm



## **Building Resilience (1 session)**

### **Date**

28/05/2026

12/06/2026

### **Day & Time**

Thursday, 10am - 12pm

Friday, 10am - 12pm

## **Self-Kindness (1 session)**

### **Date**

13/04/2026

24/04/2026

11/05/2026

29/05/2026

16/06/2026

23/06/2026

### **Day & Time**

Monday, 1pm - 3pm

Friday, 10am - 12pm

Monday, 10am - 12pm

Friday, 10am - 12pm

Tuesday, 1pm - 3pm

Tuesday, 1pm - 3pm



## **Managing Intense Emotions (4 sessions)**

### **Date**

### **Day & Time**

#### **Cohort 1**

07/04/2026	Tuesday, 1pm - 3pm (1/4)
14/04/2026	Tuesday, 1pm - 3pm (2/4)
21/04/2026	Tuesday, 1pm - 3pm (3/4)
28/04/2026	Tuesday, 1pm - 3pm (4/4)

#### **Cohort 2**

07/05/2026	Thursday, 1pm - 3pm (1/4)
14/05/2026	Thursday, 1pm - 3pm (2/4)
21/05/2026	Thursday, 1pm - 3pm (3/4)
28/05/2026	Thursday, 1pm - 3pm (4/4)

#### **Cohort 3**

03/06/2026	Wednesday, 1pm - 3pm (1/4)
10/06/2026	Wednesday, 1pm - 3pm (2/4)
17/06/2026	Wednesday, 1pm - 3pm (3/4)
24/06/2026	Wednesday, 1pm - 3pm (4/4)

#### **Cohort 4**

04/06/2026	Thursday, 10am - 12pm (1/4)
11/06/2026	Thursday, 10am - 12pm (2/4)
18/06/2026	Thursday, 10am - 12pm (3/4)
25/06/2026	Thursday, 10am - 12pm (4/4)



## **Managing Anxiety (1 session)**

### **Date**

### **Day & Time**

10/04/2026

Friday, 10am - 12pm

15/04/2026

Wednesday, 1pm - 3pm

27/04/2026

Monday, 1pm - 3pm

22/05/2026

Friday, 10am - 12pm

03/06/2026

Wednesday, 10am - 12pm

09/06/2026

Tuesday, 1pm - 3pm

23/06/2026

Tuesday, 10am - 12pm



**For further information and bookings,**  
Please visit our website at: <https://www.second-step.co.uk/wellbeing-colleges/banes-swindon-wiltshire-recovery-college/>