

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

Please note: booking is essential.

Classroom Workshops



28 Southgate Street,
Bath, BA1 1TP

Date	Day & Time	Workshop/Course
08/04/2026	Wednesday, 1pm - 3pm	Building Resilience
Cohort 3		
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

Date	Day & Time	Workshop/Course
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



Chippenhams

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

Date	Day & Time	Workshop/Course
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

Date	Day & Time	Workshop/Course
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)

Date

Day & Time

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)

Date

Day & Time

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-swinton-wiltshire-recovery-college/>