

# Wellbeing Workshops

**July, August, September  
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

 **Bath** 28 Southgate Street,  
Bath, BA1 1TP

<b>Date</b>	<b>Day &amp; Time</b>	<b>Workshop/Course</b>
20/07/2026	Monday, 10am - 12pm	Building Resilience
12/08/2026	Wednesday, 1pm - 3pm	Self-kindness
20/08/2026	Thursday, 10am - 12pm	Assertive Communication
08/09/2026	Tuesday, 1pm - 3pm	Introduction to Low Mood





Pinetrees Community Centre,  
The Circle, Swindon SN2 1RF

<b>Date</b>	<b>Day &amp; Time Workshop/Course</b>	
15/07/2026	Wednesday, 1pm - 3pm	Introduction to Low Mood
21/07/2026	Tuesday, 10am - 12pm	Assertive Communication
<b>Cohort 2</b>		
28/07/2026	Tuesday, 10am - 12pm	ADHD: Minds of All Kinds (1/5)
04/08/2026	Tuesday, 10am - 12pm	ADHD: Minds of All Kinds (2/5)
11/08/2026	Tuesday, 10am - 12pm	ADHD: Minds of All Kinds (3/5)
18/08/2026	Tuesday, 10am - 12pm	ADHD: Minds of All Kinds (4/5)
25/08/2026	Tuesday, 10am - 12pm	ADHD: Minds of All Kinds (5/5)
07/09/2026	Monday, 1pm - 3pm	Self-kindness



## Chippenham

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


<b>Date</b>	<b>Day &amp; Time</b>	<b>Workshop/Course</b>
27/07/2026	Monday, 10am - 12pm	Better Sleep
27/08/2026	Thursday, 12.30pm - 2.30pm	Self-kindness

## Salisbury

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

<b>Date</b>	<b>Day &amp; Time</b>	<b>Workshop/Course</b>
13/08/2026	Thursday, 11am - 1pm	Assertive Communication

# Recovery Cafés

 **Bath** 28 Southgate Street,  
Bath, BA1 1TP

## Understanding Stress Responses & Restoring Balance

<b>Date</b>	<b>Day &amp; Time</b>
09/07/2026	Thursday, 1pm - 3pm
23/07/2026	Thursday, 1pm - 3pm
06/08/2026	Thursday, 1pm - 3pm
20/08/2026	Thursday, 1pm - 3pm
03/09/2026	Thursday, 1pm - 3pm
17/09/2026	Thursday, 1pm - 3pm
01/10/2026	Thursday, 1pm - 3pm

 **Swindon** Pinetrees Community Centre,  
The Circle, Swindon SN2 1RF

## Building Inner Strength

<b>Date</b>	<b>Day &amp; Time</b>
07/07/2026	Tuesday, 1pm - 3pm
21/07/2026	Tuesday, 1pm - 3pm
04/08/2026	Tuesday, 1pm - 3pm
18/08/2026	Tuesday, 1pm - 3pm
01/09/2026	Tuesday, 1pm - 3pm
15/09/2026	Tuesday, 1pm - 3pm
29/09/2026	Tuesday, 1pm - 3pm



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

### **Emotional Awareness & Self-Soothing**

#### **Date**

#### **Day & Time**

08/07/2026

Wednesday, 12.30pm - 2.30pm

22/07/2026

Wednesday, 10am - 12pm

05/08/2026

Wednesday, 12.30pm - 2.30pm

19/08/2026

Wednesday, 12.30pm - 2.30pm

02/09/2026

Wednesday, 12.30pm - 2.30pm

16/09/2026

Wednesday, 12.30pm - 2.30pm

30/09/2026

Wednesday, 12.30pm - 2.30pm





# 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

02/07/2026

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

09/07/2026

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

16/07/2026

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

23/07/2026

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

30/07/2026

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

### Cohort 3

28/08/2026

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

04/09/2026

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

11/09/2026

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

18/09/2026

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

25/09/2026

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

### Cohort 4

02/09/2026

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

09/09/2026

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

16/09/2026

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

23/09/2026

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

30/09/2026

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

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

<b>Date</b>	<b>Day &amp; Time</b>
06/07/2026	Monday, 1pm - 3pm
07/09/2026	Monday, 10am - 12pm
29/09/2026	Tuesday, 10am - 12pm

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

<b>Date</b>	<b>Day &amp; Time</b>
14/07/2026	Tuesday, 1pm - 3pm
13/08/2026	Thursday, 10am - 12pm
27/08/2026	Thursday, 10am - 12pm
24/09/2026	Thursday, 10am - 12pm

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

<b>Date</b>	<b>Day &amp; Time</b>
08/07/2026	Wednesday, 10am - 12pm
30/07/2026	Thursday, 1pm - 3pm
07/08/2026	Friday, 10am - 12pm
21/08/2026	Friday, 10am - 12pm
14/09/2026	Monday, 1pm - 3pm

## **Introduction to Low Mood (1 session)**

<b>Date</b>	<b>Day &amp; Time</b>
27/07/2026	Monday, 1pm - 3pm
11/08/2026	Tuesday, 1pm - 3pm
25/08/2026	Tuesday, 1pm - 3pm
21/09/2026	Monday, 1pm - 3pm

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

<b>Date</b>	<b>Day &amp; Time</b>
07/07/2026	Tuesday, 10am - 12pm
16/07/2026	Thursday, 1pm - 3pm
28/07/2026	Tuesday, 1pm - 3pm
03/08/2026	Monday, 1pm - 3pm
14/08/2026	Friday, 10am - 12pm
19/08/2026	Wednesday, 10am - 12pm
10/09/2026	Thursday, 10am - 12pm
21/09/2026	Monday, 10am - 12pm
30/09/2026	Wednesday, 10am - 12pm

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

### **Date**

### **Day & Time**

#### **Cohort 1**

10/07/2026	Friday, 10am - 12pm (1/4)
17/07/2026	Friday, 10am - 12pm (2/4)
24/07/2026	Friday, 10am - 12pm (3/4)
31/07/2026	Friday, 10am - 12pm (4/4)

#### **Cohort 2**

03/08/2026	Monday, 10am - 12pm (1/4)
10/08/2026	Monday, 10am - 12pm (2/4)
17/08/2026	Monday, 10am - 12pm (3/4)
24/08/2026	Monday, 10am - 12pm (4/4)

#### **Cohort 3**

01/09/2026	Tuesday, 10am - 12pm (1/4)
08/09/2026	Tuesday, 10am - 12pm (2/4)
15/09/2026	Tuesday, 10am - 12pm (3/4)
22/09/2026	Tuesday, 10am - 12pm (4/4)

#### **Cohort 4**

03/09/2026	Thursday, 1pm - 3pm (1/4)
10/09/2026	Thursday, 1pm - 3pm (2/4)
17/09/2026	Thursday, 1pm - 3pm (3/4)
24/09/2026	Thursday, 1pm - 3pm (4/4)

## Self-kindness (1 session)

### Date

13/07/2026

06/08/2026

22/09/2026

28/09/2026

### Day & Time

Monday, 10am - 12pm

Thursday, 10am - 12pm

Tuesday, 1pm - 3pm

Monday, 10am - 12pm



Find out more and book online at:

[www.second-step.co.uk/wellbeing-colleges/  
banes-swinton-wiltshire-recovery-college/](http://www.second-step.co.uk/wellbeing-colleges/banes-swinton-wiltshire-recovery-college/)

For further information or assistance call  
**01793 685075**