

Wellbeing Workshops

**October, November, December
2026 Prospectus**



LEARN, CONNECT, GROW



Welcome

Welcome to our new prospectus for October, November and December 2026.

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

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
07/10/2026	Wednesday, 1pm - 3pm	Better Sleep
19/10/2026	Monday, 10am - 12pm	Men's Mental Wellbeing (1/2)
26/10/2026	Monday, 10am - 12pm	Men's Mental Wellbeing (2/2)
09/11/2026	Monday, 10am - 12pm	Introduction to Low Mood





Pinetrees Community Centre,
The Circle, Swindon SN2 1RF

Date	Day & Time Workshop/Course	
14/10/2026	Wednesday, 10am - 12pm	Introduction to Low Mood
21/10/2026	Wednesday, 10am - 12pm	Assertive Communication
16/11/2026	Monday, 1pm - 3pm	Men's Mental Wellbeing (1/2)
19/11/2026	Thursday, 1pm - 3pm	Building Resilience
23/11/2026	Monday, 1pm - 3pm	Men's Mental Wellbeing (2/2)



Chippenham

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

Date	Day & Time	Workshop/Course
03/11/2026	Tuesday, 10am - 12pm	ADHD: Minds of All Kinds (1/5) - Cohort 2
10/11/2026	Tuesday, 10am - 12pm	ADHD: Minds of All Kinds (2/5) - Cohort 2
17/11/2026	Tuesday, 10am - 12pm	ADHD: Minds of All Kinds (3/5) - Cohort 2
24/11/2026	Tuesday, 10am - 12pm	ADHD: Minds of All Kinds (4/5) - Cohort 2
01/12/2026	Tuesday, 10am - 12pm	ADHD: Minds of All Kinds (5/5) - Cohort 2

Salisbury

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

Date	Day & Time	Workshop/Course
22/10/2026	Thursday, 11am - 1pm	Self-kindness
02/12/2026	Wednesday, 12.30pm - 2.30pm	Men's Mental Wellbeing (1/2)
09/12/2026	Wednesday, 12.30pm - 2.30pm	Men's Mental Wellbeing (2/2)

Recovery Cafés



Bath

28 Southgate Street,
Bath, BA1 1TP

Emotional Awareness & Self-Soothing

Date

Day & Time

01/10/2026

Thursday, 1pm - 3pm

12/10/2026

Monday, 1pm - 3pm

28/10/2026

Wednesday, 1pm - 3pm

12/11/2026

Thursday, 1pm - 3pm

23/11/2026

Monday, 1pm - 3pm

09/12/2026

Wednesday, 1pm - 3pm

16/12/2026

Wednesday, 1pm - 3pm



Swindon

Pinetrees Community Centre,
The Circle, Swindon SN2 1RF

Understanding Stress Responses & Restoring Balance

Date

Day & Time

15/10/2026

Thursday, 1pm - 3pm

27/10/2026

Tuesday, 1pm - 3pm

10/11/2026

Tuesday, 1pm - 3pm

25/11/2026

Wednesday, 1pm - 3pm

08/12/2026

Tuesday, 1pm - 3pm

14/12/2026

Monday, 10am - 12pm



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

Building Inner Strength

Date

29/10/2026

24/11/2026

15/12/2026

Day & Time

Thursday, 12.30pm - 2.30pm

Tuesday, 1pm - 2.30pm

Tuesday, 12.30pm - 2.30pm



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

Building Inner Strength

Date

14/10/2026

09/11/2026

10/12/2026

Day & Time

Wednesday, 12.30pm - 2.30pm

Monday, 12.30pm - 2.30pm

Thursday, 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

06/10/2026	Tuesday, 1pm - 3pm (1/5)
13/10/2026	Tuesday, 1pm - 3pm (2/5)
20/10/2026	Tuesday, 1pm - 3pm (3/5)
27/10/2026	Tuesday, 1pm - 3pm (4/5)
03/11/2026	Tuesday, 1pm - 3pm (5/5)

Cohort 3

19/11/2026	Thursday, 10am - 12pm (1/5)
26/11/2026	Thursday, 10am - 12pm (2/5)
03/12/2026	Thursday, 10am - 12pm (3/5)
10/12/2026	Thursday, 10am - 12pm (4/5)
17/12/2026	Thursday, 10am - 12pm (5/5)

Assertive Communication (1 session)

Date

29/10/2026

30/11/2026

11/12/2026

Day & Time

Thursday, 10am - 12pm

Monday, 10am - 12pm

Friday, 10am - 12pm

Better Sleep (1 session)

Date

06/11/2026

16/11/2026

03/12/2026

Day & Time

Friday, 1pm - 3pm

Monday, 10am - 12pm

Thursday, 1pm - 3pm



Building Resilience (1 session)

Date

02/10/2026

21/10/2026

04/12/2026

Day & Time

Friday, 10am - 12pm

Wednesday, 1pm - 3pm

Friday, 10am - 12pm

Introduction to Low Mood (1 session)

Date

Day & Time

27/11/2026

Friday, 10am - 12pm

17/12/2026

Thursday, 1pm - 3pm

Men's Mental Wellbeing (2 sessions)

Date

Day & Time

01/10/2026

Thursday, 10am - 12pm (1/2)

08/10/2026

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

05/11/2026

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

12/11/2026

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

Managing Intense Emotions (4 sessions)

Date

Day & Time

Cohort 1

09/10/2026	Friday, 10am - 12pm (1/4)
16/10/2026	Friday, 10am - 12pm (2/4)
23/10/2026	Friday, 10am - 12pm (3/4)
30/10/2026	Friday, 10am - 12pm (4/4)

Cohort 2

04/11/2026	Wednesday, 1pm - 3pm (1/4)
11/11/2026	Wednesday, 1pm - 3pm (2/4)
18/11/2026	Wednesday, 1pm - 3pm (3/4)
25/11/2026	Wednesday, 1pm - 3pm (4/4)

Cohort 3

24/11/2026	Tuesday, 1pm - 3pm (1/4)
01/12/2026	Tuesday, 1pm - 3pm (2/4)
08/12/2026	Tuesday, 1pm - 3pm (3/4)
15/12/2026	Tuesday, 1pm - 3pm (4/4)

Managing Anxiety (1 session)

Date

Day & Time

05/10/2026	Monday, 1pm - 3pm
13/11/2026	Friday, 10am - 12pm
02/12/2026	Wednesday, 10am - 12pm



Self-kindness (1 session)

Date

20/11/2026

07/12/2026

18/12/2026

Day & Time

Friday, 10am - 12pm

Monday, 10am - 12pm

Friday, 10am - 12pm



Find out more and book online at:

**[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/)**

For further information or assistance call

01793 685075