



Wellbeing Courses

Bath and North East Somerset

Current and Future Courses 16th January 2025

To attend these **FREE** courses, you need to be over 16 years of age and work, live, or be registered with a GP surgery in Bath & North East Somerset.

To enrol yourself on a course please sign up for a free account at www.wellbeing-courses.co.uk, or call the Community Wellbeing Hub on **0300 247 0050**



What's the course called?	When does it start?	What time is it on?	How long does it run for?	Where is it held?	How do I book?
Everyday Mindfulness	Monday 6 Jan – 24 Feb 2025	6.15 pm – 8.30 pm	8 weeks	Community Room, Newbridge Court, Newbridge Hill, Bath, BA1 3PS	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Beginners Tone & Stretch Fusion Exercise	Tuesday 7 January – 25 February 2025	10.00 am – 11.00 pm	8 weeks	Breathe Studio, Ridgeway House, Regil Lane, Winford, BS40 8AX	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050

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Beginners Meditation & Sound Bath	Tuesday 7 January – 25 February 2025	6.00 pm – 7.00 pm	8 weeks	Breathe Studio, Ridgeway House, Regil Lane, Winford, BS40 8AX	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Art for Everyone (Beginners)	Tuesday 7 January – 4 February 2025	10.30 am – 12.30 pm	5 weeks	Quebec Community Room, Dominion Road, Twerton, Bath, BA2 1DJ	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
I Feel Like Dancing	Tuesday 7 January 2025 – 11 February 2025	10.30 am – 11.30 am	6 weeks	Keynsham Leisure Centre (Studio 1) Temple Street, Keynsham, BS 31 1HE	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Be Kind to Your Mind Yoga	Tuesday 7 January – 11 February 2025	10.45 am – 12.15 pm	6 weeks	Hope House Surgery, 10 Waterloo Road, Radstock, BA3 3EP	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Find Your Sparkle – Bath	Tuesday 7 January – 25 February 2025	5.00 pm - 7.00 pm	8 weeks	Drawing Room, Combe Grove Manor, Brassknocker Hill, Bath, BA2 7HS	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Yin Yoga & Yoga Nidra	Wednesday 8 January – 26 February 2026	6.00 pm – 7.00 pm	8 weeks	Breathe Studio, Ridgeway House, Regil Lane, Winford, BS40 8AX	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Restore & Recharge	Friday 10 January – 14 February 2025	9.15 am – 10.15 am	6 weeks	Fear Hall, 30 High Street, Keynsham, BS31 1DQ	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050

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Reconnect & Renew: A Nature Based Wellness Journey	Thursday 9 January – 13 February 2025	10.00 am – 12.00 noon	6 weeks	Mike's Meadow, Northend, Batheaston, BATH, BA1 7EP	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
I Feel Like Dancing	Thursday 9 January – 13 February 2025	11.45 m – 12.45 pm	6 weeks	1 st Keynsham Scout Group, Ashton Way, Keynsham, BS31 2UF	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Yoga for Chronic Pain	Thursday 9 January – 13 February 2025	2.15 pm – 3.45 pm	6 weeks	Southdown Methodist Church, The Hollow, Bath, BA2 1NJ	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Cancer Support Group	Friday 10 January – 7 March 2025	10.00 am – 12.00 noon	8 weeks	Zen Rebel Studios, The Hollies, 6a-6b High Street, Midsomer Norton, BA3 2 DT	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Gentle Chair Yoga	Friday 10 January – 14 February 2025	3.00 pm – 4.15 pm	6 weeks	The Hub, 20 Chelwood Drive, Odd Down, Bath, BA2 2PR	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Botanical Printmaking Weekend Course	Saturday 11 January & Sunday 12 January 2025	10.30 am – 1.30 pm	2 sessions	Bath Artists' Studios, The Old Malt House, Comfortable Place, Upper Bristol Road, Bath, BA1 3AJ	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Woodland Rest & Connect	Friday 17 January, Friday 14 February & Friday 28 March 2025	10.30 am – 12.30 pm	3 sessions	Primrose Hill Woods, 1 Fonthill Road, Bath, BA1 5RH	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050

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iPad/Android Tablet 2 for Beginners (Over 50's)	Monday 13 January – 17 February 2025	10.00 am – 12.00 noon	6 weeks	The Green Room, St Andrew's Community Centre, Hawthorn Grove, Foxhill, Bath, BA2 5QD	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Break Free Procrastination and Live Freely with EFT (Tapping)	Monday 13 January – 3 February 2025	12.30 pm – 2.00 pm	4 weeks	Online	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Declutter Your Home and Guided Relaxation	Monday 13 January – 17 January 2025	1.15 pm – 2.45 pm	6 weeks	Online	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Smartphones and Online Security for Beginners (Over 50's)	Tuesday 14 January – 18 February 2025	10.00 am – 12.00 noon	6 weeks	Midsomer Norton Library, The Hollies, High Street, Midsomer Norton, BA3 2DP	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Men's Woodland Project	Wednesday 15 January – 19 February 2025	10.00 am – 1.00 pm	6 weeks	The Roundhouse, Greyfield Wood, High Littleton, BS39 6YE	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Smartphones and Online Security for Beginners (Over 50's)	Thursday 16 January – 12 February 2025	10.00 am – 12.00 noon	6 weeks	Saltford Hall, Kelston Room, Wedmore Road, Saltford, BS31 3BY	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050

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Gentle Seated Exercise	Friday 17 January – 2025	11.30 am – 12.30 pm	1 session	Turner Room, Paulton Hospital, Salisbury Road, Paulton, BS39 7SB	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Simple Steps to Improve Self Confidence	Tuesday 21 January – 18 February 2025	10.00 am – 12.00 noon	5 weeks	Online	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Dance Yourself Happy– On Broadway	Thursday 23 January – 20 February 2025	6.00 pm – 7.00 pm	5 weeks	Farrington Gurney Memorial Hall, Temple View, Church Lane, Farrington Gurney, BS39 6UA	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Gentle Seated Exercise	Friday 24 January – 2025	1.00 pm – 2.00 pm	1 session	Turner Room, Paulton Hospital, Salisbury Road, Paulton, BS39 7SB	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Woodland Wild Art (Taster Session)	Tuesday 28 January - 11 February 2025	10.00 am – 1.00 pm	2 sessions	Greyfield Woods, High Littleton	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Cook, Eat & Stay Healthy	Thursday 30 January – 27 February 2025	6.00 pm – 8.00 pm	5 weeks	Online	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Nordic Walking	Friday 7 February – 14 March 2025	11.30 am – 12.30/1.00 pm	6 weeks	Meet outside Somerset Centre, Midsomer Norton	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050

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8 Limbs of Yoga & Yoga Philosophy	Monday 24 February 2025	1.15 pm – 2.45 pm	6 weeks	Online	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Art for Everyone	Tuesday 25 February 2025	10.30 am – 12.30 pm	5 weeks	Quebec Community Room, Dominion Road, Twerton, Bath, BA2 1DJ	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Gentle Therapeutic Yoga	Tuesday 25 February – 1 April 2025	10.45 pm – 12.15 pm	6 weeks	Hope House Surgery, 10 Waterloo Road, Radstock, BA3 3EP	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Introduction to Meditation	Friday 28 February – 4 April 2025	9.15 am – 10.45 am	6 weeks	Keynsham Health Centre (upstairs) St Clements Road, Keynsham, BS31 1AF	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Gentle Seated Exercise	Friday 28 January – 2025	1.00 pm – 2.00 pm	1 session	Turner Room, Paulton Hospital, Salisbury Road, Paulton, BS39 7SB	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Let's Dance – Seated	Sunday 2 March 2025	1.15 pm – 2.00 pm	1 session	The Somer Centre, Midsomer Norton	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Let's Dance – Simple	Sunday 2 March 2025	2.15 pm – 3.00 pm	1 session	The Somer Centre, Midsomer Norton	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050

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Let's Dance	Sunday 2 March 2025	3.15 pm – 4.00 pm	1 session	The Somer Centre, Midsomer Norton	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Mindful Creative Arts	Monday 3 March – 14 April 2024	6.30 pm – 8.30 pm	6 weeks	Community Room, Newbridge Court, Newbridge Hill, Bath, BA1 3PS	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Smartphones 2 for Beginners – Building Confidence (Over 50's)	Monday 3 March – 7 April 2024	10.00 am – 12.00 noon	6 weeks	Green Room, St Andrew's Community Centre, Foxhill, Bath	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
We Can Dance – Beginners	Monday 3 March – 31 March 2025	6.00 pm – 7.00 pm	5 weeks	Midsomer Norton Methodist Church, High Street, Midsomer Norton, BA3 2DR	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Smartphones 2 for Beginners – Building Confidence (Over 50's)	Tuesday 4 March – 8 April 2024	10.00 am – 12.00 noon	6 weeks	Midsomer Norton Library	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
NHS Blue Light Wellbeing Rest and Restore Retreat Day	Tuesday 4 March 2025	11.00 am – 4.00 pm	1 session	Breathe Studio, Ridgeway House, Regil Lane, Winford, BS40 8AX	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Gentle Yoga (seated or floor)	Wednesday 5 March 2025	11.00 am – 11.45 am	1 session	Pemberley Place, Beckford Drive, Lansdown, Bath, BA1 9DX	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050

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Mini Pamper/Relaxation Session	Wednesday 5 March 2025	12.15 pm – 1.15 pm	1 session	Pemberley Place, Beckford Drive, Lansdown, Bath, BA1 9DX	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Spring Creative Crafts	Friday 7 March 2025	10.30 am – 1.00 pm	1 session	The Hive, Peasedown St John	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Tapping for Sleep Meditation	Sunday 9 March 2024	7.00 pm – 8.00 pm	4 weeks	Online	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Forest Bathing	Monday 10 March 2025	10.30 am – 12.30 pm	1 session	Meet at entrance of Midsomer Norton Cricket Club,	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Foraging & Eco Empathy	Tuesday 11 March 2025	1.00 pm – 3.00 pm	6 weeks	From the Land, Haycombe Lane, Bath, BA2 9DN	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Spring Creative Crafts	Friday 12 March 2025	10.30 am – 1.00 pm	1 session	Keynsham Health Centre (upstairs) St Clements Road, Keynsham, BS31 1AF	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Gentle Seated Exercise	Friday 14 March – 2025	1.00 pm – 2.00 pm	1 session	Turner Room, Paulton Hospital, Salisbury Road, Paulton, BS39 7SB	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050

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NHS Blue Light Wellbeing Rest & Restore Retreat Morning	Tuesday 18 March 2025	10.00 am – 1.00 pm	1 session	Breathe Studio, Ridgeway House, Regil Lane, Winford, BS40 8AX	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Spring Creative Crafts	Friday 20 March 2025	10.30 am – 1.00 pm	1 session	Anchor Homes, Pemberly Place, Beckford Drive, Lansdown, Bath, Somerset, BA1 9DX	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Gotta Dance – Chicago	Saturday 29 March 2025	10.30 am – 1.00 pm	1 session	The Hive, Peasedown St John	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050

NHS HEALTH CHECKS

Book your free NHS Health Checks in your community.

Half hour slots will be given after you make a booking.

Even though you might be feeling great, if you are 40 – 74, a Health Check can help you reduce the risk of heart disease, stroke, kidney disease, diabetes, or dementia and make sure that you stay healthy.

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NHS Health Check	Tuesday 21 January 2025	Slots between 9.30 am and 3.00pm	1 session	Keynsham Health Centre, 1 st Floor, St Clements Road, Keynsham BS31 1AF	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050

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NHS Health Check	Thursday 30 January 2025	Slots between 9.30 am and 3.00pm	1 session	Midsomer Norton Library, Room 3, The Hollies, High Street, Radstock, BA3 2DA	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
NHS Health Check	Tuesday 18 February 2025	Slots between 9.30 am and 3.00pm	1 session	Keynsham Health Centre, 1 st Floor, St Clements Road, Keynsham BS31 1AF	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
NHS Health Check	Thursday 27 February 2024	Slots between 9.30 am and 3.00pm	1 session	Midsomer Norton Library, Room 3, The Hollies, High Street, Radstock, BA3 2DA	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050

Our Partner Courses

What's the course called?	When does it start?	What time is it on?	How long does it run for?	Where is it held?	How do I book?
Herbs and Nature (Grow for Life)	18 February – 15 April 2025	10.00 am – 1.00 pm	9 weeks	Victoria Parks Department Marlborough Lane, Bath BA1 2LZ	Contact 07729 906223 info@growforlife.org.uk www.growforlife.org.uk
Wednesday Gardening (Grow for Life)	Wed 13 November – 5 February (excluding New Years Day)	1.00 pm – 4.00 pm	12 weeks	Council Parks Department, Royal Victoria Park, Marlborough Lane, Bath BA1 2LZ	For further information contact 07729 906223 or email info@growforlife.org.uk www.growforlife.org.uk
Thursday Gardening (Grow for Life)	Thursday 14 November – 30 January 2025	10.00 am – 1.00 pm	12 weeks	The Walled Garden, 36 Newton St Loe, Bath, BA2 9BZ	For further information contact 07729 906223 or email info@growforlife.org.uk www.growforlife.org.uk
Exploring Sustainable Art	Thursday 9 January – 13 February 2025	12.30 pm – 2.45 pm	6 weeks	The Pavillion, Sydney Place, Bathwick, Bath, BA2 4DB	To book email Paulrimmer@bathmind.org.uk or call 07932 502384
Cook It (for parents with children 5-17)	Wednesday 15 January – 12 February 2025	3.45 pm – 5.15 pm	5 weeks	St. Swithin's Church, The Paragon, Bath BA1 5LY	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Bereavement Journey	Friday 10 January 2025	10.00 am – 12.00 noon	7 weeks	Welton Baptist Chapel, West Road, Midsomer Norton, BA3 2TP	For more information please email bereavement@weltonchurch.org.uk or Tel 01761 410274

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Fun Seated Dancing, Keep Active Make Friends (first two weeks free)	From Friday 10 January 2025	11.00 am – 12.00 noon	From 10 January ongoing	Southside Community Centre, Kelston View, Bath, BA2 1NR	Contact Sam on 01225 486401/07887 743054
Wellbeing Buggy Walk	Monday 13 January 2025	9.30 am – 11.30 am	Ongoing weekly	Meeting at Hope House Surgery, Radstock	Fill in the Active Way Self-Referral form and select Buggy Walks The Active Way Self-Referral page: https://theactivewayreferrals.riviam.io/form/self-referral
Bath Mind 10 Week Wellbeing Programme	Mondays Jan - 17th Mar 2025	10.00am – 12.00 noon	10 weeks	The ReMind UK Centre, Royal United Hospital, Combe Park, Bath BA1 3NG	Beneficiary Calendar 2025 (Booklet (210 x 297 mm)) Contact: 01225 476420 or email info@reminduk.org www.reminduk.org
Music & Imagery	Tuesday 14 January – 25 March 2025	11.00 am – 12.30 pm	11 weeks	Genesis on the Canal (entrance via Widcombe Bridge Canal Path Green Door)	Contact Life Skills 01225 438362 or matt@genesistrust.org (07458 381732)
Bath Mind trip to the Holburne Museum	Wednesday 15 January 2025	10.30 am – 12.30 pm	1 session	Holburne Museum, Great Pulteney Street, Bath	Beneficiary Calendar 2025 (Booklet (210 x 297 mm)) Contact: 01225 476420 or email info@reminduk.org www.reminduk.org
Nordic Walking (referrals must be made in advance)	Monday 20 January – Monday 3 March 2025	12.00 noon – 1.00 pm except for week one running until 1.30 pm No class running on 3 February	6 weeks	Meet outside Westfield Surgery	Fill in the Active Way Self-Referral form and select Nordic Walking The Active Way Self-Referral page: https://theactivewayreferrals.riviam.io/form/self-referral

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Learn Skills in Budgeting, Banking and Being Online	Thursday 23 January 2025	9.45 am – 3.30 pm	1 session	YMCA, Bath Conservatory, International House, Broad Street Place, Bath, BA1 5LH	Call 01225 302200 or bath@cleanslateltd.co.uk
Healthy Family Workshop – Starting Solids	Wednesday 26 January 2025	10.00 am – 11.30 am	1 session	Online	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Bath Mind Carers Information Day	Friday 31 Jan 2025	9.45 a – 1.00 pm	1 session	The ReMind UK Centre, Royal United Hospital, Combe Park, Bath BA1 3NG	Beneficiary Calendar 2025 (Booklet (210 x 297 mm)) Contact: 01225 476420 or email info@reminduk.org www.reminduk.org
Men's Social Group (Genesis Trust)	Thursday 6 February – 13 March 2025	2.30 pm – 5.30 pm	6 weeks	Genesis on the Canal (entrance via Widcombe Bridge Canal Path Green Door)	Contact Life Skills 01225 438362 or matt@genesistrust.org (07458 381732)
Guys Can Cook	Monday 17 February – 24 March 2025	10.45 am – 1.30 pm	6 weeks	Komedia, 22-23 Westgate St, Bath BA1 1EP	For more info contact rob@bathcommunitykitchen.org.uk
Easter Crafts (Genesis Trust)	Thursday 20 February – 27 March 2025	2.00 pm – 4.00 pm	6 weeks	Genesis on the Canal (entrance via Widcombe Bridge Canal Path Green Door)	Contact Life Skills 01225 438362 or matt@genesistrust.org (07458 381732)
Eat Well for Less Workshop (Family)	Tuesday 25 February 2025	7.30 pm – 9.00 pm	1 session	Online	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050

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HENRY Online	Tuesday 25 February– 29 April 2025	12.00 noon – 1.00 pm	8 sessions (no session on 8 & 15 April 2025)	Online	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Healthy Family Workshop – Fussy Eaters for parent/carers with children 0-5	Wednesday 26 February 2025	7.45 pm – 9.15 pm	1 session	Online	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
HENRY Healthy Families	Thursday 27 February -1 May 2025	9.30 am – 12.00 noon	8 sessions (no session on 10 & 17 April 2025)	Bath Children's Centre, 12 Charlotte Street, Bath, BA1 2NE	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Cooking for Good Mood	Thursday 6 March – 13 March 2025	9.30 am – 11.30 am	2 sessions	Big Local Room, Hope House Centre, Waterloo Road, Radstock, BAS3 3EP	Wellbeing Courses website: www.wellbeing-courses.co.uk or phone 0300 247 0050
Fun Seated Dancing, Keep Active Make Friends	Wednesday 12 March 2025	2.30 pm – 3.30pm	1 session	Royston Tucker Room, Combe Park, Bath BA1	Contact 01225 486401 mor email goodliving.enquiries@stjohnsbath.org.uk
Bath Mind Spring Nature Walk Midsomer Norton Fri 21st Mar 10.30am	Friday 21 March 2025	10.30 am	1 session	Midsomer Norton	Beneficiary Calendar 2025 (Booklet (210 x 297 mm)) Contact: 01225 476420 or email info@reminduk.org www.reminduk.org
Bath Mind 10-week Wellbeing Programme for 'early-onset dementia'	Tuesday 25 March – 15 July 2025	10.00 am – 12.00 noon	10 weeks	Twerton, Bath	Beneficiary Calendar 2025 (Booklet (210 x 297 mm)) Contact: 01225 476420 or email info@reminduk.org www.reminduk.org

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Fun Seated Dancing, Keep Active Make Friends	Wednesday 26 March 2025	2.30 pm - 3.30 pm	1 session	Royston Tucker Room, Combe Park, Bath BA1	Contact 01225 486401 or email goodliving.enquiries@stjohnsbath.org.uk
Bath Mind Carers Information Day	Friday 28 March 2025	10.00 am – 1.00 pm	1 session	Winsley	Beneficiary Calendar 2025 (Booklet (210 x 297 mm)) Contact: 01225 476420 or email info@reminduk.org www.reminduk.org
Safe Space – Peer support group for young people aged 16-25 (Bath Mind)	Mondays	5.30 pm – 7.00 pm	Ongoing	Not known	01225 316367 or 07538 223890 email:- wellbeing@bathmind.org.uk
Row Your Way to Wellness	Mondays	12.00 noon start	Ongoing	The Minerva Bath Rowing Club, Bath, BA1 3NB	Sue Lees - Susie.hamilton@hotmail.com Website: https://minervabathrc.org.uk
Perinatal Mental Health Projects – My Time My Space & Our Time Our Space			Ongoing		Judith Parr or Marsha Lines on 01225 396660/07971 484598 (Marsha)
Volunteering Sessions for Adults Living with Mental Health – Animal Care	Mondays and Wednesdays	10.00 am – 3.00 pm	Ongoing	Bath City Farm, Kelston View, Bath BA2 1NW	Email: info@bathcityfarm.org.uk or phone 01225 481269
Walking Football	Mondays & Wednesdays	10.00 am – 11.00 am	Ongoing	Odd Down Sports Ground, Chelwood Drive, Bath BA2 2PR.	Email: paul@bathcityfoundation.org or Tel 0793 1913414
Sessions for Adults Living with Mental Health – Gardening	Mondays	1.00 pm – 3.00 pm	Ongoing	Bath City Farm, Kelston View, Bath BA2 1NW	Email: info@bathcityfarm.org.uk or phone 01225 481269
Sessions for Adults Living with Mental Health – Make and Bake	Mondays	1.00 pm – 3.00 pm	Ongoing	Bath City Farm, Kelston View, Bath BA2 1NW	Email: info@bathcityfarm.org.uk or phone 01225 481269

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M/Others – Creative activities for parents and carers. Stained glass activities (Lost Robot)	Mondays	9.30 am – 11.30 am (term time only)	Ongoing	Old Printworks Arts, Radstock, behind the museum bottom of Bath Old Road	https://lostrobot.org/old-printworks-arts/
Lakeside Wellbeing	Mondays	10.00 am – 3.00 pm	Ongoing	Community Farm, Denny Lane, Chew Magna, Bristol, BS40 8SZ	Emily@ecowild.org.uk Or call 07812 155659
Build A Bike	Tuesdays	9.30 am – 12.30 pm & 1.30 pm – 4.30 pm (am & pm courses)	Ongoing 4 weeks courses	Julian House Bike Shop in Bath and Trowbridge	Rod Standing, Tutor, 07534 092557
Snap & Stroll Photography Wellbeing Group	Tuesdays	2.00 pm – 4.00 pm	Ongoing	The Hive, Peasedown St John, BA2 8DH	Fill in The Active Way referral form and select Snap and Stroll bit.ly/4dPlxFE For more information: https://theactivewaybathnes.co.uk/events-calendar/month/2024-06/
Snap & Stroll (Keynsham)	Tuesdays	10.00 am – 12.00 noon	Ongoing	1 st & 3 rd Tuesday at One Community Trust, Keynsham. 2 nd & 4 th Tuesday outside the café in Keynsham Memorial Park	Details via adrian.snapandstroll@gmail.com
Snap & Stroll (Radstock)	Tuesdays	2.00 pm – 4.00 pm	Ongoing	Meet outside Hope House Surgery, 10 Waterloo Road, Radstock. BA3 3EP	Details via adrian.snapandstroll@gmail.com . The Active Way Self-Referral page: https://theactivewayreferrals.riviam.io/form/self-referral

What's the course called?	When does it start?	What time is it on?	How long does it run for?	Where is it held?	How do I book?
Snap & Stroll Photography Wellbeing Group	Tuesdays	2.00 pm – 4.00 pm	ongoing	The Hive, Bath Road, Peasedown St John, BA2 8DH	Fill in The Active Way referral form and select Snap and Stroll bit.ly/4dPlxFE For more information: https://theactivewaybathnes.co.uk/events-calendar/month/2024-06/
The Radstock Wellbeing Group (Bath Mind)	Tuesdays	11.00 am – 1.00 pm	Ongoing	The Swallows Community Café, Radstock, BA3 3QQ	Bath Mind. wellbeing@bathmind.org.uk Tele: 07538 113890
Hopespace - support for mental health and wellbeing. (£2.00 per session)	Tuesdays	6.00 pm – 8.00 pm	Ongoing	The Bubble, St John's Foundation, 4/5 Chapel Row, Bath, BA1 1SQ	
Work Placements for Adults – Roots to Work	Once a week for 12 weeks	10.00 am – 3.00 pm	Ongoing	Bath City Farm, Kelston View, Bath BA2 1NW	Email: info@bathcityfarm.org.uk or phone 01225 481269
Work Placements for Adults with Learning Difficulties– Training at the Trough– Cost £40.00 per day	Fridays	10.00 am – 3.00 pm	Ongoing	Bath City Farm, Kelston View, Bath BA2 1NW	Email: info@bathcityfarm.org.uk or phone 01225 481269
Wild Days - refuelling session to mood and general wellbeing	1 st Friday of the month starting 12 January 2024	11.00 am – 1.00 pm	1 session each month	The Community Farm, Denny Lane, Chew Magna, Bristol BS40 8SZ	Email: Jason at wildsteps@thecommunityfarm.co.uk or call 07878 925 642
Sunday Social - free food, tea and coffee (Lost Robot)	Sundays	3.00 pm – 6.30 pm	Ongoing	Old Printworks Arts, Radstock, behind the museum bottom of Bath Old Road	https://lostrobot.org
Get Creative £5.00	Tuesdays	10.00 am – 12.00 pm	Ongoing	The Bubble, 4-5 Chapel Court, Bath	St Johns Foundation – 01225 486401- subsidised
Cook & Eat £5.00	Tuesdays	2.30 pm – 5.00 pm	Ongoing	The Bubble, 4-5 Chapel Court, Bath	St Johns Foundation – 01225 486401- subsidised

What's the course called?	When does it start?	What time is it on?	How long does it run for?	Where is it held?	How do I book?
Ballet £18.00 per 6-week session	Tuesdays	2.00 pm – 3.00 pm	Ongoing	The Chapel	St Johns Foundation – 01225 486401- subsidised
Sports Group – Badminton & Table Tennis (£2.00 per session)	Tuesdays	1.30 pm – 3.00 pm	Ongoing	Sports Hall, Bath Sports & Leisure Centre, North Parade Road, Bath	Paul Rimmer Tele: 07932 502384. Email: wellbeing@bathmind.org.uk
Wellbeing Walks – Bath Mind/Bathscape	Tuesdays	11.00 am – 12.00 noon	Ongoing	Monksdale Road Allotments, Monksdale Road, Bath, BA2 2JD	Email: info@bathscape.co.uk
Green Links Community Allotment (Bath Mind) £2.00 per session	Tuesdays	10.00 am – 2.30 pm	Ongoing	Monksdale Road Community Allotment, Oldfield Park, Bath, BA2 2JD	Tele: 07399 297690 Contact: greenlinks@bathmind.org.uk
Pilates £5.00	Tuesdays	11.00 am – 11.45 am	Ongoing	Royston Tucker Room, Combe Park, Bath	St Johns Foundation – 01225 486401- subsidised
Green Links Community Allotment (Bath Mind) £.2.00 per session	Wednesdays	10.30 am – 1.00 pm	Ongoing	The Potting Shed, Ammerdown House, Radstock, BA3 5SH	Tele: 07399 297690 Contact: greenlinks@bathmind.org.uk
Wellbeing Walk and Talk group in Tom Huyton Park with Sporting Family Change	Wednesdays	Gentle Walk 11:00 am – 12:15 pm and Slow walks: 12:15 - 13:00	Ongoing	Meeting at Tom Huyton Park, Radstock	Fill in The Active Way Self-referral form and select Walk and Talk https://theactivewayreferrals.riviam.io/
Moderate Wellbeing Walks with Sustrans	Wednesdays	2.00 pm – 3.00 pm	10 weeks	Walking Location moves around the Somer Valley, all walks are on tarmac surfaces	Fill in The Active Way Self-referral form and select Active Steps https://theactivewayreferrals.riviam.io/
Beyond the Pitch (Over 18's) – Bath City Football, Wellbeing Football Activity with the chance to talk	Wednesdays	6.00 pm – 8.00 pm	Ongoing	St Martin's Garden Primary School, Lympsham Green, Bath, BA2 2UN (entrance via Frome Road)	Bath City Football Foundation. Chris Gannon, chris@bathcityfoundation.org . Tele: 07939 010838

What's the course called?	When does it start?	What time is it on?	How long does it run for?	Where is it held?	How do I book?
Art Lunch (Lost Robot) - Warm Space & Creative Activities	Wednesdays	1.00 pm – 3.00 pm	Ongoing	106/107 High Street, Twerton, Bath BA2 1DB	https://lostrobot.org/art-lunch/
Grow & Make	Wednesdays	10.00 am – 3.00 pm	Ongoing	Community Farm, Denny Lane, Chew Magna, Bristol, BS40 8SZ	Emily@ecowild.org.uk Or call 07812 155659
Inclusive Cycling 1-2-1 and group-inclusive and accessible cycling sessions provided by All Cycle Bath and West	Wednesdays and Fridays	45 minutes up to 1.5 hours	Ongoing	Tom Huyton Car Park / Norton-Radstock Green Way, BA3 3BA	The Active Way Self-Referral page: https://theactivewayeferrals.riviam.io/form/self-referral
Singing for Wellbeing (Soundwell Music Therapy Trust)	Fortnightly on a Thursday	10.30 am – 11.30 am	Ongoing	Scout HQ, 7 Grove Street, Bath, BA2 6PJ	Chloe Buttery Tele 07423400655 or email chloe.buttery@soundwell.org.uk
Green Links Community Allotment (Bath Mind) £2.00 per session	Thursdays	10.00 am – 1.00 pm	Ongoing	Monksdale Road Community Allotment, Oldfield Park, Bath, BA2 2JD	Tele: 07399 297690 Contact: greenlinks@bathmind.org.uk
Row Your Way to Wellness	Thursdays	11.45 am start	Ongoing	The Minerva Bath Rowing Club, Bath, BA1 3NB	Sue Lees - Susie.hamilton@hotmail.com Website: https://minervabathrc.org.uk
Thursday Gardening (Grow for Life)	Thursdays	10.30 pm – 1.30 pm	12 weeks	Walled Garden 36 Newton St Loe, Bath, BA2 9BZ	call Eleanor or Nic on 07729 906223.
Wellbeing Walks (Bath Mind/BathScape)	Thursdays	11.00 am – 12.00 noon	Ongoing	Monksdale Road Allotments, Oldfield Park, Bath, BA2 2JD	Please email :- info@bathscape.co.uk
Stitch Yourself Up (Lost Robot) – Drop in sewing club	Thursdays	10.00 am – 2.00 pm	Ongoing	106/107 High Street, Twerton, Bath BA2 1DB	https://lostrobot.org/stitch-yrself-up/
Creative Writing	Thursdays	2.00 pm – 4.00 pm	Starts on Thurs 5 Sept - ongoing	Genesis on the Canal , entrance via Widcombe Bridge Canal Path – Green Door	matt@genesistrust.org.uk Tele: 01225 438362/ 07458381732

What's the course called?	When does it start?	What time is it on?	How long does it run for?	Where is it held?	How do I book?
"We Get It" – Weekly Get Together. For people living with and beyond cancer, including friends and family. (Free with free refreshments)	Fridays	10.00 am – 11.30 am	Ongoing	Walcot House, 90b Walcot Street, Bath, BA1 5BG	No booking required drop in event but for more info click here together@wegetit.org.uk
We Get It Weekly Get Together free support session for anyone living with or beyond cancer or caring for someone	Every Friday	10.00 am – 1.30 am	Ongoing	90B Walcot Street, Bath BA1 5BG	No booking required but for more info for Get Together – We Get It
Led-Cycle Rides with Active Steps and Sustrans. One-to-one ride assessments. Followed by an introductory led bike ride and bike loan session with medium and longer led rides available	Friday mornings, Saturday mornings and afternoons Starting in January 2025	TBC on booking	Ongoing	Meeting locations across the Somer Valley agreed location on referral call	Fill in the Active Way Referral Form and select Active Steps. https://theactivewayreferrals.riviam.io/form/self-referral
Music Support Group for Carers (Soundwell Music Therapy Trust)	Monthly on a Friday	11.00 am – 12.15 pm	Ongoing	Scout HQ, 7 Grove Street, Bath, BA2 6PJ	Chloe Buttery: Tele 07423400655 or email chloe.buttery@soundwell.org.uk
Welton Church Runner. Free timed 5k run or walk	Every 1 st Saturday of the month	9.00 am start	Ongoing	Entrance to the Somer Centre, Gullock Tynning, MSN, BA3 2UH	Register before the day by calling Sally Kertzman on 01761 434229 or click www.tinyurl.com/weltonchurch5kseries
Walk and Talk Free 1-2-1 and group wellness walks with Sporting Family Change	Dates are set to meet your availability	Times are set to meet your availability	Ongoing	The location is set to meet your needs.	The Active Way Self-Referral page: https://theactivewayreferrals.riviam.io/form/self-referral
Active Steps Free Walking and cycling wellbeing activities provided by Sustrans	Dates are set to meet your availability	1-hour long session – Times are set to meet your availability	10- week	Flexible. Move around the area to provide lots of variety and keep it local.	The Active Way Self-Referral page: https://theactivewayreferrals.riviam.io/form/self-referral


What's the course called?	When does it start?	What time is it on?	How long does it run for?	Where is it held?	How do I book?
1-2-1 Adult Cycling Free adult training provided by Bath and North East Somerset Council	Dates are set to meet your availability	2/3 hours	Ongoing	Midsomer Norton	The Active Way Self-Referral page: https://theactivewayreferrals.riviam.io/form/self-referral
Family Cycle Training Free family training provided by Bath and North East Somerset Council	Dates are set to meet your availability	3 hours	Ongoing	Midsomer Norton	The Active Way Self-Referral page: https://theactivewayreferrals.riviam.io/form/self-referral
KiActiv A free digital service making everyday movement a medicine, with mentor support.	Dates are set to meet your availability.	Times are set to meet your availability	Ongoing	From the comfort of your own home	The Active Way Self-Referral page: https://theactivewayreferrals.riviam.io/form/self-referral
Chat-e-Cycle a bespoke taxi service on a side-by-side electric tandem trike that allows older adults to enjoy the outdoors while getting on the electric tandem to socialise'	Dates are set to meet your availability.	Times are set to meet your availability	Ongoing	From the comfort of your own home	To book a ride, contact Chat-e-cycle on: chatecycle@gmail.com 07394898911
InclusiVfit safe, friendly, and inclusive group that invites people over 18 and complete beginners to get fit together and be ready to join a parkrun.	Each walk/run block will be 5 weeks long, with the 6 th week being the Parkrun. New blocks announced on the website	1 hour Weeks 1-5: 6:30 pm – 7:30 pm (weekdays) Week 6: 8:30 am – 9:30 am	Ongoing	Hope House Surgery, 10 Waterloo Road, Radstock BA3 3EP	To find out more and to register for their free couch-to-parkrun sessions, head to https://inclusivfit.org/our-services/
Free Wellbeing Walking App GoJauntly. The Active Way have partnered with GoJauntly to create 30 miles of new walking routes across the Somer Valley, many of the walks starting and ending at your local GP Surgery	As soon as you download the app	Start at your own Leisure by downloading the app	N/A	There are 27 different walks to explore across Radstock, Westfield, Midsomer Norton, Paulton, Timsbury and Chilcompton	Visit the GoJauntly Website to find out more: https://walks.gojauntly.com/collections/walk-the-active-way-203?

What's the course called?	When does it start?	What time is it on?	How long does it run for?	Where is it held?	How do I book?
Free Wellbeing Walking App GoJauntly. The Active Way have partnered with GoJauntly to create 30 miles of new walking routes across the Somer Valley, many of the walks starting and ending at your local GP Surgery	As soon as you download the app	Start at your own Leisure by downloading the app	N/A	There are 27 different walks to explore across Radstock, Westfield, Midsomer Norton, Paulton, Timsbury and Chilcompton	Visit the GoJauntly Website to find out more: https://walks.gojauntly.com/collections/walk-the-active-way-203?
Bike & e-Bike Loan	Flexible dates/time	Flexible dates/time	1 month loan	Pick up location in Radstock/Midsomer Norton	The Active Way Self-Referral page: https://theactivewayreferrals.riviam.io/form/self-referral And select bike hire



EMBRACE TRANQUILITY THROUGH YOGA PRACTICE

FIND YOUR INNER PEACE TODAY

3 FREE YOGA AND MEDITATION SESSIONS FOR YOUNG PEOPLE IN BATH IN FEBRUARY ON SATURDAYS



07813782023 TO FIND OUT MORE

FULLY INSURED AND DBS CHECKED TEACHER

Bath College Adult Community Learning

Eligibility – Adults (over 19), residents in the UK for 3 years (exceptions apply), B&NES & WECA postcode. Free for people earning below £25,000 pa.

What's the course called?	When does it start?	What time is it on?	How long does it run for?	Where is it held?	How do I book?
Sewing Skills	Wednesday 8 January – 26 March 2025	6.30 pm – 8.30 pm	10 weeks	Bath College, City Centre Campus, Avon Street, Bath BA1 1UP	Contact: acl@bathcollege.ac.uk Tele: 01225 328822
Print Making	Wednesday 8 January – 26 March 2025	10.00 am – 12.30 pm	10 weeks	Bath College, City Centre Campus, Avon Street, Bath BA1 1UP	Contact: acl@bathcollege.ac.uk Tele: 01225 328822
Print Making	Wednesday 8 January – 26 March 2025	2.00 pm – 4.30 pm	10 weeks	Bath College, City Centre Campus, Avon Street, Bath BA1 1UP	Contact: acl@bathcollege.ac.uk Tele: 01225 328822
Print Making	Wednesday 8 January – 26 March 2025	6.15 pm – 8.45 pm	10 weeks	Bath College, City Centre Campus, Avon Street, Bath BA1 1UP	Contact: acl@bathcollege.ac.uk Tele: 01225 328822
Sewing Skills – Zero Waste Fashion	Thursday 9 January – 27 March 2025	6.30 pm – 8.30 pm	11 weeks	Bath College, City Centre Campus, Avon Street, Bath BA1 1UP	Contact: acl@bathcollege.ac.uk Tele: 01225 328822
Spanish (Level 2) Pre-Intermediate Part 2	Tuesday 14 January – 25 March 2025	1.20 pm – 3.20 pm	10 weeks	Bath College, City Centre Campus, Avon Street, Bath BA1 1UP	Contact: acl@bathcollege.ac.uk Tele: 01225 328822
Spanish Beginners Group 1 (Part 2)	Wednesday 15 January – 26 March 2025	1.20 pm – 3.20 pm	10 weeks	Bath College, City Centre Campus, Avon Street, Bath BA1 1UP	Contact: acl@bathcollege.ac.uk Tele: 01225 328822

What's the course called?	When does it start?	What time is it on?	How long does it run for?	Where is it held?	How do I book?
Italian (Level 1) Beginners Part 2	Wednesday 15 January – 26 March 2025`	6.45 pm – 8.45 pm	10 weeks	Bath College, City Centre Campus, Avon Street, Bath BA1 1UP	Contact: acl@bathcollege.ac.uk Tele: 01225 328822
Spanish Beginners Evening (Part 2)	Thursday 16 January – 27 March 2025	6.30 pm – 8.30 pm	10 weeks	Bath College, City Centre Campus, Avon Street, Bath BA1 1UP	Contact: acl@bathcollege.ac.uk Tele: 01225 328822
Italian (Level 2) – Pre-Intermediate Part 2	Thursday 16 January – 27 March 2025	6.30 pm – 8.30 pm	10 weeks	Bath College, City Centre Campus, Avon Street, Bath BA1 1UP	Contact: acl@bathcollege.ac.uk Tele: 01225 328822
Portraits (Sketching & Painting)	Thursday 16 January – 6 March 2025	10.00 am – 1.00 pm	7 weeks	Community @ 67, 67 Queens Road, Keynsham, BS31 2NW	Contact: acl@bathcollege.ac.uk Tele: 01225 328822
Portraits (Sketching & Painting)	Friday 17 January – 7 March 2025	10.00 am – 1.00 pm	7 weeks	Weston Hub, Penn Hill Road, Weston, Bath, BA1 4EH	Contact: acl@bathcollege.ac.uk Tele: 01225 328822
2 Day Intensive Introduction to Plastering	Wednesday 29 January – Thursday 30 January 2025	10.00 am – 2.30 pm	2 days	Somer Valley Campus, Wells Road, Westfield, Radstock BA3 3RW	Contact: acl@bathcollege.ac.uk Tele: 01225 328822
Simple Wedding Flowers	Friday 31 January – 7 March 2025	5.45 – 8.45 pm	5 weeks	Bath College, City Centre Campus, Avon Street, Bath BA1 1UP	Contact: acl@bathcollege.ac.uk Tele: 01225 328822
2 Day Intensive Introduction to Brick Laying	Wednesday 5 February – Thursday 6 February 2025	10.00 am – 2.30 pm	2 days	Somer Valley Campus, Wells Road, Westfield, Radstock BA3 3RW	Contact: acl@bathcollege.ac.uk Tele: 01225 328822
Floral Valentines Workshop	Thursday 13 February 2025	5.45 pm – 8.45 pm	1 session	Bath College, City Centre Campus, Avon Street, Bath BA1 1UP	Contact: acl@bathcollege.ac.uk Tele: 01225 328822

What's the course called?	When does it start?	What time is it on?	How long does it run for?	Where is it held?	How do I book?
Collage Art – Vision Boards	Monday 24 February – 31 March 2025	11.45 am – 2.00 pm	6 weeks	Twerton Learning Hub, 89-90 High Street, Twerton, Bath, BA2 1DE	Contact: acl@bathcollege.ac.uk Tele: 01225 328822
Lino Cut Printing – Floral and Botanical	Tuesday 25 February – 1 April 2025	11.45 – 2.00 pm	6 weeks	All Saints Centre, High Street, Weston, Bath, BA1 4BX	Contact: acl@bathcollege.ac.uk Tele: 01225 328822
Computers for Work	Monday 17 February – Wednesday 19 February 2025	9.30 am – 21.30 pm	3 days	Bath College, City Centre Campus, Avon Street, Bath BA1 1UP	Contact: acl@bathcollege.ac.uk Tele: 01225 328822
Outlook for Office	Thursday 20 February – Friday 21 February 2025	9.30 am – 1.00 pm	2 days	Bath College, City Centre Campus, Avon Street, Bath BA1 1UP	Contact: acl@bathcollege.ac.uk Tele: 01225 328822
4 Day Intensive Introduction to Plumbing	Wednesday 26 March – Thursday 3 April (10.00 am – 2.30 pm	Wednesday and Thursday for 2 weeks	Wednesday and Thursday for	Contact: acl@bathcollege.ac.uk Tele: 01225 328822

AGE UK

Tablet Loan Scheme – Digital Inclusion (Age UK)

We've launched a **FREE** Tablet Loan Scheme!

Have you or someone you know ever wanted to explore the internet, but not had the skills, support, device, or data connection to get online? Then our new Tablet Loan Scheme might be the answer. Participants will receive a tablet and accessories, internet access, and regular personal guidance from a supportive Digital Champion along the way, for up to 12 weeks at a time.

Whether you're a complete beginner who has never before logged on, or a tech returnee in need of a refresher, our Digital team can help. From mastering the art of web browsing to conquering social media and embracing the convenience of email, you'll find yourself growing in confidence and skill with each passing week; in your own way, and at your own pace.

Where: All of Bath and North East Somerset

When: 8 - 12 weeks loans throughout the year

Contact: 01225 466135 or digital@ageukbanes.co.uk

Age UK Bath Click Café (booking in advanced required)	Wednesday 8 January – 25 June 2025	10.00 am & 12.00 noon	Wednesd ay	St Michaels Centre, St Michaels Place, Bath, BA1 1SG	Jessica Harding Digital Inclusion Project Coordinator Tel: 07552 744025 / 07552 774914 Email: jessica.harding@ageukbanes.co.uk Usual working days are Tuesday, Wednesday, and Friday
Age UK Radstock Click Cafe (booking in advanced required)	Tuesday 7 th Jan, 4 February, 4 March, 1 April, 6 May, 3 June 2025	10.00 am & 12.00 noon	Tuesdays	Hope House Surgery, 10 Waterloo Rd, Radstock BA3 3EP	Jessica Harding Digital Inclusion Project Coordinator Tel: 07552 744025 / 07552 774914 Email: jessica.harding@ageukbanes.co.uk

**Bath & North East
Somerset Council**

hcrng
Care Group

NHS

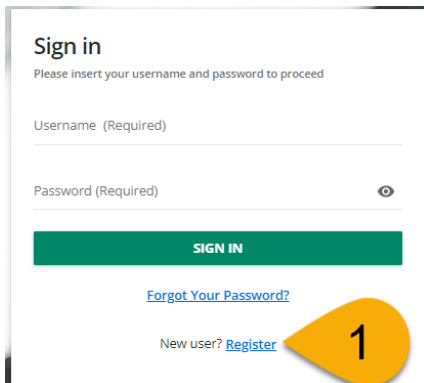
					Usual working days are Tuesday, Wednesday, and Friday
Age UK Love Café -Weston, Bath (drop in no booking required)	10 Jan, 14 February, 14 March, 11 April, 9 May, 13 June 2025	10.00 am – 12.00 noon	Fridays	Weston Free Church, High Street Weston, Bath, BA1 4DB	Jessica Harding Digital Inclusion Project Coordinator Tel: 07552 744025 / 07552 774914 Email: jessica.harding@ageukbristolsomerset.co.uk Usual working days are Tuesday, Wednesday, and Friday
Age UK Keynsham Click Café (booking in advanced required)	5 February, 5 March, 2 April, 7 May, 4 June 2025	2.00 pm – 4.00 pm	Wednesdays	Keynsham Library, Civic Centre, Market Walk, Keynsham, Bristol BS31 1FS	Jessica Harding Digital Inclusion Project Coordinator Tel: 07552 744025 / 07552 774914 Email: jessica.harding@ageukbristolsomerset.co.uk Usual working days are Tuesday, Wednesday, and Friday

Courses for Volunteers including Carers:

Learning Zone is a new learning website provided by Bath and North East Somerset Council

Register an account:

1: After opening [BANES Learning Zone](#) you can register for an account by selecting 'New User – Register'. You will need to wait for your account to be approved by a member of the BANES Learning team before you can sign in.



Sign in
Please insert your username and password to proceed

Username (Required)

Password (Required)

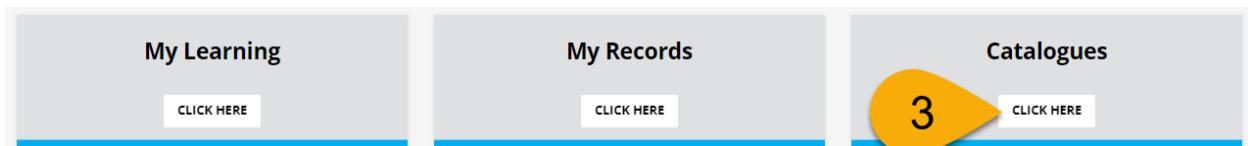
SIGN IN

[Forgot Your Password?](#)

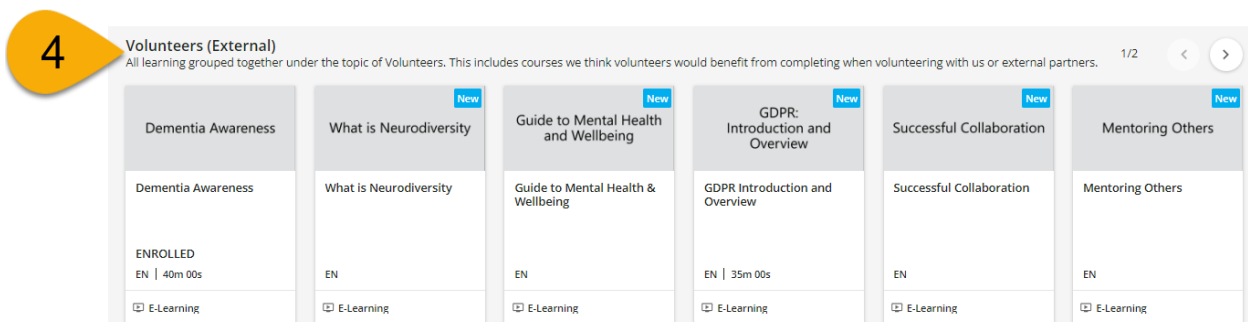
New user? [Register](#)

2: After your account has been approved, you can sign in.

3: From the Homepage, select **Catalogues**



4: You'll be able to find the Volunteers catalogue further down. Catalogues group certain courses together into topics, to help you find courses of interest. Please take a look at the courses on offer within the Volunteers catalogue. Select the catalogue name to view all available courses:



4 **Volunteers (External)**
All learning grouped together under the topic of Volunteers. This includes courses we think volunteers would benefit from completing when volunteering with us or external partners. 1/2

Dementia Awareness	What is Neurodiversity New	Guide to Mental Health and Wellbeing New	GDPR: Introduction and Overview New	Successful Collaboration New	Mentoring Others New
Dementia Awareness	What is Neurodiversity	Guide to Mental Health & Wellbeing	GDPR Introduction and Overview	Successful Collaboration	Mentoring Others
ENROLLED EN 40m 00s	EN	EN	EN 35m 00s	EN	EN
<input type="checkbox"/> E-Learning	<input type="checkbox"/> E-Learning	<input type="checkbox"/> E-Learning	<input type="checkbox"/> E-Learning	<input type="checkbox"/> E-Learning	<input type="checkbox"/> E-Learning

THERE ARE NO FACE TO FACE VOLUNTEER COURSES CURRENTLY AVAILABLE