

Course	Course Description	Time	Date(s)	Venue
Autism/Sensory Processing Workshop	Autism workshop provides a detailed explanation of social communication, social interaction, special interests, co-occurring conditions and sensory differences experienced by autistic adults and children on the autism spectrum. Autistic people experience and process the sensory world in a very different way. Noise (unwanted sound) light, heat, texture, food, colour can all present challenges for autistic people. This workshop explores some of the sensory differences which autistic people face and ways in which these challenges may be reduced, including reasonable adjustments in schools, college and the workplace.	10 - 12pm	23rd March	Matthew's Hub
Boxing For Health (& Gym)	Come along to this weekly group at Vulcan Gym with open access to free weights, weight machines and a cardio gym... and even learn to box. There is access to personal trainers and advice on how to develop your physical fitness. Please wear sensible clothing/footwear and bring plenty of water.	2.30 - 4.30pm	05 March - 30 April	Vulcan Gym
Breast Awareness	Co-facilitated by people with lived experience, this informal course helps to promote awareness of the available support and create a positive view and environment for all affected by breast cancer, thus helping wellbeing.	1 - 2pm	22 April	Cecil Gardens
Planning for a Crisis.	In this workshop we explore what we can do in a crisis. We explore what options are open to people and who to call. What can people do to manage their own crisis and what other services are out there to help manage such situations.	2 - 4pm	27 April	Cecil Gardens
Crochet For beginners	During this informal four week course you will learn basic crochet stitches in preparation to complete a simple crochet project. We will supply the wool, and you can practice with our hooks during the first session (with the expectation that you will purchase your own for the following week).	1 - 4pm	03 March - 24 March	North Bridlington Library
		10 - 12.30pm	31 March - 28 April	Hull Central Library
Developing Self Esteem/Self Confidence	When we embark on our recovery journey, self esteem and self compassion are often the last things we take time to consider. We are often very good at showing compassion towards others, but rarely show ourselves the same consideration. This 3 week course will explore the main themes around self esteem, self compassion and using mindfulness in our every day lives on a practical level.	1 - 3.30pm	12 March - 26 March	Harrison Park, Hall Rd
Drama for Confidence	In this workshop, you will learn some techniques to help you feel more confident speaking publicly or in a group. We'll use some gentle warm-ups, voice exercises and games to explore and develop communication and by the end, you'll have a chance to share a short piece of work with the group. All activities by invitation!	2 - 4pm	27 March & 03 April	Cecil Gardens
Enjoy Spring in the Wolds: Millington Meander	Discover the Yorkshire Wolds Way and enjoy the breath-taking views over Millington Pastures, while exploring some of the country's finest open access land and most challenging parts of the National Trail. No dogs allowed due to livestock along the route.	10 - 12pm	26 March	Millington Wood Local Nature Reserve
Meaningful Activity	Recovery involves creating a life beyond illness. Studying for the future, finding work, and/or participation in community life through volunteering can help give life more value. This short workshop examines the benefits of work/meaningful activity before exploring the next steps towards activities that best suit you.	2 - 4pm	31 March	Cecil Gardens
		2 - 4pm	21 April	Goole Museum
Medications in Mental Health	Have you been prescribed a new medication and want to know more about it? Do you want to learn about the different types, how they work and the potential side effects? Medications can be useful in helping you to manage your mental health but many people feel wary or have concerns. Use this informal and relaxed session to put your medication related questions to our neighbourhood Specialist Pharmacist!	2 - 4pm	17 March	Bilton Grange Community Association
Mental Health Awareness	This stigma-challenging introductory Mental Health First Aid (MHFA) England course will increase your understanding of mental health, how to look after your own wellbeing and help you to boost your knowledge around prevention and confidence in handling mental health issues. This course has a material fee of £13 to cover training materials, which includes a manual and an accredited completion certificate.	1 - 5pm	27 April	Hessle Community Centre
Eat Well, Sleep Well for Mental Health	Sleep is essential for our daily health and wellbeing yet many of us find ourselves with less than ideal sleep patterns. This workshop aims to provide you with some knowledge and tools that may help you learn good habits so that you can get a good night's sleep. Learn about how different types of food impact on your mental wellbeing. Explore how you can realistically make small changes in your diet to improve your mental wellbeing through reflective quizzes, activities and discussion in a relaxed classroom environment.	1:30 - 3:30pm	11, 18, 25 March	Bilton Grange Community Association
		2 - 4pm	21, 28 April & 5 May	Matthew's Hub
The Mindful Way	The benefits of mindfulness are well documented—live your life in the present moment and attain happiness—but how do you apply it to everyday life? Come along to our course and learn how to apply mindfulness in everyday life. Explore your current way of thinking and challenge unhelpful thought patterns.	11 - 12pm	03 March - 24 March	North Bridlington Library
Talk Suicide	Every two hours a life is lost through suicide in the UK the impact of this is far reaching and has a ripple effect throughout our communities. Every single day thousands of us are affected by suicidal thoughts and feelings. This course aims to reduce the stigma around suicide. It will help you SPOT the signs, to SPEAK about suicide and to SIGNPOST on. Take this training and you could save a life.	1 - 3pm	24 March	Goole Museum
		1 - 3pm	14 April	Cecil Gardens
Tai Chi	Increase your suppleness, balance, flexibility and posture through gentle, controlled stretching through a series of simple, gentle flowing movements that has its roots in Chinese martial arts. No experience needed. Please wear loose-fitting clothes and flat soled shoes and bring plenty of water. This group runs weekly.	10:30 - 12pm	05 March - 30 April	Cecil Gardens
		13:30 - 3pm	06 March - 24 April	Petuaria Centre, Brough
Understanding and Living with Anxiety	This tutor-led discussion together with people with lived experience encourages people to share their stories and provide useful tips to help understand what it means to live with Anxiety and/or Care for someone experiencing Anxiety.	2 - 4pm	30 April	Alfred Bean Hospital
Understanding and Living with Depression	This tutor-led discussion together with people with lived experience encourages people to share their stories and provide useful tips to help understand what it means to live with Depression and/or Care for someone experiencing Depression.	2 - 4pm	2 April	North Bridlington Library
Understanding and Living with Dementia	Wendy Mitchell (who lives with dementia and is author of the Sunday Times bestseller 'Somebody I Used To Know') and the Humber Teaching NHS Foundation Trust's Research & Development Team encourage discussion in this informal workshop to explore ways people with dementia can live well day-to-day, be better supported and how they and those who support them can help contribute to improvements in healthcare, treatment and support.	10 - 1pm	7 April	North Bridlington Library
Understanding and Living with Psychosis	This tutor-led discussion together with people with lived experience encourages people to share their stories and provide useful tips to help understand what it means to live with Psychosis and/or Care for someone experiencing Psychosis.	2 - 4pm	08 April	North Bridlington Library
Understanding Eating Disorders	Introduction to different types of eating disorders, and how they impact on a persons life, and how to help.	2 - 4pm	31 March	Hull Central Library
Weaving For Wellbeing	This is your chance to sit at one of our looms and weave freely, enjoying each moment as it comes. No rules, just bring your own ideas, personality, hopes, choices and rhythm so that the fabric you produce is completely unique. A tutor will be on hand to guide you through the process. This is a half day studio pass worth £20 but you can access the workshops free through the Recovery College	09:30 - 12:30pm	04 March	Life and Loom
			11 March	Life and Loom
			18 March	Life and Loom
			25 March	Life and Loom
			01 April	Life and Loom
Wellbeing through Creativity	Calling all Artists! Writers! Crafters! Join in with this relaxed and informal creative arts space and hone your skills alongside other creative folk. Students are encourage to bring your own projects/idea's to work on or learn something new from one another or through our tutors. This course runs weekly.	10 - 12pm	04 March - 29 April	Ferens Art Gallery