

Winter Timetable

2023

Timetable schedule for November/December sessions running online and face to face at our Peterborough and Cambridge Hubs.



New courses included in this timetable...

- Stress - Practical Workshop
- LGBTQ+ Matters- Transgender Awareness Week Special
- Mindful Winter
- Diagnosis...Now What?
- Living Well With... EUPD
- Tinsel 'n' Tears

For **course descriptions** please see our full Information pack!

To enrol for these FREE courses simply visit our website and click the 'Apply now' button.

<https://www.cpft.nhs.uk/rce-wellbeing-hub>

If you have already registered as a student with us please drop us an email at RCEWellbeingHub@cpft.nhs.uk to book your places on these courses.

	Tuesdays (Online)	Wednesdays (Face to Face)	Thursdays (Online)	Fridays (In-Reach)**
	Tuesday 31st October	Wednesday 1st November	Thursday 2nd November	Friday 3rd November
10.00am - 12.15pm	Wellbeing Discovery Programme	10am-3pm Living well with... Stress – A Practical Workshop (Peterborough Hub) Stress Awareness Day Special	Finding My Voice (\$1)	5 Ways to Wellbeing In-Reach
1.30pm - 3.45pm	Living well with... Menopause		Perfectionism (\$1)	
6.30pm - 8.30pm				
	Tuesday 7th November	Wednesday 8th November	Thursday 9th November	Friday 10th November
10.00am - 12.15pm	Wellbeing Discovery Programme		Finding My Voice (\$2)	5 Ways to Wellbeing In-Reach
1.30pm - 3.45pm	Living well with... Chronic Fatigue	Give Yourself a Break (\$1) (ONLINE)	Perfectionism (\$2)	
6.30pm - 8.30pm			Challenging our Worrying Thoughts	

***Our In-Reach Programme is not bookable to the public. This is our work within wards.*

	Tuesdays (Online)	Wednesdays (Face to Face)	Thursdays (Online)	Fridays (In-Reach)**
	Tuesday 14th November	Wednesday 15th November	Thursday 16th November	Friday 17th November
10.00am - 12.15pm	Wellbeing Discovery Programme	The Power of Routine (Peterborough Hub)	LGBTQ+ Matters (Transgender Awareness Week Special)	5 Ways to Wellbeing In-Reach
1.30pm - 3.45pm	Living well with... Anxiety	Give Yourself a Break (S2) (ONLINE)	Perfectionism (S3)	
6.30pm - 8.30pm				
	Tuesday 21st November	Wednesday 22nd November	Thursday 23rd November	Friday 24th November
10.00am - 12.15pm	Wellbeing Discovery Programme	Leaving Loneliness Behind (S1) (ONLINE)	Bouncebackability	5 Ways to Wellbeing In-Reach
1.30pm - 3.45pm	Living well with... ADHD		Action Planning for Wellness (S1)	
6.30pm - 8.30pm			Supporting Ourselves, Supporting Others	

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	Tuesdays (Online)	Wednesdays (Face to Face)	Thursdays (Online)	Fridays (In-Reach)**
	Tuesday 28th November	Wednesday 29th November	Thursday 30th November	Friday 1st December
10.00am - 12.15pm	Wellbeing Discovery Programme	Leaving Loneliness Behind (S2) (ONLINE)	Mindful Winter	5 Ways to Wellbeing In-Reach
1.30pm - 3.45pm	Living well with... ASD		Action Planning for Wellness (S2)	
6.30pm - 8.30pm			Knowing Our Worth	
	Tuesday 5th December	Wednesday 6th December	Thursday 7th December	Friday 8th December
10.00am - 12.15pm	Wellbeing Discovery Programme	10am-3pm Creativity for Festivity (Cambridge Hub)	Volunteering in my Recovery	5 Ways to Wellbeing In-Reach
1.30pm - 3.45pm	Living well with... EUPD		Diagnosis...Now What?	
6.30pm - 8.30pm			Mindful Winter	

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	Tuesdays (Online)	Wednesdays (Face to Face)	Thursdays (Online)	Fridays (In-Reach)**
	Tuesday 12th December	Wednesday 13th December	Thursday 14th December	Friday 15th December
10.00am - 12.15pm	Wellbeing Discovery Programme	10am-3pm Creativity for Festivity (Peterborough Hub)	Living well with... Low Mood and Depression	5 Ways to Wellbeing In-Reach
1.30pm - 3.45pm	Mindful Winter		Tinsel 'n' Tears	
6.30pm - 8.30pm				

How to find us

Our address in Peterborough

RCE Wellbeing Hub
Eco Innovation Centre
Peterscourt
City Rd
Peterborough
PE1 1SA



(No parking available)



Our address in Cambridge

RCE Wellbeing Hub,
128-130 Tenison Road,
Cambridge,
CB1 2DP



(No parking available)

Contact Us

The best way to contact the RCE Wellbeing Hub team is via email on
RCEWellbeingHub@cpft.nhs.uk

or

Telephone us on 01733 963 219 – this line is staffed Monday to Thursday between 9:30am – 2:30pm.

6 sessions that introduce you to a wide range of wellbeing and recovery topics

Discover what you want to develop!

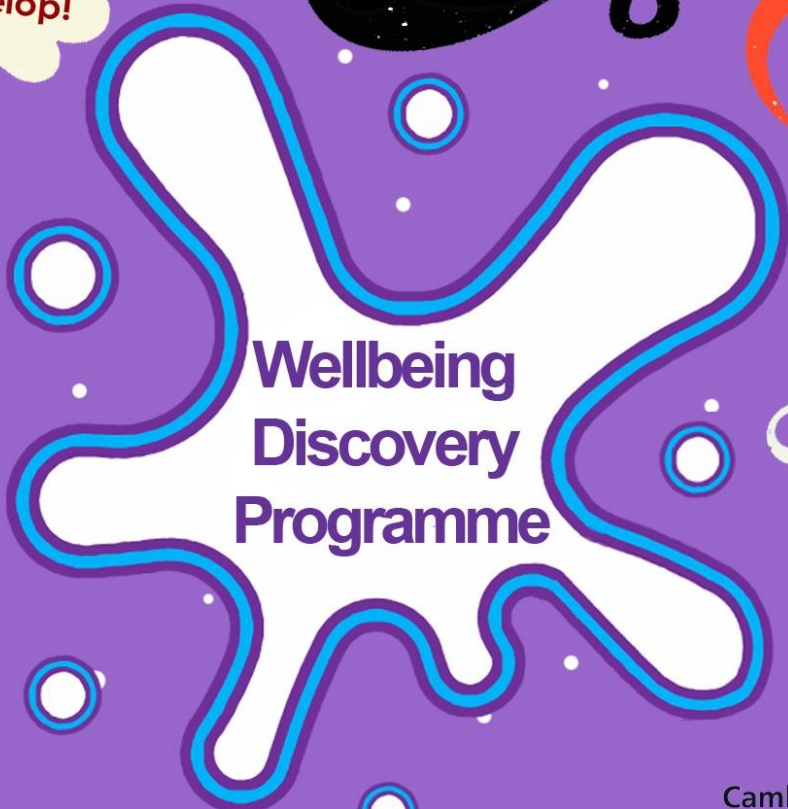
6-week Programme

Meet and discuss your learning plan with a tutor

Not sure where to start?

Every Tuesday
10am – 12:15pm

Structured Reflection Diary and Workbook



Wellbeing Discovery Programme

E-mail us to sign up:
RCEWellbeingHub@cpft.nhs.uk

NHS
Cambridgeshire and Peterborough
NHS Foundation Trust



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