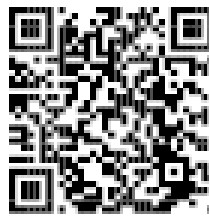


Wakefield Recovery College

16+



Couch to 5k

22/09/25
2pm-3pm
Thornes Park Stadium

Recognising burnout

25/09/25
1pm-3pm
Online

Scrapbooking for wellness

25/09/25
10am-12pm
Baghill house

Galaxy Painting

29/09/25
1pm-3pm
Wakefield

Creative Fitness

01/10/25
11am-12pm
Wakefield

Boogie Bounce

03/10/25
10am-11am
Wakefield

Introduction to creative writing

06/10/2025
10am-12pm
On-line

Confidence - mind and body techniques

08/10/25
10am-12pm
On-line

Introduction to aromatherapy

9/10/25
1pm-3pm
Wakefield

Pastel drawing

13/10/25
1pm-3pm
Pontefract

Living with and managing anxiety

16/10/25
10am-12pm
On-line

Bookfolding

20/10/25
1pm-3pm
Pontefract

Your journey through relaxation

22/10/25
10am-12.30pm
On-line

Improving your sleep

23/10/25
1pm-3pm
On-line

An introduction to personality disorder

03/11/25
1pm-3pm
On-line

Accepting change

04/11/25
1pm-3pm
On-line

Contact the college to enrol
www.wakefieldrecoverycollege.nhs.uk
wakefieldrecoverycollege@swyt.nhs.uk
01924 316946

Wakefield Recovery and Wellbeing College
Home of the Discovery College

With **all of us** in mind.