

Bentham & Settle Mental Health Hub

Spring Timetable 2020 v2 March

A unique collaboration to bring a range of mental health and wellbeing support in Craven's communities together

What's On?	What's Involved?	Where's it at?	Who Runs It?	Who do I Contact?
Creative Community Session & 1-1 Facilitation Fridays 10.00-12.30	A weekly Creative Art Session with extra 1-1 support and advice sessions from a Pioneer Facilitator	Looking Well Studios King St Bentham	Pioneer Projects	Pioneer Projects 015242 62672 office@pioneerprojects.org.uk
My Wellbeing College Courses (Bentham) Fridays 1.00-2.30	Courses to help you manage common difficulties like stress, low mood and anxiety	Looking Well Studios King St Bentham	Bradford District Care Trust My Wellbeing College Next courses: Courses will resume in the Summer but are currently available in Skipton Stress Control - 17 th April Living Life to the Full - 29 th May	My Wellbeing College 0300 555 5551 bmywellbeingcollege.nhs.uk These courses require registration so please contact My Wellbeing College first
My Wellbeing College Courses (Settle) Fridays 12.30-2.30	Courses to help you manage common difficulties like stress, low mood and anxiety	Settle Health Centre Townhead Settle	Bradford District Care Trust My Wellbeing College Next courses: Courses will resume in the Summer but are currently available in Skipton	My Wellbeing College 0300 555 5551 bmywellbeingcollege.nhs.uk These courses require registration so please contact My Wellbeing College first
Personal Development Courses Fridays 1pm	Helping you build personal development skills to help you in every-day life or the workplace	Looking Well Studios King St Bentham	NYCC Adult Learning & Skills Next sessions: Spring TBC call for details	Pioneer Projects 015242 62672 office@pioneerprojects.org.uk