

# April-July Timetable 2026

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

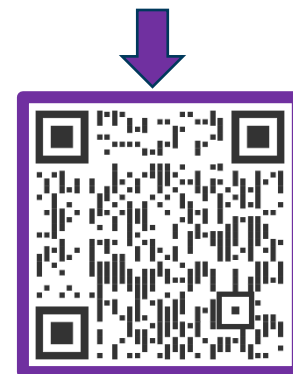
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to enrol as  
a student



	Monday 13 <sup>th</sup> April	Tuesday 14 <sup>th</sup> April	Wednesday 15 <sup>th</sup> April	Thursday 16 <sup>th</sup> April
AM	9:30am-11.30am <a href="#">Living Well With...Anxiety</a> ( <i>Bayleaf Care Home Huntingdon</i> )	10:00am-11:30am <a href="#">Let's Talk About...ASD</a> ( <i>Online via Microsoft Teams</i> )	10:00am-12:15pm <a href="#">Wellbeing Discovery Programme</a> ( <i>Online via Microsoft Teams</i> )	10:00am-12:15pm <a href="#">Challenging Our Worrying Thoughts</a> ( <i>Online via Microsoft Teams</i> )
12:30-1:00			<a href="#">Bitesize Sleep</a> ( <i>Online via Microsoft Teams</i> )	
PM		1:30pm-3:30pm <a href="#">Introduction to Overcoming Shame</a> ( <i>Aspire: Fletton Life Church</i> )	1:30pm-2:00pm <a href="#">Bitesize Stress</a> ( <i>Online via Microsoft Teams</i> )	1:30pm-2:00pm <a href="#">Bitesize Low Mood</a> ( <i>Online via Microsoft Teams</i> )

\*Let's Talk About...sessions are 60-90 mins.

	Monday 20 <sup>th</sup> April	Tuesday 21 <sup>st</sup> April	Wednesday 22 <sup>nd</sup> April	Thursday 23 <sup>rd</sup> April
AM	9:30am-11:30am <a href="#">Exploring Emotions</a> ( <i>Bayleaf Care Home Huntingdon</i> )	10:00am-12:15pm <a href="#">Living Well With...ASD</a> ( <i>Online via Microsoft Teams</i> )	10:00am-12:15pm <a href="#">Wellbeing Discovery Programme</a> ( <i>Online via Microsoft Teams</i> )	10:00am-11:30am <i>*Let's Talk About...Anxiety</i> ( <i>Online via Microsoft Teams</i> )
12:30-1:00			<a href="#">Bitesize Chronic Fatigue</a> ( <i>Online via Microsoft Teams</i> )	
PM		1:30pm-3:45pm <a href="#">Dreaming of a Better Sleep</a> ( <i>Online via Microsoft Teams</i> )	1:30pm-2:00pm <a href="#">Bitesize Resilience</a> ( <i>Online via Microsoft Teams</i> )	1:30pm-3:45pm <a href="#">Finding Our Balance</a> ( <i>Online via Microsoft Teams</i> )

*\*Let's Talk About...sessions are 60-90 mins.*

	Monday 27 <sup>th</sup> April	Tuesday 28 <sup>th</sup> April	Wednesday 29 <sup>th</sup> April	Thursday 30 <sup>th</sup> April
AM	<b>9:30am-11:30pm</b> <a href="#"><u>Bouncebackability</u></a> <i>(Bayleaf Care Home Huntingdon)</i>	<b>10:00am-10:30am</b> <b>**<a href="#"><u>Bitesize Self Esteem</u></a></b> <i>(Online via Microsoft Teams)</i>	<b>10:00am-12:15pm</b> <a href="#"><u>Wellbeing Discovery Programme</u></a> <i>(Online via Microsoft Teams)</i>	<b>10:00am-12:15pm</b> <a href="#"><u>Living Well With...Anxiety</u></a> <i>(Online via Microsoft Teams)</i>
12:30-1:00				
PM		<b>1:30pm-3:30pm</b> <a href="#"><u>Living a Meaningful Life</u></a> <i>(Aspire: Fletton Life Church)</i>	<b>1:30pm-3:45pm</b> <a href="#"><u>Action Planning for Wellness (S1)</u></a> <i>(Online via Microsoft Teams)</i>	<b>1:30pm-3:45pm</b> <a href="#"><u>Self Care and Mindfulness</u></a> <i>(Online via Microsoft Teams)</i>

*\*Let's Talk About...sessions are 60-90 mins.*

	Monday 4 <sup>th</sup> May	Tuesday 5 <sup>th</sup> May	Wednesday 6 <sup>th</sup> May	Thursday 7 <sup>th</sup> May
AM	Bank Holiday	10:00am-11:30am <a href="#">*Let's Talk About...Low Mood and Depression</a> (Online via Microsoft Teams)	10:00am-12:15pm <a href="#">Wellbeing Discovery Programme</a> (Online via Microsoft Teams)	10:00am-12:15pm <a href="#">Bouncebackability</a> (Online via Microsoft Teams)
12:30-1:00				
PM		1:30pm-3:00pm <a href="#">*Let's Talk About...EUPD</a> (Online via Microsoft Teams)	1:30pm-3:45pm <a href="#">Action Planning for Wellness (S2)</a> (Online via Microsoft Teams)	1:30pm-3:00pm <a href="#">*Let's Talk About...Chronic Fatigue</a> (Online via Microsoft Teams)

\*Let's Talk About...sessions are 60-90 mins.

## Mental Health Awareness Week!

	Monday 11 <sup>th</sup> May	Tuesday 12 <sup>th</sup> May	Wednesday 13 <sup>th</sup> May	Thursday 14 <sup>th</sup> May
AM	<b>9:30am-11:30am</b> <a href="#">Energise Your Day</a> <i>(Bayleaf Care Home Huntingdon)</i>	<b>10:00am-12:15pm</b> <a href="#">Living Well With...Low Mood and Depression</a> <i>(Online via Microsoft Teams)</i>	<b>10:00am-12:15pm</b> <a href="#">Wellbeing Discovery Programme</a> <i>(Online via Microsoft Teams)</i>	<b>10:00am-11:30am</b> <a href="#">*Let's Talk About...ADHD</a> <i>(Online via Microsoft Teams)</i>
12:30-1:00	Mindful session	Mindful session	Mindful session	Mindful session
PM		<b>1:30pm-3:45pm</b> <a href="#">Living Well With...EUPD</a> <i>(Online via Microsoft Teams)</i>  <b>1:30pm-3:30pm</b> <a href="#">Dreaming of a Better Sleep</a> <i>(Aspire: Fletton Life Church)</i>	<b>1:30pm-3:00pm</b> <a href="#">*Let's Talk About...Decluttering / Hoarding Disorder</a> <i>(Online via Microsoft Teams)</i>	<b>1:30pm-3:45pm</b> <a href="#">Living Well With...Chronic Fatigue</a> <i>(Online via Microsoft Teams)</i>

\*Let's Talk About...sessions are 60-90 mins.

	Monday 18 <sup>th</sup> May	Tuesday 19 <sup>th</sup> May	Wednesday 20 <sup>th</sup> May	Thursday 21 <sup>st</sup> May
AM	9:30am – 11:30am <a href="#">Living Well With Stress</a> ( <i>Bayleaf Care Home Huntingdon</i> )	10:00am-12:15pm <a href="#">Energise Your Day!</a> ( <i>Online via Microsoft Teams</i> )	10:00am-12:15pm <a href="#">Wellbeing Discovery Programme</a> ( <i>Online via Microsoft Teams</i> )	10:00am-12:15pm <a href="#">Living Well With...ADHD</a> ( <i>Online via Microsoft Teams</i> )
12:30-1:00	<a href="#">Bitesize Smart Goals</a> ( <i>Online via Microsoft Teams</i> )			
PM		1:30pm-3:45pm <a href="#">Exploring Emotions</a> ( <i>Online via Microsoft Teams</i> )	1:30pm-3:45pm <a href="#">Living Well With...Decluttering/ Hoarding Disorder</a> ( <i>Online via Microsoft Teams</i> )	1:30pm-3:45pm <a href="#">Knowing Our Worth</a> ( <i>Online via Microsoft Teams</i> )

\*Let's Talk About...sessions are 60-90 mins.

**HALF TERM BREAK MONDAY 25<sup>TH</sup> MAY- FRIDAY 29<sup>TH</sup> MAY**

	Monday 1 <sup>st</sup> June	Tuesday 2 <sup>nd</sup> June	Wednesday 3 <sup>rd</sup> June	Thursday 4 <sup>th</sup> June
AM	<b>9:30am-11:30am</b> <u>Creativity For Wellbeing</u> <i>(Bayleaf Care Home Huntingdon)</i>	<b>10:00am-12:15pm</b> <u>Volunteering in my Recovery</u> <i>(Online via Microsoft Teams)</i>	<b>10:00am-12:15pm</b> <u>Wellbeing Discovery Programme</u> <i>(Online via Microsoft Teams)</i>	<b>10:00am-10:30am</b> <u>Bitesize Routine</u> <i>(Online via Microsoft Teams)</i>
12:30-1:00				
PM		<b>1:30pm-3:00pm</b> <u>*Let's Talk About...Stress</u> <i>(Online via Microsoft Teams)</i>	<b>1:30pm-3:45pm</b> <u>Finding My Motivation (S1)</u> <i>(Online via Microsoft Teams)</i>	<b>1:30pm-3:00pm</b> <u>*Let's Talk About...ASD</u> <i>(Online via Microsoft Teams)</i>

\*Let's Talk About...sessions are 60-90 mins.

	Monday 8 <sup>th</sup> June	Tuesday 9 <sup>th</sup> June	Wednesday 10 <sup>th</sup> June	Thursday 11 <sup>th</sup> June
AM	<b>9:30am-11:30am</b> <a href="#">Knowing Our Worth</a> <i>(Bayleaf Care Home Huntingdon)</i>	<b>10:00am-12:15pm</b> <a href="#">The Language of Loss</a> <i>(Online via Microsoft Teams)</i>	<b>10:00am-12:15pm</b> <a href="#">Wellbeing Discovery Programme</a> <i>(Online via Microsoft Teams)</i>	<b>10:00am-12:15pm</b> <a href="#">Perfectionism (S1)</a> <i>(Online via Microsoft Teams)</i>
12:30-1:00				
PM			<b>1:30pm-3:45pm</b> <a href="#">Finding My Motivation (S2)</a> <i>(Online via Microsoft Teams)</i>	<b>1:30pm-3:45pm</b> <a href="#">Living Well With...ASD</a> <i>(Online via Microsoft Teams)</i>

\*Let's Talk About...sessions are 60-90 mins.

	Monday 15 <sup>th</sup> June	Tuesday 16 <sup>th</sup> June	Wednesday 17 <sup>th</sup> June	Thursday 18 <sup>th</sup> June
AM	<b>9:30am-11:30am</b> <a href="#"><u>Challenging Our Worrying Thoughts</u></a> <i>(Bayleaf Care Home Huntingdon)</i>	<b>10:00am-12:15pm</b> <a href="#"><u>Living Well With...Menopause</u></a> <i>(Online via Microsoft Teams)</i>	<b>10:00am-12:15pm</b> <a href="#"><u>Wellbeing Discovery Programme</u></a> <i>(Online via Microsoft Teams)</i>	<b>10:00am-12:15pm</b> <a href="#"><u>Perfectionism (S2)</u></a> <i>(Online via Microsoft Teams)</i>
12:30-1:00		<b>1:30pm-2:00pm</b> <a href="#"><u>Bitesize Anxiety</u></a> <i>(Online via Microsoft Teams)</i>		
PM		<b>1:30pm-3:45pm</b> <a href="#"><u>Living Well With...Stress</u></a> <i>(Online via Microsoft Teams)</i>	<b>1:30pm-3:45pm</b> <a href="#"><u>Leaving Loneliness Behind (S1)</u></a> <i>(Online via Microsoft Teams)</i>	<b>1:30pm-3:45pm</b> <a href="#"><u>Changing words into Actions (S1)</u></a> <i>(Online via Microsoft Teams)</i>

*\*Let's Talk About...sessions are 60-90 mins.*

	Monday 22 <sup>nd</sup> June	Tuesday 23 <sup>rd</sup> June	Wednesday 24 <sup>th</sup> June	Thursday 25 <sup>th</sup> June
AM	9:30am-11:30am <u>Self-care &amp; Mindfulness</u> ( <i>Bayleaf Care Home Huntingdon</i> )	10:00am-12:15pm <u>Introduction to Overcoming Shame</u> ( <i>Online via Microsoft Teams</i> )	10:00am-12:15pm <u>Wellbeing Discovery Programme</u> ( <i>Online via Microsoft Teams</i> )	10:00am-12:15pm <u>Perfectionism (S3)</u> ( <i>Online via Microsoft Teams</i> )
12:30- 1:00				
PM		1:30pm-3:45pm <u>Give Yourself a Break (S1)</u> ( <i>Online via Microsoft Teams</i> )	1:30pm-3:45pm <u>Leaving Loneliness Behind (S2)</u> ( <i>Online via Microsoft Teams</i> )	1:30pm-3:45pm <u>Changing words into Actions (S2)</u> ( <i>Online via Microsoft Teams</i> )

\*Let's Talk About...sessions are 60-90 mins.

	Monday 29th June	Tuesday 30th June	Wednesday 1st July	Thursday 2nd July
AM		10:00am-11:30am <a href="#">*Let's Talk About...ADHD</a> (Online via Microsoft Teams)	10:00am-12:15pm <a href="#">Wellbeing Discovery Programme</a> (Online via Microsoft Teams)	10:00am-12:15pm <a href="#">Brave Boundaries (S1)</a> (Online via Microsoft Teams)
12:30-1:00				
PM		1:30pm-3:45pm <a href="#">Give Yourself a Break (S2)</a> (Online via Microsoft Teams)	1:30pm-3:45pm <a href="#">Living Well With...OCD</a> (Online via Microsoft Teams)	1:30pm-3:45pm <a href="#">Knowing Our Worth</a> (Online via Microsoft Teams)

\*Let's Talk About...sessions are 60-90 mins.

	Monday 6 <sup>th</sup> July	Tuesday 7 <sup>th</sup> July	Wednesday 8 <sup>th</sup> July	Thursday 9 <sup>th</sup> July
AM		10:00am-12:15pm <a href="#">Living Well With...ADHD</a> (Online via Microsoft Teams)	10:00am-12:15pm <a href="#">Wellbeing Discovery Programme</a> (Online via Microsoft Teams)	10:00am-12:15pm <a href="#">Brave Boundaries (S2)</a> (Online via Microsoft Teams)
12:30-1:00				
PM	1:30pm-3:45pm <a href="#">Energise Your Day</a> (RCE Wellbeing Hub Peterborough)	1:30pm-3:45pm <a href="#">The Power of Routine</a> (Online via Microsoft Teams)	1:30pm-2:00pm <a href="#">Bitesize Low Mood</a> (Online via Microsoft Teams)	1:30pm-3:45pm <a href="#">Living a Meaningful Life</a> (Online via Microsoft Teams)

\*Let's Talk About...sessions are 60-90 mins.

	Monday 13 <sup>th</sup> July	Tuesday 14 <sup>th</sup> July	Wednesday 15 <sup>th</sup> July	Thursday 16 <sup>th</sup> July
AM		10:00am-12:15pm <a href="#">Exploring Emotions</a> (Online via Microsoft Teams)	10:00am-12:15pm <a href="#">Wellbeing Discovery Programme</a> (Online via Microsoft Teams)	10:00am-12:15pm <a href="#">Brave Boundaries (S3)</a> (Online via Microsoft Teams)
12:30-1:00	<a href="#">Bitesize Journaling</a> (Online via Microsoft Teams)			
PM	1:30pm-3:45pm <a href="#">Wellbeing Together</a> (RCE Wellbeing Hub Peterborough)	1:30pm-3:00pm <a href="#">*Let's Talk About...Psychosis</a> (Online via Microsoft Teams)	1:30pm-3:45pm <a href="#">Living Well With...Low Mood and Depression</a> (Online via Microsoft Teams)	1:30pm-3:00pm <a href="#">*Let's Talk About...Anxiety</a> (Online via Microsoft Teams)

\*Let's Talk About...sessions are 60-90 mins.

	Monday 20 <sup>th</sup> July	Tuesday 21 <sup>st</sup> July	Wednesday 22 <sup>nd</sup> July	Thursday 23 <sup>rd</sup> July
AM		<b>10:00am-12:15pm</b> <b><u>Challenging Our Worrying Thoughts</u></b> <i>(Online via Microsoft Teams)</i>	<b>10:00am-12:15pm</b> <b><u>Wellbeing Discovery Programme</u></b> <i>(Online via Microsoft Teams)</i>	<b>10:00am-10:30am</b> <b><u>Bitesize Self Compassion</u></b> <i>(Online via Microsoft Teams)</i>
12:30-1:00				
PM	<b>1:30pm-3:45pm</b> <b><u>Introduction to Journaling</u></b> <b>(RCE Wellbeing Hub Peterborough)</b>	<b>1:30pm-3:45pm</b> <b><u>Living Well With...Psychosis</u></b> <i>(Online via Microsoft Teams)</i>	<b>1:30pm-3:45pm</b> <b><u>Bouncebackability</u></b> <i>(Online via Microsoft Teams)</i>	<b>1:30pm-3:45pm</b> <b><u>Living Well With Anxiety</u></b> <i>(Online via Microsoft Teams)</i>

\*Let's Talk About...sessions are 60-90 mins.

# How to find/contact us

## Our address in Peterborough

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



(No parking available)

The best way to contact the RCE Wellbeing Hub team is via email on [RCEWellbeingHub@cpft.nhs.uk](mailto:RCEWellbeingHub@cpft.nhs.uk)

or

Telephone us on 01733 847 007 – this line is staffed Monday to Thursday

Other Face to Face Venue addresses:

The RCE Wellbeing Hub will be delivering some sessions (see timetable for details) out in the community at the following locations:

- Barchester Bayleaf Care Home Sallowbush Road, Huntingdon, PE29 7AF
- 
- Aspire- Fletton Life Church, The Fletton Centre, 139B Fletton Ave, Peterborough PE2 8BY

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?

Structured  
Reflection  
Diary and  
Workbook

## Wellbeing Discovery Programme

Every  
Wednesday  
10am –  
12:15pm

E-mail us to sign up:  
[RCEWellbeingHub@cpft.nhs.uk](mailto:RCEWellbeingHub@cpft.nhs.uk)

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