

# January-March Timetable 2026



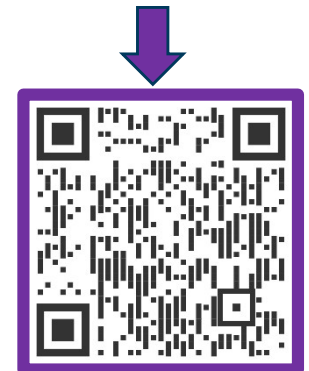
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	Monday 12 <sup>th</sup> January	Tuesday 13 <sup>th</sup> January	Wednesday 14 <sup>th</sup> January	Thursday 15 <sup>th</sup> January
10:00 - 12:15	<u>Living Well With Anxiety</u> (FACE TO FACE SESSION: Coneygear Centre, Huntingdon) 09:30-11:30am	<u>Bouncebackability</u> (Online via Microsoft Teams)	<u>Wellbeing Discovery Programme</u> (Online via Microsoft Teams)	<u>Challenging Our Worrying Thoughts</u> (Online via Microsoft Teams)
12:30-1:00		Lifestyle as Medicine Programme (LAMP) Sleep Better (Online via Microsoft Teams)		
1:30 - 3:45		<u>Living Well With Low Mood and Depression</u> (FACE TO FACE SESSION: Aspire: Fletton Life Church)	<u>*Let's Talk About...Stress</u> (Online via Microsoft Teams)	<u>*Let's Talk About...Anxiety</u> (Online via Microsoft Teams)
4:00-4:30				<u>**Bitesize Decluttering</u> (Online via Microsoft Teams)

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

\*\*Bitesize sessions are 30mins

	Monday 19 <sup>th</sup> January	Tuesday 20 <sup>th</sup> January	Wednesday 21 <sup>st</sup> January	Thursday 22 <sup>nd</sup> January
10:00 - 12:15	<u>Self Care and Mindfulness</u> (FACE TO FACE SESSION: Coneygear Centre, Huntingdon) 09:30-11:30am	<u>Living a Meaningful Life</u> (Online via Microsoft Teams)	<u>Wellbeing Discovery Programme</u> (Online via Microsoft Teams)	<u>Knowing Our Worth</u> (Online via Microsoft Teams)
12:30- 1:00		Lifestyle as Medicine Programme (LAMP) Move More (Online via Microsoft Teams)		
1:30 - 3:45		<u>*Let's Talk About...EUPD</u> (Online via Microsoft Teams)	<u>Living Well With...Stress</u> (FACE TO FACE SESSION: Cross Keys Skills Hub: Shakespeare Avenue)	<u>*Let's Talk About...ASD</u> (Online via Microsoft Teams)
4:00-4:30		<u>**Bitesize Chronic Fatigue</u> (Online via Microsoft Teams)		

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

\*\*Bitesize sessions are 30mins

	Monday 26 <sup>th</sup> January	Tuesday 27 <sup>th</sup> January	Wednesday 28 <sup>th</sup> January	Thursday 29 <sup>th</sup> January
10:00 - 12:15	<b><u>Energise Your Day</u></b> <b>(FACE TO FACE SESSION:</b> <b>Coneygear Centre,</b> <b>Huntingdon)</b> <b>09:30-11:30am</b>	<b><u>Action Planning for Wellness</u></b> <b>(S1)</b> <b>(Online via Microsoft Teams)</b>	<b><u>Wellbeing Discovery</u></b> <b>Programme</b> <b>(Online via Microsoft Teams)</b>	<b><u>*Let's Talk About...Low</u></b> <b><u>Mood and Depression</u></b> <b>(Online via Microsoft Teams)</b>
12:30- 1:00		<b>Lifestyle as Medicine</b> <b>Programme (LAMP)</b> <b>Eat Well</b> <b>(Online via Microsoft Teams)</b>		
1:30 - 3:45		<b><u>Challenging Our Worrying</u></b> <b><u>Thoughts</u></b> <b>(FACE TO FACE SESSION:</b> <b>Aspire: Fletton Life Church)</b>	<b><u>Exploring Emotions</u></b> <b>(Online via Microsoft Teams)</b>	<b><u>Energise Your Day!</u></b> <b>(Online via Microsoft Teams)</b>
4:00-4:30			<b><u>**Bitesize Motivation</u></b> <b>(Online via Microsoft Teams)</b>	

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

\*\*Bitesize sessions are 30mins

	Monday 2 <sup>nd</sup> February	Tuesday 3 <sup>rd</sup> February	Wednesday 4 <sup>th</sup> February	Thursday 5 <sup>th</sup> February
10:00 - 12:15	<a href="#"><u>Creativity for Wellbeing</u></a> <b>(FACE TO FACE SESSION: Coneygear Centre, Huntingdon) 09:30-11:30am</b>	<a href="#"><u>Action Planning for Wellness</u></a> <b>(S2)</b> <i>(Online via Microsoft Teams)</i>	<a href="#"><u>Wellbeing Discovery Programme</u></a> <i>(Online via Microsoft Teams)</i>	<a href="#"><u>Changing words into Actions</u></a> <b>(S1)</b> <i>(Online via Microsoft Teams)</i>
12:30- 1:00		<b>Lifestyle as Medicine Programme (LAMP) Reduce Stress</b> <i>(Online via Microsoft Teams)</i>	<a href="#"><u>**Bitesize Self Compassion</u></a>	
1:30 - 3:45	<a href="#"><u>*Let's Talk About...Chronic Fatigue</u></a> <i>(Online via Microsoft Teams)</i>	<a href="#"><u>Food n Mood (S1)</u></a> <i>(Online via Microsoft Teams)</i>	<a href="#"><u>Bouncebackability</u></a> <b>(FACE TO FACE SESSION: Cross Keys Skills Hub: Shakespeare Avenue)</b>	<a href="#"><u>*Let's Talk About...Decluttering / Hoarding Disorder</u></a> <i>(Online via Microsoft Teams)</i>
4:00-4:30				

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

*\*\*Bitesize sessions are 30mins*

	Monday 9 <sup>th</sup> February	Tuesday 10 <sup>th</sup> February	Wednesday 11 <sup>th</sup> February	Thursday 12 <sup>th</sup> February
10:00 - 12:15	<a href="#"><u>Challenging Our Worrying Thoughts</u></a> (FACE TO FACE SESSION: Coneygear Centre, Huntingdon) 09:30-11:30am	<a href="#"><u>Introduction to Overcoming Shame</u></a> (Online via Microsoft Teams)	<a href="#"><u>Wellbeing Discovery Programme</u></a> (Online via Microsoft Teams)	<a href="#"><u>Changing words into Actions (S2)</u></a> (Online via Microsoft Teams)
12:30- 1:00	<b>**<a href="#"><u>Bitesize Anxiety</u></a></b> (Online via Microsoft Teams)	Lifestyle as Medicine Programme (LAMP) Deepen Connection (Online via Microsoft Teams)		
1:30 - 3:45		<a href="#"><u>Energise Your Day</u></a> (FACE TO FACE SESSION: Aspire: Fletton Life Church)  <a href="#"><u>Food n Mood (S2)</u></a> (Online via Microsoft Teams)	<b>*<a href="#"><u>Let's Talk About...Psychosis</u></a></b> (Online via Microsoft Teams)	<b>*<a href="#"><u>Let's Talk About...ADHD</u></a></b> (Online via Microsoft Teams)
4:00-4:30				

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

\*\*Bitesize sessions are 30mins

	Monday 16 <sup>th</sup> February	Tuesday 17 <sup>th</sup> February	Wednesday 18 <sup>th</sup> February	Thursday 19 <sup>th</sup> February
	<b>HALF TERM WEEK</b>			

	Monday 23 <sup>rd</sup> February	Tuesday 24 <sup>th</sup> February	Wednesday 25 <sup>th</sup> February	Thursday 26 <sup>th</sup> February
10:00 - 12:15		<a href="#"><u>Living Well With...Stress</u></a> (Online via Microsoft Teams)	<a href="#"><u>Wellbeing Discovery Programme</u></a> (Online via Microsoft Teams)  <a href="#"><u>Wellbeing Discovery Programme</u></a> (FACE TO FACE SESSION: Eco Innovation Centre - RCE Hub!)	<a href="#"><u>Living Well With...Anxiety</u></a> (Online via Microsoft Teams)
12:30- 1:00	<a href="#"><u>**Bitesize Stress</u></a> (Online via Microsoft Teams)	Lifestyle as Medicine Programme (LAMP) Minimise Harm (Online via Microsoft Teams)		
1:30 - 3:45		<a href="#"><u>Identifying Identity S1</u></a> (Online via Microsoft Teams)	<a href="#"><u>Challenging Our Worrying Thoughts</u></a> (Online via Microsoft Teams)	<a href="#"><u>Dreaming of a Better Sleep</u></a> (Online via Microsoft Teams)
4:00-4:30		<a href="#"><u>**Bitesize Low Mood</u></a> (Online via Microsoft Teams)		

	Monday 2 <sup>nd</sup> March	Tuesday 3 <sup>rd</sup> March	Wednesday 4 <sup>th</sup> March	Thursday 5 <sup>th</sup> March
10:00 - 12:15		<a href="#"><u>Self-Care and Mindfulness</u></a> (Online via Microsoft Teams)	<a href="#"><u>Wellbeing Discovery Programme</u></a> (Online via Microsoft Teams)  <a href="#"><u>Wellbeing Discovery Programme</u></a> (FACE TO FACE SESSION: Eco Innovation Centre - RCE Hub!)	<a href="#"><u>Living Well With... ASD</u></a> (Online via Microsoft Teams)
12:30- 1:00	<b>**Bitesize Resilience</b> (Online via Microsoft Teams)			
1:30 - 3:45		<a href="#"><u>Identifying Identity S2</u></a> (Online via Microsoft Teams)	<a href="#"><u>Living Well With...EUPD</u></a> (Online via Microsoft Teams)	<a href="#"><u>The Power of Routine</u></a> (Online via Microsoft Teams)
4:00-4:30				

*\*\*Bitesize sessions are 30mins*

	Monday 9 <sup>th</sup> March	Tuesday 10 <sup>th</sup> March	Wednesday 11 <sup>th</sup> March	Thursday 12 <sup>th</sup> March
10:00 - 12:15		<u><a href="#">Bouncebackability</a></u> (Online via Microsoft Teams)	<u><a href="#">Wellbeing Discovery Programme</a></u> (Online via Microsoft Teams)  <u><a href="#">Wellbeing Discovery Programme</a></u> (FACE TO FACE SESSION: Eco Innovation Centre - RCE Hub!)	<u><a href="#">Living Well With...Decluttering/ Hoarding Disorder</a></u> (Online via Microsoft Teams)
12:30- 1:00				
1:30 - 3:45	<u><a href="#">Brave Boundaries (S1)</a></u> (Online via Microsoft Teams)	<u><a href="#">The Language of Loss</a></u> (Online via Microsoft Teams)	<u><a href="#">Living Well With...Low Mood and Depression</a></u> (Online via Microsoft Teams)	<u><a href="#">Give Yourself a Break (S1)</a></u> (Online via Microsoft Teams)
4:00-4:30			<u><a href="#">**Bitesize Self Esteem</a></u> (Online via Microsoft Teams)	

*\*\*Bitesize sessions are 30mins*

	Monday 16 <sup>th</sup> March	Tuesday 17 <sup>th</sup> March	Wednesday 18 <sup>th</sup> March	Thursday 19 <sup>th</sup> March
10:00 - 12:15		<a href="#"><u>Knowing Our Worth</u></a> (Online via Microsoft Teams)	<a href="#"><u>Wellbeing Discovery Programme</u></a> (Online via Microsoft Teams)  <a href="#"><u>Wellbeing Discovery Programme</u></a> (FACE TO FACE SESSION: Eco Innovation Centre - RCE Hub!)	<a href="#"><u>Living Well With...Psychosis</u></a> (Online via Microsoft Teams)
12:30- 1:00	<a href="#"><u>**Bitesize Anxiety</u></a> (Online via Microsoft Teams)			
1:30 - 3:45	<a href="#"><u>Brave Boundaries (S2)</u></a> (Online via Microsoft Teams)	<a href="#"><u>Introduction to Journaling</u></a> (Online via Microsoft Teams)	<a href="#"><u>Living Well With...Chronic Fatigue</u></a> (Online via Microsoft Teams)	<a href="#"><u>Give Yourself a Break (S2)</u></a> (Online via Microsoft Teams)
4:00-4:30				

*\*\*Bitesize sessions are 30mins*

	Monday 23 <sup>rd</sup> March	Tuesday 24 <sup>h</sup> March	Wednesday 25 <sup>th</sup> March	Thursday 26 <sup>th</sup> March
10:00 - 12:15		<a href="#"><u>Living Well With ADHD</u></a> (Online via Microsoft Teams)	<a href="#"><u>Wellbeing Discovery Programme</u></a> (Online via Microsoft Teams)  <a href="#"><u>Wellbeing Discovery Programme</u></a> (FACE TO FACE SESSION: Eco Innovation Centre- RCE Hub!)	<a href="#"><u>Exploring Emotions</u></a> (Online via Microsoft Teams)
12:30- 1:00	<a href="#"><u>**Bitesize Energise Your Day</u></a> (Online via Microsoft Teams)			
1:30 - 3:45	<a href="#"><u>Brave Boundaries (S3)</u></a> (Online via Microsoft Teams)	<a href="#"><u>Living a Meaningful Life</u></a> (Online via Microsoft Teams)	<a href="#"><u>Living Well With...Menopause</u></a> (Online via Microsoft Teams)	<a href="#"><u>Introduction to Overcoming Shame</u></a> (Online via Microsoft Teams)
4:00-4:30				

*\*\*Bitesize sessions are 30mins*

# 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

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)



Cambridgeshire and Peterborough NHS Foundation Trust



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