



DROP IN SESSIONS

Meditation and Mindfulness Club

Every Tuesday during Summer Term starting Tuesday 14th April
1pm - 1:30pm
Online: Microsoft Teams

Journaling Club

Every Thursday during Summer Term starting Thursday 16th April
1pm - 1:30pm
Online: Microsoft Teams

It's Not About the Drawing

Friday 17th April
1pm - 3pm
Online: Microsoft Teams

Friday 1st May
1pm - 3pm
Online: Microsoft Teams

Friday 15th May
10am - 12pm
Online: Microsoft Teams

Friday 5th June
1pm - 3pm
Online: Microsoft Teams

Friday 19th June
10am - 12pm
Online: Microsoft Teams

Friday 3rd July
10am - 12pm
Online: Microsoft Teams

Friday 31st July
1pm - 3pm
Online: Microsoft Teams

Friday 14th August
1pm - 3pm
Online: Microsoft Teams

Course Dates, Times and Venues can be subject to change.
To check course information or to book on, please contact us!



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APRIL SUMMER 2026

Mental Health and Smoking

Wednesday 15th April
2pm - 3pm

Online: Microsoft Teams

Dealing with Worries

Monday 20th April
10am - 12pm

Online: Microsoft Teams

Lets Talk Safety: Harm Reduction

Wednesday 22nd April
2pm - 4pm

Online: Microsoft Teams

Humour for Recovery

6 week course starting on:
Monday 27th April
2pm - 4pm

Leicester Adult Education College

Gardening for Wellbeing

Monday 13th April
1:15pm - 3:15pm

A Place to Grow, Enderby

Getting Good Sleep

3 week course starting on:
Friday 17th April
10am - 12pm

Online: Microsoft Teams

Building Confidence in MS Teams

Monday 20th April
1pm - 1:45pm

Online: Microsoft Teams

Gardening for Wellbeing

Monday 27th April
1:15pm - 3:15pm

A Place to Grow, Enderby

Loneliness:

Get Better Connected

Wednesday 29th April
10am - 12pm

Online: Microsoft Teams

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MAY

SUMMER 2026

Routines:

Building a Balanced Life

Wednesday 6th & Thursday 7th May

10:30am - 12pm

Online: Microsoft Teams

Involvement Opportunities in LPT

Wednesday 6th May

1pm - 2pm

Online: Microsoft Teams

Understanding Medications for Mental Health

Friday 8th May

10am - 12pm

Online: Microsoft Teams

Gardening for Wellbeing

Monday 11th & 18th May

1:15pm - 3:15pm

A Place to Grow, Enderby

Recovery Goals

2 week session starting on:

Wednesday 13th May

1pm - 3pm

Online: Microsoft Teams

Introduction to Co-Production

Thursday 14th May

10am - 12pm

Online: Microsoft Teams

Reading Round

4 week session starting on:

Tuesday 19th May

1:30pm - 3pm

Online: Microsoft Teams

Understanding Bipolar Disorder

Friday 22nd May

10:30am - 12:30pm

Enderby Adult Learning Centre

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JUNE

SUMMER 2026

Gardening for Wellbeing

Monday 1st June

1:15pm - 3:15pm

A Place to Grow, Enderby

Social Anxiety

Tuesday 2nd June

10am - 12pm

Online: Microsoft Teams

Facilitation and Training Skills

6 week course starting on:

Wednesday 3rd June

10am - 12pm

Bishopdale Adult Learning Hub

Time Management

2 week course starting on:

Wednesday 3rd June

1pm - 3pm

Online: Microsoft Teams

Writing for Self-Expression

6 week course starting on:

Thursday 4th June

10:30am - 12pm

Online: Microsoft Teams

Understanding Psychosis and Schizophrenia

Friday 5th June

10am - 12pm

Leicester Adult Education College

Stress, Burnout and Self-Care

Monday 8th June

10am - 12pm

Wigston Library

Narratives in Recovery

4 week course starting on:

Tuesday 9th June

10am - 12pm

Leicester Adult Education College

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JUNE

SUMMER 2026

Lets Talk Safety: Harm Reduction

Wednesday 10th June

2pm - 4pm

TBC

Understanding Medications for Mental Health

Friday 12th June

10am - 12pm

Online: Microsoft Teams

Gardening for Wellbeing

Monday 15th & 29th June

1:15pm - 3:15pm

A Place to Grow, Enderby

Let's Get Digital

4 week course starting on:

Friday 19th June

12:30pm - 3pm

Leicester Adult Education College

5 Ways to Wellbeing

Monday 22nd June

10am - 12pm

Online: Microsoft Teams

Social Anxiety

Monday 22nd June

12:30pm - 2:30pm

Loughborough Wellbeing Centre

Learn to Surf

3 week course starting on:

Tuesday 23rd June

1pm - 3:15pm

Leicester Adult Education College

It's Not About the Drawing On the Road

Friday 26th June

11am - 1pm

Rutland Adult Learning Hub

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JULY

SUMMER 2026

It's Not About the Drawing

On The Road

Monday 6th July

1:15pm - 3:15pm

A Place to Grow, Enderby

Student Feedback Forum

Thursday 9th July

2pm - 3pm

Online: Microsoft Teams

Understanding Medications for Mental Health

Friday 10th July

10am - 12pm

Online: Microsoft Teams

Gardening for Wellbeing

Monday 27th July

1:15pm - 3:15pm

A Place to Grow, Enderby

Routines

2 week session starting on:

Thursday 30th July

1pm - 2:30pm

Atkins Building, Hinckley

Understanding Psychosis and Schizophrenia

Friday 31st July

10am - 12pm

Online: Microsoft Teams

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AUGUST

SUMMER 2026

Arts in Mental Health

Tuesday 4th August

10am - 12pm

Leicester Adult Education College

Being a Carer

Wednesday 5th August

1pm - 3pm

Online: Microsoft Teams

Nature for Wellbeing and Recovery

Friday 7th August

10am - 12:30pm

Abbey Park, Leicester City

Gardening for Wellbeing

Monday 10th August

1:15pm - 3:15pm

A Place to Grow, Enderby

Understanding Medications for Mental Health

Friday 14th August

10am - 12pm

Online: Microsoft Teams

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