



# 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!**



**0116 295 1196**



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# APRIL

## SUMMER 2026

### **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**

### **Dealing with Worries**

Monday 20th April

10am - 12pm

**Online: Microsoft Teams**

### **Building Confidence in MS**

**Teams**

Monday 20th April

1pm - 1:45pm

**Online: Microsoft Teams**

### **Lets Talk Safety:**

**Harm Reduction**

Wednesday 22nd April

2pm - 4pm

**Online: Microsoft Teams**

### **Gardening for Wellbeing**

Monday 27th April

1:15pm - 3:15pm

**A Place to Grow, Enderby**

### **Humour for Recovery**

6 week course starting on:

Monday 27th April

2pm - 4pm

**Leicester Adult Education College**

### **Loneliness:**

**Get Better Connected**

Wednesday 29th April

10am - 12pm

**Online: Microsoft Teams**

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# MAY

## SUMMER 2026

### **Involvement Opportunities in LPT**

Wednesday 6th May  
1pm - 2pm

**Online: Microsoft Teams**

### **Coping with Memory Problems**

3 week session starting on:  
Wednesday 13th May  
10am - 12pm

**Online: Microsoft Teams**

### **Introduction to Co-Production**

Thursday 14th May  
10am - 12pm

**Online: Microsoft Teams**

### **Mental Health and Smoking**

Wednesday 20th May  
11am - 12pm

**Online: Microsoft Teams**

### **Routines:**

#### **Building a Balanced Life**

Wednesday 6th & Thursday 7th May  
10:30am - 12pm

**Online: Microsoft Teams**

### **Understanding Medications for Mental Health**

Friday 8th May  
10am - 12pm

**Online: Microsoft Teams**

### **Recovery Goals**

2 week session starting on:  
Wednesday 13th May  
1pm - 2:30pm

**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

### **Introduction to Employment**

#### **Support Service**

Monday 3rd August

1pm - 3pm

**Online: Microsoft Teams**

### **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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