



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

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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Leicestershire Recovery College

Free Mental Health and Wellbeing Courses for Adults

JUNE

SUMMER 2026

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

Gardening for Wellbeing

Monday 15th & 29th June
1:15pm - 3:15pm
A Place to Grow, Enderby

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

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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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