 A very warm (excuse the pun) welcome to this month’s edition of the Newsletter. With the summer finally here and the sun shining in all its glory, have you found that you have a little more time on your hands, planning out the summer holidays or looking for a way to begin to tackle your overall mental health and wellbeing? The please take the time to check our latest offer and see if any of courses and workshops can be of any benefit to you.

We have been working hard to showcase all of our fantastic partners and would love to hear from you if there is something that you would like to see us offering on the Herefordshire and Worcestershire Wellbeing and Recovery. Please get in touch and let us know your thoughts, we are always looking for ways to improve our offer so drop us an email.

Email: hw\_wellbeingrecoverycollege@comfirst.org.uk

**Our courses and Workshops:**

**Women's Self Defence by Taijutsu Kai Jujutsu - FREE 6 Week Course**

Designed for complete beginners, this course is for women who would like to build their confidence, learn really easy basic  but practical techniques that they can put into practice if needed.

Learning self-defence for women is about much more  than throwing punches—it’s about reclaiming confidence, setting boundaries, and walking through the world with a stronger sense of control. Here’s why it matters:

* **Personal safety**: it will equip you with practical tools to protect yourself in threatening situations.
* **Confidence boost**: Knowing you can handle yourself physically and mentally can be incredibly empowering. It often spills over into other areas of life—work, relationships, and decision-making.
* **Situational awareness**: You will learn how to recognise and avoid danger before it escalates. That kind of awareness is a superpower in itself.
* **Breaking myths about women’s strength**: It challenges outdated ideas that brute force is the only type of strength.  Self-defence flips the script—showing that strength and assertiveness are for everyone.
* **Community and support**: Our classes create a space where women uplift each other, share experiences, and build solidarity.

If you are interested but not sure if it is for you call 07966 883780 to talk it through.

Venue: Heathfield Knoll School, Wolverley, Kidderminster DY10 3QE

To book yourself a place: <https://www.hwwellbeingandrecoverycollege.org.uk/events/womens-self-defense-by-taijutsu-kai-jujutsu-free-6-week-course/>

**MoodMaster: Anxiety, Stress and Worry (Thursday evenings)**

Alternatively, if you like the look of the MoodMaster: Stress, Anxiety and Worry course but would like to attend in an evening (after work hours) then we do offer this course on Thursday’s online 6:30 – 7:30pm

<https://www.hwwellbeingandrecoverycollege.org.uk/events/moodmaster-anxiety-stress-and-worry-3/>

**Cultivating Sleep and Rest**

In this interactive 2 hour online session we will explore how we sleep and why, what can happen when we don’t sleep, what affects our sleep and how to build good habits that will help us to sleep better.

Course Overview:

* Welcome and Introductions
* The value of sleep and rest and how it works
* How what we do can impact on our sleep and energy levels
* What helps: tips for getting a good night’s sleep
* Is it about more than sleep? Different types of rest and restoring energy
* Further support and information
* Commitment to action
* Q/A

If you want to learn tips on how to get a better night’s sleep and improve your energy levels in a  friendly and supportive group , this session is for you.

Thursday 10th July 6:30 - 8pm: <https://www.hwwellbeingandrecoverycollege.org.uk/events/cultivating-sleep-and-rest-online/>

Tuesday 12th August 9:30 – 11am:

<https://www.hwwellbeingandrecoverycollege.org.uk/events/cultivating-sleep-and-rest-online-2/>

**Gypsy, Roma and Traveler e-learning package**

This package was co-produced by the University of Worcester; Worcestershire County Council; The Gypsy, Roma, and Traveller Social Work Association; Gypsy and Traveller Empowerment (GATE) and Worcestershire Children First.

You may wish to offer this package as part of your organisational commitment to equality and diversity.

The 4 modules are short (approx. 15 mins) each and can be taken individually or all in one session. They are focused on social work and community members’ lived experience within the Worcestershire context but the messages about cultural insights and best practice translate elsewhere in social work and related professions.

Modules are:

* 1. Overview and History
* 2. Challenges
* 3. Social Care
* 4. Resources

You can access this resource at any time, either drop us an email using the address above or book your self a place: <https://www.hwwellbeingandrecoverycollege.org.uk/events/gypsy-roma-and-and-traveller-e-learning-course/>

**My Perfectly Wonky Life**

An online self-study course aimed at people who are recovering from significant lumps and bumps, in the road of life. Challenges with mental/physical health, loss/bereavement, gender/sexuality, career/financial, significant life changes. The programme offers new ways of thinking, and tools and techniques for managing yourself from surviving to thriving.

By far one of most popular courses with top-level feedback!

[My Perfectly Wonky Life | Courhttps://hwwellbeingandrecoverycollege.org.uk/courses-workshops/recurring-event/my-perfectly-wonky-life-50/](https://hwwellbeingandrecoverycollege.org.uk/courses-workshops/recurring-event/my-perfectly-wonky-life-50/)

**Managing Difficult Thoughts and Feelings with EFT Tapping Techniques**

Emotional Freedom Techniques (sometimes called EFT ‘Tapping’) are a set of ways of turning down challenging thoughts and feelings to allow you to focus and feel better.

Difficult thoughts and feelings can mess with our mood and our day.  This course offers  proven techniques that can be easily learned to quieten down unhelpful thoughts or feelings.  Emotional Freedom Techniques (sometimes called EFT ‘Tapping’) are a set of ways of turning down challenging thoughts and feelings to allow you to focus and feel better.

This is a course you can start at any time and takes place online.

<https://www.hwwellbeingandrecoverycollege.org.uk/events/2110/>

**Woodland Wellbeing at The Cart Shed in Herefordshire**

This is a fully funded **four-week** course (1 day a week) at The Cart Shed that will give you the chance to learn simple green woodworking and other woodland craft, whilst improving your wellbeing through support from our team of Occupational Therapists, Mental Health Practitioners and expert tutors.

The Cart Shed charity is based in beautiful woodlands in north Herefordshire and enables people to manage their mental and physical health and wellbeing in a sustainable way.

To find out more about this workshop: <https://www.hwwellbeingandrecoverycollege.org.uk/events/woodland-wellbeing-provided-by-the-cart-shed-3/>

**MoodMaster - Face to Face and Online Sessions – Join Anytime**

An upbeat approach to physical and emotional wellbeing, based around the idea that thoughts, feelings, what we do and how our bodies feel, are all connected.  It works by noticing and challenging patterns of thoughts and behaviours to help us feel better.  A different topic is covered each week and it's OK if you can't make every session. One of the great benefits of the MoodMaster programme is meeting up with your group on a regular basis, which has proven benefits for good mental health and wellbeing.

We have multiple sessions available for MoodMaster both Face to Face and online across multiple days. Search ‘MoodMaster’ on our Courses and Workshops page:

<https://www.hwwellbeingandrecoverycollege.org.uk/event-directory/>

Join us on the Herefordshire and Worcestershire Wellbeing & Recovery College to get up to date with all that we have on offer, and please share with anyone you know who may be in need of a wellbeing boost.

If you need us to chat to, find out more about what Courses and Workshops we have on offer then either give us a call on 0330 302 0458 or visit us online at <https://www.hwwellbeingandrecoverycollege.org.uk/>