



Herefordshire and Worcestershire

# Wellbeing and Recovery College

A very Festive welcome to this month's edition of the Herefordshire and Worcestershire Wellbeing and Recovery Newsletter!

Take a look at the FREE Courses and Workshops taking place this over the Festive Period and into the New Year (especially the Autism West Midlands Online series of supportive workshops) that might be of use to you or your clients. If there is something here that you would like to be a part of then please use the links below to register with us (if you have not done so already) and book yourself a place.

To register with us: <https://www.hwwellbeingandrecoverycollege.org.uk/register/>

We are constantly updating our offer so please keep checking in on our 'Courses and Workshops' page: <https://www.hwwellbeingandrecoverycollege.org.uk/event-directory/>

## Our courses and Workshops:

### **MoodMaster: Stress, Anxiety & Worry (Online)**

A supportive, non-judgemental and friendly group which provides an upbeat approach to managing our physical and emotional wellbeing.

Based around the idea that thoughts, feelings, what we do and how our bodies feel, are all connected, MoodMaster works by enabling us to notice and change unhelpful thoughts and behaviours. We cover a different topic each week and it's OK if you can't make every session.

This course takes place on **Teams** on **Thursday evenings 6.30 - 7.30pm** in a small group. Before starting the course, you will have a short chat with the group leader to check you're comfortable with Teams, chat about whether it's right for you just now and help you to access the course if you need it.

Course Duration: 12 weekly sessions (**Starting up on Thursday 8<sup>th</sup> Jan 2026**), but you can join at any time as long as a space is available.

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

### **How to find information about your mental health medication online**

Join the 'Lead Mental Health Pharmacist' for the Herefordshire & Worcestershire Health & Care Trust in this informative, easy to digest 38 Minute tutorial. Easily follow along and learn how to access the correct information and guidance on taking medications.

To access this video resource, scroll down on our "Resources" page using this link:

<https://www.hwwellbeingandrecoverycollege.org.uk/resources/>

### **Introducing Legacy Moto**

Join the Legacy Moto weekly motorcycle meeting every Sunday at 15.00 at The Three Horseshoes, Poolbrook Road, Malvern WR14 3JW

Meet the team, connect with other like-minded folk and get to know the future plans of Legacy Moto and how you can get involved to support the project.

To find out more:

<https://www.hwwellbeingandrecoverycollege.org.uk/events/introducing-legacy-moto/>

### **My Perfectly Wonky Life**

A 12 hour, 'sit anytime' alternative approach to navigating the 'Lumps and Bumps' on the road of our life. By far one of our most popular and successful courses.

<https://www.hwwellbeingandrecoverycollege.org.uk/events/my-perfectly-wonky-life-2/>

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

Difficult thoughts and feelings can mess with our mood and our day. This 'sit anytime' 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.

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

### **Find Your Inner Spark - 3 Counties Holistic Healthcare**

Join us for this eight-week workshop to delve into the nature of creativity, explore the factors that can hinder it and highlight its potential as a transformative force to reignite the spark within you.

Through the course, you will learn:

- What creativity really is
- What your beliefs are about creativity, and where you may be limiting your potential to create
- How to unblock the powerful creative force that lies within you
- How this unlimited force becomes blocked through childhood programming and limiting beliefs

We will explore those beliefs and blocks in a safe space using tools, creative play and weekly exercises to rediscover the creator within and what you would truly like to create in your life.

This course begins on Wednesday 7<sup>th</sup> Jan 10:30 – 12pm at the Lyppard Hub, Worcester

See listing for more details and suggested donations:

<https://www.hwwellbeingandrecoverycollege.org.uk/events/find-your-inner-spark-3-counties-holistic-healthcare/>

### **Emotional First Aid - 3 Counties Holistic Healthcare**

Just like physical first aid, emotional first aid can prevent small struggles from becoming crises. With the right skills, you can help create safety, reduce distress, and support healthier emotional environments at home, at work, and in your community.

#### **What you will learn:**

This course includes interactive activities, real-life scenarios, guided exercises, and take-home tools you can use daily. You will learn:

- **How emotions work** – understanding the brain–body connection
- **Grounding techniques** for anxiety and overwhelm
- **Calming strategies** to soothe intense emotional reactions
- **Communication skills** for supporting someone in distress
- **Boundaries and safety** – knowing what you *can* and *can't* do
- **Self-care practices** to prevent burnout
- **Instant tools** you can use anytime, anywhere

This course begins on Saturday 31<sup>st</sup> Jan 11:30 – 3:30pm at the Lyppard Hub, Worcester

See listing for more details and suggested donations:

<https://www.hwwellbeingandrecoverycollege.org.uk/events/emotional-first-aid-3-counties-holistic-healthcare/>

**Adult Learning Worcestershire – Upskill your IT and Computer skills:**

**Microsoft Office Skills** – Multiple venues and Dates

**Digital Skills for Absolute Beginners** - Multiple Venues and Dates

**Essential Digital Skills for Life** – Multiple Venues and Dates

**Essential Digital Skills for Work** - Multiple Venues and Dates

To see the dates and venues in Worcestershire for these courses, please visit our 'Courses and Workshops' page to find out more and how to book a place:

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

**Autism and Anxiety Webinar – Hosted by Autism West Midlands Online**

Wednesday 21<sup>st</sup> January 2026 10am-12pm

<https://www.hwwellbeingandrecoverycollege.org.uk/events/autism-and-anxiety-webinar-autism-west-midlands/>

**Autism and Communication Webinar - Hosted by Autism West Midlands Online**

Wednesday 28<sup>th</sup> January 10am-12pm

<https://www.hwwellbeingandrecoverycollege.org.uk/events/autism-and-communication-webinar-autism-west-midlands/>

**Autism and Sensory Differences Webinar - Hosted by Autism West Midlands Online**

Wednesday 4<sup>th</sup> February 10am-12pm

<https://www.hwwellbeingandrecoverycollege.org.uk/events/autism-and-sensory-differences-webinar-autism-west-midlands/>

**Autism and Behaviour Webinar - Hosted by Autism West Midlands Online**

Wednesday 11<sup>th</sup> February 10am-12pm

<https://www.hwwellbeingandrecoverycollege.org.uk/events/autism-and-behaviour-webinar-autism-west-midlands/>

**Navigating the System Webinar - Hosted by Autism West Midlands Online**

Wednesday 18<sup>th</sup> February 10am-12pm

<https://www.hwwellbeingandrecoverycollege.org.uk/events/navigating-the-system-webinar-autism-west-midlands/>

### **Autism and the Teenage Brain Webinar - Hosted by Autism West Midlands Online**

Wednesday 25<sup>th</sup> February 10am-12pm

<https://www.hwwellbeingandrecoverycollege.org.uk/events/autism-and-the-teenage-brain-webinar-autism-west-midlands/>

### **Supporting your Autistic Teen - Hosted by Autism West Midlands Online**

Wednesday 4<sup>th</sup> March 10am-12pm

<https://www.hwwellbeingandrecoverycollege.org.uk/events/supporting-your-autistic-teen-autism-west-midlands/>

### **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, drop us an email at:

hw\_wellbeingrecoverycollege@comfirst.org.uk or visit us online at

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