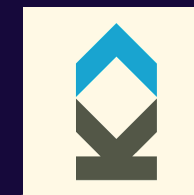


Mental Health Awareness Week 2022



Loneliness

Finding our
connections to feel
less lonely



Throughout the month of May we are supporting our local communities with free wellbeing courses. Find a way to connect with others to support your mental health. Email ace@kirkleescollege.ac.uk to book a place.

Venue	Course	Description	Time	Date	Weeks
Online	Beginners Yoga	A gentle introduction to learning yoga in the comfort of your own home.	10:00-11:30	Tuesday 26th April	6
Online	Beginners Pilates	Come and learn the art of Pilates to support your core strength and fitness.	11:30-13:00	Tuesday 26th April	6
Huddersfield	Level 1 Award in Volunteering	This short course aims to support you to prepare for undertaking a volunteering role.	18:00-20:30	Wednesday 27th April	5
Online	Evening Wind Down	This gentle class will include restorative stretching and use of breathwork to help you de stress and unwind, promoting restful sleep.	20:00-21:30	Thursday 28th April	4
Dewsbury	Coffee and Card Making	Grab a coffee and learn the art of card making.	13:00-14:30	Tuesday 3rd May	1
Online	Life Laundry	A gentle online session to declutter your mind and give yourself space.	18:30-20:30	Wednesday 4th May	1
Huddersfield	Craft and Chatter	Make friends while learning the art of crafting.	16:00-17:30	Thursday 5th May	1
Thornhill Lees Community Centre	Introduction to Digital Skills	During this course you will learn the basics and build your confidence using computers.	12:30-14:30	Wednesday 5th May	1
Baumont Park	Trails and Tails	Join us for a walk and talk in the park (dogs welcome).	16:00-17:30	Tuesday 10th May	1
Huddersfield	Curry and Chaat	Make a delicious curry and meet new people in this supportive, friendly session.	17:30-20:00	Wednesday 11th May	1
Dewsbury	Nurture your nails	Learn how to look after your nails in this fun taster.	12:30-14:00	Thursday 12th May	1
Huddersfield	Art for relaxation	Meet new people, chat and enjoy time in different relaxing surroundings exploring your creative side.	18:00-20:00	Tuesday 17th May	1
Huddersfield	Plant Pioneers - Food for health	Discover how food can boost your mood!	18:00-20:00	Wednesday 18th May	1
Huddersfield	Knit and Natter	Join us for this fun, friendly introduction to the art of knitting.	18:00-20:00	Wednesday 18th May	1
Dewsbury	Singing for fun	Join us for a fun, stress-busting, friendly sing-a-long.	18:30-20:00	Thursday 19th May	1
Baumont Park	Trails and Tails	Join us for a walk and talk in the park (dogs welcome).	16:00-17:30	Tuesday 24th May	1
Huddersfield	Curry and Chaat	Make a delicious curry and meet new people in this supportive, friendly session.	17:30-20:00	Wednesday 25th May	1
Huddersfield	Coffee and Card Making	Grab a coffee and learn the art of card making.	16:00-17:30	Thursday 26th May	1
Dewsbury	Make friends with your make up bag	Learn how to use and apply your own make up in this sociable session.	12:30-14:00	Thursday 26th May	1