

Life Community Church, Charlotte Street, Leamington Spa, CV31 3EB:

Sing for Wellbeing (by Arts uplift) – 12 sessions – starting Tuesday 1st October, 7pm to 8:30pm (**evening sessions**)

Outdoor Classroom, Foundry Wood, Princes Drive, Leamington Spa, CV32 6AF:

Nature Connection for Wellbeing (by ARC) – 1 session – Tuesday 15th October, 10am to 12pm **OR** 12:30pm to 2:30pm

Christmas Crafting in Nature for Wellbeing (by ARC) – 1 session – Tuesday 3rd December, 10am to 12pm **OR** 12:30pm to 2:30pm

Tallis Wood, Southam Road, Radford Semele, Leamington Spa, CV31 1TY:

Tallis Woodland Wellbeing (by ARC) – 7 weekly sessions – starting Wednesday 6th November, 10am to 3pm

Lifeway Gardens, 30 Albany Road, Stratford upon Avon, CV37 6PG:

Grow, Cook, CreATE (by Escape Arts) – 4 weekly sessions – starting Monday 30th September, 1pm to 3pm

The Gap Community Centre, Oakwood Grove, Warwick, CV34 5TD:

Isolation and Loneliness – Building Connections (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Tuesday 1st October, 10am to 12:30pm

An Introduction to Personality and Complex Trauma (by Coventry & Warwickshire Partnership NHS Trust) – 1 session – Thursday 17th October, 10:30am to 1:30pm

Online registration:

Visit: <https://www.recoveryandwellbeing.co.uk/>

Email: Recovery.Academy@covwarkpt.nhs.uk

Call: 0300 303 2626

Packmores Community Centre garden, Lyttelton Rd, Warwick, CV34 5EP:

Nature Connection for Wellbeing (by ARC) – 1 session – Thursday 24th October, 10am to 12pm **OR**
12:30pm to 2:30pm

Nature Connection for Wellbeing (by ARC) – 1 session – Thursday 14th November, 10am to 12pm **OR**
12:30pm to 2:30pm

Our Academy is not a School, College or Academy in the traditional sense of the word, you don't need to be academically minded to attend and there are no tests, exams or assessments. The Academy delivers a learning approach to personal recovery and wellbeing that is offered by a partnership of organisations across Coventry and Warwickshire. We offer a wide range of FREE courses and workshops designed to empower you to become an expert in your own recovery and wellbeing.

For course descriptions and to enrol, please see website below:

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