

	Monday	Tuesday	Wednesday	Thursday	Friday
	6.9.21 FRESHERS WEEK	7.9.21	8.9.21	9.9.21	10.9.21
10:30-12:00	What is Wellbeing & Rec College? Zoom Meet the Staff Team	What is Wellbeing & Rec College? Meet the Staff Team Zoom	Understanding your Timetable Zoom	Understanding your Timetable Zoom	Exploring Recovery A F2F (1/4)
13:30-15:00	Freshers Outdoors New Students Walk/Talk + Meet a Peer Ardrossan Beach	Freshers Outdoors Gentle Exercise Returning Students Irvine Beach Pk	Freshers Outdoors Drum + Sing Workshop Ardrossan Beach	Zoom Training Workshop Tutors/Peer	
	13.9.21	14.9.21	15.9.21	16.9.21	17.9.21
10:30-12:00	11.00 New Student Induction 1	Mental Health Awareness 10-12 1		Zen Photography (1/4) F2F	Exploring Recovery A F2F (2/4)
13:30-15:00	Exploring Recovery B Zoom (1/4) Exploring Recovery D Zoom (1/4) Co-Production (1/6) F2F	Wellbeing Workshops B&C Zoom Young Adults 'Emerge'	Drumming A (1/6) F2F	Creative Recovery (1/7) F2F	Write 2 Recovery Zoom (1/7)
6.30-8pm		Exploring Recovery Zoom	6.30-8.30 Wellbeing Community		
	20.9.21	21.9.21	22.9.21	23.9.21	24.9.21
10:30-12:00				Zen Photography (2/4) D F2F	Exploring Recovery A F2F (3/4)
13:30-15:00	Exploring Recovery B Zoom (2/4) Exploring Recovery D Zoom (2/4) Co Production (2/6) F2F	Wellbeing Workshops B&C Zoom Young Adults 'Emerge'	Drumming A (2/6) F2F	Creative Recovery (2/7) F2F	Write 2 Recovery Zoom (2/7)
6.30-8pm		Exploring Recovery Zoom			
	27.9.21	28.9.21	29.9.21	30.9.21	1.10.21
10:30-12:00	11.00 Student New Induction 2	Mental Health Awareness 10-12 2		Zen Photography (3/4) D F2F	Exploring Recovery A F2F(4/4)
13:30-15:00	Exploring Recovery B Zoom (3/4) Exploring Recovery D Zoom (3/4) Co-Production (3/6) F2F	Wellbeing Workshops B&C Zoom Young Adults 'Emerge'	Drumming A (3/6) F2F	Creative Recovery (3/7) F2F	Write 2 Recovery Zoom (3/7)
6.30-8pm		Exploring Recovery Zoom			
	4.10.21	5.10.21	6.10.21	7.10.21	8.10.21
10:30-12:00		What is Wellbeing & Rec College?	Practice Development Forum F2F	Zen Photography (4/4) D F2F	Peer Possibilities F2F
13:30-15:00	Exploring Recovery B Zoom (4/4) Exploring Recovery D Zoom (4/4) Co-Production (4/6) F2F	Wellbeing Workshops B&C Zoom Young Adults 'Emerge'	Drumming A (4/6) F2F	Creative Recovery (4/7) F2F	Write 2 Recovery Zoom (4/7)
6.30-8pm		Exploring Recovery Zoom			
	11.10.21				
10:30-12:00	October Break	October Break	October Break	October Break	October Break
13:30-15:00					
	18.10.21	19.10.21	20.10.21	21.10.21	22.10.21
10:30-12:00	11.00 New Student Induction Zoom 3	Mental Health Awareness 10-12 3 Wisdom of Story (1/4) F2F	Listening & Empathy (1/3) Zoom		I Matter A (1/5) F2F
13:30-15:00	Exploring Recovery C Zoom (1/4) Co- Production (5/6) Zoom Men's Forum Zoom	Wellbeing Workshops B&C Zoom Young Adults 'Emerge'	Drumming A (5/6) F2F	Creative Recovery (5/7) F2F Well-Seeing Film Forum (1/4) Zoom	Write 2 Recovery B (1/7) F2F Write 2 Recovery Zoom (5/7)
6.30-8pm		Wellbeing Workshop 1/6 Zoom	6.30-8.30 Wellbeing Community		
	25.10.21	26.10.21	27.10.21	28.10.21	29.10.21
10:30-12:00		Wisdom of Story (2/4) F2F	Listening & Empathy (2/3) Zoom		I Matter A (2/5) F2F
13:30-15:00	Exploring Recovery C Zoom (2/4) Co-Production (6/6) Zoom Men's Forum Zoom	Wellbeing Workshops B&C Young Adults 'Emerge'	Drumming A (6/6) F2F	Creative Recovery (6/7)F2F Well-Seeing Film Forum (2/4) Zoom	Write 2 Recovery B (2/7) F2F Write 2 Recovery Zoom (6/7)
6.30-8pm		Wellbeing Workshop 2/6 Zoom			

	1.11.21	2.11.21	3.11.21	4.11.21	5.11.21
10:30-12:00	11.00 New Student Induction Zoom 4	Wisdom of Story (3/4) F2F What is Wellbeing & Rec College?	Listening & Empathy (3/3) Zoom		I Matter A (3/5)
13:30-15:00	Exploring Recovery C Zoom (3/4) LLTTF blended (1/6) (Face2Face + Zoom)	Wellbeing Workshops Young Adults 'Emerge'	Drumming F2F	Creative Recovery (7/7) F2F Well-Seeing Film Forum (3/4) Zoom	Write 2 Recovery B (3/7) Write 2 Recovery Zoom (7/7)
6.30-8pm		Wellbeing Workshop 3/6 Zoom			
	8.11.21	9.11.21	10.11.21	11.11.21	12.11.21
10:30-12:00		Mental Health Awareness 10-12 4 Wisdom of Story (4/4) F2F	Practice Development Forum F2F		I Matter A (4/5) F2F
13:30-15:00	Exploring Recovery C Zoom (4/4) LLTTF blended (2/6)	Wellbeing Workshops D Young Adults 'Emerge'	Drumming F2F	Well-Seeing Film Forum (4/4) Zoom	Write 2 Recovery B (4/7) F2F
6.30-8.00pm		Wellbeing Workshop 4/6 Zoom	6.30-8.30 Wellbeing Community		
	15.11.21	16.11.21	17.11.21	18.11.21	19.11.21
10:30-12:00	11.00 New Student Induction Zoom 5	Wisdom of Story (1/4) B F2F	Thinking About Work A (1/4) Zoom	From Trauma to Recovery (1/5) Zoom 10-12am	I Matter A (5/5) F2F
13:30-15:00	Peer Possibilities Zoom LLTTF blended (3/6)	Wellbeing Workshops D Confident & Assertive (1/5)	Drumming F2F	Zen Photography A (1/4) Zoom	Write 2 Recovery B (5/7) F2F
6.30-8pm		Wellbeing Workshop Zoom 5/6			
	22.11.21	23.11.21	24.11.21	25.11.21	26.11.21
10:30-12:00	Taking Stock A&B	Wisdom of Story (2/4) B F2F	Thinking About Work A (2/4) Zoom	From Trauma to Recovery (2/5) Zoom 10-12am	Wellbeing Workshops A F2F Exploring Recovery E (1/4)
13:30-15:00	I Matter C & D (1/5) Zoom LLTTF blended (4/6)	Wellbeing Workshops D Confident & Assertive (2/5)	Drumming F2F	Zen Photography A (2/4) Zoom	Write 2 Recovery B (6/7) WRAP (1/4) F2F
6.30-8pm		Wellbeing Workshop Zoom 6/6			
	29.11.21	30.11.21	1.12.21	2.12.21	3.12.21
10:30-12:00	Taking Stock C&D 11.00 New Student Induction Zoom 6	Mental Health Awareness 10-12 5 Wisdom of Story (3/4) B F2F	Thinking About Work A (3/4) Zoom	From Trauma to Recovery (3/5) Zoom 10-12am	Wellbeing Workshops A F2F Exploring Recovery E (2/4)
13:30-15:00	I Matter C&D (2/5) Zoom LLTTF blended (5/6)	Wellbeing Workshops D Confident & Assertive (3/5)	Drumming F2F	Zen Photography A (3/4) Zoom	Write 2 Recovery B (7/7) F2F WRAP (2/4) F2F
	6.12.21	7.12.21	8.12.21	9.12.21	10.12.21
10:30-12:00	Taking Stock E & F	Wisdom of Story (4/4) B F2F What is Wellbeing & Rec College?	Thinking About Work A (4/4) Zoom	From Trauma to Recovery (4/5) Zoom 10-12am	Wellbeing Workshops A F2F Exploring Recovery E (3/4)
13:30-15:00	I Matter C&D (3/5) Zoom LLTTF blended (6/6)	Wellbeing Workshops D Confident & Assertive (4/5)	Drumming F2F	Zen Photography A (3/4) Zoom	WRAP (3/4) F2F
			6.30-8.30 Wellbeing Community		
	13.12.21	14.12.21	15.12.21	16.12.21	17.12.21
10:30-12:00	Taking Stock Track 2 + 3 11.00 New Student Induction Zoom 7	Wellbeing Workshops D	Practice Development Forum F2F	From Trauma to Recovery (5/5) Zoom 10-12am	Wellbeing Workshops A F2F Exploring Recovery E (4/4)
13:30-15:00	I Matter C&D (4/5) Zoom	Young Adults 'Emerge' Confident & Assertive (5/5)	Drumming F2F		WRAP (4/4) F2F
	20.12.21	21.12.21	22.12.21	23.12.21	24.12.21
10:30-12:00					
13:30-15:00	I Matter C&D (5/5) Zoom				