

Leeds health & care staff wellbeing events

Spring 2025, term timetable

If you work for a Leeds based NHS, primary care, private care provider, for Leeds City Council or in a Leeds based charity or third sector organisation, see our range of free health and wellbeing events to for staff wellbeing.

With the support of Leeds Health and Care Academy these experiential sessions aim to support Leeds health and care staff wellbeing. For more information, please visit: [Leedsrecoverycollege.com](https://leedsrecoverycollege.com) Prior booking is essential, for course enquiries please email: Leedsrecoverycollege.lypft@nhs.net or call 0113 855 5127.

Please book via your work email, to confirm eligibility.

We are excited to share with you that our new booking system is coming soon. You will be able to book onto our courses listed below as 'coming soon' via the new platform, Arlo from March 2025.

Wellbeing retreats: Half and full day events providing an opportunity to focus on your own health and wellbeing. All retreats include refreshments.

Course name	No. of sessions	Start date	Day of the week and time	Venue
Choosing happiness and self-care	1	4th February	Tuesday 9.30 - 1pm	Jamyang Buddhist Centre (Holbeck)
Self-compassion and burnout	1	27th February	Thursday 10 - 4pm	Jamyang Buddhist Centre (Holbeck)
Creating healthy boundaries	1	Coming soon		



Wellbeing sessions: Experience-based sessions which promote relaxation. These sessions have a focus on movement, mindfulness practices and encouraged calmness.

Course name	No. of sessions	Start date	Day of the week and time	Venue
1hr Sound relaxation (Sound bath)	1	6th February	Thursday 2 - 3pm	Jamyang Buddhist Centre (Holbeck)
1hr Sound relaxation (Sound bath)	1	19th February	Wednesday 2 - 3pm	Jamyang Buddhist Centre (Holbeck)
1hr Sound relaxation (Sound bath)	1	Coming soon		
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2-day WRAP: The essentials of Wellness Recovery Action Plan® delivered within two training days. *Please note this training is to support your own wellbeing*. Refreshments included.

2-day WRAP (Wellness Recovery Action Plan®)	2	Coming soon
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Prior booking is essential.

For more information please visit: leedsrecoverycollege.com or scan the QR code:
Email: leedsrecoverycollege.lypft@nhs.net or call: **0113 855 5127**

Leedsrecoverycollege.com

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