

Summer Break

Information and Timetable

in this pack:



Wellbeing Discovery Programme



RCE Wellbeing Hubs' Mindful Summer

Student feedback on our Mindful sessions: "Really nice session, the delivery style and voice of the trainer really helped to set the mood and seemed perfect with the soundtrack. It also felt nice being a shorter session than others at the Wellbeing Hub, meant you could feel able to sit in and dip out without disrupting your day in a major way."

Take some time for yourself

1-hour sessions

Thurs 25th July 1pm-2pm (Online)

Weds 31st July 3pm-4pm (Online)

Thurs 8th August 2pm-3pm (Online)

Thurs 22nd August 1:30-2:30 (Online)

Email us to book: RCEWellbeingHub@cpft.nhs.uk

HOPE | CONTROL | OPPORTUNITY

RCE's Mindful Summer

Find Out More Sessions



Face-to-face Sessions

'Wellbeing Together' Drop in afternoon



Wellbeing Discovery Programme

Every Wednesday
10am – 12.15pm
Online via Teams

Email to book:
RCEWellbeingHub@cpft.nhs.uk



The poster features a central white cloud-like shape with a blue outline containing the text 'Wellbeing Discovery Programme'. Surrounding this are several colorful speech bubbles and callouts: a blue bubble on the left says '6 sessions that introduce you to a wide range of wellbeing and recovery topics'; a yellow bubble above it says 'Discover what you want to develop!'; a black bubble above the center says '6-week Programme'; a red bubble on the right says 'Meet and discuss your learning plan with a tutor'; a white bubble on the right says 'Not sure where to start?'; a blue bubble below it says 'Every Wednesday 10am -12:15pm'; and a black bubble at the bottom left says 'Structured Reflection Diary and Workbook'. At the bottom, there is a sign-up email and logos for NHS and RCE Wellbeing Hub.

6 sessions that introduce you to a wide range of wellbeing and recovery topics

Discover what you want to develop!

6-week Programme

Meet and discuss your learning plan with a tutor

Not sure where to start?

Every Wednesday 10am -12:15pm

Structured Reflection Diary and Workbook

Wellbeing Discovery Programme

E-mail us to sign up:
RCEWellbeingHub@cpft.nhs.uk

NHS
Cambridgeshire and Peterborough
NHS Foundation Trust

RCE Wellbeing Hub
every mind every body every one

Hope | Control | Opportunity

RCE's Mindful Summer

Different activities
each week

Attend any or all
of the sessions

Email to book:
RCEWellbeingHub
@cpft.nhs.uk

RCE Wellbeing Hub's Mindful Summer

Student feedback on our Mindful sessions:

"Really nice session, the delivery style and voice of the trainer really helped to set the mood and sounded perfect with the soundtracks. It also felt nice being a shorter session than others at the Wellbeing Hub, meant you could feel able to dip in and dip out without disrupting you day in a major way."



Email us to book:
RCEWellbeingHub@cpft.nhs.uk

Thurs 25th July
1pm-2pm
(Online)

Weds 31st July
3pm-4pm
(Online)

Thurs 8th August
2pm-3pm
(Online)

Thurs 22nd August
1.30pm-2.30pm
(Online)



Cambridgeshire and
Peterborough
NHS Foundation Trust

HOPE | CONTROL | OPPORTUNITY

Thu 25 th July	Wed 31 st July	Thu 8 th August	Thu 22 nd August
1pm-2pm	3-4pm	2-3pm	1.30pm-2:30pm

Find Out More Sessions

Find Out More – email RCEWellbeingHub@cpft.nhs.uk to book!

For new students of the Wellbeing Hub, we strongly recommend you attend our 'Find Out More' session before signing up for further courses - but this is of course up to you!

Find Out More	1 session
Interested? Intrigued? Thinking about registering with us, but not sure?	
Join us for a 45–60 minute whistle stop tour of what we're about and what you can expect as a student with RCE Wellbeing Hub. You'll get to meet some of the tutors, learn about a typical session and ask any questions you may have.	
There's no need to complete our registration form to attend this session - simply email us at RCEWellbeingHub@cpft.nhs.uk to book!	

Monday 22 nd July	Thursday 8 th August	Thursday 15 th August
11am-12pm Peterborough Hub	10am-11am Online	1.30-2.30pm Cambridge Hub



Face-to-face Sessions in Peterborough Hub

Journey into Mindfulness **Wednesday 7th August** **10am-3pm**

Do you think mindfulness is all about breathing exercises and meditation?

Well... we can tell you that this is absolutely not the case!

There are a huge range of different ways to be mindful and we are sure that at least one will suit you. This multi-session course gives you the chance to experience everything from mindful eating to mindful drawing!

It is a practical session where you will be guided through a journey of exploration as a group and will get the chance to give lots of mindfulness techniques a go to see what you like and what you don't.

Along the way you will also learn about the benefits that regular mindful practice can bring to the way we think, feel and behave, and the situations in life where it can be used to give us time to pause, reflect and boost our wellbeing.

Thriving with Nature **Tuesday 20th August** **10am-12.15pm**

Why has modern society become so disconnected from the natural world?

How does nature help our wellbeing?

We will explore the benefits of nature in this unique course and stimulate our thinking about the ways we can reconnect with the world beyond ourselves to improve our lives.

Wellbeing Together- Open session

Peterborough Hub	Cambridge Hub
20 th August 1.30pm-4.30pm	21 st August 1.30pm-4.30pm

We're inviting you to the RCE Wellbeing Hub in our Peterborough and Cambridge Hubs on the afternoon of 20th August (Peterborough) and 21st August (Cambridge) for an informal Wellbeing Together event! Hub Trainers will be available to support you with completing our enrolment form and deciding which course/s you would like to book onto. There will also be plenty of opportunity to 'taste test' a variety of different wellness tools borrowed from some of our Hub courses, giving you valuable time to explore practical and accessible strategies for wellbeing that you can use right away.

This is a drop-in session running from 1.30pm – 4.30pm on Tuesday 20th August at our Peterborough Hub and Wednesday 21st August 1.30 – 4.30pm at our Cambridge Hub. There is no booking required to attend this Wellbeing Together event. You are welcome to bring a friend, loved one, or supporter with you. To find us, and for information on accessibility, please visit our 'How to Find Us' document on the following page.

How to find us

Our address in Peterborough

RCE Wellbeing Hub
Eco Innovation Centre
Peterscourt
City Rd
Peterborough
PE1 1SA



Car Park Entrance
(rear of building)

(No parking available)



Entrance



Our address in Cambridge

RCE Wellbeing Hub,
128-130 Tenison Road,
Cambridge,
CB1 2DP



(No parking available)

Contact Us

The best way to contact the RCE Wellbeing Hub team is via email on
RCEWellbeingHub@cpft.nhs.uk

or

Telephone us on 01733 963 219 – this line is staffed Monday to Thursday between 9.30am – 2.30pm.