

Welfare

Events

Should I go to Counselling?

Confido Counselling

Monday 27 January, 6-7pm, Old Kitchens

Dealing with ADHD?

The Brain Charity

Monday 3 February, 6-7pm, Old Kitchens

Relationships

Dr Wendy Lee

Monday 10 February, 6-7pm, Old Kitchens

Am I Neurodiverse?

The Brain Charity

Monday 17 February, 6-7pm, Old Kitchens

Exam Stress

Dr Wendy Lee

Monday 24 February, 6-7pm, Old Kitchens

Calm & Confidence (Mindfulness)

Elizabeth English

Monday 3 March, 6-7pm, Old Kitchens

Financial Welfare

with Nicky Shevlane

Monday 10 March, 6-7pm, Old Kitchens

Running throughout term

Zumba

Every Monday, 8am, Squash Courts

[No credits]

Swimming Lessons

Elite Swimming Academy, Saturday mornings – Times TBC [No credits]

Life Coaching with Jo Thompson

TBA with Students [Please note there is already a waiting list]

40 Credits (for completing a course of coaching)

Please keep up to date with events by reading the College weekly newsletter and GSP reminder emails as the Welfare programme is subject to change