Community Wellbeing Sessions 2026–27

National Star
Realising the aspirations of people with disabilities

If you're aged 18 or over and have a disability, there may be a part-time opportunity at National Star that's just right for you. We guarantee a warm welcome, lots of encouragement and the chance to enhance your mental health & wellbeing, social skills, confidence and creativity!

We pride ourselves on our personal and caring approach, and our focus is to help you progress within yourself and feel supported and encouraged to do so. Our courses provide the opportunity to develop your existing capabilities, meet people, gain confidence, and improve overall wellbeing.

To take part in any of these courses you will need to be accompanied by your own carer/support worker(s). For attending our swimming courses, your support person must also take part in our wet and dry side swimming induction. Carer / support worker must be prepared by bringing their own swimming attire with them

for the induction which will take place in our pool.

Our courses take place over an 8/14/15 week period. Spaces are available on a first come, first served basis, as they are limited and tend to fill up quickly. Resources and materials are included within the overall price of each course. Courses will only run if full capacity is met.

Our Courses

Swimming with Rebecca Campbell

When: Tuesdays or Wednesdays, 12:15-1pm

Capacity: 6 per session

Cost: £200 per 15/12-week course

Our swimming sessions are designed to meet individual needs to help with their health and wellbeing, mobility, fitness and building confidence in the water. The session lead will encourage you to focus on your health and wellbeing, explore the water and enjoy the atmosphere around you. Our heated pool at National Star provides spacious changing rooms with overhead tracking hoists, as well as an excellent range of equipment.

Carer/support staff must attend a swimming induction with their own swimming attire; this is to ensure safe practice when supporting in our swimming facilities for the participant and their sessions.

Course 1 dates

Induction: 3rd November 2026

Tuesday Sessions	Wednesday Sessions
Week 1: 10th November 2026	Week 1: 11th November 2026
Week 2: 17th November 2026	Week 2: 18th November 2026
Week 3: 24th November 2026	Week 3: 25th November 2026
Week 4: 1st December 2026	Week 4: 2nd December 2026
Week 5: 8th December 2026	Week 5: 9th December 2026
Week 6: 15th December 2026	Week 6: 16th December 2026
Xmas Half Term – 22nd Dec 2026	***Xmas Half Term – 23rd Dec 2026***
Xmas Half Term - 29th Dec 2026	***Xmas Half Term – 30th Dec 2026***
Week 7: 5th January 2027	Week 7: 6th January 2027
Week 8: 12th January 2027	Week 8: 13th January 2027

Week 9: 19th January 2027
Week 10: 26th January 2027
Week 11: 2nd February 2027
Week 12: 9th February 2027

Half Term – 16th February 2027
Half Term – 23rd February 2027

Week 13: 2nd March 2027
Week 14: 9th March 2027
Week 15: 16th March 2027

Week 9: 20th January 2027
Week 10: 27th January 2027
Week 11: 3rd February 2027
Week 12: 10th February 2027

Half Term – 16th February 2027
Half Term – 24th February 2027

Week 13: 3rd March 2027
Week 14:10th March 2027
Week 15: 17th March 2027

Course 2 dates

Induction: 13th April 2027

Tuesday Sessions

Week 1: 20th April 2027
Week 2: 27th April 2027
Week 3: 4th May 2027
Week 4: 11th May 2027
Week 5: 18th May 2027
Week 6: 25th May 2027

Half Term: 1st June 2026

Week 7: 8th June 2027
Week 8: 15th June 2027
Week 9: 22nd June 2027
Week 10: 29th June 2027
Week 11: 6th July 2027
Week 12:13th July 2027

Wednesday Session

Week 1: 21st April 2027
Week 2: 28th April 2027
Week 3: 5th May 2027
Week 4: 12th May 2027
Week 5: 19th May 2027
Week 6: 26th May 2027

Half Term: 2nd June 2026

Week 7: 9th June 2027
Week 8: 16th June 2027
Week 9: 23rd June 2027
Week 10: 30th June 2027
Week 11: 7th July 2027
Week 12: 14th July 2027

Fitness with Ibrahim Lee-Omer and Ben Poulton

When: Wednesdays, 10-11am or 11:30-12:30pm

Capacity: 4 per session

Cost: £230 per 15-week course

Does going to the gym help you with your confidence, mobility and overall wellbeing? Our specialised equipment and specialist support can help you to develop strength, stamina, mindfulness and overall fitness. Join us in using our specific equipment to help develop your individual needs, gross motor skills, mobility and improve physical fitness.

Course 1 dates

Week 1: 30th September 2026
Week 2: 7th October 2026

Week 3: 14th October 2026
Week 4: 21st October 2026

Half Term - 28th October 2026

Week 5: 4th November 2026
Week 6: 11th November 2026
Week 7: 18th November 2026
Week 8: 25th November 2026
Week 9: 2nd December 2026
Week 10: 9th December 2026
Week 11: 16th December 2026

Xmas Half Term – 23rd December 2026
Xmas Half Term – 30th December 2026

Week 12: 6th January 2027
Week 13: 13th January 2027
Week 14: 20th January 2027
Week 15: 27th January 2027

Course 2 dates

Week 1: 3rd March 2027
Week 2: 10th March 2027
Week 3: 17th March 2027
Week 4: 24th March 2027

Easter Half Term: 31st March 2027
Easter Half Term: 7th April 2027

Week 5: 14th April 2027
Week 6: 21st April 2027
Week 7: 28th April 2027
Week 8: 5th May 2027
Week 9: 12th May 2027
Week 10: 19th May 2027
Week 11: 26th May 2027

Half Term: 2nd June 2026

Week 12: 9th June 2027
Week 13: 16th June 2027
Week 14: 23rd June 2027
Week 15: 30th June 2027

Arts and Crafts with Louise Adams

When: Wednesdays, 9:45am-12pm

Capacity: 6 per session

Cost: £460 per 15-week course

These 15-week Arts and Crafts courses will provide you with opportunities to develop your creative skills used in processes such as printmaking, painting, mixed media collage and textiles. Set in a large, light and airy, purpose-built space to help enable your mindfulness and wellbeing within the arts.

To continue supporting sustainability here at National Star, you will need to bring your own apron with you, however, if this is not possible then we can provide you with a disposable version upon arrival.

Course 1 dates

Week 1: 30th September 2026
Week 2: 7th October 2026
Week 3: 14th October 2026
Week 4: 22nd October 2025

Half Term - 28th October 2026

Week 5: 4th November 2026
Week 6: 11th November 2026
Week 7: 18th November 2026
Week 8: 25th November 2026
Week 9: 2nd December 2026
Week 10: 9th December 2026
Week 11: 16th December 2026

Xmas Half Term – 23rd December 2026
Xmas Half Term – 30th December 2026

Week 12: 6th January 2027
Week 13: 13th January 2027
Week 14: 20th January 2027
Week 15: 27th January 2027

Course 2 dates

Week 1: 3rd March 2027
Week 2: 10th March 2027
Week 3: 17th March 2027
Week 4: 24th March 2027

Easter Half Term: 31st March 2027
Easter Half Term: 7th April 2027

Week 5: 14th April 2027
Week 6: 21st April 2027
Week 7: 28th April 2027
Week 8: 5th May 2027
Week 9: 12th May 2027
Week 10: 19th May 2027
Week 11: 26th May 2027

Half Term: 2nd June 2026

Week 12: 9th June 2027
Week 13: 16th June 2027
Week 14: 23rd June 2027
Week 15: 30th June 2027

Ceramics with Elaine Jackson

When: Thursdays, 3:30-5:30pm

Capacity: 6 per session

Cost: £460 per 15-week course

Working with clay is a great therapeutic and sensory input. We welcome you to share your creativity with us and keep your own individual pieces or take with you for gifting.

These Ceramics courses are suitable for those with no previous experience, to those who are already familiar to working with clay and other materials. You can improve on basic techniques such as coiling, impressing pattern, pinching, and using moulds.

To continue supporting sustainability here at National Star, you will need to bring your own apron with you, however, if this is not possible then we can provide you with a disposable version upon arrival.

Course 1 dates

Week 1: 1st October 2026
Week 2: 8th October 2026
Week 3: 15th October 2026
Week 4: 22nd October 2026

Half Term – 29th October 2026

Week 5: 5th November 2026
Week 6: 12th November 2026
Week 7: 19th November 2026
Week 8: 26th November 2026

Week 9: 3rd December 2026
Week 10: 10th December 2026
Week 11: 17th December 2026

Xmas Half Term: 24th December 2026
Xmas Half Term: 31st December 2026

Week 12: 7th January 2027
Week 13: 14th January 2027
Week 14: 21st January 2027
Week 15: 28th January 2027

Course 2 dates

Week 1: 4th March 2027
Week 2: 11th March 2027
Week 3: 18th March 2027
Week 4: 25th March 2027

Easter Half Term: 1st April 2027
Easter Half Term: 8th April 2027

Week 5: 15th April 2027
Week 6: 22nd April 20267
Week 7: 29th April 2027
Week 8: 6th May 2027
Week 9: 13th May 2027
Week 10: 20th May 2027
Week 11: 27th May 2027

Half Term: 3rd June 2027

Week 12: 10th June 2027
Week 13: 17th June 2027
Week 14: 24th June 2027
Week 15: 1st July 2027

Cookery with Elaine Jackson

When: Fridays, 10am-12:30pm / 2-4:30pm

Capacity: 5 per session

Cost: £460 per 14-week course

These courses will explore a range of recipes to suit your lifestyle, health and wellbeing, and test out your tastebuds. You will look at different ways to use a range of fresh seasonal and store cupboard ingredients, in a social and friendly environment. Knowing how food choices and diet impact on your health is important with supporting your own wellbeing.

Everyone will be encouraged to make healthy choices when shopping and cooking at home. However, we do include treats to make for special occasions. These sessions are fun and friendly and will enable you to make better choices when eating out as well as in the kitchen. Food Hygiene and Health & Safety is embedded throughout the course.

For these courses, you will need to be prepared to provide your own tubs to take your dishes home alongside a flat-based bag to help take these with you. To continue supporting sustainability here at National Star, you will need to bring your own apron with you, however, if this is not possible then we can provide you with a disposable version upon arrival.

Course 1 dates

Week 1: 2nd October 2026
Week 2: 9th October 2026
Week 3: 16th October 2026

Half Term – 30th October 2026

Week 4: 6th November 2026
Week 5: 13th November 2026
Week 6: 20th November 2026
Week 7: 27th November 2026
Week 8: 4th December 2026
Week 9: 11th December 2026

Xmas Half Term: 25th December 2026
Xmas Half Term: 1st January 2027

Week 10: 8th January 2027
Week 11: 15th January 2027
Week 12: 22nd January 2027
Week 13: 29th January 2027
Week 14: 5th February 2027

Course 2 dates

Week 1: 5th March 2027
Week 2: 12th March 2027
Week 3: 19th March 2027

Easter Half Term: 2nd April 2027
Easter Half Term: 9th April 2027

Week 4: 16th April 2027
Week 5: 23rd April 2027
Week 6: 30th April 2027
Week 7: 7th May 2027

Week 8: 14th May 2027
Week 9: 21st May 2027

Half Term: 4th June 2027

Week 10: 11th June 2027
Week 11: 18th June 2027
Week 12: 25th June 2027
Week 13: 2nd July 2027
Week 14: 9th July 2027

Music with Abbie Pascoe

When: Fridays, 5:30pm-7:30pm

Capacity: 6-10 per session

Cost: £80 per 8-week course.

Set in our very own music room these sessions will focus on creating several pieces of music over the course of the 8 weeks, you will have the opportunity to play lots of different musical instruments as well as singing and vocalising! You are welcome to bring your own instrument if you have one, or a selection of instruments will be provided.

Course 1 dates

Week 1: 2nd October 2026
Week 2: 9th October 2026
Week 3: 16th October 2026
Week 4: 23rd October 2026

Half Term – 30th October 2026

Week 5: 6th November 2026
Week 6: 13th November 2026
Week 7: 20th November 2026
Week 8: 27th November 2026

To find out more and sign up

For more information about any of our National Star Community Wellbeing courses and to register your place, please contact us at: nsclenquiries@nationalstar.org for more information or complete our application form on the National Star website.

Community Wellbeing Fee Policy:

For service users who enroll onto our Community Wellbeing courses who do not take up their place will be entitled to a full refund if they notify the Community Wellbeing

coordinator, at least *10 working days* prior to the start date of the course. For notification received after this date, there will be no refund available.

Service users who start the course but withdraw after attending one of more sessions, unfortunately, will not be entitled to a refund.

If the Community Wellbeing sessions need to cancelled by National Star and payment has been received, prior to the start date of that course, the fees for the cancelled course will be fully refunded.

For service users who wish to book onto a course but wish to split a course payment into 3 equal payments, please contact nsclenquiries@nationalstar.org to discuss further. Payments must be received before the service user can attend any of our Community Wellbeing courses.