

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 7, wk starting 15/09/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 15/09/2025		Welcome week commences on Monday 22nd September 2025 (Week 8) Induction, Wk 7											
Tu 16/09/2025													
Wednesday 17/09/2025		Level 4 returning students ONLY Induction, 09:30AM-11:00AM, Wk 7 Staff: Byron, Rachel; Hewins, Catherine; Jones, Kerry; Mason, Justine; Patterson, Nina; Wheeler, Sharon; White, Christopher Room: B09											
Th 18/09/2025													
Fri 19/09/2025													
Sat 20/09/2025													
Su 21/09/2025													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 8, wk starting 22/09/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Monday 22/09/2025		<p>Welcome to new students Induction, Wk 8</p> <p>Staff: Byron, Rachel; Hewins, Catherine; Jones, Kerry; Mason, Justine; Patterson, Nina; Wheeler, Sharon; White, Christopher; Williams, Karen</p> <p>Room: B14</p>	<p>VC Welcome address to UG students Induction, Wk 8</p> <p>Room: William Aston Hall</p>		<p>Finding your way: getting to know your new campus Induction, 11:30AM-12:30PM, Wk 8</p> <p>Staff: Byron, Rachel; Hewins, Catherine; Jones, Kerry; Mason, Justine; Patterson, Nina; Wheeler, Sharon; White, Christopher; Williams, Karen</p> <p>Room: B14</p>		<p>Starting your University Journey Induction, 01:30PM-02:30PM, Wk 8</p> <p>Staff: Byron, Rachel; Hewins, Catherine; Jones, Kerry; Mason, Justine; Patterson, Nina; Wheeler, Sharon; White, Christopher; Williams, Karen</p> <p>Room: B14</p>						
Tuesday 23/09/2025								<p>Consent Training Mandatory Training, Wk 8</p>					

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 8, wk starting 22/09/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Tuesday 23/09/2025			Health & Safety/ Library & Study Skills Online Induction, Wk 8 https://wxmuni.short.gy/healthsafetylibrary			Welsh language opportunities at Wrexham University/ Cyfleon Cymraeg ym Mhrifysgol Wrecsam Online Induction, Wk 8 https://wxmuni.short.gy/welshlanguage	Student & Campus Life Online Induction, Wk 8 https://wxmuni.short.gy/studentcampuslife						

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 8, wk starting 22/09/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Wednesday 24/09/2025							Stu dent Uni on talk Onli ne Indu ctio n, 02: 30P M- 03: 00P M, Wk 8 https://wxmun.i.shor.t.gy/studentunion						
Thu 25/09/2025				Fresher's Festival General University Event (optional), Wk 8 Room: Sport Centre (Hall)									

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 8, wk starting 22/09/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Thursday 25/09/2025			Support during your University Journey Induction, 09:30AM-10:15AM, Wk 8 Staff: Byron, Rachel; Hewins, Catherine; Jones, Kerry; Mason, Justine; Patterson, Nina; Wheeler, Sharon; White, Christopher; Williams, Karen Room: B14	Learning Launch pad: getting to grips with studying Induction, 10:15AM-11:00AM, Wk 8 Event too large - resources not printed			Any questions? Programme team drop in Induction, 01:30PM-03:00PM, Wk 8 Staff: Byron, Rachel; Hewins, Catherine; Jones, Kerry; Mason, Justine; Patterson, Nina; Wheeler, Sharon; White, Christopher; Williams, Karen Room: B14						

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 8, wk starting 22/09/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Friday 26/09/2025			Induction Module Online Induction, 10:30AM- 11:30AM, Wk 8 Staff: Byron, Rachel; Hewins, Catherine; Jones, Kerry; Mason, Justine; Patterson, Nina; Wheeler, Sharon; White, Christophe r; Williams, Karen										
Sat 27/09/2025													
Su 28/09/2025													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 9, wk starting 29/09/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 29/09/2025		Self-Directed Study, Wk 9 Module: Self Directed Study				Self-Directed Study, Wk 9 Module: Self Directed Study							
Tuesday 30/09/2025		Self-Directed Study, Wk 9 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 9 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 01/10/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 9 Module: HLT425 (Health of the Nation: State of Play) Staff: Patterson, Nina Room: B09											
Thursday 02/10/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 9 Module: HLT427 (Health, Wellbeing and the Body) Staff: Hewins, Catherine Room: C112				Self-Directed Study, Wk 9 Module: Self Directed Study							
Fri 03/10/2025		Self-Directed Study, Wk 9 Module: Self Directed Study				Self-Directed Study, Wk 9 Module: Self Directed Study							
Sat 04/10/2025													
Su 05/10/2025													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 10, wk starting 06/10/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 06/10/2025		Self-Directed Study, Wk 10 Module: Self Directed Study				Self-Directed Study, Wk 10 Module: Self Directed Study							
Tuesday 07/10/2025		Self-Directed Study, Wk 10 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 10 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: L101 (PC Room)								
Wednesday 08/10/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 10 Module: HLT425 (Health of the Nation: State of Play) Staff: Patterson, Nina Room: B09											
Thursday 09/10/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 10 Module: HLT427 (Health, Wellbeing and the Body) Staff: Hewins, Catherine Room: C112				Self-Directed Study, Wk 10 Module: Self Directed Study							
Fri 10/10/2025		Self-Directed Study, Wk 10 Module: Self Directed Study				Self-Directed Study, Wk 10 Module: Self Directed Study							
Sat 11/10/2025													
Su 12/10/2025													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 11, wk starting 13/10/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 13/10/2025		Self-Directed Study, Wk 11 Module: Self Directed Study				Self-Directed Study, Wk 11 Module: Self Directed Study							
Tuesday 14/10/2025		Self-Directed Study, Wk 11 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 11 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 15/10/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 11 Module: HLT425 (Health of the Nation: State of Play) Staff: Patterson, Nina Room: B09			Lecture, 12:30PM-02:30PM, Wk 11 Staff: Byron, Rachel; Hewins, Catherine; Mason, Justine; Patterson, Nina; Wheeler, Sharon; White, Christopher Room: B18 Lecture Theatre								
Thursday 16/10/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 11 Module: HLT427 (Health, Wellbeing and the Body) Staff: Hewins, Catherine Room: C112				Self-Directed Study, Wk 11 Module: Self Directed Study							
Fri 17/10/2025		Self-Directed Study, Wk 11 Module: Self Directed Study				Self-Directed Study, Wk 11 Module: Self Directed Study							
Sat 18/10/2025													
Su 19/10/2025													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 12, wk starting 20/10/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 20/10/2025		Self-Directed Study, Wk 12 Module: Self Directed Study				Self-Directed Study, Wk 12 Module: Self Directed Study							
Tuesday 21/10/2025		Self-Directed Study, Wk 12 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 12 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 22/10/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 12 Module: HLT425 (Health of the Nation: State of Play) Staff: Patterson, Nina Room: B09											
Thursday 23/10/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 12 Module: HLT427 (Health, Wellbeing and the Body) Staff: Hewins, Catherine Room: C112				Self-Directed Study, Wk 12 Module: Self Directed Study							
Fri 24/10/2025		Self-Directed Study, Wk 12 Module: Self Directed Study				Self-Directed Study, Wk 12 Module: Self Directed Study							
Sat 25/10/2025													
Su 26/10/2025													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 13, wk starting 27/10/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 27/10/2025		Self-Directed Study, Wk 13 Module: Self Directed Study				Self-Directed Study, Wk 13 Module: Self Directed Study							
Tue 28/10/2025		Self-Directed Study, Wk 13 Module: Self Directed Study				Self-Directed Study, Wk 13 Module: Self Directed Study							
Wed 29/10/2025		Self-Directed Study, Wk 13 Module: Self Directed Study											
Thu 30/10/2025		Self-Directed Study, Wk 13 Module: Self Directed Study				Self-Directed Study, Wk 13 Module: Self Directed Study							
Fri 31/10/2025		Self-Directed Study, Wk 13 Module: Self Directed Study				Self-Directed Study, Wk 13 Module: Self Directed Study							
Sat 01/11/2025													
Su 02/11/2025													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 14, wk starting 03/11/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 03/11/2025		Self-Directed Study, Wk 14 Module: Self Directed Study				Self-Directed Study, Wk 14 Module: Self Directed Study							
Tuesday 04/11/2025		Self-Directed Study, Wk 14 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 14 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 05/11/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 14 Module: HLT425 (Health of the Nation: State of Play) Staff: Patterson, Nina Room: B09			Neurodiversity conference Student Conference, Wk 14 Staff: Byron, Rachel; Saunders, Natalie								
Thursday 06/11/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 14 Module: HLT427 (Health, Wellbeing and the Body) Staff: Hewins, Catherine Room: C112				Self-Directed Study, Wk 14 Module: Self Directed Study							
Fri 07/11/2025		Self-Directed Study, Wk 14 Module: Self Directed Study				Self-Directed Study, Wk 14 Module: Self Directed Study							
Sat 08/11/2025													
Su 09/11/2025													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 15, wk starting 10/11/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 10/11/2025		Self-Directed Study, Wk 15 Module: Self Directed Study				Self-Directed Study, Wk 15 Module: Self Directed Study							
Tuesday 11/11/2025		Self-Directed Study, Wk 15 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 15 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 12/11/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 15 Module: HLT425 (Health of the Nation: State of Play) Staff: Patterson, Nina Room: B09											
Thursday 13/11/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 15 Module: HLT427 (Health, Wellbeing and the Body) Staff: Hewins, Catherine Room: C112				Self-Directed Study, Wk 15 Module: Self Directed Study							
Fri 14/11/2025		Self-Directed Study, Wk 15 Module: Self Directed Study				Self-Directed Study, Wk 15 Module: Self Directed Study							
Sat 15/11/2025													
Su 16/11/2025													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 16, wk starting 17/11/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 17/11/2025		Self-Directed Study, Wk 16 Module: Self Directed Study				Self-Directed Study, Wk 16 Module: Self Directed Study							
Tuesday 18/11/2025		Self-Directed Study, Wk 16 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 16 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 19/11/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 16 Module: HLT425 (Health of the Nation: State of Play) Staff: Patterson, Nina Room: B09											
Thursday 20/11/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 16 Module: HLT427 (Health, Wellbeing and the Body) Staff: Hewins, Catherine Room: C112				Self-Directed Study, Wk 16 Module: Self Directed Study							
Fri 21/11/2025		Self-Directed Study, Wk 16 Module: Self Directed Study				Self-Directed Study, Wk 16 Module: Self Directed Study							
Sat 22/11/2025													
Su 23/11/2025													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 17, wk starting 24/11/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 24/11/2025		Self-Directed Study, Wk 17 Module: Self Directed Study				Self-Directed Study, Wk 17 Module: Self Directed Study							
Tuesday 25/11/2025		Self-Directed Study, Wk 17 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 17 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 26/11/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 17 Module: HLT425 (Health of the Nation: State of Play) Staff: Patterson, Nina Room: B09											
Thursday 27/11/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 17 Module: HLT427 (Health, Wellbeing and the Body) Staff: Hewins, Catherine Room: C112				Self-Directed Study, Wk 17 Module: Self Directed Study							
Fri 28/11/2025		Self-Directed Study, Wk 17 Module: Self Directed Study				Self-Directed Study, Wk 17 Module: Self Directed Study							
Sat 29/11/2025													
Su 30/11/2025													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 18, wk starting 01/12/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 01/12/2025		Self-Directed Study, Wk 18 Module: Self Directed Study				Self-Directed Study, Wk 18 Module: Self Directed Study							
Tuesday 02/12/2025		Self-Directed Study, Wk 18 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 18 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 03/12/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 18 Module: HLT425 (Health of the Nation: State of Play) Staff: Patterson, Nina Room: B09											
Thursday 04/12/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 18 Module: HLT427 (Health, Wellbeing and the Body) Staff: Hewins, Catherine Room: C112				Self-Directed Study, Wk 18 Module: Self Directed Study							
Fri 05/12/2025		Self-Directed Study, Wk 18 Module: Self Directed Study				Self-Directed Study, Wk 18 Module: Self Directed Study							
Sat 06/12/2025													
Su 07/12/2025													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 19, wk starting 08/12/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 08/12/2025		Self-Directed Study, Wk 19 Module: Self Directed Study				Self-Directed Study, Wk 19 Module: Self Directed Study							
Tuesday 09/12/2025		Self-Directed Study, Wk 19 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 19 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 10/12/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 19 Module: HLT425 (Health of the Nation: State of Play) Staff: Patterson, Nina Room: B09											
Thursday 11/12/2025		Workshop (attendance required), 09:30AM-11:30AM, Wk 19 Module: HLT427 (Health, Wellbeing and the Body) Staff: Hewins, Catherine Room: C112				Self-Directed Study, Wk 19 Module: Self Directed Study							
Fri 12/12/2025		Self-Directed Study, Wk 19 Module: Self Directed Study				Self-Directed Study, Wk 19 Module: Self Directed Study							
Sat 13/12/2025													
Su 14/12/2025													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 21, wk starting 22/12/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 22/12/2025													
Tu 23/12/2025													
We 24/12/2025													
Th 25/12/2025	University is closed, Wk 21												
Fri 26/12/2025	University is closed, Wk 21												
Sat 27/12/2025	University is closed, Wk 21												
Su 28/12/2025	University is closed, Wk 21												

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 22, wk starting 29/12/2025)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 29/12/2025	University is closed, Wk 22												
Tu 30/12/2025	University is closed, Wk 22												
We 31/12/2025	University is closed, Wk 22												
Th 01/01/2026	University is closed, Wk 22												
Fri 02/01/2026													
Sat 03/01/2026													
Su 04/01/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 23, wk starting 05/01/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 05/01/2026		Self-Directed Study, Wk 23 Module: Self Directed Study				Self-Directed Study, Wk 23 Module: Self Directed Study							
Tue 06/01/2026		Self-Directed Study, Wk 23 Module: Self Directed Study				Self-Directed Study, Wk 23 Module: Self Directed Study							
Wed 07/01/2026		Self-Directed Study, Wk 23 Module: Self Directed Study											
Thu 08/01/2026		Self-Directed Study, Wk 23 Module: Self Directed Study				Self-Directed Study, Wk 23 Module: Self Directed Study							
Fri 09/01/2026		Self-Directed Study, Wk 23 Module: Self Directed Study				Self-Directed Study, Wk 23 Module: Self Directed Study							
Sat 10/01/2026													
Su 11/01/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 24, wk starting 12/01/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 12/01/2026		Self-Directed Study, Wk 24 Module: Self Directed Study				Self-Directed Study, Wk 24 Module: Self Directed Study							
Tue 13/01/2026		Self-Directed Study, Wk 24 Module: Self Directed Study				Self-Directed Study, Wk 24 Module: Self Directed Study							
Wed 14/01/2026		Self-Directed Study, Wk 24 Module: Self Directed Study											
Thu 15/01/2026		Self-Directed Study, Wk 24 Module: Self Directed Study				Self-Directed Study, Wk 24 Module: Self Directed Study							
Fri 16/01/2026		Self-Directed Study, Wk 24 Module: Self Directed Study				Self-Directed Study, Wk 24 Module: Self Directed Study							
Sat 17/01/2026													
Su 18/01/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 25, wk starting 19/01/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 19/01/2026		Self-Directed Study, Wk 25 Module: Self Directed Study				Self-Directed Study, Wk 25 Module: Self Directed Study							
Tue 20/01/2026						Self-Directed Study, Wk 25 Module: Self Directed Study							
Wednesday 21/01/2026					Online Exam, 12:00PM-01:30PM, Wk 25 Module: HLT427 (Health, Wellbeing and the Body) Staff: Hewins, Catherine								
Thu 22/01/2026		Self-Directed Study, Wk 25 Module: Self Directed Study				Self-Directed Study, Wk 25 Module: Self Directed Study							
Fri 23/01/2026		Self-Directed Study, Wk 25 Module: Self Directed Study				Self-Directed Study, Wk 25 Module: Self Directed Study							
Sat 24/01/2026													
Su 25/01/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 26, wk starting 26/01/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 26/01/2026		Self-Directed Study, Wk 26 Module: Self Directed Study				Self-Directed Study, Wk 26 Module: Self Directed Study							
Tuesday 27/01/2026		Self-Directed Study, Wk 26 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 26 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 28/01/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 26 Module: HLT426 (Health Inequalities and Social Justice) Staff: Wheeler, Sharon Room: B17											
Thursday 29/01/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 26 Module: HLT428 (Key Concepts in Health, Mental Health and Wellbeing) Staff: White, Christopher Room: B103				Self-Directed Study, Wk 26 Module: Self Directed Study							
Fri 30/01/2026		Self-Directed Study, Wk 26 Module: Self Directed Study				Self-Directed Study, Wk 26 Module: Self Directed Study							
Sat 31/01/2026													
Su 01/02/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 27, wk starting 02/02/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 02/02/2026		Self-Directed Study, Wk 27 Module: Self Directed Study				Self-Directed Study, Wk 27 Module: Self Directed Study							
Tuesday 03/02/2026		Self-Directed Study, Wk 27 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 27 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 04/02/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 27 Module: HLT426 (Health Inequalities and Social Justice) Staff: Wheeler, Sharon Room: B17											
Thursday 05/02/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 27 Module: HLT428 (Key Concepts in Health, Mental Health and Wellbeing) Staff: White, Christopher Room: B103				Self-Directed Study, Wk 27 Module: Self Directed Study							
Fri 06/02/2026		Self-Directed Study, Wk 27 Module: Self Directed Study				Self-Directed Study, Wk 27 Module: Self Directed Study							
Sat 07/02/2026													
Su 08/02/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 28, wk starting 09/02/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 09/02/2026		Self-Directed Study, Wk 28 Module: Self Directed Study				Self-Directed Study, Wk 28 Module: Self Directed Study							
Tuesday 10/02/2026		Self-Directed Study, Wk 28 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 28 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 11/02/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 28 Module: HLT426 (Health Inequalities and Social Justice) Staff: Wheeler, Sharon Room: B17											
Thursday 12/02/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 28 Module: HLT428 (Key Concepts in Health, Mental Health and Wellbeing) Staff: White, Christopher Room: B103				Self-Directed Study, Wk 28 Module: Self Directed Study							
Fri 13/02/2026		Self-Directed Study, Wk 28 Module: Self Directed Study				Self-Directed Study, Wk 28 Module: Self Directed Study							
Sat 14/02/2026													
Su 15/02/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 29, wk starting 16/02/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 16/02/2026		Self-Directed Study, Wk 29 Module: Self Directed Study				Self-Directed Study, Wk 29 Module: Self Directed Study							
Tue 17/02/2026		Self-Directed Study, Wk 29 Module: Self Directed Study				Self-Directed Study, Wk 29 Module: Self Directed Study							
Wed 18/02/2026		Self-Directed Study, Wk 29 Module: Self Directed Study											
Thu 19/02/2026		Self-Directed Study, Wk 29 Module: Self Directed Study				Self-Directed Study, Wk 29 Module: Self Directed Study							
Fri 20/02/2026		Self-Directed Study, Wk 29 Module: Self Directed Study				Self-Directed Study, Wk 29 Module: Self Directed Study							
Sat 21/02/2026													
Su 22/02/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 30, wk starting 23/02/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 23/02/2026		Self-Directed Study, Wk 30 Module: Self Directed Study				Self-Directed Study, Wk 30 Module: Self Directed Study							
Tuesday 24/02/2026		Self-Directed Study, Wk 30 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 30 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 25/02/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 30 Module: HLT426 (Health Inequalities and Social Justice) Staff: Wheeler, Sharon Room: B17											
Thursday 26/02/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 30 Module: HLT428 (Key Concepts in Health, Mental Health and Wellbeing) Staff: White, Christopher Room: B103				Self-Directed Study, Wk 30 Module: Self Directed Study							
Fri 27/02/2026		Self-Directed Study, Wk 30 Module: Self Directed Study				Self-Directed Study, Wk 30 Module: Self Directed Study							
Sat 28/02/2026													
Su 01/03/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 31, wk starting 02/03/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 02/03/2026		Self-Directed Study, Wk 31 Module: Self Directed Study				Self-Directed Study, Wk 31 Module: Self Directed Study							
Tuesday 03/03/2026		Self-Directed Study, Wk 31 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 31 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 04/03/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 31 Module: HLT426 (Health Inequalities and Social Justice) Staff: Wheeler, Sharon Room: B17			Lecture, 12:30PM-02:30PM, Wk 31 Staff: Byron, Rachel; Hewins, Catherine; Mason, Justine; Patterson, Nina; Wheeler, Sharon; White, Christopher Room: B18 Lecture Theatre								
Thursday 05/03/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 31 Module: HLT428 (Key Concepts in Health, Mental Health and Wellbeing) Staff: White, Christopher Room: B103				Self-Directed Study, Wk 31 Module: Self Directed Study							
Fri 06/03/2026		Self-Directed Study, Wk 31 Module: Self Directed Study				Self-Directed Study, Wk 31 Module: Self Directed Study							
Sat 07/03/2026													
Su 08/03/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 32, wk starting 09/03/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 09/03/2026		Self-Directed Study, Wk 32 Module: Self Directed Study				Self-Directed Study, Wk 32 Module: Self Directed Study							
Tuesday 10/03/2026		Self-Directed Study, Wk 32 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 32 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 11/03/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 32 Module: HLT426 (Health Inequalities and Social Justice) Staff: Wheeler, Sharon Room: B17											
Thursday 12/03/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 32 Module: HLT428 (Key Concepts in Health, Mental Health and Wellbeing) Staff: White, Christopher Room: B103				Self-Directed Study, Wk 32 Module: Self Directed Study							
Fri 13/03/2026		Self-Directed Study, Wk 32 Module: Self Directed Study				Self-Directed Study, Wk 32 Module: Self Directed Study							
Sat 14/03/2026													
Su 15/03/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 33, wk starting 16/03/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 16/03/2026		Self-Directed Study, Wk 33 Module: Self Directed Study				Self-Directed Study, Wk 33 Module: Self Directed Study							
Tuesday 17/03/2026		Self-Directed Study, Wk 33 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 33 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 18/03/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 33 Module: HLT426 (Health Inequalities and Social Justice) Staff: Wheeler, Sharon Room: B17											
Thursday 19/03/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 33 Module: HLT428 (Key Concepts in Health, Mental Health and Wellbeing) Staff: White, Christopher Room: B103				Self-Directed Study, Wk 33 Module: Self Directed Study							
Fri 20/03/2026		Self-Directed Study, Wk 33 Module: Self Directed Study				Self-Directed Study, Wk 33 Module: Self Directed Study							
Sat 21/03/2026													
Su 22/03/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 34, wk starting 23/03/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 23/03/2026		Self-Directed Study, Wk 34 Module: Self Directed Study				Self-Directed Study, Wk 34 Module: Self Directed Study							
Tuesday 24/03/2026		Self-Directed Study, Wk 34 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 34 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 25/03/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 34 Module: HLT426 (Health Inequalities and Social Justice) Staff: Wheeler, Sharon Room: B17											
Thursday 26/03/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 34 Module: HLT428 (Key Concepts in Health, Mental Health and Wellbeing) Staff: White, Christopher Room: B103				Self-Directed Study, Wk 34 Module: Self Directed Study							
Fri 27/03/2026		Self-Directed Study, Wk 34 Module: Self Directed Study				Self-Directed Study, Wk 34 Module: Self Directed Study							
Sat 28/03/2026													
Su 29/03/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 35, wk starting 30/03/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 30/03/2026													
Tu 31/03/2026													
We 01/04/2026													
Th 02/04/2026													
Fri 03/04/2026	Bank Holiday University is closed, Wk 35												
Sat 04/04/2026	University is closed, Wk 35												
Su 05/04/2026	University is closed, Wk 35												

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 36, wk starting 06/04/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 06/04/2026	Bank Holiday University is closed, Wk 36												
Tu 07/04/2026	University is closed, Wk 36												
We 08/04/2026													
Th 09/04/2026													
Fri 10/04/2026													
Sat 11/04/2026													
Su 12/04/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 37, wk starting 13/04/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 13/04/2026		Self-Directed Study, Wk 37 Module: Self Directed Study				Self-Directed Study, Wk 37 Module: Self Directed Study							
Tuesday 14/04/2026		Self-Directed Study, Wk 37 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 37 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 15/04/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 37 Module: HLT426 (Health Inequalities and Social Justice) Staff: Wheeler, Sharon Room: B17											
Thursday 16/04/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 37 Module: HLT428 (Key Concepts in Health, Mental Health and Wellbeing) Staff: White, Christopher Room: B103				Self-Directed Study, Wk 37 Module: Self Directed Study							
Fri 17/04/2026		Self-Directed Study, Wk 37 Module: Self Directed Study				Self-Directed Study, Wk 37 Module: Self Directed Study							
Sat 18/04/2026													
Su 19/04/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 38, wk starting 20/04/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 20/04/2026		Self-Directed Study, Wk 38 Module: Self Directed Study				Self-Directed Study, Wk 38 Module: Self Directed Study							
Tuesday 21/04/2026		Self-Directed Study, Wk 38 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 38 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 22/04/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 38 Module: HLT426 (Health Inequalities and Social Justice) Staff: Wheeler, Sharon Room: B17											
Thursday 23/04/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 38 Module: HLT428 (Key Concepts in Health, Mental Health and Wellbeing) Staff: White, Christopher Room: B103				Self-Directed Study, Wk 38 Module: Self Directed Study							
Fri 24/04/2026		Self-Directed Study, Wk 38 Module: Self Directed Study				Self-Directed Study, Wk 38 Module: Self Directed Study							
Sat 25/04/2026													
Su 26/04/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 39, wk starting 27/04/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 27/04/2026		Self-Directed Study, Wk 39 Module: Self Directed Study				Self-Directed Study, Wk 39 Module: Self Directed Study							
Tuesday 28/04/2026		Self-Directed Study, Wk 39 Module: Self Directed Study			Workshop (attendance required), 12:30PM-02:30PM, Wk 39 Module: HLT429 (Study Skills and Personal Development) Staff: Byron, Rachel Room: B09								
Wednesday 29/04/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 39 Module: HLT426 (Health Inequalities and Social Justice) Staff: Wheeler, Sharon Room: B17											
Thursday 30/04/2026		Workshop (attendance required), 09:30AM-11:30AM, Wk 39 Module: HLT428 (Key Concepts in Health, Mental Health and Wellbeing) Staff: White, Christopher Room: B103				Self-Directed Study, Wk 39 Module: Self Directed Study							
Fri 01/05/2026		Self-Directed Study, Wk 39 Module: Self Directed Study				Self-Directed Study, Wk 39 Module: Self Directed Study							
Sat 02/05/2026													
Su 03/05/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 40, wk starting 04/05/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM	
Mo 04/05/2026	Bank Holiday University is closed, Wk 40													
Tue 05/05/2026		Self-Directed Study, Wk 40 Module: Self Directed Study				Self-Directed Study, Wk 40 Module: Self Directed Study								
Wed 06/05/2026		Presentation, Wk 40 Module: <u>HLT426 (Health Inequalities and Social Justice)</u> Staff: Wheeler, Sharon Room: <u>B103</u>												
Thu 07/05/2026		Self-Directed Study, Wk 40 Module: Self Directed Study				Self-Directed Study, Wk 40 Module: Self Directed Study								
Fri 08/05/2026		Self-Directed Study, Wk 40 Module: Self Directed Study				Self-Directed Study, Wk 40 Module: Self Directed Study								
Sat 09/05/2026														
Su 10/05/2026														

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 41, wk starting 11/05/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mon 11/05/2026		Self-Directed Study, Wk 41 Module: Self Directed Study				Self-Directed Study, Wk 41 Module: Self Directed Study							
Tue 12/05/2026		Self-Directed Study, Wk 41 Module: Self Directed Study				Self-Directed Study, Wk 41 Module: Self Directed Study							
Wed 13/05/2026		Self-Directed Study, Wk 41 Module: Self Directed Study											
Thu 14/05/2026		Self-Directed Study, Wk 41 Module: Self Directed Study				Self-Directed Study, Wk 41 Module: Self Directed Study							
Fri 15/05/2026		Self-Directed Study, Wk 41 Module: Self Directed Study				Self-Directed Study, Wk 41 Module: Self Directed Study							
Sat 16/05/2026													
Su 17/05/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 43, wk starting 25/05/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 25/05/2026	Bank Holiday University is closed, Wk 43												
Tu 26/05/2026													
We 27/05/2026													
Th 28/05/2026													
Fri 29/05/2026													
Sat 30/05/2026													
Su 31/05/2026													

Wrexham University Academic Timetables

Group timetable - BSc (Hons) Mental Health and Wellbeing - Year 1 - Full Time (Wk 5, wk starting 31/08/2026)

	08:00AM	09:00AM	10:00AM	11:00AM	12:00PM	01:00PM	02:00PM	03:00PM	04:00PM	05:00PM	06:00PM	07:00PM	08:00PM
Mo 31/08/2026	Bank Holiday University is closed, Wk 5												
Tu 01/09/2026													
We 02/09/2026													
Th 03/09/2026													
Fri 04/09/2026													
Sat 05/09/2026													
Su 06/09/2026													