

Wellbeing Activities, Workshops and Courses

July- August 2024 Prospectus



Welcome to North Somerset Wellbeing

Welcome!

North Somerset Wellbeing provides free workshops, courses and group activities which are available to adults living across the North Somerset county. They are designed to explore, improve and maintain our mental health and wellbeing.

You can complete an online booking form here or use the QR code below:

<https://www.second-step.co.uk/wellbeing-colleges/north-somerset-wellbeing/>

If you have no access to the internet, please call 0333 023 3504 or text on 0752 0661 482 and we will be happy to help.

For all enquiries, please email us at NSWellbeing@second-step.co.uk



**NORTH
SOMERSET
WELLBEING**

Workshops

Men's Wellbeing Workshops

North Somerset Wellbeing Service are excited to announce our new Men's Wellbeing Workshops, delivered by Beyond Equality. These FREE workshops are open to anyone who identifies as male, is aged 18+ and lives in North Somerset.

Week 1 - Men and Mental Wellbeing

Looking at the question, 'what does men's mental wellbeing mean to you?' the workshop will provide a brave and compassionate space for open conversations about the way we respond to our own mental wellbeing, what avenues of support we access, and those that we don't or have not yet considered. Throughout, we will be exploring the important role that gender plays in this conversation.

Thursday 8 August 2024 | 10.30am - 12.30pm | WSM*

Week 2 - Masculinities and Seeking Support

Looking at how masculinities can inhibit or encourage us to seek help or support in a particular manner. The workshop will be a deeper dive into masculinities and how they impact us and others, especially in regard to mental wellbeing. We will explore the ways in which we talk to one another and how we can - both individually and collectively - build more supportive structures and communities.

Thursday 15 August 2024 | 10.30am - 12.30pm | WSM*

Week 3 - Building Supportive Communities

Looking at the broader social dynamics at play and how they shape the way in which we are aspiring to build more supportive communities. The workshop will take participants beyond the 'Are you ok?' to explore the barriers they - and others - face to receiving support to the same degree, and with the same regularity, and begin to do the foundational work to lower them. In doing so, we can create a supportive environment in our community for everyone of all identities.

Thursday 22 August 2024 | 10.30am - 12.30pm | WSM*



Courses

Understanding and Managing Emotional Intensity

This course runs as individual modules, where you can pick and choose the sessions most relevant to you. You are free to select as many of the modules as you like; below is a short description of each to get you started but please don't hesitate to contact us if you have any questions.

Recognising and Naming Emotions Module

How to identify your triggers and responses.

Tuesday 23 July | 10.30am - 12pm | Zoom

Emotion Regulation Skills Module

Learning skills to help decrease the intensity of unpleasant emotions and modifying how we respond to them.

Part 1 - Tuesday 30 July | 10.30am - 12pm | Zoom

Part 2 - Tuesday 6 August | 10.30am - 12pm | Zoom

Understanding Unhealthy Coping Behaviours Module

Helping to recognise unhealthy coping behaviours and explore alternatives.

Tuesday 20 August | 10.30am - 12pm | Zoom

Distress Tolerance Skills Modules

Skills to effectively work through a period of crisis or distress.

Part 1 - Tuesday 27 August | 10.30am - 12pm | Zoom

Part 2 - Tuesday 3 September | 10.30am - 12pm | Zoom

Relationship & Boundaries Modules

Identifying healthy and unhealthy relationships, saying "no", getting our needs met. Interpersonal effectiveness skills.

Part 1 Relationships - Tuesday 10 September | 10.30am - 12pm | Zoom

Part 2 Boundaries - Thursday 12 September | 10.30am - 12pm | Zoom

Booking in advance is essential for all of our wellbeing workshops and courses. Please visit our website for further information www.second-step/north-somerset-wellbeing.

Wellbeing activities

The first half of the group is our 'Wellbeing Space' and provides an opportunity to come together to share ideas and experiences on the topic of the week, in a safe, supportive, and welcoming environment. The weekly topics cover a wide and varied range of issues relating to our mental health.

Following a short coffee-break the second half of the group is 'Mindful Arts & Crafts' which focuses on creativity to support our wellbeing. This will encompass both a mindfulness practice and an arts and crafts activity. You are welcome to stay for one or both sessions but please book separately for each session in advance.

Wellbeing Space | Mondays | 1-2pm | WSM | Weekly
Mindful Arts and Crafts | Mondays | 2-3pm | WSM | Weekly
Venue - 4 Boulevard, Weston s Mare, BS23 1NA

NO GROUP ON BANK HOLIDAYS

Wellbeing Space | Wednesdays | 1-2pm | NAILSEA | Weekly
Mindful Arts and Crafts | Wednesdays | 2-3pm | NAILSEA | Weekly
Venue - No.65 High Street, Nailsea, BS48 1AB

Places are limited, so please book in advance. If you have any questions, or would like more information, please email NSWellbeing@second-step.co.uk



Wellbeing activities

Mindfulness Sessions

Mindfulness is about living in the present moment; in these sessions we will explore what mindfulness is, how we can incorporate it into our everyday life and practice some relaxing mindfulness exercises.

Tuesdays | 4-4.30pm | Zoom | Weekly

Wellbeing Walks

Walking is not only good for our physical health, but also our mental health. It helps us to get out, connect with nature and also provides an opportunity to explore new places and meet people. Each walk will be held at a different location and will be suitable for any ability. At the end of the walk there will be the opportunity to have refreshments in a local cafe.

Wednesday 3 July | 1-3pm | Portishead
Wednesday 7 August | 1-3pm | Clevedon
(meeting points confirmed on booking)

Writing for Wellbeing

Writing for Wellbeing is a group of people who come together to share words they've written (i.e. a poem, short story). The group also choose topics together where they can express themselves and have fun with words, create pictures and share ideas. You only share your writing with the group if you feel comfortable doing so.

Fridays | 1-2.30pm | Zoom | Weekly



North Somerset Wellbeing Service
4 Boulevard
Weston-Super-Mare
North Somerset
BS23 1NA

Tel: 0333 023 3504

Text: 0752 0661 482

Email: NSWellbeing@second-step.co.uk

www.second-step.co.uk

[@wearesecondstep](https://www.instagram.com/wearesecondstep)



**SECOND
STEP**
PUTTING MENTAL HEALTH FIRST

**NORTH
SOMERSET
WELLBEING**