

Wellbeing Activities, Workshops and Courses

September - October 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**

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.

Relationships & 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

Recognising and Naming Emotions Module

How to identify your triggers and responses.

Tuesday 22 October | 10.30am - 12pm | Zoom

Emotion Regulation Skills Modules

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

Part 1 - Tuesday 29 October | 10.30am - 12pm | Zoom

Part 2 - Tuesday 5 November | 10.30am - 12pm | Zoom

Understanding Unhealthy Coping Behaviours Module

Helping to recognise unhealthy coping behaviours and explore alternatives.

Tuesday 12 November | 10.30am - 12pm | Zoom

Distress Tolerance Skills Modules

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

Part 1 - Tuesday 19 November | 10.30am - 12pm | Zoom

Part 2 - Tuesday 26 November | 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.

Courses

Looking After Yourself: Wellbeing for Carers

This 6 week course is aimed at Adult Carers (18yrs and over) who care for individuals over 18yrs, living in the North Somerset area. The course is designed to support carers to understand their own mental health needs - and those of the person they care for - by learning new coping skills working towards improved emotional resilience, having a safe and confidential space to share experiences and meet other carers.

Week 1 - Thoughts, feelings and challenges

This session will explore the impact that caring can have on your own mental health and wellbeing and the importance of being able to identify and understand emotions associated with this. This session will also focus on ways we can begin to build our emotional resilience.

Thursday 26 September | 10:30am-12.30pm | WSM*

Week 2 - Identity and coping with change

This session will focus on the impact that a caring role can have on our own identities and relationships and look at ways we can reconnect with ourselves and others.

Thursday 3 October | 10:30am-12.30pm | WSM*

Week 3 - Compassion fatigue and burnout

This session will focus on secondary trauma amongst carers and explore experiences of compassion fatigue and burnout and ways to manage/avoid this.

Thursday 10 October | 10:30am-12.30pm | WSM*

Week 4 - Establishing and maintaining boundaries in the caring role

This session will look at what boundaries are, why they are important and how we can establish and implement them.

Thursday 24 October | 10:30am-12.30pm | WSM*

Week 5 - Self-care for carers

This session will focus on the importance of self-care on your mental health and wellbeing and ways we can practice self-care.

Thursday 31 October | 10:30am-12.30pm | WSM*

Week 6 - Navigating the system

This session will bring together what we have covered throughout the course, and focus on carers' rights and what support is available.

Thursday 7 November | 10:30am-12.30pm | WSM*

***Venue: 4 Boulevard, Weston-s-Mare, BS23 1NA**

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 can attend one or both sessions but please book them individually.**

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

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

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 café.

***You can attend one or both sessions, but please book them individually.**

Wednesday 4 September | 1-2pm | NAILSEA
Wednesday 2 October | 1-2pm | PORTISHEAD
(meeting points confirmed on booking)

Wellbeing Cafe

Following our wellbeing walk there will be the opportunity to have refreshments in a local café and have a catch up and chat with the group.

***You can attend one or both sessions, but please book them individually.**

Wednesday 4 September | 2-3pm | NAILSEA
Wednesday 2 October | 2-3pm | PORTISHEAD
(meeting points confirmed on booking)

Writing for Wellbeing - as from 05.09.24 the group will be on a Thursday

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.

Thursdays | 2.30-4pm | Zoom | Weekly (no group on 17 Oct)

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)



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