

# Wellbeing Activities, Workshops and Courses

January- March 2025

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](mailto: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.

### **Distress Tolerance Skills Modules**

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

**Part 1 - Wednesday 15 January | 10 - 11.30am | Zoom**

**Part 2 - Wednesday 22 January | 10 - 11.30am | Zoom**

### **Understanding Unhealthy Coping Behaviours Module**

Helping to recognise unhealthy coping behaviours and explore alternatives.

**Wednesday 29 January | 10 - 11.30am | Zoom**

### **Emotion Regulation Skills Modules**

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

**Part 1 - Wednesday 5 February | 10 - 11.30am | Zoom**

**Part 2 - Wednesday 12 February | 10 - 11.30am | Zoom**

### **Relationships and Boundaries Modules**

Identifying healthy and unhealthy relationships, saying 'no', getting our needs met and interpersonal effectiveness skill.

**Part 1 - Tuesday 4 March | 10.30am - 12pm | Zoom**

**Part 2 - Tuesday 11 March | 10.30am - 12pm | Zoom**

### **Recognising and Naming Emotions Module**

Identifying emotions and our triggers and responses to them.

**Tuesday 25 March | 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](http://www.second-step/north-somerset-wellbeing).**

# Courses

## Men's Wellbeing Course

This 3 week course is provided by Beyond Equality and provides support for men to find purpose, identity and community in an evolving world. Open to anyone who identifies as male.

### **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 27 February | 2 - 4pm | 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 6 March | 2 - 4pm | WsM\***

### **Week 3 - Building Supportive Relationships**

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 13 March | 2 - 4pm | WsM\***

Venue: 4 Boulevard, WsM, BS23 1NA

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# Courses

## **Mindful Movement - New!!!**

Reconnect with your body through gentle movement in this four-week course. We will use mindful and grounding techniques to develop our 'tuning in' skills, before exploring making our own movement in line with what our bodies need. We will also reflect as a group, giving time to voice our thoughts and ideas. All bodies and abilities are welcome and encouraged, even if you've never done anything similar before!

### **Week 1 - Retune**

Begin to reconnect with your body and mind through a sequence of movements, and learn key grounding techniques that we'll use as the course progresses.

**Monday 20 January | 10.30am - 11.30am | WsM**

### **Week 2 - Flow**

Explore movements that harmonise your mind and body by focusing on the idea of 'flow', and how it relates to wellbeing.

**Monday 27 January | 10.30am - 11.30am | WsM**

### **Week 3 - Create**

Develop your confidence in creating movement, and learn how creativity can support wellbeing.

**Monday 3 February | 10.30am - 11.30am | WsM**

### **Week 4- Combine**

Draw together and reflect on your learnings from the course, and construct a final movement sequence to explore your new knowledge.

**Monday 10 February | 10.30am - 11.30am | WsM**

\*Venue: 4 Boulevard, WsM, BS23 1NA

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# workshops

## **Managing Anxiety**

This workshop will look at some of the common causes of anxiety, help us understand what's happening in our body when we feel anxious and give us some tools and strategies to help us manage our symptoms.

**Monday 13 January | 10.30am - 12.30pm | WsM**

**Venue: 4 Boulevard, WsM, BS23 1NA**

## **Coping with Low Mood**

In this workshop we will look at what happens to us when we have low mood/depression, the cycle of low mood and some tools and strategies to help manage low mood/depression.

**Monday 24 February | 10.30am-12.30pm | WsM**

**Venue: 4 Boulevard, WsM, BS23 1NA**

## **Increasing our Confidence for Wellbeing**

First half - Building our Self Esteem

In this first workshop we will explore what affects our levels of self-esteem and how it can affect our daily life. It will include looking at different tools you can use to improve the way we view ourselves and build our confidence.

Second half - Becoming More Assertive

The aim of the second workshop is to understand how we communicate assertively and effectively to improve our confidence. Through developing new skills, we can feel more comfortable when being assertive and improve our active listening. The workshop will also help you to become more aware of how you communicate and understand other people by finding ways to express thoughts and feelings honestly and respectfully.

**Monday 24 March | 10.30am-12.30pm | WsM**

**Venue: 4 Boulevard, WsM, BS23 1NA**

**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](mailto:NSWellbeing@second-step.co.uk)**

# Wellbeing activities

## **Mindful Arts & Crafts**

Our Mindful Arts & Crafts sessions focus on creativity to support our wellbeing. We do a different activity each week and end with a relaxing mindfulness practice.

**Wednesdays | 2-3pm | NAILSEA | Weekly**

**Venue - No.65 High Street, Nailsea, BS48 1AB**

**\*PLEASE NOTE THERE IS NO GROUP ON 1ST JANUARY AND 19 FEBRUARY 2025**

## **Wellbeing Space**

Our Wellbeing Space 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.

**Wednesdays | 1-2pm | NAILSEA | Weekly**

**Venue - No.65 High Street, Nailsea, BS48 1AB**

**\*PLEASE NOTE THERE IS NO NAILSEA GROUP ON 1ST JANUARY AND 19 FEBRUARY 2025**

**Thursdays | 11.30am - 12.30pm | WsM | Weekly**

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

**\*PLEASE NOTE THERE WILL BE NO WSM GROUP ON 2ND JANUARY AND 20 FEBRUARY 2025**

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](mailto: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 5 February | 1-2pm | Portishead**

**Thursday 6 February | 10.30am - 11.30am | WsM**

**Wednesday 5 March | 1-2pm | Clevedon**

**Thursday 6 March | 10.30-11.30am | WsM**

**(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.

**Wednesday 5 February | 2-3pm | Portishead**

**Thursday 6 February | 11.30am - 12.30pm | WsM**

**Wednesday 5 March | 2-3pm | Clevedon**

**Thursday 6 March | 11.30am - 12.30pm | WsM**

**(meeting points confirmed on booking)**





# Wellbeing activities

## 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.

**Thursdays | 2.30-4pm | Weekly**

**Venue: 4 Boulevard, WsM, BS23 1NA**

**\*PLEASE NOTE THERE WILL BE NO GROUP ON 2ND JANUARY 2025**

## Creativity for Wellbeing

Join us and enjoy the benefits that creativity can bring to our mental health. All abilities welcome and all materials are provided. We do a range of activities which this term include: Jewellery making, needle felting, painting, soap making amongst many others. Each session will end with a relaxing 10 minute mindfulness practice.

**Mondays | 2-3.30pm | Weekly**

**Venue: 4 Boulevard, WsM, BS23 1NA**

**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](mailto:NSWellbeing@second-step.co.uk)**

**North Somerset Wellbeing Service**  
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**Weston-Super-Mare**  
**North Somerset**  
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**[www.second-step.co.uk](http://www.second-step.co.uk)**

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

**or use our QR code:**

