

Wellbeing Courses

MAY - JUNE
2019 PROSPECTUS



**BRISTOL
WELLBEING
COLLEGE**

Welcome

We are delighted to welcome you to our May to June programme of workshops and courses.

Bristol Wellbeing College is a place of wellbeing and learning for people interested in exploring ways to improve their mental health.

We offer a range of workshops and courses free of charge to people receiving support from any of the organisations involved in the delivery of Bristol Mental Health services, along with carers of people receiving support from these services.

If you have any queries regarding eligibility please contact us on **0117 914 5498**

www.second-step.co.uk/bristol-wellbeing-college



How to be involved

Help us make the college yours. We are looking for learners and carers to help us design all aspects of the college from the next prospectus to future courses.

If you are interested in being involved in developing the college or would like to apply for any of our workshops or courses please get in touch using any of the contact details below.

Call us:

0117 914 5498

Email us:

bristol.wellbeing.college@second-step.co.uk

Or write to:

**Bristol Wellbeing College Coordinator,
Second Step, 9 Brunswick Square,
Bristol BS2 8PE**

Website:

www.second-step.co.uk/bristol-wellbeing-college

**SECOND
STEP**

PUTTING MENTAL HEALTH FIRST

**Bristol
Mental
Health**

**caring
open
hopeful**

Wellbeing Sessions at Windmill Hill City Farm

Philips Street, Bedminster, BS3 4EA

Date	Workshop	Time
Mon 13 May	Building resilience (bouncing back)	2pm - 4:30pm
Mon 20 May	Art & craft	2pm - 4pm
Mon 3 Jun	Introduction to assertive communication	2pm - 4:30pm
Mon 10 Jun	Managing depression (Session 1 of 3)	2pm - 4:30pm
Mon 17 Jun	Managing depression (Session 2 of 3)	2pm - 4:30pm
Mon 24 Jun	Managing depression (Session 3 of 3)	2pm - 4:30pm

It's about
hope

It's about
YOU

Wellbeing Sessions at The Greenway Centre

Doncaster Road, Southmead, BS10 5PY

Date	Workshop	Time
Wed 15 May	Confidence building	2pm - 4:30pm
Wed 22 May	Introduction to assertive communication	2pm - 4:30pm
Wed 29 May	Ways to wellbeing	2pm - 4:30pm
Wed 5 Jun	Sleep & self care	2pm - 4:30pm
Wed 12 Jun	Building resilience (bouncing back)	2pm - 4:30pm
Wed 19 Jun	Combatting isolation	2pm - 4:30pm
Wed 26 Jun	Art & craft	2pm - 4pm



Wellbeing sessions at St. James Priory Centre

Whitson St, Bristol City Centre, BS1 3NZ

Date	Workshop	Time
Tues 11 Jun	Mind your body, feed your mind (Session 1 of 2)	2pm - 4:30pm
Tues 18 Jun	Mind your body, feed your mind (Session 2 of 2)	2pm - 4:30pm
Tues 25 Jun	Mind your body, feed your mind (Session 1 of 2)	2pm - 4:30pm
Tues 2 Jul	Mind your body, feed your mind (Session 2 of 2)	2pm - 4:30pm



Mind your body, feed your mind course

Discover how your diet affects your state of mind. Join us on this two session course to find out exactly what's in your food, what this means for your body, mind and emotions, and the simple actions you can take to improve all three.

Afternoon Sessions at The Station

Silver Street, Bristol City Centre, BS1 2AG

Date	Workshop	Time
Tues 7 May	Introduction To Writing for wellbeing	2pm - 4:30pm
Thurs 9 May	Sleep & self care	2pm - 4:30pm
Tues 14 May	Keeping well (Session 1 of 3)	2pm - 4:30pm
Thurs 16 May	Keeping well (Session 2 of 3)	2pm - 4:30pm
Tues 21 May	Keeping well (Session 3 of 3)	2pm - 4:30pm
Thurs 23 May	Combatting isolation	2pm - 4:30pm
Tues 28 May	Understanding yourself	2pm - 4:30pm
Thurs 30 May	Building resilience (bouncing back)	2pm - 4:30pm
Tues 4 Jun	Wellbeing event	1pm - 4pm
Tues 11 Jun	Step into mindfulness (Level 1)	2pm - 4pm
Thurs 13 Jun	Me, my diagnosis & I (Session 1 of 3)	2pm - 4:30pm
Thurs 20 Jun	Me, my diagnosis & I (Session 2 of 3)	2pm - 4:30pm
Thurs 27 Jun	Me, my diagnosis & I (Session 3 of 3)	2pm - 4:30pm

Morning Sessions at The Station

Silver Street, Bristol City Centre, BS1 2AG

Date	Workshop	Time
Fri 10 May	Introduction to assertive communication	10:30am - 1pm
Fri 17 May	Step into mindfulness (Level 1)	10:30am - 12:30pm
Fri 24 May	Sleep & self care	10:30am - 1pm
Fri 7 Jun	Ways to wellbeing	10:30am - 1pm
Fri 14 Jun	Introduction to writing for wellbeing	10:30am - 1pm
Fri 21 Jun	Confidence building	10:30am - 1pm
Fri 28 Jun	Understanding yourself	10:30am - 1pm

There is also a **Wellbeing Café drop-in every Tuesday** from **2pm - 4pm** in the downstairs café area of The Station. Here you can meet with other learners to find out more of what the college has to offer and to take part in example exercises from the courses over a hot drink.



Booking Form

Your name

Address

Phone

Email

Date of birth

How did you hear about us?

If you would rather we speak to your support worker
or named friend please give their details below:

Name

How they know you

Organisation

Contact details

I would like to apply for the following wellbeing sessions:

- | | |
|---|------|
| 1 | Date |
| 2 | Date |
| 3 | Date |

Please submit a booking form in the first instance and we will contact you to confirm your enrolment.

Please be aware that to minimise disruption, you will not be able to join a session any later than fifteen minutes after the official start time.

Please return your form to:

Bristol Wellbeing College, 9 Brunswick Square, BS2 8PE



Apply for our workshops and courses online:

www.second-step.co.uk/bristol-wellbeing-college

For further information, or if you have any questions, please contact us:



0117 914 5498



bristol.wellbeing.college@second-step.co.uk

Using your information

The information you have provided will be used by Bristol Wellbeing College to process your booking. Bristol Wellbeing College is part of Second Step and is funded by Avon and Wiltshire Mental Health Partnership NHS Trust (AWP). As such, AWP may ask us for details of attendance. Your details will not be shared with any organisation other than AWP.

Keeping in touch

We would like to keep you informed about new workshops, courses and activities. If you'd like to hear from us, please let us know how you'd prefer to be contacted.

Email

Post

Telephone

Text