

Wellbeing Courses

**MARCH - APRIL 2020
PROSPECTUS**



**BRISTOL
WELLBEING
COLLEGE**

Welcome

We are delighted to welcome you to our **March to April programme** of wellbeing sessions.

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 wellbeing sessions free of charge to people receiving support from any of the organisations delivering 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

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

**SECOND
STEP**

PUTTING MENTAL HEALTH FIRST

**Bristol
Mental
Health**

**caring
open
hopeful**

Wellbeing Sessions Guide

We run three categories of sessions. Please see our guide below.



Green Sessions

For people who are beginning their recovery and who may be feeling a little lost, helpless or hopeless. These are shorter sessions encouraging self expression through the use of different sensory tools.

Blue Sessions

For people who have begun to take steps towards making positive changes and are beginning to feel some benefit but may still feel a bit unsure. These are more structured sessions which aim to provide learners with helpful tools and strategies.

Pink Sessions

For people who have reached a stage in their recovery where they feel comfortable with self-reflection and are working towards long term planning. Learners need to have a willingness to support each other in the sessions and share their experiences where appropriate.

Morning Sessions at The Station

Silver Street, Bristol City Centre, BS1 2AG

Date	Wellbeing Session	Time
Fri 20 Mar	Art & Craft	10:30am - 12:30pm
Fri 6 Mar	Assertive Communication	10:30am - 12:30pm
Fri 13 Mar	Ways to Wellbeing	10:30am - 12:30pm
Fri 27 Mar	Building Resilience	10:30am - 12:30pm
Fri 3 Apr	Confidence Building	10:30am - 12:30pm
Fri 17 Apr	Sleep & Self Care	10:30am - 12:30pm
Fri 24 Apr	Writing for Wellbeing	10:30am - 12:30pm
Fri 1 May	Combatting Isolation	10:30am - 12:30pm



Afternoon Sessions at The Station

Silver Street, Bristol City Centre, BS1 2AG

Date	Wellbeing Session	Time
Tue 24 Mar	Intro to Ways to Wellbeing	2pm - 3pm
Tue 7 Apr	Making Picture Poems	2pm - 3pm
Tues 21 Apr	Achieve, Connect, Enjoy	2pm - 4pm
Tue 14 Apr	Mind Your Body, Feed Your Mind (Part 1)	2pm - 4pm
Tue 28 Apr	Mind Your Body, Feed Your Mind (Part 2)	2pm - 4pm
Tue 3 Mar	Discovering Good Mental Health (Session 1 of 3)	2pm - 4:30pm
Tue 10 Mar	Discovering Good Mental Health (Session 2 of 3)	2pm - 4:30pm
Tue 17 Mar	Discovering Good Mental Health (Session 3 of 3)	2pm - 4:30pm





Booking Form

Please submit a booking form and we will contact you to confirm your enrolment.

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

Please return this form to:

Bristol Wellbeing College, 9 Brunswick Square, Bristol, 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 run by Second Step and is funded by Avon and Wiltshire Mental Health Partnership NHS Trust (AWP). 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



Sessions at Windmill Hill City Farm

Philip Street, Bedminster, BS3 4EA

Date	Wellbeing Session	Time
Mon 2 Mar	Achieve, Connect, Enjoy	2pm - 3pm
Mon 9 Mar	Making Picture Poems	2pm - 3pm
Mon 20 Apr	Intro to Building Resilience	2pm - 3pm
Mon 16 Mar	Confidence Building	2pm - 4pm
Mon 23 Mar	Sleep & Self Care	2pm - 4pm
Mon 30 Mar	Assertive Communication	2pm - 4pm
Mon 6 Apr	Understanding Yourself	2pm - 4pm
Mon 27 Apr	Ways to Wellbeing	2pm - 4pm

Wellbeing Café at Boston Tea Party

Every Tuesday 2pm-4pm
156 Cheltenham Road, BS6 5RL

Meet other learners and take part in workshop exercises.
Call **0117 914 5498** for more information.

Sessions at New Street Centre

1 New Street, St. Judes, BS2 9DX

Date	Wellbeing Session	Time
Wed 11 Mar	Making Picture Poems	10:30am - 11:30am
Wed 25 Mar	Intro to Writing for Wellbeing	10:30am - 11:30am
Wed 8 Apr	Intro to Mindfulness	10:30am - 11:30am
Wed 22 Apr	Compassionate Voice	10:30am - 11:30am

Sessions at The Greenway Centre

Doncaster Road, Southmead, BS10 5PY

Date	Wellbeing Session	Time
Wed 4 Mar	Compassionate Voice	2pm - 3pm
Wed 11 Mar	Intro to Mindfulness	2pm - 3pm
Wed 25 Mar	Intro to Building Resilience	2pm - 3pm
Wed 22 Apr	Art & Craft	2pm - 4pm
Wed 29 Apr	Making Picture Poems	2pm - 3pm
Wed 1 Apr	Keeping Well (Session 1 of 3)	2pm - 4:30pm
Wed 8 Apr	Keeping Well (Session 2 of 3)	2pm - 4:30pm
Wed 15 Apr	Keeping Well (Session 3 of 3)	2pm - 4:30pm

Sessions at The Vassall Centre

Gill Avenue, Fishponds, BS16 2QQ

Date	Wellbeing Session	Time
Thu 5 Mar	Intro to Building Resilience	2pm - 3pm
Thu 12 Mar	Achieve, Connect, Enjoy	2pm - 3pm
Thu 26 Mar	Compassionate Voice	2pm - 3pm
Thu 2 Apr	Intro to Ways to Wellbeing	2pm - 3pm
Thu 16 Apr	Intro to Writing for Wellbeing	2pm - 3pm
Thu 19 Mar	Combatting Isolation	2pm - 4pm
Thu 9 Apr	Step into Mindfulness (Level 1)	2pm - 4pm
Thu 23 Apr	Step into Mindfulness (Level 2)	2pm - 4pm
Thu 30 Apr	Understanding Yourself	2pm - 4pm

It's about
hope

It's about
YOU