

North Somerset Wellbeing Service

Courses

February 2020

Course	Wellbeing Course (closed group)
Description	This course, for Weston College students, will support students to improve their wellbeing. Following on from our introduction session on the five ways to wellbeing, this course is a six weeks long Wellbeing Course. The first 2 sessions will focus on building resilience, followed by a session on stress management techniques. Finally we will run 3 sessions on coping with anxiety. Together, we will discuss and discover different approaches to help us move forward and learn about different CBT tools to support our mental health and wellbeing during our studies and day-to-day life.
Dates	Alternate Thursdays and Fridays, 12:30-1:30, starting Friday 28 th February
Duration	6 weeks
Where	Weston College
Cost	Free

Course	Wellbeing Course (closed group)
Description	The wellbeing course for Addaction is an emotional coping skills course that is based on the five ways to wellbeing. This begins with an introduction to the five ways: connection, being active, giving, taking notice and learning. We then explore each of these further with a session each week, first covering interpersonal skills, such as assertiveness skills, and conflict resolution. We then learn how to use mindfulness for improving mental wellbeing and how being present helps us notice more around us. After this we will spend a session learning new distress tolerance skills, followed by a session on showing ourselves and others compassion. Lastly, we cover being physically active and feeding ourselves for a healthy body and mind.
Dates	Tuesdays 2:45-3:45, from Tuesday 4 th February
Duration	6 weeks
Where	Addaction, WSM
Cost	Free

March 2020

Course	Weston-Super-Mare: Mind Your Body, Feed Your Mind
Description	This course investigates the links between our diet, physical health and mental wellbeing. We discover surprising facts about the food we put into our bodies and the impact it has on our mind. We reflect on our personal actions and behaviour surrounding diet and exercise and what consequences these have, before exploring some feasible changes we can make for the better. We provide signposting to other local activities and groups to help you move.
Dates	Wednesdays 11:30-12:30, starting Wednesday 11 th March
Duration	4 weeks
Where	Victoria Methodist Church, WSM
Cost	£1 per session

Course	Therapeutic Art Course (limited places available)
Description	The therapeutic art course will use a range of art techniques to explore emotions and mental health. Each of the sessions will use a different technique, for example using collage to think about the self, using art as a form of mindfulness and creating a 'appreciation box'. There will be eight sessions in total, all with the materials included. You don't need to be good at art, just ready to open your mind to new ways to express yourself creatively.
Dates	Fridays 10:30- 12, starting Friday 6 th March
Duration	8 weeks
Where	The Stable Creative Hub, WSM, BS23 1JY
Cost	£1 per session for materials

Course	Creative Coping Course (limited places available)
Description	The creative coping course is an art based course with a focus on using creativity to express emotions and cope with them. This will be a series of six sessions using a range of materials to explore topics such as grief and loss, anxiety and low mood through the medium of art. The materials will all be provided and you don't need to be good at art to come along! It's a great opportunity to find new ways to think about your mental health and emotions.
Dates	Tuesdays 12:30-1:30pm, from Tuesday 17 th March
Duration	6 weeks
Where	65 The High Street, Nailsea
Cost	£1 per session for materials

Course	Clevedon: Mind Your Body, Feed Your Mind
Description	This course investigates the links between our diet, physical health and mental wellbeing. We discover surprising facts about the food we put into our bodies and the impact it has on our mind. We reflect on our personal actions and behaviour surrounding diet and exercise and what consequences these have, before exploring some feasible changes we can make for the better. We provide signposting to other local activities and groups to help you move.
Dates	Mondays 11:30-12:30, starting Monday 30 th March
Duration	4 weeks
Where	69 Old Street, Clevedon
Cost	£1 per session

Courses coming soon....

- Healthy cooking on a budget
- Yoga
- Tai chi

Please email NSWellbeing@second-step.co.uk or call us on **0333 023 3504** to book on to our upcoming courses.