

# Wellbeing Sessions

**NOVEMBER - DECEMBER 2021  
PROSPECTUS**



**BRISTOL  
WELLBEING  
COLLEGE**

# Enquiries and Eligibility

Bristol Wellbeing College provides free workshops, courses and activities to explore, improve and maintain mental health and wellbeing.

## **Our workshops and courses are available to Bristol residents who have used:**

- Bristol Mental Health Services, and their carers
- Fromeside Specialist Community Forensic Team
- Inner City and East Bristol GP surgeries
- Whole Health Project

Please enrol and book online at: [www.second-step.co.uk/wellbeing-colleges/bristol-wellbeing-college/](http://www.second-step.co.uk/wellbeing-colleges/bristol-wellbeing-college/)

Important: **Prior registration is essential**

For all enquiries, please email us at  
**[bristol.wellbeing.college@second-step.co.uk](mailto:bristol.wellbeing.college@second-step.co.uk)**

If you have no access to the internet, please call  
**0117 909 6630** and we will be happy to help.

**SECOND  
STEP**  
PUTTING MENTAL HEALTH FIRST

**Bristol  
Mental  
Health** : caring  
: open  
: hopeful

# Wellbeing Sessions Guide

Green, blue or pink?

Choose the right sessions for you.



## Green Sessions:

Lighter sessions offering an introduction into various ways to improve wellbeing. They are accessible to anyone, encouraging self-expression and self-care. Sessions involve techniques, activities and ways to connect with our senses to develop a wellbeing toolkit.

## Blue Sessions:

More detailed sessions that focus on making positive changes to habits, behaviours and lifestyle. The workshops support you to maintain positive change or take steps towards making a change. These more structured sessions aim to provide you with helpful tools and strategies.

## Pink Courses:

In-depth, multiple sessions encouraging self-reflection, long-term planning and progression. The sessions provide an opportunity to share experiences and support each other. Courses require commitment to attend all sessions and a willingness to complete homework.

**N.B. Pink courses run periodically throughout the year.**

# Classroom Sessions

Welcome to our face-to-face workshops based in community venues across Bristol. Our classroom settings are supportive, friendly and a great space to learn and grow together.

The wellbeing and safety of our staff, volunteers and learners are paramount. Before you book, and immediately before you attend, please ensure you have no Covid-19 symptoms.

Important: **Prior registration is essential**

**Monday Afternoons at John Wesley's Chapel**  
36 The Horsefair, Bristol City Centre BS1 3JE  
**2pm - 3:30pm**

Date	Session
Mon 1 Nov	Ways To Wellbeing
Mon 8 Nov	Assertive Communication: Saying "No"
Mon 22 Nov	Personality (dis) Order 1
Mon 29 Nov	Personality (dis) Order 2
Mon 6 Dec	Managing Depression
Mon 13 Dec	Reframing Loneliness

## Tuesdays/Wednesdays at John Wesley's Chapel

### Tuesday Mornings 10:30am - 12pm

Date	Session
Tue 2 Nov	Compassionate Voice
Tue 16 Nov	Anxiety 1: Our Bodies
Tue 23 Nov	Anxiety 2: Mind & Emotions
Tue 7 Dec	Festive Crafts
Tue 14 Dec	Building Resilience

### Wednesday Afternoons 2pm - 3:30pm

Wed 1 Dec	Writing for Wellbeing
Wed 8 Dec	Writing with Senses

## Wednesday Afternoons at Windmill City Farm

Philip St, Bedminster, BS3 4EA

### 2pm - 3:30pm

Date	Session
Wed 3 Nov	Building Resilience
Wed 10 Nov	Ways to Wellbeing
Wed 17 Nov	Assertive Communication: Saying "No"
Wed 15 Dec	Festive Crafts

## Thursday Afternoons at The Greenway Centre

Doncaster Road, Southmead, BS10 5PY  
2pm - 3:30pm

Date	Session
Thu 4 Nov	Managing Depression
Thu 11 Nov	Building Resilience
Thu 2 Dec	Festive Crafts
Thu 9 Dec	Anxiety 1: Our Bodies
Thu 16 Dec	Anxiety 2: Mind & Emotions

### Further information and bookings

Please visit our website at: [www.second-step.co.uk/wellbeing-colleges/bristol-wellbeing-college/](http://www.second-step.co.uk/wellbeing-colleges/bristol-wellbeing-college/)



# Online Sessions

Delivered via the free video conferencing app Zoom. We are happy to provide technical assistance to any learners who are new to the platform or who need help with downloading and using it.

## Tuesday Afternoons Online 2pm - 3:30pm

Date	Session
Tue 2 Nov	Anxiety 1: Bodies Response
Tue 9 Nov	Anxiety 2: Calming the Body
Tue 16 Nov	Anxiety 3: Calming Mind & Emotions
Tue 23 Nov	Anxiety 4: Changing Perspective
Tue 7 Dec	Sleep & Self Care*
Tue 14 Dec	B-ACE (Body-Care, Achieve, Connect & Enjoy)*

\*This workshop runs between **2pm - 3pm**

## Wednesday Mornings Online 10.30am - 11:30am

Date	Session
Wed 10 Nov	B-ACE (Body-Care, Achieve, Connect & Enjoy)
Wed 24 Nov	Building Resilience
Wed 1 Dec	Mindful Patterned Squares
Wed 8 Dec	Mindful Portraits
Wed 15 Dec	Compassionate Voice





## Thursday Mornings Online 10.30am - 11.30am

Date	Session
Thu 4 Nov	Depression: Finding Creativity
Thu 11 Nov	Depression: Finding Hope
Thu 18 Nov	Depression: Finding Motivation
Wed 25 Nov	Assertive Communication: Saying "No"
Thu 9 Dec	Reframing Loneliness



## Friday Mornings Online 10.30am - 11:30am

Date	Session
Fri 19 Nov	Writing for Wellbeing
Fri 26 Nov	Writing with Senses
Fri 3 Dec	Writing with Emotion
Fri 10 Dec	Writing with Memory
Fri 17 Dec	Writing Stories

