

Wellbeing Workshops

MAY - JUNE 2022
PROSPECTUS



BRISTOL
WELLBEING
COLLEGE

Welcome

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

Our workshops and courses are available to adults living in Bristol and anyone who has used mental health services in Bristol.

Please enrol and book online at: **www.second-step.co.uk/wellbeing-colleges/bristol-wellbeing-college/**

For all enquiries, please email us at **bristol.wellbeing.college@second.step.co.uk** or call **0117 914 5498** and we will be happy to help.

**SECOND
STEP**

PUTTING MENTAL HEALTH FIRST

Bristol
Mental
Health

car
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hopeful

Wellbeing Workshops Guide

Green, blue or pink?

Choose the right workshops for you.



Green Workshops :

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

Blue Workshops :

More detailed workshops 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 workshops aim to provide you with helpful tools and strategies.

Pink Workshops :

In-depth and encouraging self-reflection, long-term planning and progression. Our courses 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 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 attend in person, please ensure you have no Covid-19 symptoms.

Please note: **Prior registration is essential**

Monday Afternoons at John Wesley's New Room

36 The Horsefair, Bristol City Centre BS1 3JE

2:30pm - 4:30pm

Date	Workshop
Mon 9 May	Personality (dis) Order 1/2
Mon 16 May	Personality (dis) Order 2/2
Mon 23 May	Arts & Crafts
Mon 30 May	Understanding Yourself
Mon 6 Jun	Building Resilience
Mon 27 Jun	Assertive Communication: Saying "No"

Wednesday Afternoons at John Wesley's New Room

36 The Horsefair, Bristol City Centre BS1 3JE

2:30pm - 4:30pm

Date	Workshop
Wed 18 May	Introduction to Anxiety
Wed 1 Jun	Anxiety Course 1/4
Wed 8 Jun	Anxiety Course 2/4
Wed 15 Jun	Anxiety Course 3/4
Wed 22 Jun	Anxiety Course 4/4

Thursday Mornings at The Station

Silver St, Bristol City Centre BS1 2AG

10:30am - 12:30pm

Date	Workshop
Thu 5 May	Step into Mindfulness 1
Thu 12 May	Step into Mindfulness 2
Thu 16 Jun	Introduction to Managing Depression
Thu 23 Jun	Better Sleep

The Greenway Centre Workshops

Doncaster Road, Southmead, BS10 5PY

2:30pm – 4:30pm

Date	Workshop
Tue 24 May	Better Sleep
Wed 29 Jun	Understanding Yourself

St Paul's Learning Centre Workshops

94 Grosvenor Road, St Pauls, Bristol, BS2 8XJ

2:30pm – 4:30pm

Date	Workshop
Tue 3 May	Introduction to Anxiety
Mon 20 Jun	Introduction to Managing Depression

Windmill Hill Ciry Farm Workshops

Philip Street, Bedminster, BS10 5PY

2:30pm – 4:30pm

Date	Workshop
Wed 11 May	B-ACE (Body Care, Achieve, Connect & Enjoy)
Mon 13 Jun	Introduction to Anxiety

Online Workshops

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 2:30pm - 3:30pm

Date	Workshop
Tue 10 May	Reframing Loneliness
Tue 31 May	Compassionate Voice
Tue 21 Jun	Be Present: Senses Meditation



Wednesday Mornings Online **10:30am – 11:30am (*12pm)**

Date	Workshop
Wed 4 May	Writing for Wellbeing
Wed 11 May	Writing with Senses
Wed 18 May	Writing with Emotions
Wed 1 Jun	Writing with Memory
Wed 8 Jun	Writing Stories
Wed 22 Jun	Move, Food & Mental Health 1/2*
Wed 29 Jun	Move, Food & Mental Health 2/2*

Further information and bookings
Please visit our website at:
www.second-step.co.uk/wellbeing-colleges/bristolwellbeing-college/
or scan the QR code.



Thursday Afternoon Online 2:30pm - 3:30pm (*4:30pm)

Date	Workshop
Thu 5 May	Assertive Communication: Saying "No"
Thu 19 May	Building Resilience
Thu 26 May	Introduction to Managing Depression
Thu 9 Jun	Managing Depression Course 1/4*
Thu 16 Jun	Managing Depression Course 2/4*
Thu 23 Jun	Managing Depression Course 3/4*
Thu 30 Jun	Managing Depression Course 4/4*

Online Evening Workshops 6pm - 7:30pm

Date	Workshop
Thu 12 May	Better Sleep
Mon 20 Jun	Building Resilience

Also Happening...

Meet Us

An online space to learn about what we do, how to become a learner and meet tutors from the workshops. Professionals also welcome.

Meet us on Zoom **Mon 9 May** or **Mon 6 Jun** between **11:30am** and **12:30pm**.

Please use the following codes on **Zoom** to join us:

Meeting ID: 845 1874 4493

Passcode: Meet-Us22

Wellbeing Café

Our Wellbeing Café sessions are relaxed afternoons of company and conversation in a regular café space. Here you can also book onto workshops and find out more about what the college has to offer.

The Wellbeing Café takes place **every Tuesday** from **3rd May** between **2pm and 4pm** at the **Boston Tea Party, 156 Cheltenham Rd, Stokes Croft, BS6 5RL**

Wellbeing Event

A social afternoon where you can meet other learners and the team. Learn about wellbeing, get creative in the art room, play pool, listen to music, relax in our chillout space and perhaps win a prize in our free raffle. All welcome.

Wednesday 25 May, 1pm to 4pm

Chill Out Room, The Station, Silver Street, Bristol, BS1 2AG