

# Wellbeing Workshops

**JULY - AUGUST 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/bristol-wellbeing-college](http://www.second-step.co.uk/bristol-wellbeing-college)**

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 914 5498** and we will be happy to help.

**SECOND  
STEP**

PUTTING MENTAL HEALTH FIRST

Bristol  
Mental  
Health

caring  
open  
hopeful

# Workshops & Courses 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 Courses:

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 dates 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 4 Jul	Trauma Course 1/3
Mon 11 Jul	Trauma Course 2/3
Mon 18 Jul	Trauma Course 3/3
Mon 25 Jul	Arts & Crafts
Mon 1 Aug	Step into Mindfulness 1
Mon 8 Aug	Step into Mindfulness 2
Mon 15 Aug	Compassionate Voice

## **Tuesday Mornings at The Greenway Centre**

Doncaster Road, Southmead, BS10 5PY  
**10:30am - 12:30pm**

Date	Workshop
Tue 5 Jul	Arts & Crafts
Tue 23 Aug	Writing with Senses
Tue 30 Aug	Reframing Loneliness

## **Wednesday Mornings at The Station**

Silver Street, Bristol City Centre, BS1 8PE  
**10:30am - 12:30pm**

Date	Workshop
Wed 27 Jul	Building Resilience
Wed 3 Aug	Introduction to Anxiety
Wed 17 Aug	Anxiety Course 1/4
Wed 24 Aug	Anxiety Course 2/4
Wed 31 Aug	Anxiety Course 3/4
Wed 7 Sep	Anxiety Course 4/4

## **Wednesday Afternoons at Windmill Hill City Farm**

**Philip Street, Bedminster, BS3 4EA**  
**2:30pm – 4:30pm**

Date	Workshop
Wed 20 Jul	Introduction to Managing Depression
Wed 3 Aug	Understanding Yourself
Wed 10 Aug	Building Resilience

## **Thursday Afternoons at The Station**

**Silver Street, Bristol City Centre, BS1 8PE**  
**2:30pm – 4:30pm**

Date	Workshop
Thu 7 Jul	Introduction to Managing Depression
Thu 21 Jul	Managing Depression Course 1/4
Thu 28 Jul	Managing Depression Course 2/4
Thu 4 Aug	Managing Depression Course 3/4
Thu 11 Aug	Managing Depression Course 4/4

## **Thursday Afternoons at St Pauls Learning Centre**

**94 Grosvenor Road, St Pauls, Bristol, BS2 8XJ**  
**2:30pm – 4:30pm**

Date	Workshop
Thu 14 Jul	Building Resilience
Thu 18 Aug	Assertive Communication saying 'No'

# 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 5 Jul	Building Resilience
Tue 12 Jul	Ways to Wellbeing
Tue 9 Aug	Be Present - Intro and Breath Meditation
Tue 30 Aug	Be Present - Five Senses Meditation

## Tuesday Evenings Online 6pm - 7:30pm

Date	Workshop
Tue 26 Jul	Introduction to Anxiety
Tue 16 Aug	Writing for Wellbeing

## Wednesday Afternoons Online

2:30pm - 3:30pm

Date	Workshop
Wed 13 Jul	Compassionate Voice
Wed 27 Jul	Writing for Wellbeing
Wed 31 Aug	Writing with Senses

## Thursday Mornings Online

10:30am - 11:30am

Date	Workshop
Thu 21 Jul	B-ACE (Body Care, Achieve, Connect & Enjoy)





## Friday Mornings Online 10:30am – 12:30pm (\*11:30am)

Date	Workshop
Fri 15 Jul	Introduction to Anxiety*
Fri 29 Jul	Anxiety Course 1/4
Fri 5 Aug	Anxiety Course 2/4
Fri 12 Aug	Anxiety Course 3/4
Fri 19 Aug	Anxiety Course 4/4

Further information and bookings

Please visit our website at:

<https://www.second-step.co.uk/>

[bristol-wellbeing-college/](https://www.second-step.co.uk/bristol-wellbeing-college/)

or scan the QR code.



# 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 4 Jul** or **Mon 8 Aug** between **11:30am** and **12:30pm**.

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

**Meeting ID:** 847 1490 1058

**Passcode:** MeetUs22

## **New** Walking to Wellbeing Course

Our five week walking course incorporates the Five Ways to Wellbeing. All walks are approximately 1 hour and are centred in and around Bristol. Within each walk we will have space to explore one of our senses and how we can connect, learn, be active, take notice and give.

Course starts on **Tuesday 19th July 11 am - 12.30pm -**

**Booking is essential.**

## 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. **No need to book.**

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