

# Wellbeing Activities, Workshops and Courses

November - December 2023

Prospectus



# Welcome to North Somerset Wellbeing

Welcome!

North Somerset Wellbeing provides free workshops, courses and group activities which are available to adults living across the North Somerset county. They are designed to explore, improve and maintain our mental health and wellbeing.

You can complete an online booking form here or use the QR code below:

<https://www.second-step.co.uk/wellbeing-colleges/north-somerset-wellbeing/>

If you have no access to the internet, please call 0333 023 3504 or text on 0752 0661 482 and we will be happy to help.

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



**NORTH  
SOMERSET  
WELLBEING**

# Workshops

## **Improving our Assertiveness Skills**

The aim of this workshop is to improve our confidence in how we communicate assertively and effectively. Through developing new skills, we can feel more comfortable when being assertive and improve our active listening. The workshop will also help you to become more aware of how you communicate and understand other people by finding ways to express thoughts and feelings honestly and respectfully.

**Tuesday 5 December | 10.30am-12.30pm | Zoom\***

## **Managing Anxiety Workshop**

This workshop will look at some of the common causes of anxiety, understand what's happening in our body when we feel anxious and learn some tools and strategies to help us manage our symptoms.

**Tuesday 21 November | 10.30am-12.30pm | WsM\***

**\*4 Boulevard, Weston s Mare, BS23 1NA**

**Tuesday 12 December | 10.30am-12pm | Zoom\***

## **Menopause Workshops**

### **The Physical & Psychological Effects of the Menopause**

This workshop will be covering all the ways in which the menopause affects your health, the different stages of menopause and the treatments available to you.

**Thursday 9 November | 10.30-11.30am | Zoom\***

### **Support and Relationships**

This workshop will cover how to get help during the menopause, from your doctor through to friends and family. We will also talk about menopause in the workplace and your rights.

**Thursday 16 November | 10.30-11.30am | Zoom\***

**Booking in advance is essential for all of our wellbeing workshops and courses. Please visit our website for further information [www.second-step/north-somerset-wellbeing](http://www.second-step/north-somerset-wellbeing).**

# Workshops

## Self-Esteem Workshop

In this workshop we will explore what affects our levels of self-esteem and how it can affect our daily life. It will include looking at different tools you can use to improve the way we view ourselves.

**Friday 24 November | 10.30am-12pm | Zoom\***

## Low Mood Workshop

In this workshop we will look at what happens to us when we have low mood/ depression, the cycle of low mood and some tools and strategies to help manage low mood/depression.

**Wednesday 6 December | 10.30am-12pm | Zoom\***

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# Courses

Our “Understanding and Managing Emotional Intensity” course has relaunched!

Our course will now run as individual modules, where you can pick and choose the sessions most relevant to you. You are free to select as many of the modules as you like and below is a short description of each to get you started but please don't hesitate to contact us if you have any questions.

## **Recognising and Naming Emotions Module**

**Wednesday 1 November | 11am-12pm | Zoom\***

How to identify your triggers and responses.

## **Emotion Regulation Skills Module**

**Wednesday 8 November | 11am-12pm | Zoom\***

Learning skills to help decrease the intensity of unpleasant emotions and modifying how we respond to them.

## **Understanding Unhealthy Coping Behaviours Module**

**Wednesday 15 November | 11am-12pm | Zoom\***

Helping to recognise unhealthy coping behaviours and explore alternatives.

## **Distress Tolerance Skills Modules**

**Part 1 - Friday 8 December | 10.30-11.30am | Zoom\***

**Part 2 - Thursday 14 December | 10.30-11.30am | Zoom\***

Skills to effectively work through a period of crisis or distress.

## **Relationships & Boundaries Module**

**Friday 15 December | 10.30-11.30am | Zoom\***

Identifying healthy and unhealthy relationships, saying “no”, getting our needs met. Interpersonal effectiveness skills.

# Wellbeing activities

The first half of the group is our 'Wellbeing Space' and provides an opportunity to come together to share ideas and experiences in a safe, supportive, and welcoming environment. The topics cover a wide and varied range of discussions and activities. Following a short coffee-break the second half of the group is 'Mindful Arts & Crafts' which focuses on creativity to support our wellbeing. This will encompass both a mindfulness practice and an arts and crafts activity. You are welcome to stay for one or both sessions but please book separately for each session in advance.

**Wellbeing Space | Mondays | 1-2pm | WSM | Weekly**  
**Mindful Arts and Crafts | Mondays | 2-3pm | WSM | Weekly**  
**Venue - 4 Boulevard, Weston s Mare, BS23 1NA**

**\*NB - No WsM group on 27 November\***

**Wellbeing Space | Tuesdays | 1 -2pm | PORTISHEAD | Weekly**  
**Mindful Arts and Crafts | Tuesdays | 2 - 3pm | PORTISHEAD | Weekly**  
**Venue - Folk Hall, 95 High Street, Portishead, BS20 6PR**

**Wellbeing Space | Wednesdays | 1-2pm | NAILSEA | Weekly**  
**Mindful Arts and Crafts | Wednesdays | 2-3pm | NAILSEA| Weekly**  
**Venue - No.65 High Street, Nailsea, BS48 1AB**

## **Mindfulness Sessions - NEW TIME!**

Mindfulness is about living in the present moment; in these sessions we will explore what mindfulness is, how we can incorporate it into our everyday life and practice some relaxing mindfulness exercises.

**Tuesdays | 4-4.30pm | Zoom | Weekly**

**Places are limited, so please book in advance. If you have any questions, or would like more information, please email [NSWellbeing@second-step.co.uk](mailto:NSWellbeing@second-step.co.uk)**



# Wellbeing activities

## Wellbeing Walks

Walking is not only good for our physical health, but also our mental health, as it helps us to get out, connect with nature and also provide an opportunity to explore new places and meet people. Each walk will be held at a different location and will be suitable for any ability. At the end of the walk there will be the opportunity to have refreshments in a local cafe.

**Wednesday 1 November | 1-3pm | Nailsea**

**Wednesday 6 December | 1-3pm | Portishead**  
**(meeting points confirmed on booking)**

## Writing for Wellbeing - SESSION TIME EXTENDED!

Writing for Wellbeing is a group of people who come together to share words they've written (i.e. a poem, short story). The group also choose topics together where they can express themselves and have fun with words, create pictures and share ideas. You only share your writing with the group if you feel comfortable doing so.

**Fridays | 1-2.30pm | Zoom | Weekly**



**North Somerset Wellbeing Service**  
**4 Boulevard**  
**Weston-Super-Mare**  
**North Somerset**  
**BS23 1NA**

**Tel: 0333 023 3504**

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**Email: [NSWellbeing@second-step.co.uk](mailto:NSWellbeing@second-step.co.uk)**

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**@wearesecondstep**

