

# Wellbeing Activities, Workshops and Courses

May - June 2024 Prospectus



**SECOND  
STEP**  
PUTTING MENTAL HEALTH FIRST

**NORTH  
SOMERSET  
WELLBEING**

# 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

## Coping with Low Mood Workshop

This workshop will look at the symptoms and the cycle of depression, as well as supporting you to develop wellbeing tools and strategies to help manage low mood.

**Thursday 2 May 2024 | 10.30am - 12.30pm | WSM\***

## Managing Anxiety Workshop

This workshop will look at some of the common causes of anxiety. We will also explore how anxiety affects our body and learn some tools and strategies to help manage symptoms.

**Tuesday 7 May 2024 | 10.30am - 12.30pm | WSM\***



**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).**

# Courses

## **Looking After Yourself: Wellbeing for Carers**

This 6 week course is aimed at Adult Carers (18yrs and over) who care for individuals over 18yrs, living in the North Somerset area. The course is designed to support carers to understand their own mental health needs - and those of the person they care for - by learning new coping skills working towards improved emotional resilience, having a safe and confidential space to share experiences and meet other carers.

### **Week 1 - Thoughts, feelings and challenges:**

This session will explore the impact that caring can have on your own mental health and wellbeing and the importance of being able to identify and understand emotions associated with this. This session will also focus on ways we can begin to build our emotional resilience.

**Thursday 6 June 2024 10:30am-1pm | Motex Centre WSM\***

### **Week 2 - Identity and coping with change:**

This session will focus on the impact that a caring role can have on our own identities and relationships and look at ways we can reconnect with ourselves and others. This session will also focus on coping with change.

**Thursday 13 June 2024 | 10:30am-1pm | Motex Centre WSM\***

### **Week 3 - Compassion fatigue and burnout:**

This session will focus on secondary trauma amongst carers and explore experiences of compassion fatigue and burnout and ways to manage/avoid this.

**Thursday 20 June 2024 | 10:30am-1pm | Motex Centre WSM\***

### **Week 4 - Establishing and maintaining boundaries in the caring role:**

This session will look at what boundaries are, why they are important and how we can establish and implement them.

**Thursday 4 July 2024 | 10:30am-1pm | Motex Centre WSM\***

### **Week 5 - Self-care for carers:**

This session will focus on the importance of self-care on your mental health and wellbeing and ways we can practice self-care.

**Thursday 11 July 2024 | 10:30am-1pm | Motex Centre WSM\***

### **Week 6 - Navigating the system:**

This session will bring together what we have covered throughout the course, and focus on carers' rights and what support is available.

**Thursday 18 July | 10:30am-1pm | Motex Centre WSM\***

# Wellbeing activities

The first half of the group is our 'Wellbeing Space' and provides an opportunity to come together to share ideas and experiences on the topic of the week, in a safe, supportive, and welcoming environment. The weekly topics cover a wide and varied range of issues relating to our mental health. 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**

**\*NO GROUP ON BANK HOLIDAYS\***

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

**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

## Mindfulness Sessions

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**

## Wellbeing Walks

Walking is not only good for our physical health, but also our mental health. It helps us to get out, connect with nature and also provides 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 May | 1-3pm | Clevedon**

**Wednesday 5 June | 1-3pm | Nailsea**

**(meeting points confirmed on booking)**

## Writing for Wellbeing

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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**[@wearesecondstep](#)**

