

# Wellbeing Workshops

OCTOBER - DECEMBER 2024  
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**

# 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.

# 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.

## Monday Afternoons Online 3pm - 4pm

Date	Session
Mon 28 Oct	Online Wellbeing Café
Mon 25 Nov	Online Wellbeing Café
Mon 16 Dec	Online Wellbeing Café



## Tuesday Afternoons Online

### 2:30pm - 3:30pm

Date	Workshop/Course
Tue 22 Oct	Introduction to Anxiety
Tue 29 Oct	Reframing Loneliness
Tue 12 Nov	Coping with Low Mood Course 1/4*
Tue 19 Nov	Coping with Low Mood Course 2/4*
Tue 26 Nov	Coping with Low Mood Course 3/4*
Tue 3 Dec	Coping with Low Mood Course 4/4*
Tue 10 Dec	Self-Kindness

\* Course runs between 2:30pm - 4:30pm

## Wednesday Afternoons Online

### 2:30pm - 3:30pm

Date	Session
Wed 4 Dec	Be Present: Intro & Breath Meditation
Wed 11 Dec	Be Present: Self-Connection Meditation

## Thursday Afternoons Online

2:30pm - 3:30pm

Date	Workshop/Course
Thu 3 Oct	Introduction to Coping with Low Mood
Thu 10 Oct	Better Sleep
Thu 14 Nov	Assertive Communication saying 'No'
Thu 21 Nov	Finding Motivation
Thu 5 Dec	Be Present: Five Senses Meditation
Thu 12 Dec	Be Present: Appreciation Meditation

## Friday Mornings Online

10:30am - 11:30am

Date	Workshop/Course
Fri 4 Oct	Confidence Building
Fri 25 Oct	Ways to Wellbeing
Fri 1 Nov	Building Resilience
Fri 15 Nov	Life Balance (Formerly B-ACE)
Fri 29 Nov	Writing with Nature
Fri 6 Dec	Mindful Zentangles
Fri 13 Dec	Mindful Portraits

# Classroom workshops

Based in community venues across Bristol, our classroom settings are supportive, friendly and a great space to connect, learn and grow together.

**Monday Afternoons at John Wesley's New Room** 36 The Horsefair, Bristol City Centre  
BS1 3JE **2:30pm - 4:30pm**

Date	Workshop/Course
Mon 7 Oct	Writing for Wellbeing
Mon 14 Oct	Writing with Senses
Mon 21 Oct	Writing with Emotions
Mon 28 Oct	Writing with Memory
Mon 4 Nov	Re-writing stories
Mon 11 Nov	Men's Mental Health Course 1/3
Mon 18 Nov	Men's Mental Health Course 2/3
Mon 25 Nov	Men's Mental Health Course 3/3
Mon 9 Dec	Arts & Crafts: Festive Wreaths

## Tuesday Mornings at Wellspring Settlement

43 Ducie Road, Barton Hill, BS5 0AX  
10:30am - 12:30pm

Date	Workshop/Course
Tue 1 Oct	Life Balance (Formerly B-ACE)
Tue 8 Oct	Introduction to Anxiety
Tue 15 Oct	Managing Pain 1/4
Tue 22 Oct	Managing Pain 2/4
Tue 29 Oct	Managing Pain 3/4
Tue 5 Nov	Managing Pain 4/4
Tue 12 Nov	Understanding Yourself
Tue 19 Nov	Arts & Crafts: Festive Wreaths
Tue 26 Nov	Building Resilience
Tue 3 Dec	Arts & Crafts: Festive Baubles
Tue 10 Dec	Ways to Wellbeing





## Wednesday Mornings at The Greenway Centre Doncaster Road, Southmead, BS10 5PY 10:30am - 12:30pm

Date	Workshop/Course
Wed 9 Oct	Understanding Trauma 1/4
Wed 16 Oct	Understanding Trauma 2/4
Wed 23 Oct	Understanding Trauma 3/4
Wed 30 Oct	Understanding Trauma 4/4
Wed 13 Nov	Confidence Building
Wed 20 Nov	Mind & Movement
Wed 27 Nov	Better Sleep
Wed 4 Dec	Self-Kindness
Wed 11 Dec	Arts & Crafts: Festive Baubles



# Also happening...

## **Wellbeing Café**

Boston Tea Party,  
156 Cheltenham Road, Stokes Croft, BS6 5RL

### **Every Tuesday between 2pm - 4pm**

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

**No need to book.**

## **Mindful Walk at the Museum**

### **Wed 6 Nov - 10:30am - 12pm**

Walk with us through the rich and colourful worlds depicted in the Bristol Museum & Art Gallery. By expanding on our sense of sight, we will consider the differences between 'seeing' and 'looking' to give us fresh perspective on the world around us.

## **Further information and bookings**

Please visit our website or scan the QR code.

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

