

Wellbeing Activities, Workshops and Courses

April - June 2025 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



**NORTH
SOMERSET
WELLBEING**

Courses

Understanding and Managing Emotional Intensity

This course runs 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; 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

Identifying emotions and our triggers and responses to them.

Tuesday 15 April | 2-3.30pm | Zoom

Emotion Regulation Skills Modules

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

Part 1 - Tuesday 22 April | 2-3.30pm | Zoom

Part 2 - Tuesday 29 April | 2-3.30pm | Zoom

Understanding Unhealthy Coping Behaviours Module

Helping to recognise unhealthy coping behaviours and explore alternatives.

Tuesday 6 May | 2-3.30pm | Zoom

Distress Tolerance Skills Modules

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

Part 1 - Tuesday 20 May | 2-3.30pm | Zoom

Part 2 - Tuesday 27 May | 2-3.30pm | Zoom

Relationships Module

Relationships and the impact of emotional intensity

Tuesday 3 June | 2-3.30pm | Zoom

Boundaries Module

Identifying and maintaining boundaries with emotional intensity

Tuesday 10 June | 2-3.30pm | 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.

Courses

ADHD - Minds of All Kinds

All adults with (or curious about) ADHD/ADD whether diagnosed or not, are welcome! In this five-week course, we explore aspects of ADHD/ADD including the effects on the body, brain, emotions, and behaviours. Each week, we introduce practical tools and practice techniques to foster empowerment. Our goal is to focus holistically on strengthening resources to better navigate and support ADHD/ ADD in day to day life.

Week 1 - Neurodiversity

This session will introduce what is neurodiversity and what is it like to live with ADHD? Focusing on how neurodiversity and ADHD/ ADD affects mental health & wellbeing and recognising strengths and challenges.

Friday 2 May | 10.30am - 12pm | WsM*

Week 2 - ADHD

This session will focus on the impact ADHD/ADD can have on our lives, emotions, procrastination, identity and look at ways we can reconnect with ourselves. It will explore the importance of being able to identify and understand emotions associated with ADHD/ ADD and ways we can begin to build our emotional resilience.

Friday 9 May | 10.30am - 12pm | WsM*

Week 3 - Self- Support Strategies Part 1

This session will focus on the impact of ADHD on the brain, body and fight or flight response whilst exploring techniques to recognise and manage bodily responses.

Friday 16 May | 10.30am - 12pm | WsM*

Week 4 - Self- Support Strategies Part 2

This session will look at the impacts on our thoughts and behaviour. We will focus on the importance of balance and self-care and ways to practice self-care when managing ADHD/ADD.

Friday 23 May | 10.30am - 12pm | WsM*

Week 5 - Navigating the system

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

Friday 30 May | 10.30am - 12pm | WsM*

Venue: 4 Boulevard, WsM, BS23 1NA

Courses

Anxiety Course

Anxiety is present in us all, however sometimes our anxiety can feel out of control, and we may struggle to do day to day things. In this four-week course we explore different aspects of anxiety, from how anxiety affects our body, to the impact our thoughts have on our feelings and actions. Each week we identify tools and strategies to help gain a sense of empowerment and practise different techniques to create a sense of calm. Throughout the course we aim to build our internal and external resources to manage our anxiety better.

Week 1

Exploring our autonomic nervous system and how it activates our fight, flight and freeze response.

Friday 6 June | 10.30am-12.30pm | WsM*

Week 2

Identifying and understanding how thinking styles impact our feelings of anxiety.

Friday 13 June | 10.30am-12.30pm | WsM*

Week 3

The role of avoidance in maintaining anxiety and techniques to build resilience.

Friday 20 June | 10.30am-12.30pm | WsM*

Week 4

How to manage worry, be kind to ourselves and build a tool kit for the future.

Friday 27 June | 10.30am-12.30pm | WsM*

Venue: 4 Boulevard, WsM, BS23 1NA

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Courses

Forest Therapy for Wellbeing

Join us for a four-week introductory course in Forest Therapy at Grove Park. Forest Therapy originates in Japan, where it is known as Shinrin-Yoku. It is a mindful, relaxing way to reconnect with nature through all of our senses, with many benefits for mental and physical health. Each week we will begin with a guided meditation before trying out different activities which will help you connect to the natural world, relax and unwind.

Week 1 - Explore

In this introductory session, you will be guided to mindfully explore our surroundings using all of your senses. We will look at the benefits of spending time in nature for our mental health.

Thursday 5 June | 2-3.30pm | Grove Park, WsM

Week 2 - Wonder

This week, we will look at things in nature that create a sense of awe and wonder. We will participate in a Wonder Walk. What will you find, and what can we celebrate together?

Thursday 12 June | 2-3.30pm | Grove Park, WsM

Week 3 - Play

This week, we will explore nature playfully. We will practice using our imaginations and explore the benefits of play in nature for our mental health.

Thursday 19 June | 2-3.30pm | Grove Park, WsM

Week 4 - Reflect

A time for reflection on nature and our connection to it. We will consider the value of connecting with nature, how it benefits us and how we can do it more often.

Thursday 26 June | 2-3.30pm | Grove Park, WsM

*Meeting point confirmed on booking

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workshops

Getting to know Stress

You may not know this, but April is stress awareness month. Our one and a half hour "getting to know stress" workshop aims to help you start to think about what stress is, how it might be affecting you and to help you learn some tools and techniques to help you manage it.

Friday 25 April | 10.30am - 12pm | WsM

Venue: 4 Boulevard, WsM, BS23 1NA



**SECOND
STEP**
PUTTING MENTAL HEALTH FIRST



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

Wellbeing activities

Mindful Arts & Crafts

Our Mindful Arts & Crafts session focuses on creativity to support our wellbeing and we do a different activity each week.

Wednesdays | 2.15 - 3.15pm | NAILSEA | Weekly
Venue - No.65 High Street, Nailsea, BS48 1AB

Wellbeing Space

Our Wellbeing Space 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 and ends with a relaxing mindfulness practice.

Wednesdays | 1 - 2.15pm | NAILSEA | Weekly
Venue - No.65 High Street, Nailsea, BS48 1AB

Thursdays | 11.30am - 12.45pm | WsM | Weekly
Venue - 4 Boulevard, Weston s Mare, BS23 1NA

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



Wellbeing activities

OPEN FOR BOOKINGS! **FREE Online Mindfulness Practice @ Anytime**

We are pleased to announce our online guided Mindfulness practice sessions are now open for booking!

These sessions are for everyone, whether you're new to mindfulness or you practise mindfulness regularly. Use them first thing in the morning to reduce anxiety and get your day going, or use as and when to manage stress and ground yourself, or how about last thing at night to calm and clear your mind for a restful night's sleep? It's up to you, use anytime as many times as you like... For details on the benefits of mindfulness, the full range available and to try out a taster session visit our website.

Book in the same way as our other activities, workshops and courses by using our online booking form.

When you book, we'll send you an email with a link to your chosen mindfulness practice along with a handy 'introduction to mindfulness' recording to get you off to the best possible start. You are free to keep your links forever and to use @ anytime.

We look forward to you joining us.



Wellbeing activities

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 café.

***You can attend one or both sessions, but please book them individually.**

Wednesday 2 April | 1-2pm | Nailsea
Thursday 3 April | 10.30- 11.30am | WsM
Thursday 1 May | 10.30-11.30am | WsM
Wednesday 7 May | 1-2pm | Portishead
Wednesday 4 June | 1-2pm | Clevedon
Thursday 5 June | 10.30-11.30am | WsM

(meeting points confirmed on booking)

Wellbeing Cafe

Following our wellbeing walk there will be the opportunity to have refreshments in a local café and have a catch up and chat with the group.

Wednesday 2 April | 2-3pm | Nailsea
Thursday 3 April | 11.30am-12.30pm | WsM
Thursday 1 May | 11.30am-12.30pm | WsM
Wednesday 7 May | 2-3pm | Portishead
Wednesday 4 June | 2-3pm | Clevedon
Thursday 5 June | 11.30am -12.30pm | WsM

(meeting points confirmed on booking)



Wellbeing activities

Writing for Wellbeing

Writing for Wellbeing welcomes people to 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.

Thursdays | 2.30-4pm | Weekly | Zoom

Creativity for Wellbeing

Join us and enjoy the benefits that creativity can bring to our mental health. All abilities welcome and all materials are provided. We do a range of activities which this term include: pom-pom Easter wreaths, clay leaf coasters, bunting and calligraphy amongst many others. Each session will end with a relaxing 10 minute mindfulness practice.

Mondays | 2-3.30pm | Weekly

Venue: 4 Boulevard, WsM, BS23 1NA

***PLEASE NOTE THERE WILL BE NO GROUPS ON BANK HOLIDAYS**

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

Wellbeing activities

Weekly Community Drop-in

We are pleased to offer our new drop-in group, in partnership with Mind Somerset. No need to book - just turn up!

Join us in a welcoming and safe space to socialise with others that may be in a similar situation, be involved in fun activities or access guidance, reassurance and support.

Tuesday | 10.30 - 11.30am | Weekly | WsM*

Venue: 4 Boulevard, WsM, BS23 1NA

Carer's Café

Our new Carers Café sessions are aimed at Adult Carers (18yrs and over) who care for individuals over 18yrs and living in the North Somerset area. This will be a relaxed space where you can enjoy the company and conversation of other carers who are in a similar situation, as well as share experiences and advice to support your wellbeing, within a regular café setting.

Thursday 3 April | 10.30am - 12pm | Weston Museum

Thursday 1 May | 10.30am - 12pm | Weston Museum

Thursday 5 June | 10.30am - 12pm | Weston Museum

Venue: Burlington Street, BS23 1PR

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

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www.second-step.co.uk

[@wearesecondstep](https://www.instagram.com/wearesecondstep)

or use our QR code:

