

Wellbeing Activities, Workshops and Courses

July - September 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.

Friday 4 July | 10.30am - 12pm | Zoom

Emotion Regulation Skills Modules

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

Part 1 - Friday 18 July | 10.30am - 12pm | Zoom

Part 2 - Friday 25 July | 10.30am - 12pm | Zoom

Understanding Unhealthy Coping Behaviours Module

Helping to recognise unhealthy coping behaviours and explore alternatives.

Friday 15 August | 10.30am - 12pm | Zoom

Distress Tolerance Skills Modules

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

Part 1 - Friday 22 August | 10.30am - 12pm | Zoom

Part 2 - Friday 29 August | 10.30am - 12pm | Zoom

Relationships Module

Relationships and the impact of emotional intensity

Tuesday 9 September | 10.30am - 12pm | Zoom

Boundaries Module

Identifying and maintaining boundaries with emotional intensity

Tuesday 16 September | 10.30am - 12pm | 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

Understanding Trauma

In this four-week course we will consider what trauma is, how it affects our brains, bodies and sense of self. We will learn ways to manage the effects of trauma and consider how we can work towards our values. Learning will include practical activities which will help us to feel calm and grounded.

Week 1 - What is trauma?

What are the different types of trauma and what are the effects trauma can have on our lives? In this session we will explore what trauma is and look at how it impacts our nervous system and hormonal balance. We will discuss and practice strategies that help us manage our physical responses to trauma.

Tuesday 12 August | 10am - 12pm | WsM*

Week 2 - Trauma and the brain

This week we will begin to look at how trauma affects our brains and how it impacts the body. We will learn what hypervigilance is and how this can leave us feeling on edge. We will look at ways to help us feel grounded and calm.

Tuesday 19 August | 10am - 12pm | WsM*

Week 3 - Calming the inner critic

Often after experiencing trauma, we can feel shame and guilt. This can lead to our minds telling us unkind things about ourselves. We will look at ways to manage this, and learn a variety of strategies to build our self-esteem and self-compassion.

Tuesday 26 August | 10am - 12pm | WsM*

Week 4 - Reclaiming ourselves after trauma

We will start this session by exploring a range of strategies that can calm our nervous systems. We will then look at our values and how we can work towards them, bringing us back to ourselves after trauma.

Tuesday 2 September | 10am - 12pm | WsM*

*4 Boulevard, WsM, BS23 1NA

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Courses

Understanding & Managing Anger

Anger is a natural emotion but, when left unchecked can impact our mental health, relationships, and wellbeing. This course explores the psychological roots of anger and offers evidence-based techniques to manage it effectively. Learn how to recognise emotional triggers, build emotional resilience, and respond calmly in challenging situations. Ideal for anyone looking to support their mental health or help others do the same, this course turns anger into an opportunity for growth and healing.

Week 1 - Reaching boiling point

This session will look at what anger is and how to recognise it, as well as how it feels.

Thursday 4 September | 10 - 11am | Zoom

Week 2 - Interrupting the eruption

In this session we will look at understanding triggers and the physical and emotional signs that occur when we begin to experience anger.

Thursday 11 September | 10 - 11am | Zoom

Week 3 - Letting off steam

This session will explore coping strategies and skills aimed at helping to manage and reduce feelings of anger in the short-term.

Thursday 18 September | 10 - 11am | Zoom

Week 4 - Stop seeing red

Learn techniques to manage anger in the long term and develop a personalised Anger Control Plan for the future.

Thursday 25 September | 10 - 11am | Zoom

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Courses

Therapeutic Art - Knowing Yourself

Art making is one of the oldest forms of healing and recovery. It utilizes the creative process, which exists within each of us (contrary to what art teachers may have led you to believe) to promote personal growth, self-expression, stress reduction, emotional regulation, problem-solving and personal transformation. We will focus on a different visual art form each week. No prior experience of art materials is required.

Week 1 - The Blank Page

In this initial session, you will be introduced to the medium of collage, investigating how it can be used for self-exploration and problem-solving.

Friday 12 September | 10.30am - 12pm | WsM*

Week 2 - Drawing Breath

In this second session, you will use drawing and mark-making for self-regulation and to aid play.

Friday 19 September | 10.30am - 12pm | WsM*

Week 3 - The Point of Painting

The third session will focus on painting, exploring its potential for emotional expression and relaxation.

Friday 26 September | 10.30am - 12pm | WsM*

Week 4 - The Clay Pit

During the fourth session, you will experiment with the soothing, sensory properties of clay, learning how it can be used to let things go.

Friday 3 October | 10.30am - 12pm | WsM*

Week 5 - The Final Show

In this final session, you will reflect on your experience of making and, if you feel comfortable sharing what you have made, select one or two pieces for display as part of our World Mental Health Day celebrations.

Friday 10 October | 10.30am - 12pm | WsM*

*4 Boulevard, WsM, BS23 1NA

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workshops

Introduction to Mindfulness

This workshop will explore 'what is Mindfulness' and how it may improve our mental wellbeing and build resilience. We will also learn and practice a variety of mindfulness techniques.

Tuesday 15 July | 10.30am - 12pm | WsM

Venue: 4 Boulevard, WsM, 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

workshops

Building our Self-esteem

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 and build our confidence.

Tuesday 30 September | 10.30am - 12pm | WsM

Venue: 4 Boulevard, WsM, 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

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

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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

FREE Online Mindfulness Practice @ Anytime

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.

Wednesday 2 July | 1-2pm | NAILSEA

Thursday 3 July | 11.30am - 12.30pm | WSM

Wednesday 6 August | 1-2pm | PORTISHEAD

Thursday 7 August | 11.30am - 12.30pm | WSM

Wednesday 3 September | 1-2pm | CLEVEDON

Thursday 4 September | 11.30am - 12.30pm | WSM

(meeting points confirmed on booking)

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



Wellbeing activities

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: stamp carving, making a bug hotel, paint pouring and carnival headdresses 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**

Carer's Café

Our 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 July | 10.30am - 12pm | Weston Museum

Thursday 7 August | 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

or use our QR code:

