

Wellbeing Activities, Workshops and Courses

**October- December 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 IN PERSON

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 17 October | 10.30am - 12pm | WsM*

Understanding Unhealthy Coping Behaviours Module

Helping to recognise unhealthy coping behaviours and explore alternatives.

Friday 24 October | 10.30am - 12pm | WsM*

Relationships Module

Relationships and the impact of emotional intensity

Friday 31 October 10.30am - 12pm | WsM*

Boundaries Module

Identifying and maintaining boundaries with emotional intensity

Friday 7 November | 10.30am - 12pm | WsM*

Venue: 4 Boulevard, WsM, BS23 1NA



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 - ONLINE

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 18 November | 10.30am - 12.30pm | Zoom

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 25 November | 10.30am - 12.30pm | Zoom

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 2 December | 10.30am - 12.30pm | Zoom

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 9 December | 10.30am - 12.30pm | Zoom

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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.

Tuesday 7 October | 10:30am-12.30pm | 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.

Tuesday 14 October | 10:30am-12.30pm | 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.

Tuesday 21 October | 10:30am-12.30pm | 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.

Tuesday 28 October | 10:30am-12.30pm | 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.

Tuesday 4 November | 10.30am-12.30pm | 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.

Tuesday 11 November | 10:30am-12.30pm | WSM*

Venue: 4 Boulevard, WsM, BS23 1NA

Courses

ADHD - Minds of All Kinds

All adults with (or curious about) ADHD whether diagnosed or not, are welcome! In this five-week course, we explore aspects of ADHD 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 in day to day life.

Week 1 - Neurodiversity

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

Friday 14 November | 10.30am - 12.30pm | WsM*

Week 2 - ADHD

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

Friday 21 November | 10.30am - 12.30pm | 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 28 November | 10.30am - 12.30pm | 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.

Friday 5 December | 10.30am - 12.30pm | 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 12 December | 10.30am - 12.30pm | WsM*

Venue: 4 Boulevard, WsM, BS23 1NA

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

Note: No group on 29 October, 24 December and 31 December 2025

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

Note: No group on 29 October, 24 December and 31 December 2025

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

Note: No group on 25 December 2025

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

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. Please let us know of any specific needs when booking.

Wednesday 1 October | 1-2pm | NAILSEA Walk & Wheel

Thursday 2 October | 11.30am - 12.30pm | WSM Forest Therapy Walk

Wednesday 5 November | 1-2pm | PORTISHEAD Sculpture Trail

Wednesday 3 December | 1-2pm | CLEVEDON Discovery Walk

Thursday 4 December | 11.30am - 12.30pm | WSM Wallz Walk

(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

Note: No group on 6 November and 25 December 2025



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 includes: jewellery making, pebble painting and autumn handwarmers 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

***Note: No group on 22 and 29 December 2025**

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



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

www.second-step.co.uk
@wearesecondstep

or use our QR code:

