

# Wellbeing workshops and courses

**January, February,  
March 2026**



LEARN, CONNECT, GROW



# Welcome

**The North Somerset Wellbeing College** provides free online and in-person workshops, courses and group activities. Our sessions are designed to explore, improve and maintain our mental health and wellbeing.

Our sessions are available to adults aged 18+ living in North Somerset or registered with a North Somerset GP.

Please enrol and book online at:

**[www.second-step.co.uk/wellbeing-colleges/north-somerset-wellbeing](http://www.second-step.co.uk/wellbeing-colleges/north-somerset-wellbeing)**

For all enquiries, please email us at:

**[NSWellbeing@second-step.co.uk](mailto:NSWellbeing@second-step.co.uk)**

If you have no access to the internet, please call us on **0333 023 3504** or text us on **0752 0661 482** and we will be happy to help.

**SECOND  
STEP**

PUTTING MENTAL HEALTH FIRST

# In-Person Workshops

Sessions are based in community spaces across North Somerset. They are friendly and supportive, and ideal to help you connect, learn and grow.

## Every Week

Time	Title	Venue
Mondays, 2-3.30pm	Creativity for Wellbeing	FAHLC
Wednesdays, 1-2.15pm	Wellbeing Space	Nailsea
Wednesdays, 2.15-3.15pm	Mindful Arts & Crafts	Nailsea
Thursdays, 11.30 - 12.45pm	Wellbeing Space	FAHLC



**For All Healthy Living Centre (FAHLC),**  
68 Lonsdale Avenue, WsM, BS23 3SJ



**Nailsea** - No.65 High Street, Nailsea, BS48 1AW



# In-Person walks

## Wednesdays

Date and Time	Title	Venue
7 Jan, 1-2pm	Amble around Lake	Backwell
4 Feb, 1-2pm	Sculpture Trail Walk	P'head
4 Mar, 1-2pm	Poets Walk	Clevedon

## Thursdays

Date and Time	Title	Venue
29 Jan, 11.30am-12.30pm	New Years Beach Walk	WsM
26 Feb, 11.30am-12.30pm	Explore Ashcombe Park	WsM
19 Mar, 11.30am-12.30pm	Tree Spotting Walk	WsM



# In-Person Courses

## Venue: FAHLC

Day	Time	Title
Tuesday 3 Feb	10am-12pm	Food, Mind & Body 1/3
Tuesday 10 Feb	10am-12pm	Food, Mind & Body 2/3
Tuesday 17 Feb	10am-12pm	Food, Mind & Body 3/3

## Venue: Grove Park, WsM

Day	Time	Title
Tuesday 3 Mar	10am-12pm	Forest Therapy for Wellbeing 1/3
Tuesday 10 Mar	10am-12pm	Forest Therapy for Wellbeing 2/3
Tuesday 17 Mar	10am-12pm	Forest Therapy for Wellbeing 3/3
Tuesday 24 Mar	10am-12pm	Forest Therapy for Wellbeing 4/4



# Online workshops

Day	Time	Title
Friday 9 Jan	10.30am- 12pm	Coping with Low Mood
Friday 16 Jan	10.30am- 12pm	Recognising & Naming Emotions
Friday 23 Jan	10.30am-12pm	Emotion Regulation Skills 1/2
Friday 30 Jan	10.30am-12pm	Emotion Regulation Skills 2/2
Friday 6 Feb	10.30am-12pm	Unhealthy Coping Behaviours
Friday 13 Feb	10.30am-12pm	Distress Tolerance Skills 1/2
Friday 20 Feb	10.30am -12pm	Distress Tolerance Skills 2/2
Friday 27 Feb	10.30am-12pm	Emotional Intensity - Boundaries
Friday 6 Mar	10.30am-12pm	Emotional Intensity - Relationships
Friday 20 Mar	10.30am-12pm	Improving Sleep

## Online workshops

Day	Time	Title
Every Thursday	2.30-4pm	Writing for Wellbeing

## Online course

Day	Time	Title
Thursday 22 Jan	10am-12pm	Understanding & Managing Anxiety 1/4
Thursday 29 Jan	10am - 12pm	Understanding & Managing Anxiety 2/4
Thursday 5 Feb	10am-12pm	Understanding & Managing Anxiety 3/4
Thursday 12 Feb	10am-12pm	Understanding & Managing Anxiety 4/4



# Mindfulness recordings

Free recorded sessions to help you manage stress, find calm and clear your mind. Find the full range on our website. Book a session using our online booking form.



## How to book

Book online at online at:  
**[www.second-step.co.uk/  
wellbeing-colleges/north-somerset-wellbeing](http://www.second-step.co.uk/wellbeing-colleges/north-somerset-wellbeing)**

Meeting points for walks and other outdoor activities will be shared when booking. Booking for all workshops and courses is essential.

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Weston super Mare  
BS23 3SJ**

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