

Wellbeing Workshops

**April, May, June
2026 Prospectus**



LEARN, CONNECT, GROW



**North
Somerset
Wellbeing
College**

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

For all enquiries, please email us at:

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.



Online Workshops

Fridays

Day	Time	Title
10 April	10.30am-12pm	Facing your Fears

Emotional Intensity series (pick and choose your module):

24 Apr	2pm-3.30pm	Recognising and Naming Emotions
1 May	2pm-3.30pm	Emotion Regulation Skills 1/2
8 May	2pm-3.30pm	Emotion Regulation Skills 2/2
15 May	2pm-3.30pm	Unhealthy Coping Behaviours
22 May	2pm-3.30pm	Distress Tolerance Skills 1/2
29 May	2pm-3.30pm	Distress Tolerance Skills 2/2
5 Jun	2pm-3.30pm	Boundaries
12 Jun	2pm-3.30pm	Relationships



Online Courses

Tuesdays

Day	Time	Title
2 June	10.30-12pm	Anger 1/4
9 June	10.30-12pm	Anger 2/4
16 June	10.30-12pm	Anger 3/4
23 June	10.30-12pm	Anger 4/4



Online Wellbeing Activities

Day

Every Thursday

Time

2.30-4pm

Title

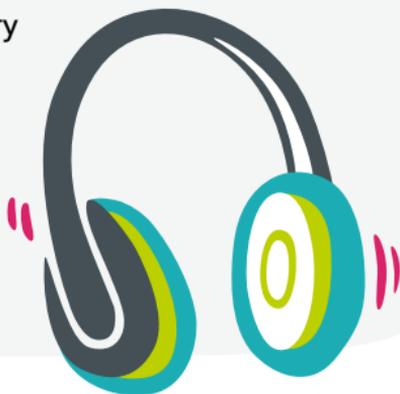
Writing for Wellbeing



Mindfulness recordings

Choose from over 50 recordings that are yours to keep and use anytime. Find the full list and try our taster session here:

<https://www.second-step.co.uk/wellbeing-colleges/north-somerset-wellbeing/mindfulness-exercises/>



In Person workshops



Venue: **FAHLC**

Day	Time	Title
Thursday 16 April	10.30-11.30am	Carers' Café
Thursday 14 May	10.30-11.30am	Carers' Café
Thursday 11 June	10.30-11.30am	Carers' Café

In Person Courses

Venue: **FAHLC**

Day	Time	Title
Tuesday 21 April	10-12pm	Writing a Book of Hope 1/5
Tuesday 28 April	10-12pm	Writing a Book of Hope 2/5
Tuesday 5 May	10-12pm	Writing a Book of Hope 3/5
Tuesday 12 May	10-12pm	Writing a Book of Hope 4/5
Tuesday 19 May	10-12pm	Writing a Book of Hope 5/5

In Person Wellbeing Activities

Venue: **FAHLC**

Day	Time	Title
Every Monday	2pm-3.30pm	Creativity for Wellbeing
Thursday 23 April	10.30-11.30am	Wellbeing Space
Thursday 28 May	10.30-11.30am	Wellbeing Space
Thursday 25 June	10.30-11.30am	Wellbeing Space

Venue: **Nailsea**

Day	Time	Title
Every Wednesday	1pm-2.15pm	Wellbeing Space
Every Wednesday	2.15-3.15pm	Mindful Arts & Crafts



For All Healthy Living

Centre (FAHLC) - 68 Lonsdale Avenue,
Weston-super-Mare, BS23 3SJ



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

Outdoor Activities

Day	Time	Title	Venue
Friday 17 April	10.30-11.30am	Grove Park in Spring Walk	WsM
Friday 1 May	10.30-11.30am	Exploring Milton Cemetery Walk	WsM
Wednesday 6 May	10.30-11.30am	Portishead Sculpture Trail	Portishead
Wednesday 3 June	10.30-11.30am	Clevedon Seafront Stroll	Clevedon
Friday 19 June	10.30-11.30am	Marine Lake	WsM

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



Want to know more?

Drop by our monthly information point and have a chat about what we do.

Venue: **FAHLC**

Day

Time

Thursday 9 April

10.30-11.30am

Thursday 21 May

10.30-11.30am

Thursday 18 June

10.30-11.30am

How to book

Book online at:

<https://www.second-step.co.uk/wellbeing-colleges/north-somerset-wellbeing/ns-booking-form/>



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