

Wellbeing Workshops

July, August, September
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 classes are designed to explore, improve and maintain our mental health and wellbeing.

Our classes 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

Tuesdays

Day	Time	Title
14 Jul	11am-12.30pm	Recognising and Naming Emotions
21 Jul	11am-12.30pm	Emotion Regulation Skills 1/2
4 Aug	11am-12.30pm	Emotion Regulation Skills 2/2
11 Aug	11am-12.30pm	Unhealthy Coping Behaviours
18 Aug	11am-12.30pm	Distress Tolerance Skills 1/2
1 Sept	11am-12.30pm	Distress Tolerance Skills 2/2
8 Sept	11am-12.30pm	Understanding Boundaries
15 Sept	11am-12.30pm	Healthy Relationships



Online Wellbeing Activities

Day	Time	Title
Every Thursday	2.30-4pm	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
Friday 17 Jul	10.30am-12.30pm	Benefits of Movement
Friday 31 Jul	10.30am-12.30pm	Self Esteem, You Matter
Thursday 2 Jul	10.30-11.30am	Carers Café: support, skills and shared stories
Thursday 23 Jul	10.30-11.30am	Carers Café: support, skills and shared stories
Thursday 27 Aug	10.30-11.30am	Carers Café: support, skills and shared stories
Thursday 17 Sept	10.30-11.30am	Carers Café: support, skills and shared stories

In Person Courses

Venue: **FAHLC**

Day	Time	Title
Friday 11 Sept	11am-1pm	Understanding Trauma 1/4
Friday 18 Sept	11am-1pm	Understanding Trauma 2/4
Friday 25 Sept	11am-1pm	Understanding Trauma 3/4
Friday 2 Oct	11am-1pm	Understanding Trauma 4/4
Friday 7 Aug	1-3pm	ADHD Minds of all Kinds 1/5
Friday 14 Aug	1-3pm	ADHD Minds of all Kinds 2/5
Friday 21 Aug	1-3pm	ADHD Minds of all Kinds 3/5
Friday 28 Aug	1-3pm	ADHD Minds of all Kinds 4/5
Friday 5 Sept	1-3pm	ADHD Minds of all Kinds 5/5



In Person Wellbeing Activities

Venue: **FAHLC**

Day	Time	Title
Every Monday	2-3.30pm	Creativity for Wellbeing
Thursday 16 Jul	10.30-11.30am	Wellbeing Space
Thursday 13 Aug	10.30-11.30am	Wellbeing Space
Thursday 10 Sept	10.30-11.30am	Wellbeing Space

Venue: **Nailsea**

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



**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 3 Jul	10.30-11.30am	Ashcombe Park Scavenger Hunt	WsM
Wednesday 5 Aug	10.30-11.30am	Backwell Lake Amble	Backwell
Friday 7 Aug	10.30-11.30am	Weston Street Art Walk	WsM
Wednesday 2 Sept	10.30-11.30am	Portishead Scavenger Hunt	Portishead
Friday 4 Sept	10.30-11.30am	Weston Beach Walk	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 Jul

10.30-11.30am

Thursday 6 Aug

10.30-11.30am

Thursday 3 Sept

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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