

Wellbeing workshops

**October, November, December
2026 Prospectus**



LEARN, CONNECT, GROW



Welcome

The North Somerset Wellbeing College provides free online and in-person workshops, courses and group activities. All 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 text us on **0752 0661 482** and we will be happy to help.

PLEASE NOTE: There will be no groups running from 22/12/26 to 06/01/27

**SECOND
STEP**
PUTTING MENTAL HEALTH FIRST



Online Workshops

Tuesdays

Day	Time	Title
6 Oct	12-1.30pm	Facing Your Fears
13 Oct	11am-12.30pm	Recognising and Naming Emotions
20 Oct	11am-12.30pm	Emotion Regulation Skills 1/2
27 Oct	11am-12.30pm	Emotion Regulation Skills 2/2
10 Nov	11am-12.30pm	Unhealthy Coping Behaviours
17 Nov	11am-12.30pm	Distress Tolerance Skills 1/2
24 Nov	11am-12.30pm	Distress Tolerance Skills2/2
1 Dec	11am-12.30pm	Understanding Boundaries
8 Dec	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**

Fridays

Day	Time	Title
9 Oct	2-3.30pm	Pain Café - Pain & the Brain
20 Nov	2-3.30pm	Pain Café - Acceptance
4 Dec	2-4pm	Low Mood
11 Dec	2-4pm	Managing Stress
18 Dec	2-3.30pm	Pain Café - Pacing

In Person Courses



Venue: **FAHLC**

Fridays

Day	Time	Title
16 Oct	2.30-4.30pm	Understanding & Managing Anxiety 1/4
23 Oct	2.30-4.30pm	Understanding & Managing Anxiety 2/4
30 Oct	2.30-4.30pm	Understanding & Managing Anxiety 3/4
6 Nov	2.30-4.30pm	Understanding & Managing Anxiety 4/4



In Person Wellbeing Activities

Venue: FAHLC

Day	Time	Title
Every Monday	2-3.30pm	Creativity for Wellbeing
Thursday 8 Oct	10.30-11.30am	Wellbeing Space
Thursday 22 Oct	10.30-11.30am	Wellbeing Space
Thursday 12 Nov	10.30-11.30am	Wellbeing Space
Thursday 26 Nov	10.30-11.30am	Wellbeing Space
Thursday 10 Dec	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	Location
Wed 7 Oct	10.30-11.30am	Seafront Stroll	Clevedon
Thurs 15 Oct	10.30-11.30am	Ashcombe Park Scavenger Hunt	WsM
Thurs 19 Nov	10.30-11.30am	Grove Park Amble	WsM
Wed 2 Dec	10.30-11.30am	Backwell Lake Ramble	Backwell

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

Thursday 1 Oct

Thursday 5 Nov

Thursday 3 Dec

Time

12.30-1.30pm

12.30-1.30pm

12.30-1.30pm

How to book

Book online at:

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



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