Free Wellbeing Workshops

January , February, March 2027



LEARN, CONNECT, GROW

North Somerset Wellbeing College

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.

How to book

Online at: www.second-step.co.uk/wellbeing-colleges/north-somerset-wellbeing

Email: NSWellbeing@second-step.co.uk

Tel: 0333 023 3504

Text: 0752 0661 482

Scan the QR code below

SECONDSTEP

PUTTING MENTAL HEALTH FIRST

Online Workshops

Understanding and Managing Emotional Intensity

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

How to identify your triggers and responses.
Friday | 8 Jan 2027 | 10.30am- 12pm

Emotion Regulation Skills Modules

Learning skills to help decrease the intensity of unpleasant emotions and modifying how we respond to them.
Part 1 Friday | 15 Jan 2027 | 10.30am- 12pm
Part 2 Friday | 29 Jan 2027 | 10.30am- 12pm

Understanding Unhealthy Coping Behaviours Module

Helping to recognise unhealthy coping behaviours and explore alternatives.
Friday | 5 Feb 2027 | 10.30am- 12pm

Distress Tolerance Skills Modules

Skills to effectively work through a period of crisis or distress.
Part 1 Friday | 12 Feb 2027 | 10.30am- 12pm
Part 2 Friday | 26 Feb 2027 | 10.30am- 12pm

Understanding Boundaries Module

Exploring our personal boundaries and how to communicate them cleary whilst respecting others.
Friday | 5 Mar 2027 | 10.30am- 12pm

Healthy Relationships Module

Identifying healthy and unhealthy relationships and interpersonal effectiveness skills.
Friday | 12 Mar 2027 | 10.30am- 12pm



Online Courses

Understanding and Managing Anger

Anger is a natural emotion but, when left unchecked it can impact our mental health, relationships, and wellbeing. This course explores the psychological roots of anger and offers evidence-based techniques to manage it effectively. Learn how to recognise emotional triggers, build emotional resilience, and respond calmly in challenging situations. Ideal for anyone looking to support their mental health or help others do the same, this course turns anger into an opportunity for growth and healing.

Week 1 - Reaching Boiling Point

This session will look at what anger is, how to recognise it and how it feels.
Tuesday | 19 Jan 2027 | 2-3.30pm

Week 2 - Interrupting the Eruption and Letting off Steam

In this session we will look at understanding triggers and the physical and emotional signs that occur when we begin to experience anger. Alongside skills to release strong emotions.
Tuesday | 26 Jan 2027 | 2-3.30pm

Week 3 - Stop Seeing Red

Learn techniques to manage anger in the long term and develop a personalised Anger Control Plan for the future.
Tuesday | 2 Feb 2027 | 2-3.30pm



Online Courses

Food, Mind and Health

This three part course is designed to help rebuild a healthier, more balanced relationship with food. Across the sessions you will explore what healthy eating looks like, learn practical tools for making lasting change and develop greater awareness of the challenges and patterns that can influence our eating habits. By the end, we hope you will feel more confident in creating routines that support both your physical health and emotional wellbeing.

Week 1 - Regular Eating & the Binge, Restrict Cycle

The course begins by looking at what healthy eating means and why balance matters. Together we will explore how regular meals support both our body and mind. Unpack the binge/restrict cycle to improve understanding of your eating routine.

Tuesday | 16 Feb 2027 | 2-4pm

Week 2 - Making Positive Change

This session will focus on turning ideas into action, what shapes our relationship with food and explore the links with our mood. Tools to support change: food diaries, meal planning and establishing routines.

Tuesday | 23 Feb 2027 | 2-4pm

Week 3 - Overcoming Barriers to Change

In the final session we will examine challenges that can hinder change and explore ways to overcome them. We will look at how we can put what we have learned into practice once the course has finished.

Tuesday | 2 Mar 2027 | 2-4pm



Online Wellbeing Activities

Writing for Wellbeing
This is a group of people who come together to share words they've written (i.e. a poem, short story) which expresses their feelings/experiences on any given topic. The group also chooses topics together where they can express themselves and have fun with words. You only share your writing with the group if you feel comfortable to do so.

Every Thursday @ 2.30-4pm as from 7 Jan 2027

Mindfulness at anytime

The world around us can be demanding and at times overwhelming. It's easy to fall out of step with what's going on around us and end up overthinking or stuck 'in our heads'. Mindfulness is a great technique that can help you have more awareness and control over your thoughts and how they make you feel.

Choose from over 50 recordings that are yours to keep and use anytime. You can find the full list on our website and try our taster session at:
https://www.second-step.co.uk/wellbeig-colleges/north-somerset-wellbeing/mindfulness-exercises/



In Person Workshops

Live Well With Pain - Setting Goals & Getting Active

Goals are a helpful way of noticing and recording the progress you make over time. Sometimes though, for people with persistent pain, reaching your goals may be so challenging that it doesn't even seem worth trying.
Achieving your goals may take longer and require more planning. However, this doesn't mean it's impossible. This is where goal setting comes in . . .
Friday 8 Jan 2027 @ 2-3.30pm

Live Well With Pain - Relaxation & Mindfulness

There is plenty of evidence showing that relaxation and mindfulness can help people with difficult health problems such as persistent pain. For example, we know it can lessen pain levels, reduce stress and improve concentration.
So let's look at how you can make a positive difference to your life and your pain by learning how to unwind your body and your mind . . .
Friday 12 Feb 2027 @ 2-3.30pm

Live Well With Pain - Sleep

If you're living with pain and struggling with sleep then you're not alone. It's very common for people with persistent pain to have difficulties getting to sleep or staying asleep.
Recent research shows that by adjusting what you do during the day, as well as night, it is possible to achieve a healthier sleep pattern . . .
Friday 12 Mar 2027 @ 2-3.30pm

Venue: For All Healthy Living Centre
68 Lonsdale Ave, WsM, BS23 3SJ

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



In Person Wellbeing Activities

Creativity for Wellbeing

A relaxed and welcoming group offering a wide range of creative activities to support and enhance mental wellbeing. No creative experience needed, all abilities welcome. Materials are provided free of charge and each session ends with a 10 minute mindfulness practice.

Every Monday @ 2-3.30pm starting 11 Jan 2027
Venue: WsM

Wellbeing Space

Provides an opportunity to come together to share ideas and experiences in a safe, supportive and welcoming environment. Topics are varied and cover a wide range of discussions and activities. Each session ends with a mindfulness practice.

Every Wednesday @ 1-2.15pm starting 14 Jan 2027
Venue: Nailsea

Mindful Arts & Crafts

This group focuses on creativity to support our wellbeing.

Every Wednesday 2.15-3.15pm starting 14 Jan 2017
Venue: Nailsea

For All Healthy Living Centre (FAHLC)
68 Lonsdale Avenue, Weston-super-Mare, BS23 3SJ

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



In Person Wellbeing Activities

Wellbeing Space

Whether you're in the mood for a cuppa, a chat, a game or just some company, this could be the space for you. It's a great way to connect with others, build confidence and boost your wellbeing in a relaxed and supportive setting:

Thursday 7 Jan @ 10.30-11.45am

Thursday 21 Jan @ 10.30-11.45am

Thursday 4 Feb @ 10.30-11.45am

Thursday 18 Feb @ 10.30-11.45am

Thursday 4 Mar @ 10.30-11.45am

Thursday 18 Mar @ 10.30-11.45am

Venue: WsM



Outdoor Activities

Wellbeing Walks

Walking is not only good for our physical health, but also our mental health, as it helps us to get out, connect with nature and also provide 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.

Poets Walk - **Wednesday 6 Jan 2027 @ 10.30-11.30am**

New Year's Beach Walk - **Thursday 14 Jan 2027 @ 10.30-11.30am**

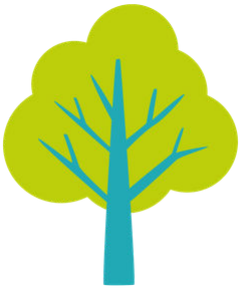
Backwell Lake Ramble - **Wednesday 3 Feb 2027 @ 10.30-11.30am**

Grove Park Tree Walk - **Thursday 11 Feb 2027 @ 10.30-11.30am**

Portishead Lake Loop Walk - **Wednesday 3 Mar 2027 @ 10.30-11.30am**

Weston Street Art Walk - **Thursday 11 Mar @ 10.30-11.30am**

*Meeting points for walks and other outdoor activities will be shared when booking.



Want to know more?

Information Station

This is a great chance to pop by, meet the team, and find out more about our activities, workshops, and courses. Whether you've got questions, want to learn what's coming up, or are ready to enrol we'll be happy to help!

Thursday 28 Jan 2027 @ 12-1pm
Venue: The Campus, Highlands Way, Worle, Weston-super-Mare

Tuesday 23 Feb 2027 @ 10-11am
Citizens Advise North Somerset, Sovereign Centre, Weston-Super-Mare

Thursday 25 Mar 2027 @ 12-1pm
For All Healthy Living Centre Cafe, 68 Lonsdale Ave, WsM



North Somerset Wellbeing College

Find us as the **For All Healthy Living Centre**
68 Lonsdale Avenue
Weston-super-Mare
BS23 3SJ

Tel: **0333 023 3504**
Text: **0752 0661 482**
Email: **NSWellbeing@second-step.co.uk**
Website: **www.second-step.co.uk**
@wearesecondstep

SECONDSTEP
PUTTING MENTAL HEALTH FIRST

North Somerset Wellbeing College