

# Wellbeing Workshops

**JULY - AUGUST 2023  
PROSPECTUS**



**BRISTOL  
WELLBEING  
COLLEGE**

# Welcome

Bristol Wellbeing College provides free workshops, courses and activities to explore, improve and maintain our mental health and wellbeing.

Our workshops and courses are available to adults living in Bristol and anyone who has used mental health services in Bristol.

Please enrol and book online at:

**[www.second-step.co.uk/bristol-wellbeing-college](http://www.second-step.co.uk/bristol-wellbeing-college)**

For all enquiries, please email us at

**[bristol.wellbeing.college@second-step.co.uk](mailto:bristol.wellbeing.college@second-step.co.uk)**

If you have no access to the internet, please call  
**0117 914 5498** and we will be happy to help.

**SECOND  
STEP**

**PUTTING MENTAL HEALTH FIRST**

# Workshops & Courses Guide

Green, blue or pink?

Choose the right workshops for you.



## Green Workshops:

Lighter workshops offering an introduction into various ways to improve wellbeing. They are accessible to anyone, encouraging self-expression and self-care. Workshops involve techniques, activities and ways to connect with our senses to develop a wellbeing toolkit.

## Blue Workshops:

More detailed workshops that focus on making positive changes to habits, behaviours and lifestyle. The workshops support you to maintain positive change or take steps towards making a change. These more structured workshops aim to provide you with helpful tools and strategies.

## Pink Courses:

In-depth and encouraging self-reflection, long-term planning and progression. Our courses provide an opportunity to share experiences and support each other. Courses require commitment to attend all dates and a willingness to complete homework.

# Online Workshops

Delivered via the free video conferencing app Zoom. We are happy to provide technical assistance to any learners who are new to the platform or who need help with downloading and using it.

## Monday Afternoons Online 3pm - 4pm

Date	Session
Mon 17 Jul	Online Wellbeing Cafe
Mon 14 Aug	Online Wellbeing Cafe



## Thursday Mornings Online

10:30am - 11:30am

Date	Workshop
Thu 6 Jul	Introduction to Anxiety
Thu 13 Jul	Confidence Building
Thu 20 Jul	B-ACE (Body-care, Achieve, Connect & Enjoy)
Thu 3 Aug	Finding Motivation
Thu 10 Aug	Better Sleep
Thu 17 Aug	Mindful Portraits
Thu 24 Aug	Reframing Loneliness

## Friday Mornings Online

10:30am - 11:30am

Date	Workshop
Fri 21 Jul	Assertive Communication: Saying "No"
Fri 28 Jul	Building Resilience
Fri 18 Aug	Writing with Emotions
Fri 25 Aug	Introduction to Coping with Low Mood

# Also happening...

## Mindful Walks 2pm - 3:30pm

Date

Workshop

Wed 5 Jul

Mindful Walks: Castle Park

Wed 12 Jul

Mindful Walks: Harbourside

## Inner City & East Bristol Summer Wellbeing Event

Malcolm X Community Centre, 141 City Road, St Paul's,  
Bristol, BS2 8YH

**Wednesday 19 July, 10.30am until 4.00pm**

Find out about services that support physical and mental wellbeing, participate in activities, enjoy the refreshments, and perhaps win a prize in our free raffle!

## Wellbeing Café

Boston Tea Party

156 Cheltenham Road, Stokes Croft, BS6 5RL

**Every Tuesday between 2pm - 4pm**

Our Wellbeing Café sessions are relaxed afternoons of company and conversation in a regular café space.

# Classroom workshops

Please note: Prior registration is essential

## Monday Afternoons at John Wesley's New Room

36 The Horsefair, Bristol City Centre BS1 3JE

**2:30pm - 4:30pm**

Date	Workshop
Mon 3 Jul	Better Sleep
Mon 10 Jul	Reframing Loneliness
Mon 17 Jul	Self-Kindness
Mon 24 Jul	Understanding Yourself
Mon 31 Jul	Anxiety Course 1/4
Mon 7 Aug	Anxiety Course 2/4
Mon 14 Aug	Anxiety Course 3/4
Mon 21 Aug	Anxiety Course 4/4

## Monday Afternoons at The Greenway

Centre Doncaster Road, Southmead, BS10 5PY

**2:30pm - 4:30pm**

Date	Workshop
Mon 17 Jul	Arts & Crafts: Book Art
Mon 24 Jul	Confidence Building
Mon 31 Jul	Emotional Intensity Course 1/4
Mon 7 Aug	Emotional Intensity Course 2/4
Mon 14 Aug	Emotional Intensity Course 3/4
Mon 21 Aug	Emotional Intensity Course 4/4

## Tuesday Mornings at Wellspring Settlement

43 Ducie Road, Barton Hill BS5 0AX

**10:30am - 12:30pm**

Date	Workshop
Tue 4 Jul	Confidence Building
Tue 18 Jul	Assertive Communication: Saying "No"
Tue 25 Jul	Introduction to Anxiety
Tue 1 Aug	Arts & Crafts: Book Art
Tue 8 Aug	Understanding Trauma Course 1/4
Tue 15 Aug	Understanding Trauma Course 2/4
Tue 22 Aug	Understanding Trauma Course 3/4
Tue 29 Aug	Understanding Trauma Course 4/4

## Tuesday Afternoons Avonmouth Community Centre

257 Avonmouth Road, Avonmouth, BS11 9EN

**2:30pm - 4:30pm**

Date	Workshop
Tue 11 Jul	Arts & Crafts: Pebble Painting
Tue 18 Jul	Writing to Wellbeing
Tue 25 Jul	Building Resilience
Tue 1 Aug	Confidence Building
Tue 8 Aug	Assertive Communication: Saying "No"
Tue 15 Aug	Introduction to Coping with Low Mood
Tue 22 Aug	Introduction to Anxiety

## Wednesday Mornings at Windmill Hill City Farm

Philip Street, Bedminster, BS3 4EA

**10:30am - 12:30pm**

Date	Workshop
Wed 12 Jul	Introduction to Coping with Low Mood
Wed 2 Aug	Building Resilience
Wed 9 Aug	B-ACE (Body-care, Achieve, Connect & Enjoy)

## Wednesday Afternoons at Windmill Hill City Farm

Philip Street, Bedminster, BS3 4EA

**2:30pm - 4:30pm**

Date	Workshop
Wed 23 Aug	Self-Kindness
Wed 30 Aug	Mind & Movement

## Wednesday Afternoons at The Station

Silver Street, Bristol City Centre, BS1 2AG

**2:30pm - 4:30pm**

Date	Workshop
Wed 26 Jul	Ways to Wellbeing
Wed 2 Aug	Mind & Movement
Wed 23 Aug	Step into Mindfulness 1
Wed 30 Aug	Step into Mindfulness 2

## Thursday Afternoons at Shirehampton JTE Hub

Methodist Church, Penpole Avenue,  
Shirehampton, BS11 0DY **2:30pm - 4:30pm**

Date	Workshop
Thu 13 Jul	Introduction to Anxiety
Thu 20 Jul	Ways to Wellbeing
Thu 27 Jul	Writing for Wellbeing
Thu 3 Aug	Confidence Building
Thu 10 Aug	Building Resilience
Thu 17 Aug	Assertive Communication: Saying "No"
Thu 24 Aug	Understanding Yourself

### Further information and bookings

Please visit our website at:  
[www.second-step.co.uk/bristol-wellbeing-college](http://www.second-step.co.uk/bristol-wellbeing-college)  
or scan the QR code.

