

# Wellbeing Workshops

**MARCH - APRIL 2022**  
**PROSPECTUS**



**BRISTOL**  
**WELLBEING**  
**COLLEGE**

# Enquiries and Eligibility

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

## **Our workshops and courses are available to Bristol residents who have used:**

- Bristol Mental Health Services, and their carers
- Fromside Specialist Community Forensic Team
- Inner City and East Bristol GP surgeries

Please enrol and book online at: [www.second-step.co.uk/wellbeing-colleges/bristol-wellbeing-college/](http://www.second-step.co.uk/wellbeing-colleges/bristol-wellbeing-college/)

Important: **Prior registration is essential**

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 909 6630** and we will be happy to help.

**SECOND  
STEP**

PUTTING MENTAL HEALTH FIRST

**Bristol  
Mental  
Health**

**caring  
open  
hopeful**

# Wellbeing Workshops 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.

N.B. Pink courses run periodically throughout the year.

# Classroom workshops

Welcome to our face-to-face workshops based in community venues across Bristol. Our classroom settings are supportive, friendly and a great space to learn and grow together.

The wellbeing and safety of our staff, volunteers and learners are paramount. Before you book, and immediately before you attend, please ensure you have no Covid-19 symptoms.

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 7 Mar	Introduction to Managing Depression
Mon 14 Mar	Building Resilience
Mon 21 Mar	Managing Depression 1/4
Mon 28 Mar	Managing Depression 2/4
Mon 4 Apr	Managing Depression 3/4
Mon 11 Apr	Managing Depression 4/4
Mon 25 Apr	Ways to Wellbeing

**Tuesday Afternoons at The Greenway Centre**  
Doncaster Road, Southmead BS10 5PY  
**2:30pm – 4:30pm**

Date	Workshop
Tue 1 Mar	B-ACE (Body Care, Achieve, Connect & Enjoy)
Tue 15 Mar	Assertive Communication: Saying “No”
Tue 22 Mar	Reframing Loneliness
Tue 5 Apr	Arts & Crafts
Tue 12 Apr	Building Resilience
Tue 26 Apr	Introduction to Anxiety

**Wednesday Afternoons at Windmill Hill City Farm**  
Philip Street, Bedminster BS3 4EA  
**2:30pm – 4:30pm**

Date	Workshop
Wed 9 Mar	Writing for Wellbeing
Wed 16 Mar	Writing with Senses
Wed 23 Mar	Building Resilience
Wed 6 Apr	Introduction to Managing Depression
Wed 13 Apr	Compassionate Voice

## **Wednesday Afternoons at John Wesley's New Room** **2:30pm – 4:30pm**

Date	Workshop
Wed 20 Apr	Understanding Trauma 1/3
Wed 27 Apr	Understanding Trauma 2/3
Wed 4 May	Understanding Trauma 3/3

## **Thursday Mornings at The Station** Silver Street, Bristol City Centre BS1 2AG **10:30am – 12:30pm**

Date	Workshop
Thu 17 Mar	Move, Food & Mental Health 1/2
Thu 24 Mar	Move, Food & Mental Health 2/2
Thu 14 Apr	Assertive Communication: Saying "No"
Thu 21 Apr	B-ACE (Body Care, Achieve, Connect & Enjoy)

Further information and bookings  
Please visit our website at:  
[www.second-step.co.uk/wellbeing-colleges/bristol-wellbeing-college/](http://www.second-step.co.uk/wellbeing-colleges/bristol-wellbeing-college/)



# 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.

## **Tuesday Mornings Online** **10:30am – 11:30am**

Date	Workshop
Tue 1 Mar	Be Present: Soundscapes Meditation
Tue 8 Mar	Be Present: Stillness Meditation
Tue 5 Apr	B-ACE (Body Care, Achieve, Connect & Enjoy)
Tue 19 Apr	Sleep & Self Care



## Wednesday Mornings Online 10:30am – 11:30am

Date	Workshop
Wed 2 Mar	Introduction to Anxiety
Wed 9 Mar	Anxiety Course 1/4*
Wed 16 Mar	Anxiety Course 2/4*
Wed 23 Mar	Anxiety Course 3/4*
Wed 30 Mar	Anxiety Course 4/4*
Wed 6 Apr	Mindful Portraits
Wed 20 Apr	Mindful Zentangles
Wed 27 Apr	Building Resilience

\*The Anxiety Course runs between **10:30am - 12pm**





## **Thursday Afternoons Online**

**2:30pm – 3:30pm**

Date	Workshop
Thu 3 Mar	Assertive Communication: Saying "No"
Thu 17 Mar	Building Resilience
Thu 7 Apr	Reframing Loneliness
Thu 21 Apr	Ways to Wellbeing
Thu 28 Apr	Assertive Communication: Saying "No"

## **Friday Mornings Online**

**10:30am - 11:30am**

Date	Workshop
Fri 18 Mar	Compassionate Voice
Fri 25 Mar	Writing for Wellbeing
Fri 1 Apr	Writing with Senses
Fri 8 Apr	Writing with Emotions
Fri 29 Apr	Introduction to Managing Depression

**New** Online Evening Workshops  
**6pm - 7:30pm**

Date	Workshop
Thu 24 Mar	Introduction to Managing Depression
Wed 30 Mar	Introduction to Anxiety
Thu 7 Apr	Be Present: Introduction & Breathing Meditation
Tue 12 Apr	Compassionate Voice

