

# Wellbeing Workshops

**MAY - JUNE 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.

## Tuesday Mornings Online 10:30am - 11:30am

Date	Workshop
Tue 9 May	Be Present: Intro & Breathing Meditation
Tue 23 May	Be Present: Five Senses Meditation
Tue 30 May	Be Present: Self Connection Meditation
Tue 6 Jun	Be Present: Appreciation Meditation
Tue 13 Jun	Be Present: Self Compassion Meditation
Tue 27 Jun	Be Present: Visualisation Meditation

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

Date	Workshop
Wed 7 Jun	Building Resilience
Wed 14 Jun	Finding Motivation
Wed 28 Jun	Introduction to Anxiety

## **Wednesday Afternoons Online**

**2:30pm - 3:30pm**

Date	Workshop
Wed 3 May	Reframing Loneliness
Wed 10 May	Confidence Building

## **Thursday Mornings Online**

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

Date	Workshop
Thu 4 May	Assertive Communication: Saying "No"

## **Friday Mornings Online**

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

Date	Workshop
Fri 19 May	Compassionate Voice
Fri 26 May	Ways to Wellbeing
Fri 16 Jun	Writing for Wellbeing
Fri 30 Jun	Writing with Senses

# Also happening...

## **Poem Brut Exhibition**

Boston Tea Party, 156 Cheltenham Road,  
Stokes Croft BS6 5RL

**Wednesday 24 May from 2pm**

Led by local artist Paul Hawkins, discover original artistic poetry from our recent Poem Brut course focussing on the gestural and the instinctual - the random collision of lines, shapes, squiggles, blocks and collage.

## **Save the date! Inner City & East Bristol Summer Wellbeing Event**

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

**Wednesday 19 July between 10:30am - 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 15 May	Assertive Communication: Saying "No"
Mon 22 May	Building Resilience
Mon 5 Jun	Emotional Intensity Course 1/4
Mon 12 Jun	Emotional Intensity Course 2/4
Mon 19 Jun	Emotional Intensity Course 3/4
Mon 26 Jun	Emotional Intensity Course 4/4

## Monday Afternoons at The Greenway Centre

Doncaster Road, Southmead BS10 5PY

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

Date	Workshop
Mon 15 May	Reframing Loneliness
Mon 22 May	Writing for Wellbeing
Mon 19 Jun	Understanding Trauma Course 1/4
Mon 26 Jun	Understanding Trauma Course 2/4
Mon 3 Jul	Understanding Trauma Course 3/4
Mon 10 Jul	Understanding Trauma Course 4/4

## Tuesday Mornings at Wellspring Settlement

43 Ducie Road, Barton Hill BS5 0AX

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

Date	Workshop
Tue 2 May	Ways to Wellbeing
Tue 16 May	B-ACE (Body-Care, Achieve, Connect & Enjoy)
Tue 23 May	Introduction to Managing Depression
Tue 30 May	Compassionate Voice
Tue 13 Jun	Introduction to Anxiety
Tue 20 Jun	Arts & Crafts - Affirmation Boxes
Tue 27 Jun	Reframing Loneliness

## Tuesday Afternoons Ambition Lawrence Weston

Youth Centre, Long Cross, Lawrence Weston

BS11 0RX **2:30pm - 4:30pm**

Date	Workshop
Tue 16 May	Arts & Crafts - Seasonal Postcards
Tue 23 May	Understanding Yourself
Tue 6 Jun	Better Sleep
Tue 13 Jun	Assertive Communication Course 1/4
Tue 20 Jun	Assertive Communication Course 2/4
Tue 27 Jun	Assertive Communication Course 3/4
Tue 4 Jul	Assertive Communication Course 4/4



## Wednesday Afternoons at The Station

Silver Street, Bristol City Centre BS1 8PE

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

Date	Workshop
Wed 17 May	Introduction to Anxiety
Wed 7 Jun	Making Picture Poems
Wed 14 Jun	Unravelling the Menopause (1/2)
Wed 21 Jun	Unravelling the Menopause (2/2)

## Thursday Mornings at Windmill Hill City Farm

Philip Street, Bedminster BS3 4EA

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

Date	Workshop
Thu 11 May	Making Picture Poems
Thu 18 May	Understanding Yourself
Thu 25 May	Introduction to Anxiety
Thu 8 Jun	Anxiety Course 1/4
Thu 15 Jun	Anxiety Course 2/4
Thu 22 Jun	Anxiety Course 3/4
Thu 29 Jun	Anxiety Course 4/4

**Thursday Afternoons**  
**Henbury & Brentry Community Centre**  
Machin Road, Henbury BS10 7HG  
**2:30pm - 4:30pm**

Date	Workshop
Thu 4 May	Building Resilience
Thu 11 May	Better Sleep
Thu 18 May	Introduction to Managing Depression
Thu 25 May	Confidence Building
Thu 8 Jun	Managing Depression Course 1/4
Thu 15 Jun	Managing Depression Course 2/4
Thu 22 Jun	Managing Depression Course 3/4
Thu 29 Jun	Managing Depression Course 4/4

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.

