

# Welcome

to our April - May  
2017 programme

We're delighted to welcome you to Second Step's Recovery College – a place of wellbeing and learning for people who are interested in exploring ways to improve their mental health.

## What is the Recovery College?

Partnered with Bristol Mental Health and Learning Communities,\* the Recovery College offers a range of free workshops and courses. We welcome carers and people who are either using a service within Bristol Mental Health or have been recommended our courses by one of the Bristol Mental Health Teams.

All our workshops and courses are designed to be creative, fun and engaging. They are delivered by people with extensive experience of mental health issues. We strive to provide a safe, supportive and informal learning environment to explore recovery and wellbeing.

\* The Peer Support Training is a Learning Communities course and is open to anyone with previous experience of mental health issues. Application only, shortlisting applies.

“ I want to believe I have a future.”

## How to be involved

Help us make the college yours. We are looking for learners and carers to help us design all aspects of the college, from the next prospectus to future courses.

If you are interested in being involved in developing the college or would like to apply for any of our workshops or courses, please contact us using any of the methods below:

**Call us:**  
0117 914 5498

**Email us:**  
[recovery.college@second-step.co.uk](mailto:recovery.college@second-step.co.uk)

**Or write to:**  
Recovery College Coordinator, Second Step,  
9 Brunswick Square, Bristol BS2 8PE

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

**SECOND  
STEP**

Bristol  
Mental  
Health  
caring  
open  
hopeful

St. Werburghs Community Centre  
Horley Rd, St Werburghs, BS2 9TJ

Date	Workshop	Time
Mon 3 Apr	Confidence Building	2pm - 4:30pm
Mon 10 Apr	Building Resilience 'Bouncing Back'	2pm - 4:30pm
Mon 24 Apr	Food & Mood	2pm - 4:30pm
Wed 3 May	Peer Support Training* (Day 1 of 6)	10am - 4:30pm
Thurs 4 May	Peer Support Training* (Day 2 of 6)	10am - 4:30pm
Mon 8 May	Managing Depression (Session 1 of 3)	2pm - 4:30pm
Wed 10 May	Peer Support Training* (Day 3 of 6)	10am - 4:30pm
Thurs 11 May	Peer Support Training* (Day 4 of 6)	10am - 4:30pm
Mon 15 May	Managing Depression (Session 2 of 3)	2pm - 4:30pm
Wed 17 May	Peer Support Training* (Day 5 of 6)	10am - 4:30pm
Thurs 18 May	Peer Support Training* (Day 6 of 6)	10am - 4:30pm
Mon 22 May	Managing Depression (Session 3 of 3)	2pm - 4:30pm

\*Advanced course which requires learners to fill in an application form for a shortlisting process. Go to [www.second-step.co.uk](http://www.second-step.co.uk) for further details of the course and application form.

## Enquiry Form

Your name .....

Address .....

Phone .....

Email .....

Date of Birth .....

Preferred Contact Method (please circle)  
Yourself / Professional

If you would rather we speak to your support worker or named friend please give their details below:

Name .....

How they know you .....

Organisation .....

Contact Details .....



## Courses at The Station

Silver St, Bristol City Centre, BS1 2AG

Date	Workshop	Time
Tues 4 Apr	Managing Depression (Session 1 of 3)	2pm - 4:30pm
Fri 7 Apr	Confidence Building	10am - 12:30pm
Tues 11 Apr	Managing Depression (Session 2 of 3)	2pm - 4:30pm
Tues 18 Apr	Managing Depression (Session 3 of 3)	2pm - 4:30pm
Fri 21 Apr	Mindfulness	10am - 12:30pm
Tues 25 Apr	Wellbeing Event	1pm - 4:30pm
Tues 2 May	Mindfulness	2pm - 4:30pm
Fri 5 May	Building Resilience 'Bouncing Back'	10am - 12:30pm
Tues 9 May	Confidence Building	2pm - 4:30pm
Tues 16 May	Building Resilience 'Bouncing Back'	2pm - 4:30pm
Fri 19 May	Food & Mood	10am - 12:30pm
Tues 23 May	Wellbeing Event	1pm - 4:30pm
Tues 30 May	Food & Mood	2pm - 4:30pm
Fri 2 Jun	Ways to Wellbeing	10am - 12:30pm

There is also a **Recovery Café Drop-in every Tuesday from 2pm - 4pm** in the downstairs café area of The Station. Here you can meet with other learners to find out more of what the college has to offer and to take part in example exercises from the courses over a hot drink and cake.

## Courses at The Greenway Centre

Doncaster Rd, Southmead BS10 5PY

Date	Workshop	Time
Wed 5 Apr	Mindfulness	2pm - 4:30pm
Wed 12 Apr	Building Resilience 'Bouncing Back'	2pm - 4:30pm
Wed 19 Apr	Coping with Anxiety (Session 1 of 3)	2pm - 4:30pm
Wed 26 Apr	Coping with Anxiety (Session 2 of 3)	2pm - 4:30pm
Wed 3 May	Coping with Anxiety (Session 3 of 3)	2pm - 4:30pm
Wed 10 May	Ways to Wellbeing	2pm - 4:30pm
Wed 17 May	Confidence Building	2pm - 4:30pm
Wed 24 May	Food & Mood	2pm - 4:30pm
Wed 31 May	Building Resilience 'Bouncing Back'	2pm - 4:30pm

## Courses at The RNIB Centre

10 Stillhouse Lane, Bedminster, Bristol, BS3 4EB

Date	Workshop	Time
Thurs 6 April	Building Resilience 'Bouncing Back'	2pm - 4:30pm
Thurs 13 April	Mindfulness	2pm - 4:30pm
Thurs 20 April	Confidence Building	2pm - 4:30pm
Thurs 27 April	Food & Mood	2pm - 4:30pm
Thurs 4 May	Ways to Wellbeing	2pm - 4:30pm
Thurs 11 May	Coping with Anxiety (Session 1 of 3)	2pm - 4:30pm
Thurs 18 May	Coping with Anxiety (Session 2 of 3)	2pm - 4:30pm
Thurs 25 May	Coping with Anxiety (Session 3 of 3)	2pm - 4:30pm
Thurs 1 June	Mindfulness	2pm - 4:30pm

"I am an expert through experience"

I would like to apply for the following courses (in order of preference)

1 \_\_\_\_\_ Date

2 \_\_\_\_\_ Date

3 \_\_\_\_\_ Date

Please return your form to:  
Recovery College,  
Second Step, 9 Brunswick Square, BS2 8PE

For further information, or if you have any questions, please call **0117 914 5498** or email [recovery.college@second-step.co.uk](mailto:recovery.college@second-step.co.uk)

You can also apply online:  
[www.second-step.co.uk/recovery-college](http://www.second-step.co.uk/recovery-college)

Small Print: We will contact you to confirm receipt of this form and to give you a learner support needs form to complete and return to us where it is appropriate. In the event of a course that you have applied for being full, or if for any reason we cannot offer you a place, we will contact you to talk about alternative courses at a future date.

By submitting this form you give consent for Second Step to share your details with Recovery Bristol Partnership.

**Second Step Recovery College**  
Discover your future

**APRIL - MAY**  
**2017 PROGRAMME**

[www.second-step.co.uk/recovery-college](http://www.second-step.co.uk/recovery-college)