



A RECOVERY COLLEGE FOR  
HOPE, INSPIRATION AND GROWTH.

# COURSES & WORKSHOPS

## 2024 Autumn Term



"Attending Stepping Stones has improved my confidence and given me a sense of purpose and pride in achieving"

## What our Students say....

"I now have more awareness and understanding ... useful work tools I can put in place in my life"

"It has opened my eyes to what I could do in stepping outside of my comfort zone"

“ ”

"Stepping Stones has given me the courage to actually put things in place to begin reaching my ideal self"

# ABOUT



## WELCOME TO STEPPING STONES RECOVERY COLLEGE IN THE HEART OF BRACKNELL.

We are an independent charity and our aim is to empower our students by helping them discover a new sense of self, meaning and purpose after experiencing any life challenge.

We do this by offering a wide range of courses and workshops which are freely available to anyone who lives, works or studies in the Borough of Bracknell Forest.

At Stepping Stones, we learn together and from each other as equals and we value all forms of knowledge, especially lived experience. We work in small groups and provide a calm, compassionate learning environment where everyone feels safe and respected.

The college is based in The Court House, in Bracknell Town centre, close to both the bus and train stations. There are plenty of public car parks nearby too.

We hope that each person's time with us will be the beginning of an exciting journey of self discovery, renewed purpose and greater happiness in their life.

**Stepping Stones courses and workshops are free and available to anyone aged over 18 years, who lives, works or studies in the Borough of Bracknell Forest.**



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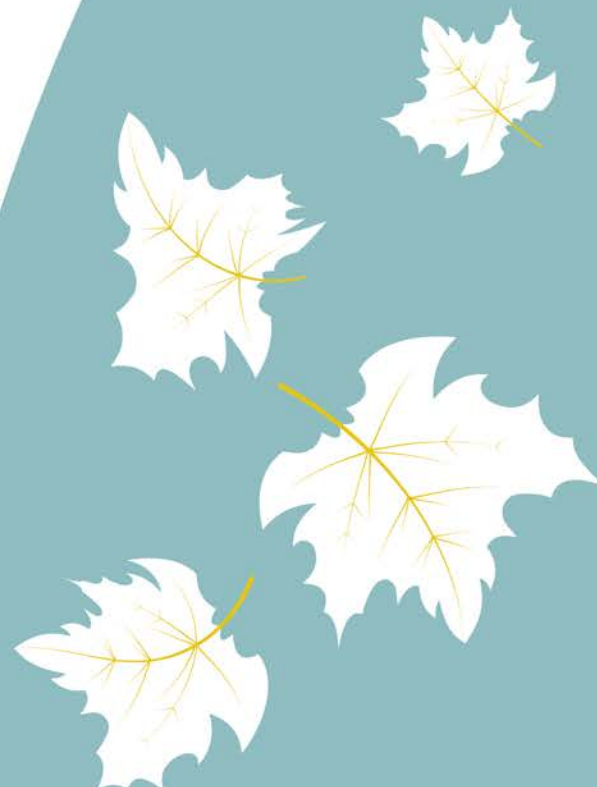
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# HOW WE WORK

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Stepping Stones is a very special place for anyone experiencing challenges to their mental, physical, or emotional wellbeing. We believe that recovery is possible for everyone and we provide a safe and supportive environment where you can relax, enjoy learning and build social connections. Our free courses and workshop are designed to help you better understand what you may be experiencing, rediscover your personal skills, strengths and creativity and use these to build a more flourishing life.

There are many reasons why our students find Stepping Stones helpful: some may have diagnosed mental health or other conditions; others are in recovery from addiction, homelessness, trauma or abuse. Some students have no formal diagnosis of any kind but come because they are lonely, anxious, bereaved or feel overwhelmed. We also have students who want to find out more about supporting others.

Whatever your reasons for joining us, we are here to support you and we hope, to inspire you with our wide range of free courses and workshops. You choose whether to register with us and then it's up to you to decide what courses and workshops you would like to attend.

To help you with this, we are now asking all our students to complete a Personal Learning Plan as this will help you decide what you would like to gain from attending Stepping Stones. It also enables us to suggest courses and workshops that will best support your goals.

"It has been a spring board for me to be more motivated and courageous in finding a job and dealing with the ongoing stress I face daily."

# CAN I REPEAT A COURSE AND WHAT HAPPENS IF A COURSE IS FULL?

We really want everyone at Stepping Stones to be able to attend all the courses they need to support their personal recovery and wellbeing. Our online booking system enables you to book yourself onto most courses. However, we have a growing number of students and a limited number of places to offer everyone. So, if you would like to repeat a course or attend one that is already full, you can now add yourself to a 'Waiting List' which you will find on our website menu. Once places become available, we will then contact you and let you know that you can go ahead and book yourself onto the course.

We will always remind students of their upcoming courses by email or text and we also very much appreciate you letting us know if you cannot attend a session or course, so we can offer your place to someone else.

## How to Register

Just choose which of the following ways you want to register with us:

[www.steppingstonesrecovery.co.uk](http://www.steppingstonesrecovery.co.uk)

By visiting us in person at:  
The Court House, Broadway,  
Bracknell, RG12 1AE

By calling us on: 01344 300333

## College News

Sign up via our website to receive our regular newsletter straight to your inbox.

Follow us on social media

-  SteppingStonesBracknell
-  steppingstones.recoverycollege
-  Stepping Stones Recovery College



# PATHWAYS

## Where do I start?

There are several learning pathways and we hope this will make it easy for you to choose the courses that most interest you and best support your own recovery.

You can of course mix and match courses and workshops from different pathways and do as few or as many as you wish.

However, please be realistic about the number of courses you will actually be able to attend so that we can offer places to as many students as possible

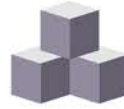






## 1. THE FOUNDATIONS OF RECOVERY

This pathway is the perfect starting place for anyone who wants to begin their recovery journey at Stepping Stones. It provides great preparation and a sound foundation for the journey ahead. Please book onto an Introductory session to find out more.



## 2. UNDERSTANDING AND MANAGING CONDITIONS AND CHALLENGES

In this pathway many common conditions and challenges are explained, so you can better understand how they might affect you or the person you are supporting. Courses also provide lots of practical ways that you can support yourself and others through these experiences.



## 3. NURTURING YOUR POSITIVE HEALTH AND WELLBEING

We explore how many aspects of our wellbeing are affected by our mental, physical and emotional health. Why these are connected and we offer lots of practical ideas for how you can do small things to better support your recovery.



## 4. HAVING FUN DISCOVERING YOUR INNER CREATIVITY

Recovery can be a wonderful journey of self-discovery and a great opportunity to nurture our inner creativity. These courses and workshops are lots of fun, very relaxing and create a great sense of calm, happiness and wellbeing.



## 5. DEVELOPING EFFECTIVE LIFE SKILLS

Dealing with money can really affect our mental health and wellbeing, often making us feel anxious and overwhelmed. We are now offering a series of one to one sessions for you to book with Alison who has a great deal of experience in this area and will offer you lots of signposting to free resources.



## 6. ONLINE COURSES & WORKSHOPS

We can offer some of our courses and workshops online in response to any demand from students or businesses. So if you would like us to run a course for a small group please email:

[reception@steppingstonesrecovery.co.uk](mailto:reception@steppingstonesrecovery.co.uk)  
or if you are a business, please email:  
[cathy@steppingstonesrecovery.co.uk](mailto:cathy@steppingstonesrecovery.co.uk)

Young Adults has been developed by a team of young adults from within the Bracknell Forest community, together with students from Stepping Stones Recovery College in Bracknell.



# Building Young Adults Wellbeing & Life Skills

Discover our new range of completely FREE courses and workshops, co-created with young adults to boost wellbeing, mental health and life skills.

Explore a wide range of topics, from self-awareness and understanding emotions and relationships, to mastering practical skills like food prep, cooking, and managing your home and money.

**EXPLORE  
DISCOVER  
THRIVE**

**If you're a young adult aged 18 - 35, who lives, works or studies in the Borough of Bracknell Forest, you are eligible for these free courses.**

Visit our Website



[youngadults.co.uk](http://youngadults.co.uk)



# i choose **ME**<sup>TM</sup>

## Our new mental health and wellbeing information hub.

Visit our Website



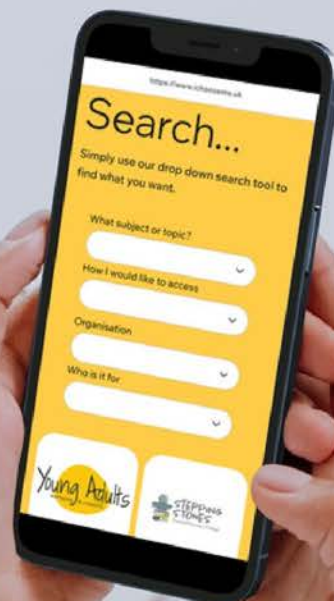
ichooseme.uk

Explore a selection of the many resources available to support mental health and wellbeing, in both the Bracknell area and nationally. The easy search tool lets you tailor your selection to those that best meet your needs.

We hope this will enable you to quickly identify the most relevant support available for you or someone you are caring for.



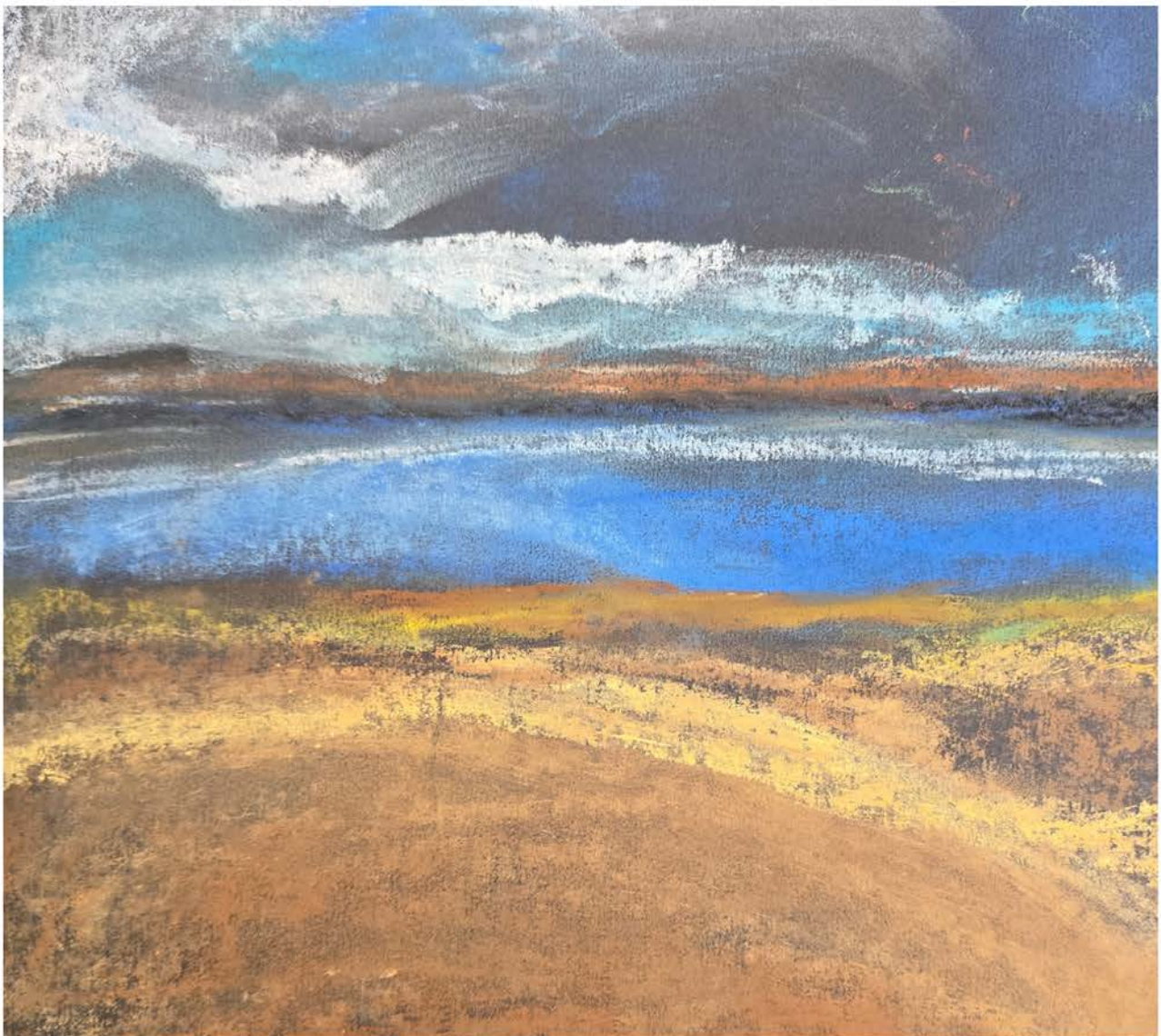
Over 200  
resources to  
explore!





# COURSES & WORKSHOPS

AT STEPPING STONES, WE WOULD LIKE TO INSPIRE YOU WITH AN EXCITING JOURNEY OF SELF-DISCOVERY.





# PATHWAY 1

## The Foundations of Recovery

**This pathway is the perfect starting place for anyone beginning their recovery journey at Stepping Stones.**

Within this course, we look at how the concept of recovery is a deeply personal journey, unique and different for everyone. Essentially, it's all about gaining a deeper understanding of yourself and discovering the simple joy of being authentically who you are. We explore attitudes, behaviours, motivation and thought patterns. We sort out what might help us and what could get in the way of our recovery. We work together as a small group to cultivate a positive, growth-oriented mindset. One that empowers you to clarify your life goals and overcome any obstacles to achieving them.

**All students booked this term will need to attend an Introduction to Foundations meeting before their first session. The Introductory sessions are from 10:30am to 11:30am OR 12:00pm to 1:00pm on Monday, September 16th**

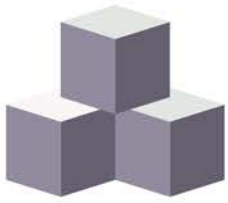
**Please contact the office if you want to book this course but are unable to attend either of the Introductory sessions.**

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This **7-part course** runs twice this term.  
All sessions run from **10:30am to 1pm.**

7 Part  
Course

Friday	20th September	(Part 1)	Monday	4th November	(Part 1)
Monday	23rd September	(Part 2)	Friday	8th November	(Part 2)
Friday	27th September	(Part 3)	Monday	11th November	(Part 3)
Monday	30th September	(Part 4)	Friday	15th November	(Part 4)
Friday	4th October	(Part 5)	Monday	18th November	(Part 5)
Monday	7th October	(Part 6)	Friday	22nd November	(Part 6)
Friday	11th October	(Part 7)	Monday	25th November	(Part 7)



## PATHWAY 2

# Understanding and Managing Conditions and Challenges

We all know how to maintain our physical health, but when it comes to safeguarding and supporting our mental and emotional wellbeing, often we're not so clear. At times, simply understanding the reasons behind how we feel can be immensely helpful and it's so reassuring to have some simple strategies to hand to use when we do feel challenged. So in this pathway, we offer a variety of workshops that explain a number of different conditions and challenges that can affect our wellbeing. And we give you lots of practical ways to support yourself and others through these experiences.

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## UNDERSTANDING AND MANAGING

### ADHD

(2-Part Course)

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

Monday 14th October (Part 1)

Monday 21st October (Part 2)

### ANGER

**2pm - 4pm**

Monday 21st October

### AUTISM

**2pm - 4pm**

Monday 14th October

### ADVERSE CHILDHOOD EXPERIENCES

**2pm - 4pm**

Monday 30th September

### BEING A PARENT WITH MENTAL HEALTH CHALLENGES

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

Friday 29th November

### BEREAVEMENT AND LOSS

(2-part course)

**2pm - 4pm**

Friday 8th November (Part 1)

Friday 15th November (Part 2)

### CHRONIC PAIN

**10:30am - 1pm**

Friday 25th October

*"In two sessions I am able to process more. Easy to follow through. Resources provided were useful and the content was really good."*



### DEPRESSION & LOW MOOD

(2-part course)

**2pm-4pm**

Monday 18th November (Part 1)

Monday 25th November (Part 2)

### EMOTIONAL BOUNDARIES

(2-part course)

**2pm - 4pm**

Monday 4th November (Part 1)

Monday 11th November (Part 2)

### MENTAL HEALTH & SELF DOUBT

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

Tuesday 24th September

### NEURODIVERSITY

(2 -part course)

**2pm - 4pm**

Friday 20th September (Part 1)

Friday 27th September (Part 2)

### PANIC

**2pm - 4pm**

Friday 18th October

### STRESS & ANXIETY

(2-part course)

**2pm - 4pm**

Monday 16th September (Part 1)

Monday 23rd September (Part 2)

### PERSONALITY DISORDERS

(2-part course)

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

Tuesday 5th November (Part 1)

Tuesday 12th November (Part 2)

### PTSD

**2pm - 4pm**

Friday 4th October

### SOCIAL ANXIETY

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

Friday, 18th October

### TRAUMA

(2-part course)

**2pm - 4pm**

Monday 7th October (Part 1)

Friday 11th October (Part 2)

"Very enlightening and Olga's way of explaining is easy to understand and very helpful. I would recommend this course to any one struggling with low mood."



## PATHWAY 3. Nurturing Your Positive Health & Wellbeing

Having a sense of wellbeing includes our ability to cope with the challenges of daily life, thinking clearly, expressing our emotions, solving problems, and building healthy social connections with those around us. So, it's not surprising that our mental, physical and emotional wellbeing are all interconnected and within this pathway, we provide lots of courses and workshops designed to support many areas of your wellbeing.

Our aim is not only to provide you with knowledge but also new ideas and practical skills that you can use in your everyday life.

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### Multi-part courses

Before you book any of these, please ensure you can attend all the dates included as they are usually very popular and will have Waiting Lists.



### SLUMBER SCIENCE New (2-PART COURSE)

Gain insights into the fascinating science behind sleep and learn ways to improve the quality of your own sleep so that you feel the benefits in all aspects of your health and wellbeing.

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

Thursday 17th October ( Part 1)

Thursday 24th October (Part 2)



## EXPLORING THE HEALING POWER OF NATURE (4 - Part Course)

Join us for this exciting new and highly interactive course which will help you to discover more about how nature can help to enhance and promote all aspects of your mental health and wellbeing. The course includes a walk in nature, doing nature related craft activities and developing your own personal plan for how you want to integrate nature into your daily life.

### Session dates and times are:

Thursday 19th September - Part 1 **(From 10:30am to 12:30pm)**

Thursday 26th September - Part 2 **(From 10:30am to 1pm)**

Thursday 3rd October - Part 3 **(From 10:30am to 12:30pm)**

Thursday 10th October - Part 4 **(From 10:30am to 12:30pm)**



## **FOOD & MOOD (4-part Course)**

This course will help you to have a better understanding of your own body, how it responds to different foods and how this can affect your moods.

**All sessions are from 10:30am to 12:45pm:**

Thursday 7th November

Tuesday, 14th November

Tuesday, 21st November

Tuesday, 28th November

"It has made me really think about food and how I can relate this to how I feel. Particularly with me wanting to reduce medication intervention and increase more natural choices."

## **BUILDING CONFIDENCE & MANAGING RELATIONSHIPS (3 Part Course)**

This course can help you to understand yourself better and make wise choices about how to manage your relationships more effectively.

**All sessions are from 10:30am to 12:30pm**

Tuesday 8th October (Part 1)

Tuesday 15th October (Part 2)

Tuesday 22nd October (Part 3)

"The quality of the workshop was excellent and so well executed. Some very practical guidance which can be applied."

## **CREATING VISION BOARDS TO ACHIEVE OUR GOALS (3 Part Course)**

Explore how to create and use a vision board to help you set and achieve your personal goals.

**All sessions are from 10:30am to 12:30pm**

Monday 2nd December

Friday 6th December

Monday 9th December

"Reminds me I am unique and have now got a much stronger sense of self, a clearer idea of my values and priorities."

## **JIGSAW OF SELF DISCOVERY (2 Part Course)**

This two-part course is a great way of learning more about yourself and how to get on better with people who have different communication styles.

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

Wednesday 27th November (Part 1)

Wednesday 4th December (Part 2)

## **WELLBEING RECOVERY ACTION PLAN (WRAP) (5 Part Course)**

WRAP is for anyone who is looking to build back their life, after any difficulty. This is a great course to do after you have completed Foundations of Recovery.

### **All sessions are from 10:30am to 12:30pm**

Wednesday 16th October

Wednesday 23rd October

Wednesday 6th November

Wednesday 13th November

Wednesday 20th November

Jigsaw and WRAP can only be booked through the Stepping Stones office – 01344 300333. Please complete the Foundations of Recovery Course before doing either as you will get so much more out of them.





## **MINDFUL JOURNALING**

### **(2 Part Course)**

Explore how journaling can support your wellbeing, increase your resilience and emotional awareness

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

Wednesday 18th September (Part 1)

Wednesday 25th September (Part 2)

"I think journalling is an incredibly liberating and beneficial tool for people to understand themselves better."

## **THE SCIENCE OF HAPPINESS**

### **(2 Part Course)**

Explore the science behind what can make us happy and receive lots of ideas to improve your happiness and improve your wellbeing.

### **2pm - 4pm**

Monday 9th December (Part 1)

Friday 13th December (Part 2)

"A lot of positive thought went into the course and I am able to put these things in my tool box"

"Very good - lots of handouts that help and encourage you on your journey"



## **GARDENING AT JEALOTT'S HILL**

**Every Wednesday from 10am to 2pm**

We are delighted to return to cultivate our three small gardening plots at the six acre, Jealott's Hill Community Land share. We can plant whatever we like - flowers, vegetable, herbs .... anything we choose. We also have space in the large polytunnels to propagate. Helping with the planning, planting and cultivation can provide many social, health and wellbeing benefits, alongside the possibility of harvesting some wonderful produce, which we always share.

The group from Stepping Stones attends most weeks of the year and is led by three gardening Leads from the college who will show you around and guide the sessions.

We may be able to help with transport if needed. Please note that, as we can only have a limited number on the site at any one time, gardening needs to be booked through the office.: 01344 300333

"It's inspired me and I  
now feel more optimistic"

## Single Workshops

New

### **A DIGITAL DETOX FOR BETTER MENTAL HEALTH**

Explore the effects of technology, identify the signs of overload and learn practical ways to reduce your screen time and enjoy the benefits

**2pm - 4pm**

Friday 6th December

### **BETTER WAYS TO MANAGE CONFLICT**

We will consider our responses to conflict and find ways of helping ourselves to navigate these

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

Friday 13th December

### **BUILDING RESILIENCE**

Dealing with stress and learning how to bounce back after any kind of adversity.

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

Thursday 5th December

New

### **COPING WITH THE FESTIVE SEASON**

This workshop will enable you to take more control over the situations that arise during the festivities, build your confidence generally and prepare you for any challenges.

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

Wednesday 11th December



## DEVELOPING GREATER SELF COMPASSION

In this course, you will learn about our inner nurturer, its purpose, how to boost it to apply principles of self-compassion that improve your wellbeing.

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

Thursday 26th September

## USING ADHD AS A SUPER POWER

Understand more about how you can use your unique skills and insights to become more positive and productive in your everyday life.

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

Tuesday 1st October



## New EXPLORING FEELINGS OF ABANDONMENT

Develop a deeper understanding of what it means to feel abandonment and improve your emotional wellbeing, relationships and self esteem with some positive coping mechanisms.

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

Tuesday 10th December

## EXPLORING FORGIVENESS

Healing through letting go. We explore together the transformative power of forgiveness and learn some practical strategies and techniques to help you start your own journey.

**2pm - 4pm**

Monday 2nd December

## EXPLORING BODY IMAGE

Understand how self-image develops and learn practical ways to develop a positive self-image.

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

Tuesday 17th September

## New EXPLORING THE LANGUAGE OF EMOTIONS

Having a better understanding of our emotions can have many benefits and can help you use your own more effectively.

**2pm - 4pm**

Friday November 29th

**New FINDING JOY IN BEING ALONE**

In this workshop we help you to find the balance between solitude and connection and discover the really liberating aspects of being alone without feeling lonely.

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

Tuesday 26th November

**New MORE MINDFUL COMMUNICATION**

Improve relationships, by learning and practising more active listening and ways to develop a more thoughtful, calmer communication style.

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

Wednesday 2nd October

**New MOVING BEYOND LABELS**

Moving the focus from diagnosis to uncovering individual strengths and beginning to build a positive sense of self. This will give you more confidence to move forwards and embrace yourself wholly.

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

Wednesday 9th October

**New THE POWER OF POSITIVITY**

Discover how positivity and optimism can improve your health, reduce stress and generally improve your quality of life.

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

Tuesday 3rd December

**New THE ROAD TO SELF ACCEPTANCE**

Become more aware of your inner narrative and ways to reduce self-judgement by focusing on your positive qualities and building your sense of self worth.

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

Tuesday 19th November







## PATHWAY 4. Having fun Discovering Your Inner Creativity

Recovery can be a wonderful journey of self-discovery and a great opportunity to re-discover the sheer joy of simple things – like singing together or exploring different ways to express ourselves creatively.

So, whether or not you already have any of these skills, these courses are lots of fun and can give everyone a great sense of happiness, calm and wellbeing.

**If you have already completed any of these courses and wish to repeat them, please indicate your interest by adding yourself to the Waiting List which can be found on our website. This will give us time to offer places to students who have not yet completed the course and we will let you know when you can go ahead and book.**

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### SINGING FOR FUN & WELLBEING

General - 12 Part Course to book  
Every week\* starting on Wednesday 18th September  
**1:30pm – 3pm**

12 Part  
Course

### TASTER SINGING FOR FUN

Fun, one hour sessions for you to try out some singing.  
Individually booked sessions.

Taster  
sessions

Every week starting on Wednesday 18th September  
**3:30pm - 4:30pm**  
**\*Except during the Half Term week of 28th October**

### MOVEMENT FOR WELLBEING at SOUTH HILL PARK

An any ability class for fun, fitness and mental wellbeing.

Every week starting on Monday 16th September  
**2pm – 3pm at South Hill Park**  
**(Except on October 21st and 28th)**

11 Part  
Course



## CREATING OUR MURAL

During the last few terms we have been working on an outside mural. Our wish was to create a space of sanctuary as an antidote to the concrete skyline that surrounds Stepping Stones. We worked collectively - students and facilitators together - to come up with a myriad of designs, inspiration taken from textile prints, botanical illustrations and a carefully chosen colour palette, to lift us all as we walk pass.

"I have really enjoyed working as part of a team to design and paint our piece of work"

"It felt good to be part of something big and to make new friends, whilst painting next to each other"



## TRADITIONAL DRAWING, PAINTING & PRINTING TECHNIQUES

6 Part Course

### 1:30pm-3pm

Thursday 19th	September
Thursday 26th	September
Thursday 3rd	October
Thursday 10th	October
Thursday 17th	October
Thursday 24th	October

6 Part Course

### 1:30pm - 3pm

Thursday 7th	November
Thursday 14th	November
Thursday 21st	November
Thursday 28th	November
Thursday 5th	December
Thursday 12th	December

## PHOTOGRAPHY, COLLAGE AND STORY TELLING

6 Part Course

### 3:30pm - 4:30pm

Thursday 19th	September
Thursday 26th	September
Thursday 3rd	October
Thursday 10th	October
Thursday 17th	October
Thursday 24th	October

6 Part Course

### 3:30pm - 4:30pm

Thursday 7th	November
Thursday 14th	November
Thursday 21st	November
Thursday 28th	November
Thursday 5th	December
Thursday 12th	December

*These are each 6 part courses so please make sure that you can attend all sessions and book the set of six that you wish to do.*



*"It has really helped me to create again and bring back that side of myself."*

*"Helped lift my spirits and aid my anxiety."*

*"It has really been helping my anxiety and to get out the house ... to deal with the agoraphobia."*

## MINDFUL CARD MAKING AND PAPER CRAFTING

Crafting hobbies are a great way to relax, take a break and distract ourselves. On this course you will be able to turn your creative hand to card making, decoupage and simple quilling. Or bring along a craft project of your own to work on.

6 Part  
Courses

### 2pm - 4pm

Tuesday 17th September  
Tuesday 24th September  
Tuesday 1st October  
Tuesday 8th October  
Tuesday 15th October  
Tuesday 22nd October

### 2pm - 4pm

Thursday 5th November  
Thursday 12th November  
Thursday 19th November  
Thursday 26th November  
Thursday 3rd December  
Thursday 10th December

"It has given me somewhere to go this term where I can just be peaceful with others enjoying a simple + pleasant activity in a safe, calm space."



## CHRISTMAS CARD MAKING

Come along and make some beautiful cards to give to family and friends - or keep for yourself! There are two sessions this term:

### 2pm to 4pm

Friday 25th October

OR

### 10:30am to 12:30pm

Thursday 12th December

12 Part  
Course



## GUITAR LESSONS FOR BEGINNERS

### 12 - part course running on Wednesday and Friday afternoons:

Starting on Wednesday, 18th September at: 2pm - 3pm OR 3pm - 4pm

Starting on Friday, 20th September at: 2pm - 3pm OR 3pm - 4pm

Please book all guitar lessons through the office: 01344 300333 and you will be asked to attend an initial introductory session with Ian, our guitar facilitator.

Weekly at  
Easthamstead  
Works

# New

## SOCIAL DROP IN AND BOOK CLUB FOR STUDENTS

Join us for a new weekly social drop and games or for discussions about short stories and poems

We are now offering our students the opportunity to enjoy a weekly Monday afternoon social drop in with games or informal readings and discussions about a short story or poem. You can choose to do either or both, on the same day or by alternating what you want to participate in, each week.

All sessions are from 2pm to 4pm, every Monday during term time and will take place on the ground floor of Easthamstead Works – just across from Stepping Stones.

Please book yourself onto each session via the website and do call the office if you have any questions: 01344 300333

### All sessions are from 2pm to 4pm at Easthamstead House

The first session is on Monday 16th September and then weekly until 9th December.

*Please note there will no session on 28th October as it is half term week.*





## PATHWAY 5 Developing More Effective Life Skills

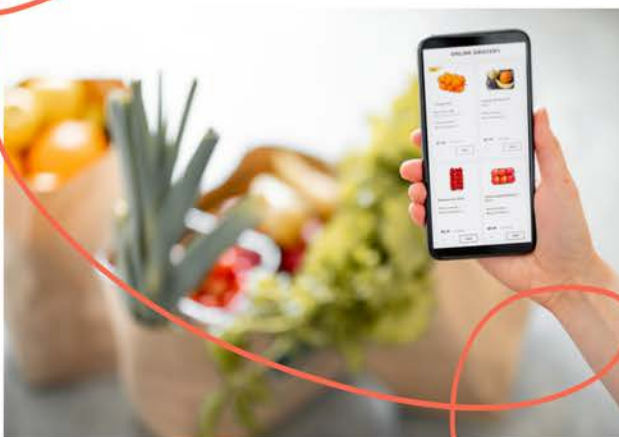
Dealing with money can make anyone feel anxious and this most certainly affects our wellbeing.

# New

Stepping Stones is now able to offer one to one sessions for students to meet with Alison, who has previously facilitated the 'Reducing Stress and Anxiety About Money' course and has lots of experience supporting and signposting on this subject.

It's all about helping you to feel more in control, less anxious about money and generally happier.

These new one to one sessions will enable Alison to work with you and help you to better understand your values and relationship with money, develop some positive strategies and, where relevant, signpost you to other organisations that offer free help and advice.



We are not able to give personal advice on specific money matters but we will be able to provide you with information about independent and free organisations and websites that can offer this service. So please be assured that there is no need for you to disclose anything about your own personal circumstances.

The college also has a range of resources for you to take away with you and these will help you to build the skills and confidence to manage your money in a way that works best for your individual needs.

As we are an independent charity and have no formal links to any government or council services, everything that we discuss is completely confidential and is never disclosed to any third party.

*"This has made a massive difference for me.  
Money worries are something I definitely have and the information learnt will definitely help me move forward on my life journey"*

### **DATES AND TIMES OF ONE TO ONE SESSIONS**

These can be booked online on the Stepping Stones website or by calling the office on 01344 300333

<b>Tuesday 17th September</b>	<b>Tuesday 1st October</b>	<b>Tuesday 12th November</b>	<b>Tuesday 3rd December</b>
<b>10am</b>	<b>10am</b>	<b>10am</b>	<b>10am</b>
<b>11am</b>	<b>11am</b>	<b>11am</b>	<b>11am</b>
<b>12pm</b>	<b>12pm</b>	<b>12pm</b>	<b>12pm</b>

If you have any questions about the sessions, please email Alison [alison@steppingstonesrecovery.co.uk](mailto:alison@steppingstonesrecovery.co.uk) or call her via the office:  
**01344300333**



**SEPTEMBER 2024**

MONDAY 16TH	TUESDAY 17TH	WEDNESDAY 18TH	THURSDAY 19TH	FRIDAY 20TH
<p>10:30am - 11:30am OR 12pm - 1pm <b>Introduction to Foundations of Recovery</b></p> <p>2pm - 4pm <b>Understanding and Managing Stress and Anxiety</b> (1 of 2)</p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (1 of 11) (South Hill Park)</p>	<p>10:30am - 12:30pm <b>Exploring Body Image</b></p> <p>10am or 11am or 12pm <b>One to One Sessions For Better Money Management</b></p> <p>2pm - 4pm <b>Mindful Card Making &amp; Paper Crafting</b> (1 of 6)</p>	<p>10:30am - 12:30pm <b>Mindful Journaling</b> (1 of 2)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Singing for Fun &amp; Wellbeing</b> (1 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (1 of 12)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30pm <b>Healing with Nature</b> (1 of 4)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (1 of 6)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (1 of 6)</p>	<p>10:30am - 1:00pm <b>Foundations of Recovery</b> (1 of 7)</p> <p>2pm - 4pm <b>Understanding and Managing Neurodiversity</b> (1 of 2)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (1 of 12)</p>



**SEPTEMBER 2024**

MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH
<p>10:30am - 1:00pm <b>Foundations of Recovery</b> (2 of 7)</p> <p>2pm - 4pm <b>Understanding and Managing Stress and Anxiety</b> (2 of 2)</p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (2 of 11) (South Hill Park)</p>	<p>10:30am - 12:30pm <b>Understanding and Managing Mental Health and Self Doubt</b></p> <p>2pm - 4pm <b>Mindful Card Making and Paper Crafting</b> (2 of 6)</p>	<p>10:30am - 12:30pm <b>Mindful Journaling</b> (2 of 2)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Singing for Fun &amp; Wellbeing</b> (2 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (2 of 12)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30pm <b>Developing Self Compassion</b></p> <p>10:30am - 1pm <b>Healing with Nature</b> (2 of 4)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (2 of 6)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (2 of 6)</p>	<p>10:30am - 1:00pm <b>Foundations of Recovery</b> (3 of 7)</p> <p>2pm - 4pm <b>Understanding and Managing Neurodiversity</b> (2 of 2)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (2 of 12)</p>

**SEPTEMBER / OCTOBER 2024**

MONDAY 30TH	TUESDAY 1ST	WEDNESDAY 2ND	THURSDAY 3RD	FRIDAY 4TH
<p>10:30am - 1:00pm <b>Foundations of Recovery</b> (4 of 7)</p> <p>2pm - 4pm <b>Understanding and Managing Adverse Childhood Experiences</b></p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (3 of 11) (South Hill Park)</p>	<p>10:30am - 12:30pm <b>Using ADHD as a Superpower</b></p> <p>10am or 11am or 12pm <b>One to One Sessions For Better Money Management</b></p> <p>2pm - 4 pm <b>Mindful Card Making and Paper Crafting</b> (3 of 6)</p>	<p>10:30am - 12:30pm <b>More Mindful Communication</b></p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Singing for Fun &amp; Wellbeing</b> (3 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (3 of 12)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30pm <b>Healing with Nature</b> (3 of 4)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (3 of 6)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (3 of 6)</p>	<p>10:30am - 1:00pm <b>Foundations of Recovery</b> (5 of 7)</p> <p>2pm - 4pm <b>Understanding and Managing PTSD</b></p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (3 of 12)</p>

# OCTOBER 2024

MONDAY 7TH	TUESDAY 8TH	WEDNESDAY 9TH	THURSDAY 10TH	FRIDAY 11TH
<p>10:30am - 1:00pm <b>Foundations of Recovery</b> (6 of 7)</p> <p>2pm - 4pm <b>Understanding and Managing Trauma</b> (1 of 2)</p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (4 of 11) (South Hill Park)</p>	<p>10:30am - 12.30pm <b>Building Confidence and Managing Relationships</b> (1 of 3)</p> <p>2pm - 4pm <b>Mindful Card Making and Paper Crafting</b> (4 of 6)</p>	<p>10:30am - 12:30pm <b>Moving Beyond Labels</b></p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Singing for Fun &amp; Wellbeing</b> (4 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (4 of 12)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30pm <b>Healing with Nature</b> (4 of 4)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (4 of 6)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (4 of 6)</p>	<p>10:30am - 1:00pm <b>Foundations of Recovery</b> (7 of 7)</p> <p>2pm - 4pm <b>Understanding and Managing Trauma</b> (2 of 2)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (4 of 12)</p>

# OCTOBER 2024

MONDAY 14TH	TUESDAY 15TH	WEDNESDAY 16TH	THURSDAY 17TH	FRIDAY 18TH
<p>10:30am - 12:30pm <b>Understanding and Managing ADHD</b> (1 of 2)</p> <p>2pm - 4pm <b>Understanding and Managing Autism</b></p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (5 of 11) (South Hill Park)</p>	<p>10:30am - 12.30pm <b>Building Confidence and Managing Relationships</b> (2 of 3)</p> <p>2pm - 4pm <b>Mindful Card Making and Paper Crafting</b> (5 of 6)</p>	<p>10:30am - 12:30pm <b>Wellbeing Recovery Action Plan</b> (1 of 5)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Singing for Fun &amp; Wellbeing</b> (5 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (5 of 12)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30pm <b>Slumber Science</b> (1 of 2)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (5 of 6)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (5 of 6)</p>	<p>10:30am - 12:30pm <b>Understanding and Managing Social Anxiety</b></p> <p>2pm - 4pm <b>Understanding and Managing Panic</b></p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (5 of 12)</p>

# OCTOBER / NOVEMBER 2024

MONDAY 21ST	TUESDAY 22ND	WEDNESDAY 23RD	THURSDAY 24TH	FRIDAY 25TH
<p>10:30am - 12:30pm <b>Understanding and Managing ADHD</b> (2 of 2)</p> <p>2pm - 4pm <b>Understanding and Managing Anger</b></p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p>	<p>10:30am - 12.30pm <b>Building Confidence and Managing Relationships</b> (3 of 3)</p> <p>2pm - 4 pm <b>Mindful Card Making and Paper Crafting</b> (6 of 6)</p>	<p>10:30am - 12:30pm <b>Wellbeing Recovery Action Plan</b> (2 of 5)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Singing for Fun &amp; Wellbeing</b> (6 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (6 of 12)</p> <p>3:30pm -4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30pm <b>Slumber Science</b> (2 of 2)</p> <p>1:30pm -3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (6 of 6)</p> <p>3:30pm -4:30pm <b>Photography, Collage and Story Telling</b> (6 of 6)</p>	<p>10:30am - 1.00pm <b>Understanding and Managing Chronic Pain</b></p> <p>2pm - 4pm <b>Christmas Card Making</b></p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (6 of 12)</p>
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## NOVEMBER 2024

MONDAY 4TH	TUESDAY 5TH	WEDNESDAY 6TH	THURSDAY 7TH	FRIDAY 8TH
<p>10:30am - 1:00pm <b>Foundations of Recovery</b> (1 of 7)</p> <p>2pm - 4pm <b>Understanding and Managing Emotional Boundaries</b> (1 of 2)</p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (6 of 11) (South Hill Park)</p>	<p>10:30am - 12:30pm <b>Understanding and Managing Personality Disorders</b> (1 of 2)</p> <p>2pm - 4pm <b>Mindful Card Making and Paper Crafting</b> (1 of 6)</p>	<p>10:30am - 12:30pm <b>Wellbeing Recovery Action Plan</b> (3 of 5)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Singing for Fun &amp; Wellbeing</b> (7 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (7 of 12)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:45pm <b>Food and Mood</b> (1 of 4)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (1 of 6)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (1 of 6)</p>	<p>10:30am - 1:00pm <b>Foundations of Recovery</b> (2 of 7)</p> <p>2pm - 4pm <b>Understanding and Managing Bereavement and Loss</b> (1 of 2)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (7 of 12)</p>

# NOVEMBER 2024

MONDAY 11TH	TUESDAY 12TH	WEDNESDAY 13TH	THURSDAY 14TH	FRIDAY 15TH
<p>10:30am - 1:00pm <b>Foundations of Recovery</b> (3 of 7)</p> <p>2pm - 4pm <b>Understanding and Managing Emotional Boundaries</b> (2 of 2)</p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (7 of 11) (South Hill Park)</p>	<p>10:30am - 12:30pm <b>Understanding and Managing Personality Disorders</b> (2 of 2)</p> <p>10am or 11am or 12pm <b>One to One Sessions For Better Money Management</b></p> <p>2pm - 4pm <b>Mindful Card Making and Paper Crafting</b> (2 of 6)</p>	<p>10:30am - 12:30pm <b>Wellbeing Recovery Action Plan</b> (4 of 5)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Singing for Fun &amp; Wellbeing</b> (8 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (8 of 12)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:45pm <b>Food and Mood</b> (2 of 4)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (2 of 6)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (2 of 6)</p>	<p>10:30am - 1:00pm <b>Foundations of Recovery</b> (4 of 7)</p> <p>2pm - 4pm <b>Understanding and Managing Bereavement and Loss</b> (2 of 2)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (8 of 12)</p>

## NOVEMBER 2024

MONDAY 18TH	TUESDAY 19TH	WEDNESDAY 20TH	THURSDAY 21ST	FRIDAY 22ND
<p>10:30am - 1:00pm <b>Foundations of Recovery</b> (5 of 7)</p> <p>2pm - 4pm <b>Understanding and Managing Depression and Low Mood</b> (1 of 2)</p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (8 of 11) (South Hill Park)</p>	<p>10:30am - 12.30pm <b>The Road to Self Acceptance</b></p> <p>2pm - 4 pm <b>Mindful Card Making and Paper Crafting</b> (3 of 6)</p>	<p>10:30am - 12:30pm <b>Wellbeing Recovery Action Plan</b> (5 of 5)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Singing for Fun &amp; Wellbeing</b> (9 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (9 of 12)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:45 pm <b>Food and Mood</b> (3 of 4)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (3 of 6 )</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (3 of 6)</p>	<p>10:30am - 1:00pm <b>Foundations of Recovery</b> (6 of 7)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (3 of 12)</p>



# NOVEMBER 2024

MONDAY 25TH	TUESDAY 26TH	WEDNESDAY 27TH	THURSDAY 28TH	FRIDAY 29TH
<p>10:30am - 1:00pm <b>Foundations of Recovery</b> (7 of 7)</p> <p>2pm - 4pm <b>Understanding and Managing Depression and Low Mood</b> (2 of 2)</p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (9 of 11) (South Hill Park)</p>	<p>10:30am - 12:30pm <b>Finding Joy in Being Alone</b></p> <p>2pm - 4pm <b>Mindful Card Making and Paper Crafting</b> (4 of 6)</p>	<p>10:30am - 12:30pm <b>Jigsaw of Self Discovery</b> (1 of 2)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Singing for Fun &amp; Wellbeing</b> (10 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (10 of 12)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:45pm <b>Food and Mood</b> (4 of 4)</p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (4 of 6)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (4 of 6)</p>	<p>10:30am - 12.30pm <b>Being a Parent with Mental Health Challenges</b></p> <p>2 pm - 4pm <b>Exploring the Language of Emotions</b></p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (10 of 12)</p>

# DECEMBER 2024

MONDAY 2ND	TUESDAY 3RD	WEDNESDAY 4TH	THURSDAY 5TH	FRIDAY 6TH
<p>10:30am - 12:30pm <b>Using Vision Boards to Achieve Goals</b> (1 of 3)</p> <p>2pm - 4pm <b>Exploring Forgiveness</b></p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (10 of 11) (South Hill Park)</p>	<p>10:30am - 12.30pm <b>The Power of Positivity</b></p> <p>10am or 11am or 12pm <b>One to One Sessions For Better Money Management</b></p> <p>2pm - 4pm <b>Mindful Card Making and Paper Crafting</b> (5 of 6)</p>	<p>10:30am - 12.30pm <b>Jigsaw of Self Discovery</b> (2 of 2)</p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Singing for Fun &amp; Wellbeing</b> (11 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (11 of 12)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12.30pm <b>Building Resilience</b></p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (5 of 6)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (5 of 6)</p>	<p>10:30am - 12:30pm <b>Using Vision Boards to Achieve Goals</b> (2 of 3)</p> <p>2 pm- 4pm <b>Digital Detox for Better Mental Health</b></p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (11 of 12)</p>

# DECEMBER 2024

MONDAY 9TH	TUESDAY 10TH	WEDNESDAY 11TH	THURSDAY 12TH	FRIDAY 13TH
<p>10:30am - 12:30pm <b>Using Vision Boards to Achieve Our Goals</b> (3 of 3)</p> <p>2pm - 4pm <b>The Science of Happiness</b> (1 of 2)</p> <p>2pm - 4pm <b>Social Drop in and Book Club for Students</b> Easthampstead Works</p> <p>2pm - 3pm <b>Movement for Wellbeing</b> (11 of 11) (South Hill Park)</p>	<p>10:30am - 12:30pm <b>Exploring Feelings of Abandonment</b></p> <p>2pm - 4pm <b>Mindful Card Making and Paper Crafting</b> (6 of 6)</p>	<p>10:30am - 12:30pm <b>Coping with the Festive Season</b></p> <p>10am - 2pm <b>Gardening at Jealotts Hill</b></p> <p>1:30pm - 3:00pm <b>Singing for Fun &amp; Wellbeing</b> (12 of 12)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (12 of 12)</p> <p>3:30pm - 4:30pm <b>Taster Singing for Fun &amp; Wellbeing</b></p>	<p>10:30am - 12:30pm <b>Christmas Card Making</b></p> <p>1:30pm - 3:00pm <b>Creative with Art: Traditional drawing, painting &amp; printing techniques</b> (6 of 6)</p> <p>3:30pm - 4:30pm <b>Photography, Collage and Story Telling</b> (6 of 6)</p>	<p>10:30am - 12:30pm <b>Better ways to Manage Conflict</b></p> <p>2pm - 4pm <b>The Science of Happiness</b> (2 of 2)</p> <p>2pm - 3pm OR 3pm - 4pm <b>Beginners Guitar Lessons</b> (12 of 12)</p>

# SUPPORT IN THE COMMUNITY

We work with many services and voluntary groups in the Bracknell Forest area. Here is some information about them that you might find useful.

If you can't find what you're looking for here, please visit our new mental health and wellbeing information hub, [ichooseme.uk](http://ichooseme.uk).



[ichooseme.uk](http://ichooseme.uk)

## I CHOOSE ME

### *Mental Health and wellbeing information hub*

Explore a selection of over 200 local and national resources available to support mental health and wellbeing, in both the Bracknell area and nationally. The easy search tool lets you tailor your selection to those that best meet your needs.



## BRACKNELL FOREST COUNCIL PUBLIC HEALTH

### *Helping you to be healthy and well.*

Bracknell Forest Council Public Health provide a range of free services for those living, working, or studying in Bracknell Forest that can improve your health and wellbeing. Whether you are looking to get more active, lose weight, connect with your community, or stop smoking, support is available.

Services include:

1. Fit for All exercise classes
2. Everyone Health weight management services for adults and families
3. Social Prescribing
4. My Community Asset Map
5. Drug and alcohol service
6. Smokefreelife Berkshire
7. And much more

To find out more about what is available to you, visit [health.bracknell-forest.gov.uk](http://health.bracknell-forest.gov.uk)

## BRACKNELL FOREST COMMUNITY NETWORK



The Bracknell Forest Community Network (BFCN) works collaboratively with partners in the mental health and wider health and care systems. We support individuals (18 years +) living with a range of mental health conditions to remain socially included, helping them to better understand their mental health.

Recovery Facilitators work with individuals to develop their confidence, life skills and resilience by extending the pathways of mental health and wellbeing support and removing barriers to access so they can live as independently as possible. We can support individuals and their carers to access and attend appointments around education, volunteering, employment and social activities.

This can be offered in a variety of ways, e.g. one to one support or graded exposure to various services and community groups. We also organise a variety of group activities to support confidence building, social skills and integration back into the community.

For more information about our referral criteria and referral form please contact us on: Telephone: : 01344 351715  
Email: [BFCN@bracknell-forest.gov.uk](mailto:BFCN@bracknell-forest.gov.uk)



### NEW HOPE *Drug and alcohol service*

Addiction is common and wherever you are and whatever your problem is, there are people who can help you. New Hope provides a friendly, free and confidential service to anybody who is seeking help with a drug and/or alcohol addiction. We run a 10-week rolling recovery day programme.

Other services available include: acupuncture, alcohol support group, ATR group, breaking free online, family and friends support group, growing hope, Indian head massage, needle and syringe service, prescribing clinics, reducing offender behaviour group, recovery steps, substance support group.

New Hope: Units 16/17 Market Street, Bracknell  
[new.hope@bracknell-forest.gov.uk](mailto:new.hope@bracknell-forest.gov.uk) or call 01344 312360

Bracknell and Wokingham College is part of Activate Learning and provides a wide range of education and training opportunities for the local community, ranging from study programmes and apprenticeships to leisure courses and university-level qualifications.

Telephone: 0800 612 6008 Email:  
enquiries@activatelearning.ac.uk  
www.bracknell.activatelearning.ac.uk



## NHS, BERKSHIRE HEALTHCARE

### *The Wellbeing Service*

Changes to life circumstances, such as housing and finances, can have a significant impact on both your mental and physical health. Our wellbeing service aims to reduce the impact these challenges can have on your quality of life by providing support for practical, situational, and social challenges.

We can guide you to the right support for concerns, such as; Housing issues, Money worries (inc. debt and benefits), Drug and alcohol misuse, Loneliness & social isolation, General wellness and healthy living. We offer one-to-one sessions over the phone, online support, as well as supported signposting to local services and advice. We also offer 1- hour virtual stand-alone wellbeing workshops that explore helpful tips and information on: Resilience - Motivation - Housing - Cost of Living

Please contact us, we are always happy to support you, whatever your goal may be.

Email: [TTEastWellbeingService@berkshire.nhs.uk](mailto:TTEastWellbeingService@berkshire.nhs.uk)

Phone: 0300 365 2000 (option 2)

# WHAT IS SOCIAL PRESCRIBING?

Social prescribing is a simple method of linking people with non-medical sources of support within the local community, to help improve their health and wellbeing.

There are two ways you can access these services: you can self-refer or ask your GP to refer you to a Social Prescriber.



## NHS SOCIAL PRESCRIBING

You can also be referred by your GP Practice. Once referred, a Link Worker will contact the patient and invite them to come in to discuss their needs and then link them to opportunities within the local community. We offer a free 1 to 1 confidential service and if you think you might benefit from this service, please contact your GP. We cover the Bracknell and District GP Practices as well as Ascot GP practices.

Do you have non-medical challenges that are affecting your wellbeing, which cannot be fixed by medicine? For example, do you have financial stresses? Mental health challenges? Would you like to lose weight? Are you a carer who needs support? If so, then please ask your GP to refer you to a Social Prescriber and we can discuss options that will help you get back on track.



## BRACCAN HEALTH

### *Self Referral*

My name is Rehana Maqsood and I'm a Social Prescriber for Braccan Health PCN working at The Forest Health Group and Gainsborough practices.

I help support our clinicians by giving patients time and focusing on 'what matters to me' and taking a holistic approach to people's health and wellbeing. Some of the areas I can support in: Learning new skills, weight management, making new friends, financial worries and much more. Contact your GP practice and ask for a social prescriber to make contact or alternatively you can self-refer via: [baccg.spteam.braccanhealthpcn@nhs.net](mailto:baccg.spteam.braccanhealthpcn@nhs.net)

## Friends in need

Friends in Need is a valuable, free service for anyone experiencing a mental health problem. Our aim is to promote community resilience by reducing isolation through peer support.

We are a friendly and welcoming peer-to-peer social support community for people to help each other. Our uplifting, fun and free-of-charge activities provide the opportunity to socialise and share experiences in a non-judgemental and completely confidential setting.

All our activities are based around the five ways to wellbeing: To connect; To Give; To Learn; To Notice; To be Active and members are empowered and highly involved in the structure and content of the timetable. We manage groups and activities by encouraging and empowering others to take on responsibility within the group to help organise and run activities.

Come and feel supported whilst having a chat and a cuppa with others who understand how you might be feeling. We offer a monthly timetable of both face-to-face and online social activities and to find out more please visit: [www.bucksmind.org.uk/services/peer-support/groups/friends-in-need/](http://www.bucksmind.org.uk/services/peer-support/groups/friends-in-need/)

Young Adult Friends in Need: Open to all people aged between 17 to 25 years old with mental health support needs, offering a timetable shaped by and tailored to younger members.

## INVOLVE COMMUNITY SERVICES VOLUNTEER CENTRE



*Do you have spare time on your hands?*

*Are you out of work and needing to fill your time until you find a new job?*

Why not contact Involve Community Services to register as a volunteer? It will give you a sense of fulfilment and can enhance your CV. When you register, we will discuss your individual skills and interests and find an opportunity to suit you. To find out more information, please call the Volunteer Services Manager on 01344 304404 or email: [Fiona.swan@involve.community](mailto:Fiona.swan@involve.community)



## HEALTH WATCH BRACKNELL FOREST

Healthwatch Bracknell Forest is your health and social care champion. If you use any NHS services for example GPs, hospitals, district nurses, pharmacies etc, also care homes and adult social care, we want to hear about your experiences. As an independent statutory body, we have the power to make sure NHS leaders and other decision makers listen to your feedback and improve standards of care.

We can also help you to get the information and advice you need about local and national services and local support organisations.

It's important that you share your experiences – whether good or bad. Your feedback is helping to improve people's lives. So, if you need information or advice or are ready to tell your story – we're here to listen. Please contact us:

[info@healthwatchbracknellforest.co.uk](mailto:info@healthwatchbracknellforest.co.uk)

Tel: 0300 0120184 between the hours of 09:00 – 17:00 Monday to Friday

[www.healthwatchbracknellforest.co.uk](http://www.healthwatchbracknellforest.co.uk)



## SOUTH HILL PARK, ARTS CENTRE

*Berkshire's Centre for the Arts, Business and Community*

Housing two theatres, a dance studio, creative spaces and a cinema within the grounds of an 18th century mansion house in Bracknell, South Hill Park hosts over 300 shows, events and films each year, alongside a busy programme of over 250 courses and workshops.

We also provide a range of courses in arts and crafts, drama, dance and digital media – as well as numerous thoughtful and inspiring exhibitions and spaces for hire. Our mission is to inspire, connect and enrich lives through the creative arts and the variety of our programme is unique.

South Hill Park, Ringmead, Bracknell RG12 7PA

Telephone: 01344 484123

Email: [enquiries@southhillpark.org.uk](mailto:enquiries@southhillpark.org.uk)

[www.southhillpark.org.uk](http://www.southhillpark.org.uk)



## CREATE HOPE

Create Hope is a Christian charity offering emotional support to children, young people and families through creative therapy and therapeutic training to equip them for a good life. We work with people of all faith and non-faith backgrounds.

We support families affected by traumatic life events such as domestic abuse, family separation, bereavement, chaotic family life, addiction, low self-esteem etc. by delivering different creative and systemic based therapy through 1-1 and group sessions. We support families' emotional needs, giving people a safe space to explore and express their feelings, explore relationships and challenge communications, process past hurts, develop self-awareness and empathy, and move towards the changes they need to make.

We provide accredited CPD and diploma level training to parents/carers, schools, churches, counsellors and other professionals.

Create Hope's aim is to reach out to people and enable them to find their voice through creativity. It is about individuals; showing people they matter, that everyone matters. The hope is to make a difference in someone's life; helping them see beyond their troubles.

We are currently based in Berkshire, offering services through our centre in Bracknell Town and local schools. To make a referral please visit our website [www.createhope.co.uk](http://www.createhope.co.uk) or call 01344 566295.

Email – [catherine@createhope.co.uk](mailto:catherine@createhope.co.uk)



Having a positive sense of wellbeing includes looking after both our mental and physical health. And there's lots of scientific evidence to show that being physically active and moving around can really help our mental wellbeing.

For our latest timetable, please visit the website -[www.sportinmind.org](http://www.sportinmind.org).

Email: [info@sportinmind.org](mailto:info@sportinmind.org)

Tel 0118 9479762



## THE COWSHED

The Cowshed is a compassionate and community-driven charity dedicated to providing support to individuals of all backgrounds during times of personal crisis. Our mission is simple yet impactful: to offer good quality, cleaned, and ironed clothes and other essential items free of charge to those in need. We firmly believe that everyone deserves access to basic necessities, regardless of their circumstances.

Tel: 0118 934 5120

Email: [info@thecowshed.org](mailto:info@thecowshed.org)



## PILGRIM HEARTS

Pilgrim hearts is a homeless charity working with those most vulnerable in our community, working in partnership with New Hope rough sleeper team and other statutory services to link people with support services needed including housing, Food banks, benefits advice and supporting local people in financial crisis.

We run two weekly drop-in sessions, offering a warm space, hot meal and refreshments:

- Tuesdays - 11am – 2pm at St Andrews Church, Priestwood Court, Priestwood Avenue, Bracknell. RG42 1TU
- Thursdays - 11am – 2pm at the Methodist Church, Shepherds Lane, Bracknell. RG42 2DD

We have a medical team on site weekly and able to give clothes and sleeping bags.

We are also able to provide space for people to shower and use of a washing machine to wash clothes and receive support and refreshments (referral required).

For more information, please call 01344 307030

Free advice line 0800 121 4021.

Website [pilgrimhearts.org.uk](http://pilgrimhearts.org.uk) or [enquiries@pilgrim.hearts@gmail.com](mailto:enquiries@pilgrim.hearts@gmail.com)

Come and join the  
**Happiness Hub**



First Tuesday of every month at  
**The Sun Café**  
from **10am - 12pm**  
17-19 High Street,  
Ascot, SL5 9NG

Second Tuesday of every month at  
**The Foxes' Den Café**  
from **11am - 1pm**  
Binfield Parish Offices,  
Benetfeld Road,  
Binfield, RG42 4EW

Third Tuesday of every month at  
**Sandhurst Library**  
from **10.30am - 12.30pm**  
The Broadway,  
Sandhurst, GU47 9AB

First Thursday of every month at  
**Brew Coffee Bar**  
from **10am - 1pm**  
Easthampstead Works, Town  
Square, Bracknell, RG12 1BH

Third Friday of every month at  
**Crowthorne Fire Station**  
from **11am - 1pm**  
High Street, Crowthorne,  
RG45 7AP

The Happiness Hub is a collaboration of support services offering mental health and well-being advice to individuals 18 years and over who live in Bracknell Forest and surrounding areas.

Scan the QR code below for more information or visit:  
[www.bracknell-forest.gov.uk/mental-health-and-wellbeing](http://www.bracknell-forest.gov.uk/mental-health-and-wellbeing)





## ANDY'S MAN CLUB

Andy's Man Club is a free peer-to-peer group that provides a place for men to come together in a safe and open environment to talk about any issues or problems that they may have faced or are currently facing. A key principle is that everything that is said in the sessions, stays within the club.

Sessions are open to anyone aged 18 years or more and held at the Great Hollands Community Centre, Bracknell RG12 8UX.

They run from 7-9pm every Monday evening except Bank Holidays and you are welcome to simply turn up on the night.

email - [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk), website - [andysmanclub.co.uk](http://andysmanclub.co.uk)



## CITIZENS ADVICE EAST BERKSHIRE

Citizens Advice East Berkshire (CAEB) supports anyone living or working in Bracknell Forest, Maidenhead and Windsor, and Slough by providing free, independent, impartial, and confidential advice and support.

Our clients face issues including benefits, work, debt and money, consumer's rights, relationships, housing, and discrimination. We offer specialist help on benefits, debt & tax, and help with disability benefit applications and benefit appeals. Our work can improve people's financial situation and improve health; reducing stress and increasing people's confidence to deal with their own problems. We can take referrals from Mental Health Services in Bracknell Forest, Maidenhead and Windsor, and Slough. website - [www.caeb.org.uk](http://www.caeb.org.uk)

- The referrer must be a primary or secondary mental health care provider.
- The client must have a severe mental illness or currently experiencing significant mental distress.
- The client must be unable to access CA service through other means (in other words we are targeting the hard-to-reach group of clients who struggle the most to access our service). If the client is able to call our national Adviceline or attend our drop-in services then we would ask that they do so.
- We can advise on benefits, income maximisation, debt, housing, and employment-related issues.

# WELLBEING IN THE WORKPLACE



## Stepping Stones also helps local businesses improve the positive mental health and wellbeing of their staff.

We offer a selection of topics with varying course and workshop lengths and we can tailor these to meet your company's needs and budget. Staff become more engaged, productive and motivated.

- Create positive wellbeing in the workplace
- Develop a resilient workforce
- Support emotional intelligence with authenticity
- Provide an emotional first aid toolkit at work
- Provide psychological safety, creating mental fitness and emotional strength at work

Course costs available on request

To find out more and to discuss your company's particular needs, please email:

[cathy@steppingstonesrecoverycollege.co.uk](mailto:cathy@steppingstonesrecoverycollege.co.uk)





reception@steppingstonesrecovery.co.uk

www.steppingstonesrecovery.co.uk

The Court House, Broadway, Bracknell, RG12 1AE

Phone: 01344 300333

Instagram: SteppingStones.RecoveryCollege

Facebook: SteppingStonesBracknell

LinkedIn: SteppingStonesRecoveryCollege



ichooseme.uk



youngadults.co.uk