



A RECOVERY COLLEGE FOR
HOPE, INSPIRATION AND GROWTH.

COURSES & WORKSHOPS

2025 Spring Term





WHAT OUR STUDENTS SAY.....

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

"Very informative and useful - excellent"

"Been a lot happier accepting myself for who I am"

"Very good information
Excellent. Very helpful course. Thank you"

"Debbie is lovely, caring, friendly, helpful and encouraging"

"Helped me to be calm and relaxed"

"Another step in helping me to keep going".

"It's given me more knowledge to manage situations and help others"

"Helped me understand I'm not alone in feeling the way I do"

"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."

"For me it has been a spring board to be more motivated and courageous in finding a job"



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How we can help you feel less anxious about coming to Stepping Stones.

We really care about making it as easy as possible for you to attend our courses and workshops. But we are aware that coming to the Recovery College, especially for the first time, can sometimes feel overwhelming. We have a wonderful group of student supporters who can help you with this. For example, we can arrange to meet you before your course and show you around the college.

On the day of your first workshop, we can also meet you outside and walk in together. And there is always a supporter in the workshop to look out for you. If there's anything else at all that we can do to help you feel safer, more comfortable and confident about attending, please let us know!

We are so looking forward to welcoming you to Stepping Stones.

Written by Cat

Stepping Stones Student

"I struggle with my mental health and I have really enjoyed today's session. Everyone has been really friendly and kind and helped me when unsure. The facilitator and student supporters have been amazing and wonderful."

ABOUT



WELCOME TO STEPPING STONES RECOVERY COLLEGE

We are an independent charity and here to help anyone experiencing challenges to their emotional, physical or mental health. We believe that recovery and great wellbeing 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 workshops are open to anyone 18+ living, working, or studying in Bracknell Forest.

We can now also offer a new programme of courses specifically for Young Adults aged 16-25. Visit www.youngadults.co.uk for more details.

One of our very talented students has created a new information hub which offers over 200 resources and an easy-to-use search tool that will help you find the support that best meets your needs. Explore it at www.ichooseme.uk.

Whatever you do at Stepping Stones, we all learn together as equals, and hope that your time with us will be just the beginning of a really exciting and fulfilling journey of self discovery, renewed purpose and greater happiness.

Most of our courses and workshops are held at the old Court House in Bracknell Town centre which is close to both the bus and train stations and with plenty of public car parks.



HOW WE WORK

Stepping Stones is a very special place for anyone facing challenges to their mental, physical, or emotional wellbeing. Our free courses and workshops are designed to help you understand more about what you may be experiencing, rediscover your skills, strengths and creativity, and ultimately, build a more fulfilling life.

People come to Stepping Stones for many different reasons and you do not need to tell us about your own. However, some students have told us that it helps them to feel less lonely and more socially connected. Others have learnt a great deal more about a diagnosed condition and how to manage this, either for themselves or to support others. Some students just enjoy feeling less anxious and find singing, crafting, art and movement really helps with this. Whatever your reason for joining, we're here to support and inspire you!

You decide for yourself whether to register and choose the workshops you'd like to attend. If you would like any help with this, please contact our office to make an appointment as we're always happy to help.

How to Register

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

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.

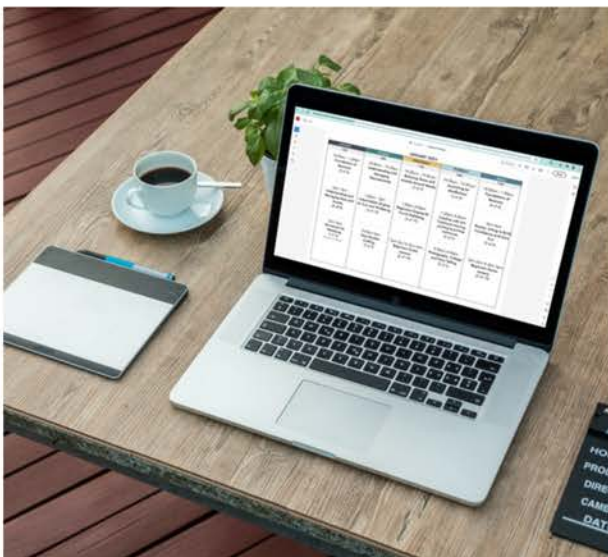
Follow us on social media

-  SteppingStonesBracknell
-  [steppingstones.recoverycollege](https://www.instagram.com/steppingstones.recoverycollege)
-  Stepping Stones Recovery College

CAN I REPEAT A COURSE AND WHAT HAPPENS IF IT 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 you of your 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.



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.

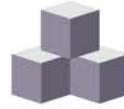
However, we would ask that you are please realistic about the number of courses you will actually be able to attend so that we can offer places to as many students as possible





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. EXPLORING AND BETTER UNDERSTANDING CONDITIONS

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 POSITIVE HEALTH AND WELLBEING

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



4. HAVING FUN DISCOVERING OUR 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 MORE 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.



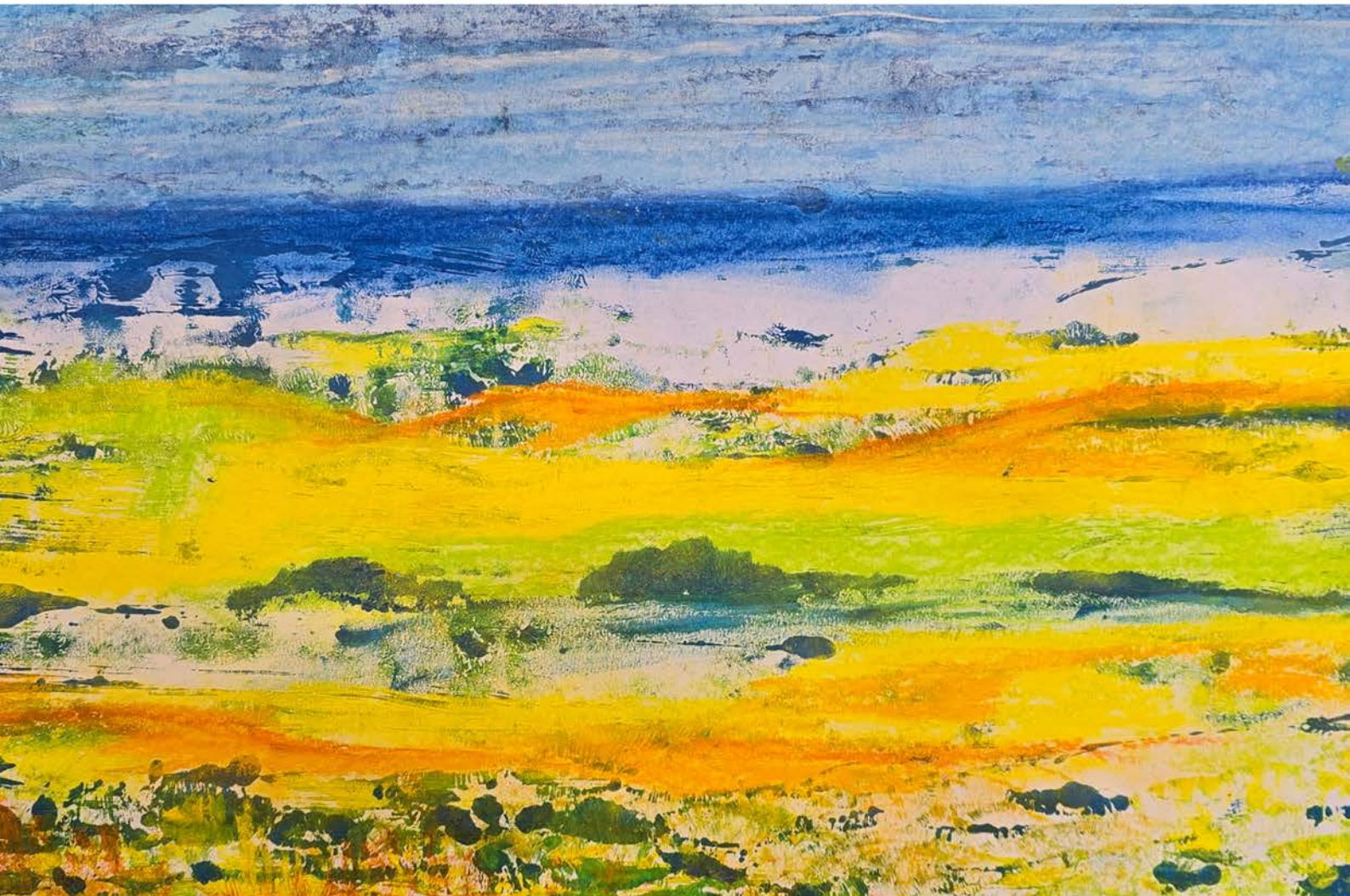
6. ONLINE COURSES & WORKSHOPS

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
or if you are a business, please email:
cathy@steppingstonesrecovery.co.uk

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, sorting out what might help 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 start to 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:

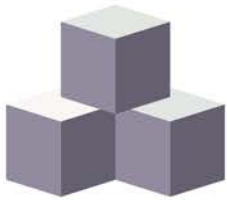
Monday January 13th, 2025
Monday March 3rd, 2025

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

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

7 Part
Course

Friday	17th January	(Part 1)	Tuesday	11th March	(Part 1)
Monday	20th January	(Part 2)	Thursday	13th March	(Part 2)
Friday	24th January	(Part 3)	Tuesday	18th March	(Part 3)
Monday	27th January	(Part 4)	Thursday	20th March	(Part 4)
Friday	31st January	(Part 5)	Tuesday	25th March	(Part 5)
Monday	3rd February	(Part 6)	Thursday	27th March	(Part 6)
Friday	7th February	(Part 7)	Tuesday	1st April	(Part 7)



PATHWAY 2

Exploring and Better Understanding

We all know how to maintain our physical health, but when it comes to nurturing our mental and emotional wellbeing, we're often not so focused.

However sometimes, simply understanding the reasons behind how we feel can be immensely helpful. And it's so reassuring to have a few simple strategies to hand for when we do feel challenged. So in this pathway, we offer a wide range of courses and workshops that will help you to better understand many different conditions and challenges that can affect our wellbeing. And we will also provide lots of practical ways that you can support yourself and others through these experiences.

ADHD

(2 - Part Course)

2pm - 4pm

Monday 13th January (Part 1)

Monday 20th January (Part 2)

BEREAVEMENT AND LOSS

(2 - Part Course)

10:30am - 12:30pm

Friday 14th March (Part 1)

Friday 21st March (Part 2)

ADVERSE CHILDHOOD EXPERIENCES

2pm - 4pm

Monday 10th February

BODY IMAGE

(2 - Part Course)

2pm - 4pm

Monday 31st March

Friday 4th April

ANGER

2pm - 4pm

Friday 17th January

New

CONTROLLING RELATIONSHIPS

(2 - Part Course)

2pm - 4pm

Friday 28th February (Part 1)

Friday 7th March (Part 2)

AUTISM

10:30am - 12:30pm

Monday 10th February

EMOTIONAL BOUNDARIES
(2 - Part Course)

2pm - 4pm

Friday 14th March (Part 1)

Friday 21st March (Part 2)

LIVING WELL WITH CHRONIC
PAIN

10:30am - 12:30pm

Monday 24th February

EMOTIONS AND THE
LANGUAGE OF EMOTIONS

10:30am - 12:30pm

Monday 17th March

HOW TO MOVE BEYOND
LABELS

(2 - Part Course)

10:30am - 12:30pm

Monday 24th March (Part 1)

Friday 28th March (Part 2)

FORGIVENESS

10:30am - 12:30pm

Tuesday 4th March

LOW MOOD & DEPRESSION

(2 - Part Course)

2pm-4pm

Monday 27th January (Part 1)

Monday 3rd February (Part 2)

New

LIVING LOSSES

2pm - 4pm

Monday 24th February

"Don't feel alone with my
overwhelming feelings of self-doubt"



MENTAL HEALTH & SELF DOUBT

10:30am - 12:30pm

Monday 10th March

NEURODIVERSITY

(2 - Part Course)

2pm - 4pm

Friday 7th February (Part 1)

Friday 14th February (Part 2)

PANIC

10:30 am - 12:30pm

Wednesday 29th January

PERSONALITY CHALLENGES

(2 - Part Course)

10:30am - 12:30pm

Thursday 27th February (Part 1)

Thursday 6th March (Part 2)

PTSD

10:30 am - 12:30pm

Thursday 30th January

STRESS & ANXIETY

(2 - Part Course)

2pm - 4pm

Friday January 24th (Part 1)

Friday January 31st (Part 2)

WAYS TO LIVE BETTER WITH
TRAUMA

(2 - Part Course)

2pm - 4pm

Monday 3rd March (Part 1)

Monday 10th March (Part 2)

"This course I think was excellent. Lots of positive/practical tips."

"Helps with managing symptoms, mood and anxiety"

"Supportive, kind and inclusive- has helped me massively"





PATHWAY 3. Nurturing Positive Health & Wellbeing

Having a sense of real 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 inter-connected 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 perhaps some new ideas and practical skills that you can use in your everyday life.

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.

New

BUILDING OUR CONNECTION WITH NATURE (2 - Part Course)

Deepen your connection to the natural world through mindfulness practices and a relaxing, nature-inspired art and craft session.

Session dates and times are:

10:30am - 12:30pm

Tuesday 14th January - Part 1

Tuesday 21st January - Part 2

OR

Wednesday 5th March - Part 1

Wednesday 12th March - Part 2

"It's helped me understand the importance of nature and its everyday support of us, seeing things I had not noticed before."





GARDENING AT JEALOTT'S HILL

Every Wednesday from 10am to 2pm

We are delighted to now be cultivating four gardening plots, two raised beds and three tables in the polytunnel at the beautiful six acre, Jealott's Hill Community Land 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 generally guide the sessions. Free refreshments are provided.

We 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.

We may be able to help with transport if needed.

Please note that, as we can only have a limited number of students on the site at any one time, gardening needs to be booked through the office.

Please call us on: **01344 300333**

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

Wednesday 19th March (Part 1)

Wednesday 26th March (Part 2)

Wednesday 2nd April (Part 3)

New

FINDING OUR PURPOSE IN LIFE

(2 - Part Course)

If you feel stuck, uncertain about your direction, or are looking to align your actions with your values, this course will help you uncover your true purpose and create a roadmap for your journey.

10:30am to 12:30pm

Wednesday 15th January (Part 1)

Wednesday 22nd January (Part 2)



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
2pm to 4:15pm**

Monday 17th March - Part 1

Friday 21st March - Part 2

Monday 24th March - Part 3

Friday 28th March - Part 4



New

INTRODUCTION TO MINDFULNESS

(2 - Part Course)

This introductory course is perfect for anyone looking to develop greater self-awareness, reduce stress, and cultivate a more present, peaceful way of living.

10:30am-12:30pm

Monday 31st March (Part 1)

Friday 4th April (Part 2)

New

HEALTHY TECHNOLOGY FOR A HEALTHY MIND

(2 - Part Course)

This interactive course is for anyone who would like to explore the impact of living in a digital world and consider the mental health benefits of reducing the time that we are 'plugged in'.

10:30am-12:30pm

Thursday 16th January (Part 1)

Thursday 23rd January (Part 2)

JIGSAW OF SELF DISCOVERY

(2 - Part Course)

This 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

Tuesday 11th February (Part 1)

Tuesday 25th February (Part 2)

MORE MINDFUL COMMUNICATION

(2 - Part Course)

This is for anyone looking to foster deeper connections through empathy, active listening, and thoughtful speaking. If you often find it challenging to express yourself or feel misunderstood, this course will help you improve your communication skills.

10:30am - 12:30pm

Wednesday 5th February (Part 1)

Wednesday 12th February (Part 2)

SELF COMPASSION AND BEING KIND TO OURSELVES

(2 - Part Course)

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

Friday 28th February (Part 1)

Friday 7th March (Part 2)

SLUMBER SCIENCE AND SLEEPING BETTER

(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 6th February (Part 1)

Thursday 13th February (Part 2)

USING ADHD AS A SUPER POWER

(2 - Part Course)

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 28th January (Part 1)

Tuesday 4th February (Part 2)



New

EASY MINDFUL YOGA

This is an introduction to yoga that is perfect for any Stepping Stones students who have not tried yoga before or who may have some previous experience but looking for a gentle session. We will focus on simple poses and breathing techniques to help calm the mind and improve flexibility.

Every week from 10am to 11am at Bracknell Library, Ground Floor

5 Part Course

Friday 17th January until Friday February 15th

6 Part Course

Friday 28th February until Friday April 4th

New

EASY SEATED YOGA

This course is designed for any Stepping Stones student who would like to enjoy the benefits of yoga in a seated position or with the support of a chair. It is perfect for those with mobility issues or anyone who finds standing or getting up from the floor challenging, but it is also great for anyone looking for a gentle approach to yoga.

Every week from 11:30am to 12:30pm at Easthampstead House:

5 Part Course

Friday 17th January until Friday February 15th

6 Part Course

Friday 28th February until Friday April 4th

Relax

Please Note - These are very popular 5 and 6 part courses, so please make sure that you can attend all the sessions before you book. Thank you.



Single Workshops

New

COPING BETTER WITH CHANGE

If you want to navigate change with resilience and a sense of agency, regardless of the nature of the change, this workshop is for you.

10:30am-12:30pm

Friday 14th February

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

Wednesday 26th February



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.

11 Part
Course

SINGING FOR FUN & WELLBEING 1:30pm - 3pm

Every week starting on Wednesday 15th January until Wednesday 2nd April*

Taster
sessions

TASTER SINGING FOR FUN AND WELLBEING 3:30pm - 4:30pm

Fun, one hour sessions for you to try out some singing. Individually booked sessions every week starting on Wednesday 15th January until Wednesday 2nd April*

*Except during the Half Term week of 17th February

11 Part
Course

MOVEMENT FOR WELLBEING at SOUTH HILL PARK 2pm - 3pm

An any ability class for fun, fitness and mental wellbeing.
Every week starting on Monday 13th January until Monday 31st March - except on Monday 17th February

"So nice to get together as a group and sing our hearts out. There's no judgement and a nice safe place to do so. SSRC is the only place where I can sing comfortably and be me"

RELAXING CRAFTING

This course is perfect for anyone looking to relax, unwind, and nurture their creativity. Whether you are experienced or just curious about trying something new, this course offers a peaceful, welcoming space to explore your creativity. All materials are provided, so you can simply show up and enjoy the experience.

5 Part
Course

2pm - 4pm

Tuesday 14th January
Tuesday 21st January
Tuesday 28th January
Tuesday 4th February
Tuesday 11th February

6 Part
Course

2pm - 4pm

Tuesday 25th February
Thursday 4th March
Thursday 11th March
Thursday 18th March
Thursday 25th March
Thursday 1st April

11 Part
Course

GUITAR LESSONS FOR BEGINNERS

11 part course running on

Wednesday, Thursday and Friday afternoons:

Starting on Wednesday, 15th January at: 2pm - 3pm OR 3pm - 4pm

Starting on Thursday, 16th January at: 2pm - 3pm OR 3pm - 4pm

Starting on Friday, 17th January 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.

EASTER CARD MAKING

Come along and make some beautiful cards to give to family and friends - or keep for yourself!

10:30am to 12:30pm

Thursday 3rd April

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





THE WEATHER MUSEUM

The Weather Museum is a new arts and mental health initiative, developed in collaboration with Stepping Stones Students. This will offer a creative space for self-expression and community connection through art and photography.

This exciting new project will explore the universality of weather and how it binds us together as a shared experience. One that connects us to our environment, to each other, and to the global community. We will look at its impact on Bracknell's heritage, with a special focus on its historical connection to the Meteorological Office and the Shipping Forecast.

By collecting personal and collective stories, The Weather Museum will preserve and celebrate local history, culminating in a series of public installations, an artist publication, and an online presence. In an era marked by climate change, the importance of uniting through conversations about the weather cannot be overstated.

Our broader aim is to foster unity by exploring the shared experience of weather, which resonates with both the local community and global audiences, particularly in the context of the current climate change.

So why not come and join us at one of our art and photography courses, details on the next page, and to begin shaping this amazing new work.



5 Part
Course

TRADITIONAL DRAWING, PAINTING & PRINTING

1:30pm - 3pm

Thursday 16th January
Thursday 23rd January
Thursday 30th January
Thursday 6th February
Thursday 13th February

1:30pm - 3pm

Thursday 27th February
Thursday 6th March
Thursday 13th March
Thursday 20th March
Thursday 27th March
Thursday 3rd April

6 Part
Course

These are each 5 and 6 part courses so please make sure that you can attend all sessions and book the set that you wish to do.

"Excellent for all art abilities, something for everyone to achieve"

"Really lovely people, make me feel so welcome."

PHOTOGRAPHY, COLLAGE AND STORY TELLING

3:30pm - 4:30pm

5 Part
Course

Thursday 16th January
Thursday 23rd January
Thursday 30th January
Thursday 6th February
Thursday 13th February

These are each 5 and 6 part courses so please make sure that you can attend all sessions and book the set that you wish to do.

6 Part
Course

3:30pm - 4:30pm

Thursday 27th February
Thursday 6th March
Thursday 13th March
Thursday 20th March
Thursday 27th March
Thursday 3rd April

"Excellent resources every week"

"So many different materials to use"



This beautiful collage was created by one of our students during art sessions

Weekly at
Easthamstead
Works

SOCIAL DROP IN & BOOK CLUB FOR STUDENTS

Join us for some story and poetry readings, some restful colouring or have a lively game of Scrabble!

This is YOUR time and you can mix it up and do a bit of everything.



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

Please book these sessions on the website or through the office.

The first session is on Monday 13th January and then weekly until 31st March.

Please note there will no session on Monday 17th February 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.

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.

*"It has given me enthusiasm to engage in courses
Even just by attending these sessions alone, hugely positive."*

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

Tuesday 14th	Tuesday 25th	Tuesday 25th
January	February	March
10am	10am	10am
11am	11am	11am
12pm	12pm	12pm

If you have any questions about the sessions, please email Alison alison@steppingstonesrecovery.co.uk or call the office:
01344 300333

The Young Adults programme 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 16 to 25, who lives, works or studies in the Borough of Bracknell Forest, you are eligible for these free courses.

Visit our Website



youngadults.co.uk



JANUARY 2025

MONDAY 20TH	TUESDAY 21ST	WEDNESDAY 22ND	THURSDAY 23RD	FRIDAY 24TH
<p>10:30am - 1pm Foundations of Recovery (2 of 7)</p> <p>2pm - 4pm Exploring and Understanding ADHD (2 of 2)</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (2 of 11) South Hill Park</p>	<p>10:30am - 12:30 pm Building Our Connection with Nature (2 of 2)</p> <p>2pm - 4pm Relaxing Crafting (2 of 5)</p>	<p>10:30am - 12:30pm Finding our Purpose in Life (2 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (2 of 11)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (2 of 11)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30pm Healthy Technology for a Healthy Mind (2 of 2)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (2 of 5)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (2 of 11)</p> <p>3:30pm-4:30pm Photography, Collage and Story Telling (2 of 5)</p>	<p>10:30am - 1pm Foundations of Recovery (3 of 7)</p> <p>10 - 11am Easy Mindful Yoga 11:30am - 12:30pm Easy Seated Yoga Bracknell Library (2 of 5)</p> <p>2pm - 4pm Exploring and Understanding Stress and Anxiety (1 of 2)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (2 of 11)</p>

JANUARY 2025

MONDAY 13TH	TUESDAY 14TH	WEDNESDAY 15TH	THURSDAY 16TH	FRIDAY 17TH
<p>10:30am - 11:30am OR 12pm - 1pm Introduction to Foundations of Recovery</p> <p>2pm - 4pm Exploring and Understanding ADHD (1 of 2)</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (1 of 11) South Hill Park</p>	<p>10:30am - 1pm Building Our Connection with Nature Walk at The Elms (1 of 2)</p> <p>10am, 11am or 12pm One to One Sessions For Better Money Management</p> <p>2pm - 4pm Relaxing Crafting (1 of 5)</p>	<p>10:30am - 12:30pm Finding our Purpose in Life (1 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (1 of 11)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (1 of 11)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30 pm Healthy Technology for a Healthy Mind (1 of 2)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (1 of 5)</p> <p>2pm- 3pm & 3pm - 4pm Beginners Guitar Lessons (1 of 11)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (1 of 5)</p>	<p>10:30am - 1pm Foundations of Recovery (1 of 7)</p> <p>10 - 11am Easy Mindful Yoga 11:30am - 12:30pm Easy Seated Yoga Bracknell Library (1 of 5)</p> <p>2pm -4pm Exploring and Understanding Anger</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (1 of 11)</p>

JANUARY 2025

MONDAY 27TH	TUESDAY 28TH	WEDNESDAY 29TH	THURSDAY 30TH	FRIDAY 31ST
<p>10:30am - 1pm Foundations of Recovery (4 of 7)</p> <p>2pm - 4pm Exploring and Understanding Low Mood and Depression (1 of 2)</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (3 of 11) South Hill Park</p>	<p>10:30am - 12:30pm Using ADHD as a Superpower (1 of 2)</p> <p>2pm - 4pm Relaxing Crafting (3 of 5)</p>	<p>10:30am - 12:30pm Exploring and Understanding Panic</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (3 of 11)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (3 of 11)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30pm Exploring and Understanding PTSD</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (3 of 5)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (3 of 11)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (3 of 5)</p>	<p>10:30am - 1pm Foundations of Recovery (5 of 7)</p> <p>10 - 11am Easy Mindful Yoga 11:30am - 12:30pm Easy Seated Yoga Bracknell Library (3 of 5)</p> <p>2pm - 4pm Exploring and Understanding Stress and Anxiety (2 of 2)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (3 of 11)</p>

FEBRUARY 2025

MONDAY 3RD	TUESDAY 4TH	WEDNESDAY 5TH	THURSDAY 6TH	FRIDAY 7TH
<p>10:30am - 1pm Foundations of Recovery (6 of 7)</p> <p>2pm - 4pm Exploring and Understanding Low Mood and Depression (2 of 2)</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (4 of 11) South Hill Park</p>	<p>10:30am - 12:30pm Using ADHD as a Superpower (2 of 2)</p> <p>2pm - 4pm Relaxing Crafting (4 of 5)</p>	<p>10:30am - 12:30pm More Mindful Communication (1 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (4 of 11)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (4 of 11)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30 pm Slumber Science and Sleeping Better (1 of 2)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (4 of 5)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (4 of 11)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (4 of 5)</p>	<p>10:30am - 1pm Foundations of Recovery (7 of 7)</p> <p>10 - 11am Easy Mindful Yoga 11:30am - 12:30pm Easy Seated Yoga Bracknell Library (4 of 5)</p> <p>2pm - 4pm Exploring and Understanding Neurodiversity (1 of 2)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (4 of 11)</p>

FEBRUARY 2025

MONDAY 10TH	TUESDAY 11TH	WEDNESDAY 12TH	THURSDAY 13TH	FRIDAY 14TH
<p>10:30am - 12:30pm Exploring and Understanding Autism</p> <p>2pm - 4pm Exploring and Understanding Adverse Childhood Experiences</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (5 of 11) South Hill Park</p>	<p>10:30am - 12.30pm Jigsaw of Self Discovery (1 of 2)</p> <p>2pm - 4pm Relaxing Crafting (5 of 5)</p>	<p>10:30am - 12:30 pm More Mindful Communication (2 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (5 of 11)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (5 of 11)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30 pm Slumber Science and Sleeping Better (2 of 2)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (5 of 5)</p> <p>2pm -3pm & 3pm - 4pm Beginners Guitar Lessons (5 of 11)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (5 of 5)</p>	<p>10:30am - 12:30pm Coping Better with Change</p> <p>10 - 11am Easy Mindful Yoga</p> <p>11:30am - 12:30pm Easy Seated Yoga Bracknell Library (5 of 5)</p> <p>2pm - 4pm Exploring and Understanding Neurodiversity (2 of 2)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (5 of 11)</p>
<p>HALF TERM 17TH</p>	<p>HALF TERM 18TH</p>	<p>HALF TERM 19TH</p>	<p>HALF TERM 20TH</p>	<p>HALF TERM 21ST</p>

FEBRUARY 2025

MONDAY 24TH	TUESDAY 25TH	WEDNESDAY 26TH	THURSDAY 27TH	FRIDAY 28TH
<p>10:30am - 12:30pm Exploring and Understanding Living Well with Chronic Pain</p> <p>2pm - 4pm Exploring and Understanding Living Losses</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (6 of 11) South Hill Park</p>	<p>10:30am - 12:30pm Jigsaw of Self Discovery (2 of 2)</p> <p>10am, 11am or 12pm One to One Sessions For Better Money Management</p> <p>2pm - 4pm Relaxing Crafting (1 of 6)</p>	<p>10:30am - 12:30pm The Power of Positivity</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (6 of 11)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (6 of 11)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30pm Exploring and Understanding Personality Challenges (1 of 2)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (1 of 6)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (6 of 11)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (1 of 6)</p>	<p>10:30am - 12:30pm Self Compassion and Being Kind to Ourselves (1 of 2)</p> <p>10 - 11am Easy Mindful Yoga 11:30am - 12:30pm Easy Seated Yoga Bracknell Library (1 of 6)</p> <p>2pm - 4 pm Exploring and Understanding Controlling Relationships (1 of 2)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (6 of 11)</p>

MARCH 2025

MONDAY 3RD	TUESDAY 4TH	WEDNESDAY 5TH	THURSDAY 6TH	FRIDAY 7TH
<p>10:30am - 11.30am OR 12pm - 1pm Introduction to Foundations of Recovery</p> <p>2pm - 4pm Exploring and Understanding Ways to Live Better with Trauma (1 of 2)</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (7 of 11) South Hill Park</p>	<p>10:30am - 12:30pm Exploring and Understanding Forgiveness</p> <p>2pm - 4pm Relaxing Crafting (2 of 6)</p>	<p>10:30am - 1pm Building Our Connection with Nature Walk at The Elms Using <i>Innovate Training</i> Room as a base (1 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (7 of 11)</p> <p>2pm - 3pm 3pm - 4pm Beginners Guitar Lessons (7 of 11)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12:30pm Exploring and Understanding Personality Challenges (2 of 2)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (2 of 6)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (7 of 11)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (2 of 6)</p>	<p>10:30am - 12.30pm Self Compassion and Being Kind to Ourselves (2 of 2)</p> <p>10 - 11am Easy Mindful Yoga</p> <p>11:30am - 12:30pm Easy Seated Yoga Bracknell Library (2 of 6)</p> <p>2pm - 4 pm Exploring and Understanding Controlling Relationships (2 of 2)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (7 of 11)</p>

MARCH 2025

MONDAY 10TH	TUESDAY 11TH	WEDNESDAY 12TH	THURSDAY 13TH	FRIDAY 14TH
<p>10:30am - 12:30pm Exploring and Understanding Mental Health and Self Doubt</p> <p>2pm - 4pm Exploring and Understanding Ways to Live Better with Trauma (2 of 2)</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (8 of 11) South Hill Park</p>	<p>10:30am - 1pm Foundations of Recovery (1 of 7)</p> <p>2pm - 4pm Relaxing Crafting (3 of 6)</p>	<p>10:30am - 12:30 pm Building Our Connection with Nature (2 of 2)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (8 of 11)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (8 of 11)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 1pm Foundations of Recovery (2 of 7)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (3 of 6)</p> <p>2pm- 3pm & 3pm - 4pm Beginners Guitar Lessons (8 of 11)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (3 of 6)</p>	<p>10:30am - 12:30pm Exploring and Understanding Bereavement and Loss (1 of 2)</p> <p>10 - 11am Easy Mindful Yoga</p> <p>11:30am - 12:30pm Easy Seated Yoga Bracknell Library (3 of 6)</p> <p>2pm - 4pm Exploring and Understanding Emotional Boundaries (1 of 2)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (8 of 11)</p>

MARCH 2025

MONDAY 17TH	TUESDAY 18TH	WEDNESDAY 19TH	THURSDAY 20TH	FRIDAY 21ST
<p>10:30am - 12:30pm Exploring and Understanding Emotions and the Language of Emotions</p> <p>2pm - 4:15pm Food and Mood (1 of 4)</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (9 of 11) South Hill Park</p>	<p>10:30am - 1pm Foundations of Recovery (3 of 7)</p> <p>2pm - 4pm Relaxing Crafting (4 of 6)</p>	<p>10:30am - 12:30 pm Building Confidence & Managing Relationships (1 of 3)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (9 of 11)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (9 of 11)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 1pm Foundations of Recovery (4 of 7)</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (4 of 6)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (9 of 11)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (4 of 6)</p>	<p>10:30am - 12:30pm Exploring and Understanding Bereavement and Loss (2 of 2)</p> <p>10 - 11am Easy Mindful Yoga</p> <p>11:30am - 12:30pm Easy Seated Yoga Bracknell Library (4 of 6)</p> <p>2pm - 4:15pm Food and Mood (2 of 4)</p> <p>2pm - 4pm Exploring and Understanding Emotional Boundaries (2 of 2) Involve room</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (9 of 11)</p>

MARCH 2025

MONDAY 24TH	TUESDAY 25TH	WEDNESDAY 26TH	THURSDAY 27TH	FRIDAY 28TH
<p>10:30am - 12.30pm Exploring and Understanding How to Move Beyond Labels (1 of 2)</p> <p>2pm - 4:15pm Food and Mood (3 of 4)</p> <p>2pm- 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (10 of 11) South Hill Park</p>	<p>10:30am - 1pm Foundations of Recovery (5 of 7)</p> <p>10am, 11am or 12pm One to One Sessions For Better Money Management</p> <p>2pm - 4pm Relaxing Crafting (5 of 6)</p>	<p>10:30am - 12:30 pm Building Confidence & Managing Relationships (2 of 3)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (10 of 11)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (10 of 11)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 1pm Foundations of Recovery (6 of 7)</p> <p>1:30pm -3:00pm Creative with Art: Traditional drawing, painting & printing techniques (5 of 6)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (10 of 11)</p> <p>3:30pm -4:30pm Photography, Collage and Story Telling (5 of 6)</p>	<p>10:30am - 12.30pm Exploring and Understanding How to Move Beyond Labels (2 of 2)</p> <p>10 - 11am Easy Mindful Yoga 11:30am - 12:30pm Easy Seated Yoga Bracknell Library (5 of 6)</p> <p>2pm - 4:15pm Food and Mood (4 of 4)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (10 of 11)</p>

APRIL 2025

MONDAY 31ST	TUESDAY 1ST	WEDNESDAY 2ND	THURSDAY 3RD	FRIDAY 4TH
<p>10:30am - 12:30pm Introduction to Mindfulness (1 of 2)</p> <p>2pm - 4pm Exploring and Understanding Body Image (1 of 2)</p> <p>2pm - 4pm Social Drop in and Book Club for Students Easthampstead Works</p> <p>2pm - 3pm Movement for Wellbeing (11 of 11) South Hill Park</p>	<p>10:30am - 1pm Foundations of Recovery (7 of 7)</p> <p>2pm - 4pm Relaxing Crafting (6 of 6)</p>	<p>10:30am - 12:30 pm Building Confidence & Managing Relationships (3 of 3)</p> <p>10am - 2pm Gardening at Jealotts Hill</p> <p>1:30pm - 3:00pm Beginners Singing for Fun & Wellbeing (11 of 11)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (11 of 11)</p> <p>3:30pm - 4:30pm Taster Singing for Fun & Wellbeing</p>	<p>10:30am - 12.30pm Easter Card Making</p> <p>1:30pm - 3:00pm Creative with Art: Traditional drawing, painting & printing techniques (6 of 6)</p> <p>2pm - 3pm & 3pm - 4pm Beginners Guitar Lessons (11 of 11)</p> <p>3:30pm - 4:30pm Photography, Collage and Story Telling (6 of 6)</p>	<p>10:30am - 12:30pm Introduction to Mindfulness (2 of 2)</p> <p>10 - 11am Easy Mindful Yoga</p> <p>11:30am - 12:30pm Easy Seated Yoga Bracknell Library (6 of 6)</p> <p>2pm - 4pm Exploring and Understanding Body Image (2 of 2)</p> <p>2pm - 3pm & 3pm 4pm Beginners Guitar Lessons (11 of 11)</p>

i choose **ME**TM

Our new mental health and wellbeing information hub.

Visit our Website



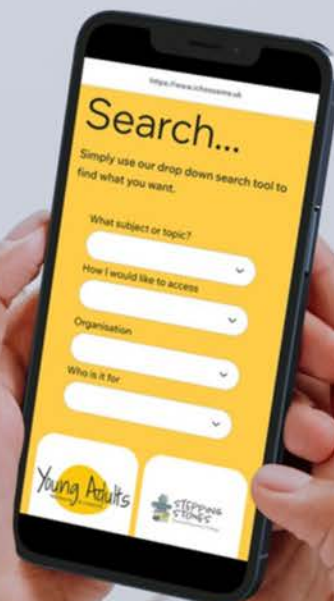
ichooseme.uk

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!**



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.



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

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



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 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

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

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/

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

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

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

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

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 or call 01344 566295.

Email – catherine@createhope.co.uk



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



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 or 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





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, website - andysmanclub.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.

Email: info@sportinmind.org

Tel 0118 9479762





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

- 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

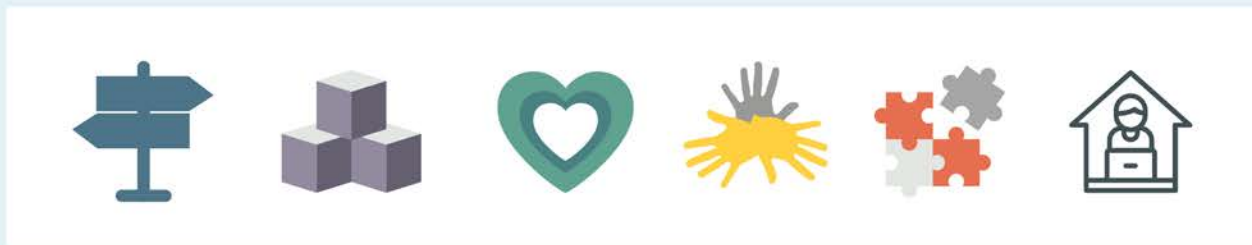
Stepping Stones also helps local businesses improve the positive mental health and wellbeing of their staff.



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



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