

# Newsletter

February 2014

Take a PositiveStep to improve your mental health

PositiveStep coffee morning at  
Locking Castle Church  
Weston-super-Mare  
Every second Monday of the month  
10am-12pm.

Next couple of meeting are 10th February & 10 March

Everyone is welcome so please come along



Follow us on Twitter and Facebook

We are regularly updating our pages and feeds so please link to us via:

Twitter— @positivestepuk

Facebook— PositiveStepUK

And join local MP John Penrose who recently tweeted ...



*"Have always campaigned for carers, so am delighted @positivestepUK is to provide free workshops"*

## Coffee Mornings

The PositiveStep coffee morning is run by patients for patients. It is organised through our patients forum for people who have had support from PositiveStep, are currently in PositiveStep or people who are interested in finding out more about PositiveStep.

All are welcome

## Workshops for Carers

Workshops commencing in February :

**Thursday 6th February 2-4pm at Coast Resource Centre, Diamond Batch, Locking Castle**

There are 5 workshops in total over 5 weeks, please see the website for details

**PositiveStep is a free service funded by the NHS**

To attend a course please book directly via our website:  
[www.positivestep.org.uk](http://www.positivestep.org.uk) or phone our office: 01934 523766



## Why Courses?

PositiveStep runs a number of courses across North Somerset covering a range of subjects including: Anxiety Management, Low Mood, Improving Self Esteem, Assertiveness, 'Positive Steps to Managing Diabetes' and 'Coping with Chronic Fatigue Syndrome'.

We also run workshops for carers.

### Why do we run so many courses?

Offering a wide range of treatment options is our absolute priority. Our courses allow patients to get the type of support that will fit their particular situation. Each programme teaches a different set of skills, helping participants to apply their learning in day-to-day life.

*"Wasn't sure what to expect... initially pessimistic about its use for my issues... This course has been a life changing/beneficial and a real life saver."*

### How does this help people to recover?

While individual therapy can be helpful for some people, many people tell us that they value meeting other people in a similar situation. Feedback as a group on the exercises we encourage people to try shows people that success and improvement is possible, this can help people to keep going if they are struggling. .

*"This course has literally changed my life! To know there are other people like me out there really helped me and to know that it is OK to change..."*

*Come and meet PositiveStep at the Portishead Library Celebration Event on Thursday 6th February 2-4pm at Portishead Library*

### Comings and Goings ....

Goodbye to Ibone and Ted who move on to mental health teams in Somerset and Bristol. We wish you all the best and it has been a pleasure working with you.

Hello! To Lucy who will be working in our admin office. Also to Lisa and Jenny who have joined us for a year to train to become cognitive behavioural therapists. We welcome you and hope you will enjoy working in the team.

### Other courses starting in February:

- **Self Esteem** Course Monday 3rd February 6.30-8.30 pm at Windmill House in Kenn, Clevedon
- **Anxiety Management** Wednesday 5th February 6.30-8.30 pm at The Badger Centre, Weston Super Mare
- **Anxiety Management** Monday 10th February 2-4pm at Nailsea Methodist Church
- **Low Mood** Wednesday 12th February 6.30-8.30 pm at The Coast Resource Centre, Locking Castle
- **Low Mood** Monday 17th February 10am-12pm at Windmill House in Kenn, Clevedon
- **Self Esteem** Tuesday 25th February 6.30-8.30pm at The Coast Resource Centre, Locking Castle

To book on to these or any of our courses, please visit our website [www.positivestep.org.uk](http://www.positivestep.org.uk) or call 0800 688 8010