

Newsletter

Take a PositiveStep in the New Year to improve your mental health

positivestep

supporting wellness in North Somerset

PositiveStep is here to help you develop skills for good mental health by:

- **Understanding why you feel as you do**
- **Looking at how your feelings affect your thoughts and behaviour**
- **Finding out what you would like to change**
- **Discussing ways of coping now and in the future**

PositiveStep is a free service funded by the NHS

An absolutely excellent series of workshops".

A PositiveStep Carer

Workshops for Carers

A carer is someone of any age who provides unpaid support to family or friends who would not cope without this support.

Being a carer can be very difficult and can lead to frustration, stress and worry.

Talking therapies can help carers to cope better.

PositiveStep runs workshops for carers. The workshops cover the following areas:

- **Managing your stress levels**
- **Improving how you feel about yourself**
 - **Managing our frustrations**
 - **Coping with change**
 - **Keeping your spirits up**

Workshops for carers are **free** of charge

Workshops for Carers

Workshops commencing in the new year :

Friday 10th January 10-12 at Windmill House, Windmill Road, Kenn

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

Individual therapy is also available and can be accessed via self referral by calling 01934 523766

Get Ready for Change

Preparing for weight loss

Changing habits is hard – losing weight and making lifestyle changes are no exception.

Positive Step offers a course which can help you become more motivated to change and will show you how to overcome some of the obstacles to weight loss. It is run by a dietician and a member of the psychology service.

Topics include:

- * Thinking about change
- * Mental blocks, thinking patterns and emotions
- * Dealing with cravings
- * Healthy, balanced eating

To attend the course you should have a BMI of between 25 and 40.

Next Course—Wednesday 22nd January at 6.30pm at Coast Resource Centre, Diamond Batch, Locking Castle

To book one of these courses please book directly via our website: www.positivestep.org.uk or by phoning our office: 01934 523766

PositiveStep working with people with physical health problems

Living with a long term physical health problem such as diabetes or COPD can be stressful and worrying. PositiveStep have a range of courses designed to support people with long term conditions.

COPD and Breathing problems:

PositiveStep offers support to the pulmonary rehabilitation team, providing the stress management component of the pulmonary rehabilitation program. If you think you would benefit from this please contact your GP or consultant.

Heart Problems:

PositiveStep is supporting the cardiac rehabilitation team, providing stress management component of the cardiac rehabilitation pathway. If you think you might benefit from this please contact your GP or consultant

I really enjoyed the diabetes course and meeting other group members. I found it to be interesting.

I found the course very helpful to me for trying to sort out the long term condition. Helping me be more equipped and able to climb the mountain - with information
PositiveStep Long Term Conditions Client

Diabetes:

PositiveStep is working with the diabetes specialist nurses to provide programs to help people cope better with the emotional impact of diabetes.

You can access our course: PositiveStep Towards Coping With Diabetes via our website www.positivestep.org.uk or by phoning 01934

**Next course: 21st January 2014
10am-12pm, Clevedon Community Centre**

CFS/ME

Chronic Fatigue Syndrome (CFS) or ME is a distressing and disabling condition which can be very difficult to manage. PositiveStep have linked with the specialist CFS/ME team at Frenchay Hospital to provide a local service to people in North Somerset. If you would like to attend our course, you will first need to be assessed at the CFS/ME Centre at Frenchay. Please speak to your GP about a referral

Other courses starting in January:

- ◆ **Anxiety Management** Tuesday 7th January 6.30-8.30 at Portishead Methodist Church
- ◆ **Anxiety Management** Thursday 9th January 10-12 at Coast Resource Centre, Locking Castle
- ◆ **Low Mood** Friday 10th January 2-4 at Coast Resource Centre, Locking Castle
- ◆ **Low Mood** Thursday 16th January 6.30-8.30 at Nailsea Methodist Church
- ◆ **Improving Self Esteem** Monday 20th January 6.30-8.30 at Windmill House, Kenn
- ◆ **Assertiveness Skills** Tuesday 28th January 2-4 at Coast Resource Centre, Locking Castle

To book on to these or any of our courses, please visit our website www.positivestep.org.uk or call 0800 688 8010