

Newsletter

March 2014

Take a PositiveStep to improve your mental health

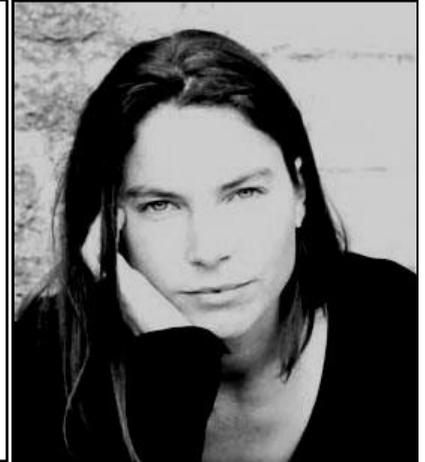
positivestep
supporting wellness in North Somerset

PositiveStep' next coffee morning is

10th March 2014 at 10am

Locking Castle Church, Weston-super-Mare

Special guest Emily Maguire will be singing for us, Emily has performed on many occasions for AWP and sings about her experiences within mental health



What is Cognitive Behavioural Therapy (CBT)?

Many people who come for therapy need to change something in their lives. CBT is about finding out what is keeping us 'stuck' and helps you to make changes in order to improve the way you feel. CBT looks at what needs to be changed for the individual and then targets those specific areas.

It works on the idea that what you **think** and **do** affects the way you **feel**. It has been thoroughly researched and has been shown to be as effective as medication in treating depression and anxiety. CBT can also help with stress, trauma, panic, phobias and other more specific problems.

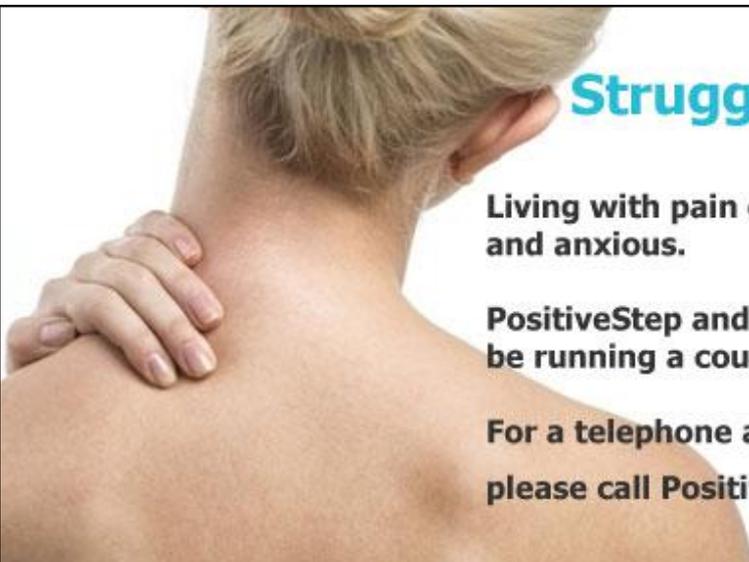
PositiveStep is a free service funded by the NHS

Struggling to cope with pain?

Living with pain can make us feel low, stressed and anxious.

PositiveStep and Frenchay Pain Management Centre will be running a course to help you to better cope with pain.

For a telephone appointment and to find out more, please call PositiveStep on **01934 523766**





Introducing the Patients' Forum

The PositiveStep Patients' Forum is an open committee of patients and ex-patients, joining with staff to help develop and improve the service and make it more 'user friendly'.

The success of the service, so far, is evident in the willingness and ability of patients and ex patients being enabled to be valued members of the committee. We have re-vamped leaflets and posters, which we have also helped to distribute, and have set up and are running our 1st coffee mornings, which

happen each month. Two of our number have also been interviewed on local radio.

Positive Step is open to self-referral, which is its strength, and the service is funded by the Health Service, therefore, free to the individual. Members of the forum applaud that and endeavour to share our service to all those who need it most.

Quote of the Month...

'The secret of getting ahead is getting started'

Mark Twain

Patients' Forum

Every 1st Wednesday, 1.15pm-2.45pm at Coast Resource Centre.

You are welcome to come along and see what it's about

Comings and Goings

Goodbye to Silke who has moved on to a mental health social work job in North Somerset and goodbye to Holly who is moving to the Swindon area. We wish you both all the best and it has been a pleasure working with you.

Welcome back to Andrew who has returned from his travels and is very keen to start seeing patients again

Amy Burgess, the volunteer who was coordinating the social prescribing volunteers, has left us this month as she has been successful in getting a paid job as a volunteer coordinator with VANS (Voluntary Action North Somerset). We are delighted to offer Amy our congratulations on her new job and many thanks for all she did in establishing our new social prescribing project.

We are now recruiting a new (voluntary) volunteer coordinator for our social prescribing project - details are on www.second-step.co.uk (click on volunteering tab).

Other courses starting in March:

- **Stress and Mood Management** Tuesday 4th March 10am-12pm at The Campus, Weston-super-Mare
- **Anxiety Management** Thursday 13th March 6.30pm-8.30pm at The Coast Resource Centre, Weston-super-Mare
- **Low Mood** Thursday 13th March 2.00pm - 4.00pm at Nailsea Baptist Church
- **Low Mood** Thursday 20th March 6.30pm-8.30pm at The Coast Resource Centre, Weston-super-Mare
- **Stress and Mood Management** Wednesday 26th March 6.30pm-8.30pm at The Coast Resource Centre, W-s-M

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