

BeWell@StepOne

Course Guide - July to September 2021

Step One



Your future starts here

Who are Step One Charity?

Step One are a Devon-based mental health charity with over 80 years' experience in supporting people with their mental health. We work with local NHS Trusts, GP surgeries and communities to provide the best service, support and information to individuals to help them manage their own mental health and wellbeing.

What is BeWell@StepOne?

The stark reality is that mental health problems are increasing, with a reported 1 in 5 people now showing signs of depression (compared to 1 in 10 before the COVID-19 pandemic)*

'BeWell@StepOne' was launched with this in mind. Its mission is to provide support to as many people as possible across Devon through online courses, support groups and learning opportunities. The aim of BeWell@StepOne is to reduce the pressure on our NHS services, and help individuals to manage their own mental health and support others' in their communities.

Our courses are completely free of charge and open to people in Devon of all ages. They are run by professional, qualified, and supportive tutors with lived experience of mental health conditions.

*BBC News report/ONS survey August 2020

" I had been asked to attend the course so I could feedback to my colleagues. I must admit I had not realised just how much of a personal focus there would be. However, I found the sessions to be so helpful and I would thoroughly recommend to my colleagues. Because of my role I was not always able to complete the training from home - I found this more difficult so perhaps this could be highlighted as a recommendation when signing up for the course - you definitely need to be in a relaxed and private space to get the most from each session.

Sharon and Rachael were fantastic facilitators and I am already missing the weekly sessions!

I felt everyone was given time and space to share as little or as much as they wanted and my opinions and experiences felt valued. Thank you!"

- BeWell@StepOne Participant 2021

How do I book a place?

Places on our courses are offered on a first-come-first-served basis. You will need to complete a [registration form](#) and we will then send you course joining instructions. We will do our very best to support everyone, so if a course is full we will put you on a waiting list for the next available course.

Can I join more than one course?

Of course! We want to be able to support your mental health and if you feel more than one course will help, then you are welcome to register for any of our courses.

Is there a charge?

Nope! Our mission is to support as many people in Devon as possible to manage their own mental health. All of our courses are free to participants and as a charity we fundraise to provide this service. If you would like to donate please visit our website www.steponcharity.co.uk.

I'm nervous about joining...

We understand that people can be nervous about joining online groups and discussing mental health. You have taken the first step by looking at the courses available. Our tutors are experienced and supportive, and if you want to have a chat about the course before committing to joining then please do get in touch with us - our contact details are on the back of this brochure. We can arrange a video call to introduce ourselves and provide you with some information beforehand.

H.O.P.E

Fewer negative emotions
(such as anxiety and depression)

"...I didn't see a future... I found that coming each week to the HOPE course you go from being in a black tunnel to you suddenly can see the light at the end."

H.O.P.E Course starts:
Monday 19th July 2021
13:30-15:30
(6 weekly sessions)

This programme has been developed by Torbay and South Devon NHS Trust to help local people struggling with long-term health conditions build their confidence and learn how to better manage their condition(s), including mental health issues such as anxiety, stress and depression.

The HOPE Programme is based on a course developed by the University of Coventry to help people cope better with long-term medical conditions.

The programme helps you to focus on you as a person, and not as a long-term condition. It helps you to discover new strengths and rediscover old ones to keep yourself well. It also aims to boost your self-confidence and resilience, to help you cope better emotionally, psychologically and practically with your condition. This course is therapeutic, not therapy.

This online course will be run over 6 weekly sessions with a maximum of 15 participants.



At the start of the course, participants used these words to describe how they felt



After completing the course, participants used these words to describe how they felt

This course will help you to:

Feel more able to support and share your experiences with others to help you feel less isolated

Feel reassured and able to recognise your own potential to enhance your happiness and quality of life

Feel more confident in dealing with emotional issues such as anxiety, anger, depression and uncertainty

Learn how to make plans and achieve goals that can help you make changes for the better

Discover how to use relaxation techniques to refresh your mind and body

Increase your ability to handle stressful situations

Use the skills from the course to improve self-management of your life



Resilience, Assertiveness and Self-Care

Do you wonder why you get emotional while others around you appear able to take things in their stride?



Do you find it difficult to say 'No'?

Do you struggle with your own self-care whilst caring for others?

Resilience is the ability to cope with the challenges, problems and set-backs we face in life, and to become stronger because of them. It relies on different skills and draws on various sources of help, including rational thinking skills, and an individual's relationship with those around them and themselves.

This 4-week course will look at ways you can become more resilient and help you to recognise the strengths that you already have so that you can take better care of yourself.

Course starts:
Wednesday 1st Sept 2021
10:00-11:30
(4 weekly sessions)

Braving Bereavement

Have you lost a loved one and find that you have been unable to cope since their passing?

Braving Bereavement is a 4-week course allowing you to explore your grief and encourage you to not 'let go of' the person you have lost, but to find a way to move forward and carry their memory with you.

You will achieve a better understanding of the grief process and the uniqueness of everyone's experience of bereavement.

You will have had an opportunity to share experiences and memories, talk about your loved ones and let go of any anger/pressures/expectations.

We will also explore relaxation techniques to help with the grief process.



Course starts:
Thursday 22nd July 2021
15:00-16:30
[4 weekly sessions]

Creating a Mental Health Toolkit

Are you interested in exploring tools and techniques to support good mental health?

This 4-week course will provide you with the tools and techniques to help you manage the symptoms of anxiety. It will cover Mindfulness, breathing techniques and changing negative thought patterns to create a more positive outlook.

During the course we will create acronyms and mindful cards that you will be able to carry with you to remind you of the techniques used.



Course starts:
Monday 6th Sept 2021
13:30-15:00
{4 weekly sessions}

Emotional Intelligence

Do you sometimes feel so overwhelmed with various emotions that you are unable to manage them and stress-related symptoms begin to appear?



During the four weekly sessions of this course, you will learn to manage your emotions and use them to guide your thinking and behaviours. You will also be looking at negative emotions and learning ways to be more resilient when they appear.

Completion of the Emotional Intelligence course will help you to better understand and decipher your emotions.

Course starts:
Thursday 9th Sept 2021
14:00-15:30
(4 weekly sessions)

Let's Talk



Course starts:
Tuesday 7th September 2021
10:00-11:30
(3 weekly sessions)

Accredited through Highfield Qualifications and used in custody with male offenders, this course is designed to encourage people to open up about their mental health and learn self-management techniques to aid recovery from mental health issues.

This 3-week course will help you gain a better understanding of wellbeing – what good and bad wellbeing look like – before exploring strategies to help you improve and maintain good wellbeing.

You will consider what mental health is and how it can change, and discover tips to promote good mental health, on building resilience and how to spot the signs that those around you might need some support. Throughout this course you will be working towards creating a personal document that supports your good mental health.

Understanding Depression

1 in 4 people in the UK will be diagnosed with depression in their lifetime (ONS).

This course provides information on depression, the signs and symptoms of depression, self help techniques to cope with depression for yourself or to support others and where to go for further help.

Depression is a constant feeling of low mood and this course will help you to identify why and what coping techniques can be used to help you lift your mood.



Course starts:
Tuesday 6th July 2021
14:00-15:30
(4 weekly sessions)

Workshops

In addition to our courses, we also run online workshops lasting 90 minutes to help people to understand particular mental health conditions or to provide help and advice to improve wellbeing.

Visit our [website](#) to find out about these workshops and to book a place.



Food and Mood

This 90-minute workshop examines the importance of our relationship with food and the effect of certain foods on our mental health. We explore why we comfort eat and what foods are good for our mental health.



Managing Your Anger

In this 90-minute workshop, we will look at identifying different types of anger and how anger can mask other emotions. We will explore strategies to manage anger and how negative thoughts can empower anger. We will also learn ways to alter our thinking patterns.

Workshops Cont.



Alternatives to Self-Harm

This 90-minute workshop will explore the topic of self-harm. It will cover the reasons why someone would self-harm and will offer suggestions of alternative techniques to discourage someone from self-harming



"Make Time"

How to focus on what's important each day

This 2-hour workshop will discuss how we can make time in the day for the things that matter. Why do we put ourselves last and go out of our way for everyone else? This course will draw your attention to YOU and why it matters to take care of yourself first!

Workshops Cont.



Supporting People with their Mental Health

This 90-minute workshop looks at ways of supporting others with their mental health. This workshop looks at signs and symptoms of poor mental health and how to start a meaningful conversation to support wellbeing.



Understanding Anxiety

This 90-minute workshop will explore anxiety and the many coping strategies that may help to reduce its symptoms. You will learn to identify early signs of anxiety and consider why anxiety exists. This course also provides an opportunity for you to meet people experiencing similar symptoms and share successful management techniques.

Peer Support Groups

Our weekly support groups are run by experienced individuals who will support you to continue practising the coping strategies and management techniques introduced during the courses.

These weekly groups also offer you the opportunity to learn new techniques to help you in everyday life, while receiving continued support from your peers.

Borderline Personality Disorder Support Group – 1st and 3rd Wednesday of the month

Our BPD support group encourages the open discussion of BPD symptoms and misconceptions. It is for anyone who wishes to understand BPD and be around those with similar experiences. It will be an opportunity to share and learn successful coping techniques and management skills.

All Welcome Wellbeing – Tuesday 2.00pm – 3:30pm

Our 'All Welcome Wellbeing' group is open to anyone who wishes to meet people in a supportive online environment. Learn wellbeing techniques and discuss your own experiences of mental health.

If you would like information about joining either of these weekly groups please email training@Steponecharity.co.uk

The Team



**Amy - Project Manager,
BeWell@StepOne**

I am a qualified teacher and Mental Health First Aid Instructor with experience of working with a wide range of ages and backgrounds. My lived experience of depression and anxiety lead me to want to help others who may be struggling to manage their own mental health issues. I hope my light engaging style and shared experience helps people attending our courses to grow and develop their own self-management skills so that they can move forwards.



**Sharon - Project Lead,
BeWell@StepOne**

I have been facilitating self-management courses and support groups at Step One for four years. I am a Mental Health First Aider, HOPE facilitator, trainer & assessor, domestic abuse champion, wellbeing ambassador and have various other training qualifications. This role is very important to me as I have struggled with anxiety and OCD for most of my life. I tell my story to give people hope that their lives can change, it is just about taking that first step. Our courses could be just the step that people are looking for.



**Rachael - Community
Trainer, BeWell@StepOne**

I joined Step One in 2019, initially as a Community Connector for the Ageing Well Project. Since joining Step One I have gained training & facilitator qualifications and now facilitate courses, workshops and support groups for BeWell@StepOne. Having supported family and close friends, and reflecting on my own experiences, I understand the impact bereavement, anxiety and depression can have on our day-to-day lives and general wellbeing - as well as the lives of those around us.



BeWell@StepOne Online Courses

Supporting People To Live More Independently

BeWell@StepOne Online Support for Individuals and Communities

Step One has been supporting people in Devon with their mental health for over 50 years, working closely with local NHS Trusts, GP surgeries and communities.

It is fully acknowledged that the global pandemic is likely to have a major impact on the number of people seeking support for their mental health, and Step One services will struggle to meet that rising demand.

“Very useful and informative.
Excellent course leader, really
understanding and optimistic”

- Developing Resilience participant



83% of participants reported significant improvements in their Mental Health on the Warwick and Edinburgh Mental Wellbeing Scale



How people found us:



89 people have completed our 19 courses and 5 workshops

Age demographics



Next Steps....

If you would like to join one of the courses, let us know by completing the [registration form](#) or for more information go to the BeWell@StepOne course page on our [website](#) - we will confirm your place and send joining instructions at least 10 days before the course start date.

Once you have completed a course with us you are welcome to join one of our online support groups, this is a chance to continue practising coping strategies and management techniques, whilst continuing to support and be supported by your peers - find out more from your course tutor.

Would you like to Volunteer?

Volunteers are an important and valued part of what we do at Step One. Volunteers help facilitate courses and groups and our project relies heavily upon their dedication and support.

If you would be interested in becoming a volunteer for BeWell@StepOne then please [get in touch!](#)

BeWell@StepOne

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