

## FREE Wellbeing services - summer holidays 2019

[Wellspring Counselling](#) in Nailsea can provide free support to teenagers over the summer holidays

**THE HOW TO  
WELLBEING WORKSHOPS**

**HOW TO...**  
RELAX WHEN  
FEELING ANXIOUS

**HOW TO...**  
DO MORE OF WHAT YOU  
LOVE

**HOW TO...**  
*BE KINDER  
TO  
YOURSELF*

**HOW TO...**  
TACKLE  
YOUR WORRIES

**HOW TO...**  
THINK IN A  
HELPFUL  
WAY

**ALL WORKSHOPS ARE FREE TO ATTEND  
THIS SUMMER EVERY TUESDAY AND THURSDAY  
@ 65 HIGH STREET, NAILSEA**

ALL WORKSHOPS WILL BE  
RELAXED AND INFORMAL  
- FOR YOUNG PEOPLE  
AGED 8 - 15

PLEASE CONTACT EITHER:  
Hattie  
([hattie@wellspringcounselling.org.uk](mailto:hattie@wellspringcounselling.org.uk))  
or Roisin  
([roisin@wellspringcounselling.org.uk](mailto:roisin@wellspringcounselling.org.uk))  
FOR MORE DETAILS AND  
TO SIGN UP

**RUN BY WELLSPRING COUNSELLING**  
REGISTERED CHARITY (NO. 1042995)

### 1 to 1 support

We have a team of 5 Wellbeing Practitioners who deliver cognitive behavioural therapy sessions. We can offer an assessment followed by 4 sessions during the summer holidays. These are aimed at young people aged 11-18 who might experience mild to moderate symptoms of low mood and/or anxiety.

We work towards achieving a goal to improve their wellbeing. These sessions will be delivered weekly to individuals at The Link (Nailsea school) on Mondays and Wednesdays between 9:30 and 16:30, and on Fridays between 9am– 1pm at 65 High Street, Nailsea.

### **Summer workshops**

We will be offering a set of 5 group wellbeing workshops for anyone aged 8-15. These will be 2h in length and will take place at 65 High Street on Tuesdays (2-4pm) and Thursdays (10am – 12pm). The content of these sessions will be the same on both days each week and the young people can pick which one they prefer to attend. More information about the content of the workshops can be found on the poster attached.

### **Drop-in sessions**

We are able to offer drop in sessions to young people aged 8-15 on a Friday for the first 3 weeks of August (2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>) between 11am-1pm at 65 High Street, Nailsea. These informal drop-ins will involve doing various fun activities in a group with the opportunity to have a 1 to 1 conversation with one of our Wellbeing Practitioners about wellbeing.

As with the sessions in school as part of the monitoring of the work and learning process, it is important that our trainees are able to video record the 1 to 1 sessions with young people. These videos will then be used after the sessions for enhancing the learning of the Wellbeing Practitioners with their Clinical Supervisor and their University Tutors.

Clients will also need to complete a set of questionnaires for all sessions to help us improve the quality of the service we can offer and expand in the future.

Please note, as always our Wellbeing Practitioners are unable to work with young people presenting with high levels of risk and complex situations.

### **Wellspring Counselling**

**Telephone:** 01275 810879

**Email:** [admin@wellspringcounselling.org.uk](mailto:admin@wellspringcounselling.org.uk)

### **Helpful contact details for young people in crisis:**

Childline – 0800 1111

Samaritans – 116 123

Young Minds (Text Service) - 85258

If it is an emergency - 999