



STEPPING STONES

Bracknell Recovery College

A RECOVERY COLLEGE FOR
HOPE, INSPIRATION AND GROWTH.

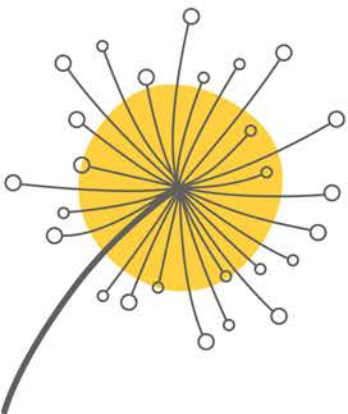
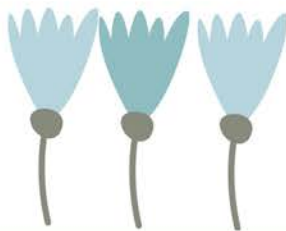
COURSES & WORKSHOPS

2024 Spring Term



"Can't wait to come back & continue with the fab staff to do other courses."

"I love coming here."



"Made everyone very comfortable and included."

"Fantastic, excellent, and fun. Student supporter was helpful and friendly."

"A massive thank you for everyone's time. You are all doing great work for the community."

"Words can't express how lovely the facilitators are and how lovely they make you feel."



"Everyone is relaxed and welcoming. I feel confident contributing and asking questions."

"It has opened my eyes to some of the resources available that I wasn't aware of."



About



Welcome to Stepping Stones Recovery College in the heart of Bracknell. We are an independent charity and our aim is to empower our students by helping them discover a new sense of self, meaning and purpose, after experiencing life challenges.

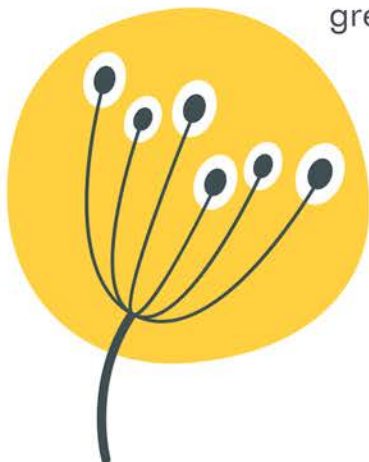
We do this by offering a wide range of courses and workshops which are freely available to anyone who lives, works or studies in the Borough of Bracknell Forest.

At Stepping Stones, we learn together and from each other as equals and we value all forms of knowledge, especially lived experience. We work in small groups and provide a calm, compassionate learning environment where everyone feels safe and respected.

The college is based in the Court House, in Bracknell Town centre, close to both the bus and train stations. There is plenty of public car parking nearby.

We hope that each person's time with us will be the beginning of an exciting journey of self discovery, renewed purpose and greater happiness in their life.

Stepping Stones courses and workshops are free and available to anyone aged over 18 years, who lives, works or studies in the Borough of Bracknell Forest.





How we can help you feel less anxious about coming to Stepping Stones.

We really care about making it as easy as possible for you to attend our courses and workshops. But we are aware that coming to the Recovery College, especially for the first time, can sometimes feel overwhelming. We have a wonderful group of student supporters who can help you with this. For example, we can arrange to meet you before your course and show you around the college.

On the day of your first workshop, we can also meet you outside and walk in together. And there is always a supporter in the workshop to look out for you. If there's anything else at all that we can do to help you feel safer, more comfortable and confident about attending, please let us know!

We are so looking forward to welcoming you to Stepping Stones.

Written by Cat

Stepping Stones Student Support Lead

"Thank you so much for making me feel so welcome. I was very nervous when I arrived, but I very quickly relaxed"



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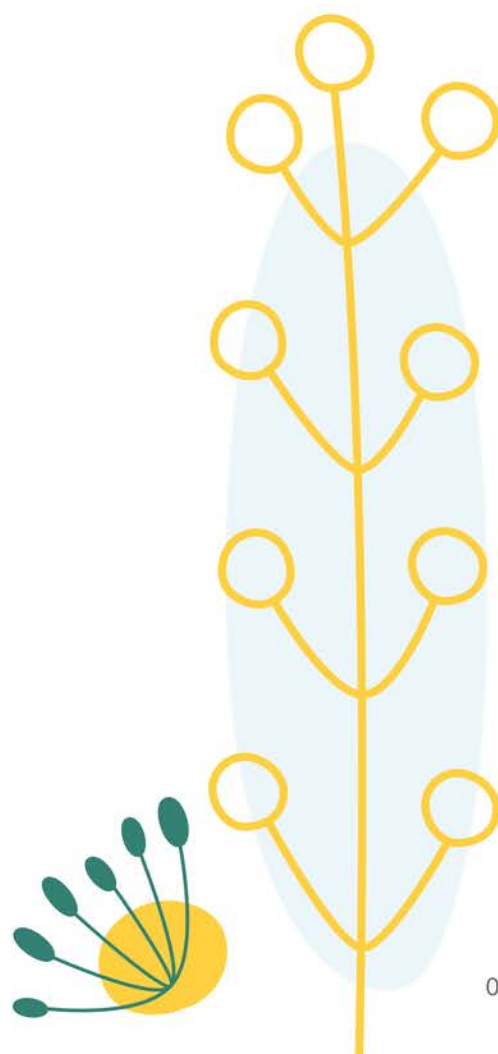
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HOW WE WORK

Stepping Stones is a very special place for anyone experiencing challenges to their mental, physical, or emotional wellbeing. We believe that recovery is possible for everyone and we provide a safe and supportive environment where you can relax, enjoy learning and build social connections. Our free courses and workshop are designed to help you better understand what you may be experiencing, rediscover your personal skills, strengths and creativity and use these to build a more flourishing life.

There are many reasons why our students find Stepping Stones helpful: some may have diagnosed mental health or other conditions; others are in recovery from addiction, homelessness, trauma or abuse. Some students have no formal diagnosis of any kind but come because they are lonely, anxious, bereaved or feel overwhelmed. We also have students who want to find out more about supporting others.

Whatever your reasons for joining us, we are here to support you and we hope, to inspire you with our wide range of free courses and workshops. You choose whether to register with us and then it's up to you to decide what courses and workshops you would like to do.

To help you with this, we ask all our students to complete a Personal Learning Plan as this will help you decide what you would like to gain from attending Stepping Stones. This also enables us to suggest courses and workshops that may best support your goals.



CAN I REPEAT A COURSE AND WHAT HAPPENS IF A COURSE IS FULL?

We really want everyone at Stepping Stones to be able to attend all the courses they feel they need to support their personal recovery and wellbeing. Our online booking system enables you to book yourself onto most courses. However, we have a growing number of students and a limited number of places to offer everyone. So, if you would like to repeat a course or attend one that is already full, you can now add yourself to a 'Waiting List' which you will find on our website menu. Once places become available, we will then contact you and let you know that you can go ahead and book yourself onto the course.

HOW TO REGISTER

Just choose which of the following ways you want to register with us:

Via our website:

www.steppingstonesrecovery.co.uk

By visiting us in person at:

The Court House, Broadway,
Bracknell, RG12 1AE

By calling us on: 01344 300333

COLLEGE NEWS

Sign up via our website to receive our regular newsletter straight to your inbox.

You can also follow us on social media

-  SteppingStonesBracknell
-  SSRC_Bracknell
-  steppingstones.recoverycollege
-  Stepping Stones Recovery College



Where do I start?

PATHWAYS

THERE ARE SIX LEARNING PATHWAYS FOR YOU TO CHOOSE WHAT MOST INTERESTS YOU AND WILL BEST SUPPORT YOUR RECOVERY.

YOU CAN MIX AND MATCH COURSES AND WORKSHOPS FROM EACH PATHWAY.

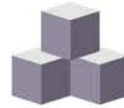
PLEASE TRY AND MAKE YOUR CHOICES AS PART OF A PERSONAL LEARNING PLAN





1. FOUNDATIONS OF RECOVERY

This pathway is the perfect starting place for anyone who wants to begin their recovery journey at Stepping Stones. It provides great preparation and a sound foundation for the journey ahead.



2. UNDERSTANDING AND MANAGING CONDITIONS AND CHALLENGES

In this pathway we explain many common conditions and challenges so you can better understand how they might affect you or the person you are supporting. We provide lots of practical ways you can support yourself and others through these experiences.



3. POSITIVE HEALTH AND WELLBEING

We explore how many aspects of our wellbeing are affected by our mental, physical and emotional health. Why these are connected and we offer lots of practical ideas for how you can do small things to better support your recovery.



4. HAVING FUN DISCOVERING YOUR INNER CREATIVITY

Recovery can be a wonderful journey of self-discovery and a great opportunity to re-discover our inner creativity. These courses and workshops are lots of fun, very relaxing and create a great sense of happiness and wellbeing.



5. LIFE SKILLS

Dealing with our finances can make us all feel anxious and this most certainly affects our wellbeing. We have a two-part course to help you be sure you are receiving all the income that you are entitled to, manage any debt and budget simply for the future.



6. ONLINE COURSES & WORKSHOPS

We can offer some of our courses and workshops online in response to any demand from students or businesses. So if you would like us to run a course for a small group please email:
reception@steppingstonesrecovery.co.uk
or if you are a business, please email:
cathy@steppingstonesrecovery.co.uk

COURSES & WORKSHOPS

AT STEPPING STONES, WE WOULD LIKE TO INSPIRE YOU
WITH AN EXCITING JOURNEY OF SELF-DISCOVERY.



Photograph by a Stepping Stones Student



1. FOUNDATIONS OF RECOVERY

This pathway is the perfect starting place for anyone beginning their recovery journey at Stepping Stones.

Within this course, we look at how the concept recovery is a deeply personal journey, unique and different for everyone. Essentially, it's all about gaining a deeper understanding of yourself and discovering the simple joy of being your authentic self. We explore attitudes, behaviours and thought patterns. We sort out those that might help us and those that could get in the way of our recovery. We work together to cultivate a positive, growth-oriented mindset that empowers you to clarify your life goals and overcome obstacles in your path to achieving them.

This 6-part course runs three times this term.
All sessions run from 10:30am to 1pm

6 Part
Course

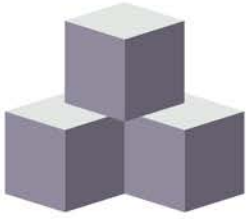
Monday 8th January (Part 1)
Friday 12th January (Part 2)
Monday 15th January (Part 3)
Friday 19th January (Part 4)
Monday 22nd January (Part 5)
Thursday 26th January (Part 6)

Monday 5th February (Part 1)
Friday 9th February (Part 2)
Monday 19th February (Part 3)
Friday 23rd February (Part 4)
Monday 26th February (Part 5)
Friday 1st March (Part 6)

Monday 4th March (Part 1)
Friday 8th March (Part 2)
Monday 11th March (Part 3)
Friday 15th March (Part 4)
Monday 18th March (Part 5)
Friday 22nd March (Part 6)

"Brilliant course, great content and delivery. Really gets you thinking about yourself and your own needs. It's okay to take time out and be kind to yourself. Huge thank you"
Stepping Stones Student

"I found the course so helpful, and I'm very happy I did it. And I look forward to doing more. Thanks to all the staff."
Stepping Stones Student



2. UNDERSTANDING AND MANAGING CONDITIONS AND CHALLENGES

We all know how to maintain our physical health, but when it comes to safeguarding and supporting our mental and emotional wellbeing, often we're not so clear. At times, simply understanding the reasons behind how we feel can be immensely helpful and it's so reassuring to have some simple strategies to hand when we do feel challenged. So in this pathway, we offer a variety workshops that explain a number of different conditions and challenges that can affect our wellbeing. And we give you lots of practical ways to support yourself and others through these experiences.

UNDERSTANDING AND MANAGING

ADVERSE CHILDHOOD EXPERIENCES

2pm - 4pm

Monday 22nd January

or

Monday 4th March

ANGER

10:30am-12:30pm

Friday 2nd February

AUTISM

10:30am - 12:30pm

Monday 29th January



"Very enjoyable. A lot of knowledge and understanding given without being too heavy or difficult to understand."
Stepping Stones Student

".... covered a lot of the aspects and difficulties living with autism - easy to understand."
Stepping Stones Student

BEREAVEMENT

2pm - 4pm

Monday, 11th March (Part 1)

Monday, 18th March (Part 2)

PTSD

2-4pm

Friday, 8th March

DEPRESSION & LOW MOOD

(2-part course)

2pm-4pm

Monday, 19th February (Part 1)

Monday, 26th February (Part 2)

SOCIAL ANXIETY

2pm - 4pm

Friday, 22nd March

EMOTIONAL BOUNDARIES

2pm - 4pm

Friday 23rd February (Part 1)

Friday, 1st March (Part 2)

STRESS & ANXIETY

2pm - 4pm

Monday 8th January (Part 1)

Monday 15th January (Part 2)

NEURODIVERSITY

10:30am - 12:30pm

Tuesday, 16th January

WAYS TO LIVE BETTER WITH TRAUMA

2pm - 4pm

Friday, 15th March

PANIC ATTACKS

10:30am - 12:30pm

Wednesday, 20th March

"The course is a must for anyone wishing to understand neurodiversity in a compassionate, human way."
Stepping Stones Student

"Supported me so much when I felt triggered.
Thank you.
Stepping Stones Student





3. POSITIVE HEALTH & WELLBEING

Having a sense of wellbeing includes our ability to cope with the challenges of daily life, thinking clearly, expressing our emotions, solving problems, and building healthy social connections with those around us. So, it's not surprising that our mental, physical and emotional wellbeing affects every aspect of this.

Within this pathway, we provide lots of courses and workshops, designed to support the many areas of your wellbeing. Our aim is not only to provide you with knowledge but also new ideas and practical skills that you can use to support your recovery and build great wellbeing.

Multi-part courses

Before you book any of these courses, please ensure you can attend all the dates included in a multi-part course as they are usually very popular and have Waiting Lists.



'Incredibly enjoyable
and important.'

Stepping Stones Student

'It has helped my
self confidence and
self esteem'

Stepping Stones Student

THRIVE (6 Part Course)

This programme is all about learning to THRIVE and is for anyone with something in their life that they would like to change or improve. When you understand how your mind works and what makes you tick, you can set about changing it to feel less stuck. You will learn to believe that any change comes from YOU and that you DO have the power to achieve it.

It takes commitment and you will need to be attend every session and put in effort in between, setting aside some time each day to practise what you have learnt. Doing this will help you to thrive and make the most of life. You will also have the skills, resilience, and resources to cope with setbacks and hurdles.

Attendance on this course can only be booked through the Stepping Stones office, so if you would like to attend, please call us on 01344 300333 and ask to speak to Debbie, to find out a little more about what it involves, before enrolling.

All sessions are from 10:30am to 12:30pm on:

Thursday, 8th	February	(Part 1)
Thursday, 22nd	February	(Part 2)
Thursday, 29th	February	(Part 3)
Thursday, 7th	March	(Part 4)
Thursday, 14th	March	(Part 5)
Thursday, 21st	March	(Part 6)

**THE Thrive PROGRAMME**



FOOD & MOOD (4-part Course)

This course will help you to have a better understanding of your own body, how it responds to different foods and how this can affect your moods.

All sessions are from 10:30am to 12:45pm:

Wednesday, 21st February (Part 1)

Wednesday, 28th February (Part 2)

Wednesday, 6th March (Part 3)

Wednesday, 13th March (Part 4))

'The course is very informative and covers a wide range to consider that might not be seen just at surface level/first glance.'

Stepping Stones Student

BUILDING CONFIDENCE & MANAGING RELATIONSHIPS (3-Part Course)

This course can help you to understand yourself better and make wise choices about how to manage your relationships more effectively.

All sessions are from 10:30am - 12:30pm

Wednesday, 24th January (Part 1)

Wednesday, 31st January (Part 2)

Wednesday, 7th February (Part 3)

'The content of the course was very therapeutic and the resources provided were great'

Stepping Stones Student

CREATING VISION BOARDS TO ACHIEVE OUR GOALS (2 Part Course)

Explore how to create and use a vision board to help you set and achieve your personal goals.

10:30am - 12:30pm

Thursday 25th January (Part 1)

Thursday 1st February (Part 2)

DEVELOPING SELF COMPASSION (2 Part Course)

Practical skills to improve the inner nurturer and ways to reduce negative self talk

2-4pm

Monday, 29th January (Part 1)

Monday, 5th February (Part 2)

JIGSAW OF SELF DISCOVERY (2 Part Course)

This two-part course is a great way of learning more about yourself and how to get on better with people who have different communication styles.

Please complete the Foundations of Recovery Course before doing this course as you will get so much more out of it. The course can only be booked through the Stepping Stones office - 01344 300333

10:30am-12:30pm

Tuesday 12th March (Part 1)

Tuesday 19th March (Part 2)

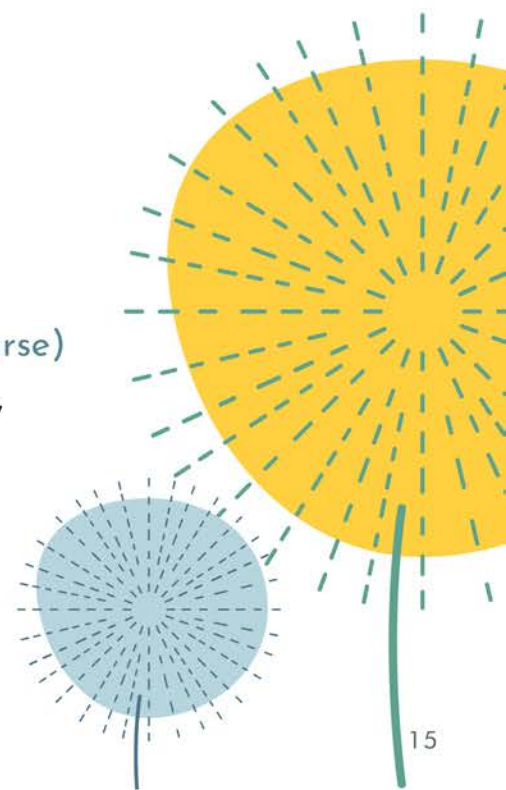
JOURNALING FOR MINDFULNESS (2 Part Course)

Explore how journaling can support your wellbeing, resilience and increase emotional awareness

10:30am -12:30pm

Thursday, 11th January (Part 1)

Thursday, 18th January (Part 2)



THE SCIENCE OF HAPPINESS (2 Part Course)

We showcase lots of ideas to improve your happiness and that can make a huge difference to wellbeing.

10:30am-12:30pm

Tuesday, 30th January (Part 1)

Tuesday, 6th February (Part 2)

Single Workshops

BUILDING RESILIENCE

Dealing with stress and learning how to bounce back after any kind of adversity.

10:30am-12:30pm

Tuesday 23rd January

EXPLORING BODY POSITIVE IMAGE

Understand how self-image develops and learn practical ways to develop a positive self-image.

10:30am-12:30pm

Tuesday, 9th January

or

Tuesday, 20th February

'Increases my sense of wellbeing and happiness.'
Stepping Stones Student

Photograph by a Stepping Stones Student





4. HAVING FUN DISCOVERING YOUR INNER CREATIVITY

Recovery can be a wonderful journey of self-discovery and a great opportunity to re-discover the sheer joy of simple things – like singing together, building confidence through drama or exploring different ways to express ourselves creatively. So, whether or not you already have any of these skills, these courses are lots of fun and can give everyone a great sense of happiness, calm and wellbeing.

If you have already completed any of these courses and wish to repeat them, please indicate your interest by adding yourself to the Waiting List which can be found on our website, This will give us time to offer places to students who have not yet completed the course and we will let you know when you can go ahead and book.

SINGING FOR FUN & WELLBEING

10 Part
Course

BEGINNERS - 10 Part Course

Every week* starting on Wednesday 10th January, 1:30pm – 3pm

INTERMEDIATE - 10 Part Course

Every week* starting on Tuesday 9th January, 1:30pm – 3pm

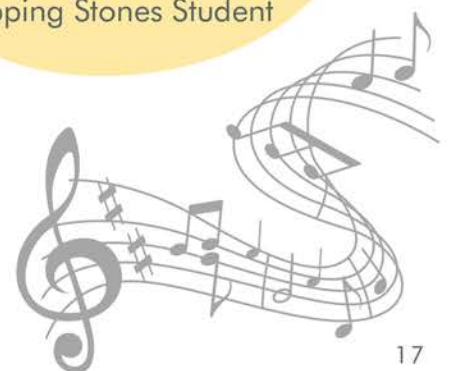
*Except during the Half Term week of 12th February

"This group has been amazing
– it gives me the biggest lift .
Always fun and feel part of a
nice group."

Stepping Stones Student

"This course has meant so
much to me, I love it, I love
singing. Victoria is amazing. I
look forward to it every week.."

Stepping Stones Student



10 Part
Course

GUITAR LESSONS FOR BEGINNERS

10-part course running on Wednesday and Friday afternoons:
Starting on Wednesday, 10th January: 2pm - 3pm OR 3pm – 4pm
Starting on Friday, 12th January, 2pm - 3pm OR 3pm – 4pm

Please book all guitar lessons through the office.

10 Part
Course

MOVEMENT FOR WELLBEING at SOUTH HILL PARK

An any ability class for fun, fitness and mental wellbeing.

Every Monday (Except for half term), 2pm – 3pm at South Hill Park
Starts on Monday, 8th January



"Great. Enjoy that Auriole
does a warm up, stretches,
dance and cool down."
Stepping Stones Student

5 Part
Course

DRAMA: ACTING TO BUILD CONFIDENCE AND HAVE FUN

Build your confidence and self-awareness through practical
performance skills and techniques

2pm - 4pm

Friday, 12th January
Friday, 19th January
Friday, 26th January
Friday, 2nd February
Friday, 9th February

"Kier is brilliant ... supporting us
as and when we need it. If we
are stuck on something he can
spend as much time we need
within our session to guide us."
Stepping Stones Student

5 Part Courses

CREATIVE WITH ART

Collage is a wonderful way to express and explore creativity. We will experiment with the idea of creating contemporary collages whilst mixing traditional paper cut-and-paste with photographs, paint wire, or fabric. We will rip, draw, tear, layer, and stitch, breathing new life into discarded items and reassembling them to create new stories.

These are each 5-part courses. Please make sure that you book each set of five that you wish to do.

Traditional drawing, painting & printing techniques

1:30pm-3pm
 Thursday, 11th January
 Thursday, 18th January
 Thursday, 25th January
 Thursday, 1st February
 Thursday, 8th February

1:30pm-3pm
 Thursday, 22nd February
 Thursday, 29th February
 Thursday, 7th March
 Thursday, 14th March
 Thursday, 21st March

Photography, Collage and Story Telling

3:30pm-4:30pm
 Thursday, 11th January
 Thursday, 18th January
 Thursday, 25th January
 Thursday, 1st February
 Thursday, 8th February

3:30pm-4:30pm
 Thursday, 22nd February
 Thursday, 29th February
 Thursday, 7th March
 Thursday, 14th March
 Thursday, 21st March

"Lisa-Marie has a gentle way of pushing me out of my comfort zone, she is so supportive and encouraging."
 Stepping Stones Student



EASY MINDFUL CRAFTING

Crafting hobbies are a great way to relax, take a break and distract ourselves. On this course you will be able to turn your creative hand to card making, enjoy a taster crochet session or just bring along a craft project of your own to work on - if it's easy to carry!

3:30pm-5pm	
Tuesday, 9th	January
Tuesday, 16th	January
Tuesday, 23rd	January
Tuesday, 30th	January
Tuesday, 6th	February

"Very good content and resources. Hilary provides lots of yarn and print outs."

Stepping Stones Student

EASY MINDFUL CROCHET

Learn the basics of crocheting and create small, beautiful pieces to take home with this simple craft.

3:30pm-5pm	
Tuesday, 20th	February
Tuesday, 27th	February
Tuesday, 5th	March
Tuesday, 12th	March
Tuesday, 19th	March

"Always grateful for the handouts and the hook and wool being provided was very helpful also."

Stepping Stones Student





5. LIFE SKILLS

Dealing with money can make us all feel anxious and this most certainly affects our wellbeing. This two-part course can help you to make sure you are receiving all the income you are entitled to, manage any debt you may have and discover simple ways to budget for the future.

We also signpost you to organisations that offer free help and advice. It's all about helping you to feel more in control, less anxious about money and generally happier.

Please be assured that during this course, there is absolutely no need for you to disclose anything about your own personal circumstances. The sessions are about providing guidance and signposting, so that you leave feeling much more in control of all aspects of your finances.

Also, we are an independent charity and have no links to any government or council services. And of course, everything that we discuss is confidential and stays within the room.



REDUCING THE STRESS & ANXIETY AROUND MONEY MANAGEMENT (2-part course)

Find out more about making sure you have all the income you are entitled to, managing debt and easy, practical ideas for budgeting.

10:30am - 12:30pm

Wednesday 10th January (Part 1)

Wednesday 17th January (Part 2)

or

10:30am - 12:30pm

Tuesday 27th February (Part 1)

Tuesday 5th March (Part 2)

"Brilliantly constructed course, excellent content, and terrific presenters."

Stepping Stones Student

"Easily understandable. Great visual learning prompts."

Stepping Stones Student

"Huge thanks, great course and judged just right. People's anxieties and mental health taken into huge consideration with this subject."

Stepping Stones Student



JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8th	9th	10th	11th	12th
<p>10:30am - 1.00pm Foundations of Recovery (1 of 6)</p> <p>2pm- 4pm Understanding and Managing Stress and Anxiety (1 of 2)</p> <p>2pm-3pm Movement for Wellbeing (1 of 10) (South Hill Park)</p>	<p>10:30am - 12:30 pm Exploring Positive Body Image</p> <p>1:30pm - 3pm Intermediate Singing for Fun and Wellbeing (1 of 10)</p> <p>3:30pm-5pm Easy Mindful Crafting (1 of 5)</p>	<p>10:30am - 12:30 pm Reducing Stress and Anxiety Around Money (1 of 2)</p> <p>1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (1 of 10)</p> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (1 of 10)</p>	<p>10:30am - 12:30 pm Journaling for Mindfulness (1 of 2)</p> <p>1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (1 of 5)</p> <p>3:30pm-4:30pm Photography, Collage and Story Telling (1 of 5)</p>	<p>10:30am - 1.00pm Foundations of Recovery 2 of 6</p> <p>2pm-4pm Drama: Acting to Build Confidence and have Fun (1 of 5)</p> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (1 of 10)</p>

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15th	16th	17th	18th	19th
10:30am - 1.00pm Foundations of Recovery (3 of 6)	10:30am - 12.30pm Understanding and Managing Neurodiversity	10:30am - 12:30 pm Reducing Stress and Anxiety Around Money (2 of 2)	10:30am - 12:30 pm Journaling for Mindfulness (2 of 2)	10:30am - 1.00pm Foundations of Recovery (4 of 6)
2pm- 4pm Understanding and Managing Stress and Anxiety (2 of 2)	1:30pm - 3pm Intermediate Singing for Fun and Wellbeing (2 of 10)	1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (2 of 10)	1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (2 of 5)	2pm-4pm Drama: Acting to Build Confidence and have Fun (2 of 5)
2pm-3pm Movement for Wellbeing (2 of 10) (South Hill Park)	3:30pm-5pm Easy Mindful Crafting (2 of 5)	2pm-3pm & 3pm-4pm Beginners Guitar Lessons (2 of 10)	3:30pm-4:30pm Photography, Collage and Story Telling (2 of 5)	2pm-3pm & 3pm-4pm Beginners Guitar Lessons (2 of 10)

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22nd	23rd	24th	25th	26th
<p>10:30am - 1.00pm Foundations of Recovery (5 of 6)</p> <p>2pm - 4pm Understanding and Managing Adverse Childhood Experiences</p>	<p>10:30am - 12.30pm Building Resilience</p> <p>1:30pm - 3pm Intermediate Singing for Fun and Wellbeing (3 of 10)</p> <p>3:30pm-5pm Easy Mindful Crafting (3 of 5)</p>	<p>10:30am - 12.30pm Building Confidence and Managing Relationships (1 of 3)</p> <p>1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (3 of 10)</p> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (3 of 10)</p>	<p>10:30am - 12.30pm Creating Vision Boards to Achieve Our Goals (1 of 2)</p> <p>1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (3 of 5)</p> <p>3:30pm-4:30pm Photography, Collage and Story Telling (3 of 5)</p>	<p>10:30am - 1.00pm Foundations of Recovery (6 of 6)</p> <p>2pm-4pm Drama: Acting to Build Confidence and have Fun (3 of 5)</p> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (3 of 10)</p>

JANUARY & FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29th	30th	31st	1st	2nd
<p>10:30am - 12.30pm Understanding and Managing Autism</p> <hr/> <p>2pm - 4pm Developing Self Compassion (1 of 2)</p> <hr/> <p>2pm-3pm Movement for Wellbeing (4 of 10) (South Hill Park)</p>	<p>10:30am - 12.30pm The Science of Happiness (1 of 2)</p> <hr/> <p>1:30pm - 3pm Intermediate Singing for Fun and Wellbeing (4 of 10)</p> <hr/> <p>3:30pm-5pm Easy Mindful Crafting (4 of 5)</p>	<p>10:30am - 12.30pm Building Confidence and Managing Relationships (2 of 3)</p> <hr/> <p>1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (4 of 10)</p> <hr/> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (4 of 10)</p>	<p>10:30am - 12.30pm Creating Vision Boards to Achieve Our Goals (2 of 2)</p> <hr/> <p>1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (4 of 5)</p> <hr/> <p>3:30pm-4:30pm Photography, Collage and Story Telling (4 of 5)</p>	<p>10:30am - 12.30pm Understanding and Managing Anger</p> <hr/> <p>2pm-4pm Drama: Acting to Build Confidence and have Fun (4 of 5)</p> <hr/> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (4 of 10)</p>

FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5th</p> <p>10:30am - 1.00pm</p> <p>Foundations of Recovery (1 of 6)</p>	<p>6th</p> <p>10:30am - 12.30pm</p> <p>The Science of Happiness (2 of 2)</p>	<p>7th</p> <p>10:30am - 12.30pm</p> <p>Building Confidence and Managing Relationships (3 of 3)</p>	<p>8th</p> <p>10:30am - 12:30pm</p> <p>The Thrive Programme (1 of 6)</p>	<p>9th</p> <p>10:30am - 1.00pm</p> <p>Foundations of Recovery (2 of 6)</p>
<p>2pm - 4pm</p> <p>Developing Self Compassion (2 of 2)</p>	<p>1:30pm - 3pm</p> <p>Intermediate Singing for Fun and Wellbeing (5 of 10)</p>	<p>1:30pm-3:00pm</p> <p>Beginners Singing for Fun & Wellbeing: (5 of 10)</p>	<p>1:30pm-3:00pm</p> <p>Creative with Art: Traditional drawing, painting & printing techniques (5 of 5)</p>	<p>2pm-4pm</p> <p>Drama: Acting to Build Confidence and have Fun (5 of 5)</p>
<p>2pm-3pm</p> <p>Movement for Wellbeing (5 of 10) (South Hill Park)</p>	<p>3:30pm-5pm</p> <p>Easy Mindful Crafting (5 of 5)</p>	<p>2pm-3pm & 3pm-4pm</p> <p>Beginners Guitar Lessons (5 of 10)</p>	<p>3:30pm-4:30pm</p> <p>Photography, Collage and Story Telling (5 of 5)</p>	<p>2pm-3pm & 3pm-4pm</p> <p>Beginners Guitar Lessons (5 of 10)</p>
<small>HALF TERM - HALF TERM - HALF TERM - HALF TERM - HALF TERM - HALF TERM - HALF TERM - HALF TERM - HALF TERM - HALF TERM</small>				
12th	13th	14th	15th	16th

FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19th	20th	21st	22nd	23rd
<p>10:30am - 1.00pm Foundations of Recovery (3 of 6)</p> <p>2pm - 4pm Understanding and Managing Depression and Low Mood (1 of 2)</p> <p>2pm-3pm Movement for Wellbeing (6 of 10) <i>(South Hill Park)</i></p>	<p>10:30am - 12:30 pm Exploring Positive Body Image</p> <p>1:30pm - 3pm Intermediate Singing for Fun and Wellbeing (6 of 10)</p> <p>3:30pm-5pm Easy Mindful Crochet (1 of 5)</p>	<p>10:30am - 12:45 pm Food and Mood (1 of 4)</p> <p>1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (6 of 10)</p> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (6 of 10)</p>	<p>10:30am - 12:30pm The Thrive Programme (2 of 6)</p> <p>1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (1 of 5)</p> <p>3:30pm-4:30pm Photography, Collage and Story Telling (1 of 5)</p>	<p>10:30am - 1.00pm Foundations of Recovery (4/6)</p> <p>2pm - 4pm Understanding and Managing Emotional Boundaries (1 of 2)</p> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (6 of 10)</p>

FEBRUARY / MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26th	27th	28th	29th	1st
10:30am - 1.00pm Foundations of Recovery (5/6)	10:30am - 12:30 pm Reducing Stress and Anxiety Around Money (1 of 2)	10:30am - 12:45 pm Food and Mood (2 of 4)	10:30am - 12:30pm The Thrive Programme (3 of 6)	10:30am - 1.00pm Foundations of Recovery (6/6)
2pm - 4pm Understanding and Managing Depression and Low Mood (2 of 2)	1:30pm - 3pm Intermediate Singing for Fun and Wellbeing (7 of 10)	1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (7 of 10)	1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (2 of 5)	2pm - 4pm Understanding and Managing Emotional Boundaries (2 of 2)
2pm-3pm Movement for Wellbeing (7 of 10) (South Hill Park)	3:30pm-5pm Easy Mindful Crochet (2 of 5)	2pm-3pm & 3pm-4pm Beginners Guitar Lessons (7 of 10)	3:30pm-4:30pm Photography, Collage and Story Telling (2 of 5)	2pm-3pm & 3pm-4pm Beginners Guitar Lessons (7 of 10)

MARCH 2024

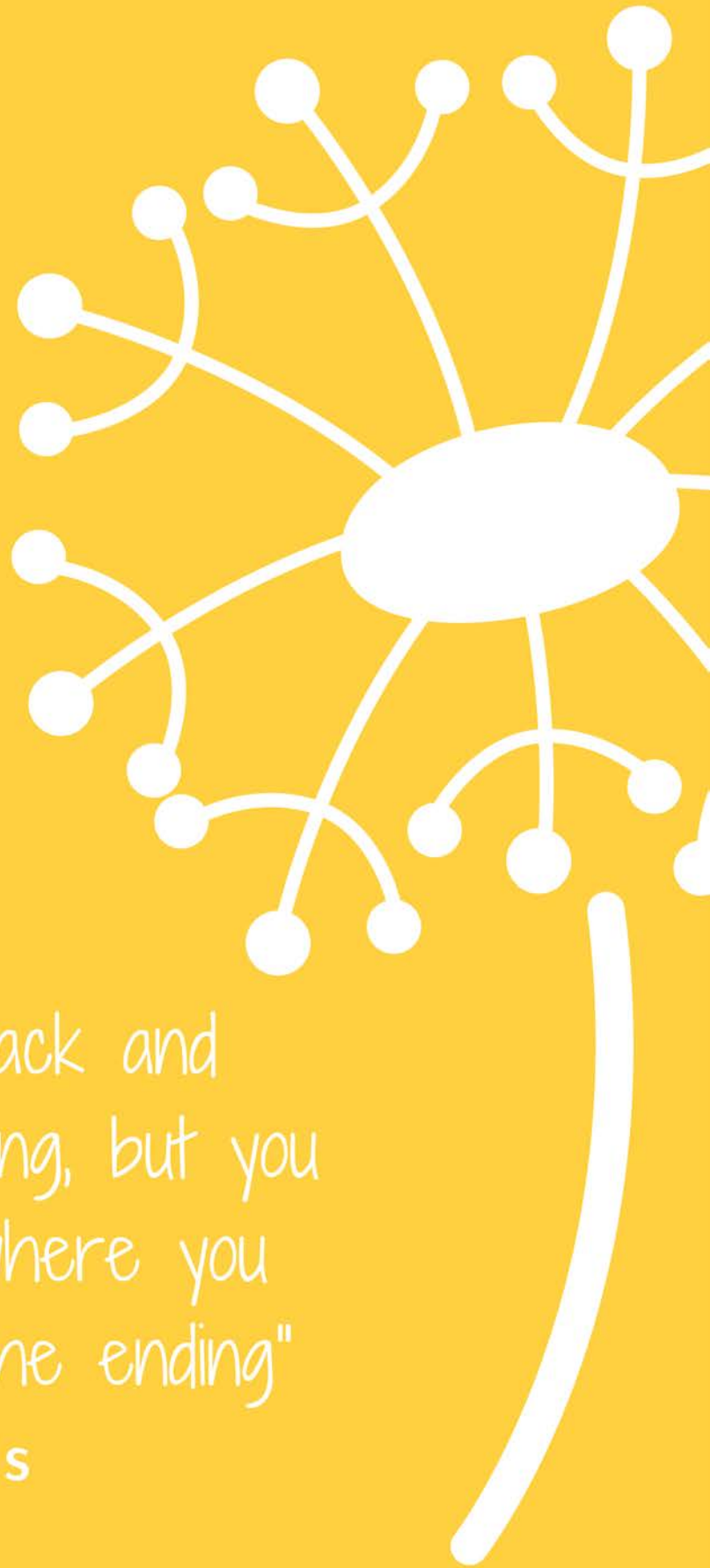
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4th</p> <p>10:30am - 1.00pm</p> <p>Foundations of Recovery (1/6)</p>	<p>5th</p> <p>10:30am - 12:30 pm</p> <p>Reducing Stress and Anxiety Around Money (2 of 2)</p>	<p>6th</p> <p>10:30am - 12:45 pm</p> <p>Food and Mood (3 of 4)</p>	<p>7th</p> <p>10:30am - 12:30pm</p> <p>The Thrive Programme (4 of 6)</p>	<p>8th</p> <p>10:30am - 1.00pm</p> <p>Foundations of Recovery (2/6)</p>
<p>2pm - 4pm</p> <p>Understanding and Managing Adverse Childhood Experiences</p>	<p>1:30pm - 3pm</p> <p>Intermediate Singing for Fun and Wellbeing (8 of 10)</p>	<p>1:30pm-3:00pm</p> <p>Beginners Singing for Fun & Wellbeing (8 of 10)</p>	<p>1:30pm-3:00pm</p> <p>Creative with Art: Traditional drawing, painting & printing techniques (3 of 5)</p>	<p>2pm - 4pm</p> <p>Understanding and Managing PTSD</p>
<p>2pm-3pm</p> <p>Movement for Wellbeing (8 of 10) (South Hill Park)</p>	<p>3:30pm-5pm</p> <p>Easy Mindful Crochet (3 of 5)</p>	<p>2pm-3pm & 3pm-4pm</p> <p>Beginners Guitar Lessons (8 of 10)</p>	<p>3:30pm-4:30pm</p> <p>Photography, Collage and Story Telling (3 of 5)</p>	<p>2pm-3pm & 3pm-4pm</p> <p>Beginners Guitar Lessons (8 of 10)</p>

MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11th	12th	13th	14th	15th
<p>10:30am-1pm Foundations of Recovery (3 of 6)</p> <p>2pm - 4pm Understanding and Managing Bereavement (1 of 2)</p> <p>2pm-3pm Movement for Wellbeing (9 of 10) (South Hill Park)</p>	<p>10:30 am-12:30pm Jigsaw of Self Discovery (1 of 2)</p> <p>1:30pm - 3pm Intermediate Singing for Fun and Wellbeing (9 of 10)</p> <p>3:30pm-5pm Easy Mindful Crochet (4 of 5)</p>	<p>10:30am - 12:45 pm Food and Mood (4 of 4)</p> <p>1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (9 of 10)</p> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (9 of 10)</p>	<p>10:30am - 12:30pm The Thrive Programme (5 of 6)</p> <p>1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (4 of 5)</p> <p>3:30pm-4:30pm Photography, Collage and Story Telling (4 of 5)</p>	<p>10:30am-1pm Foundations of Recovery (4 of 6)</p> <p>2pm - 4pm Ways to Live Better with Trauma</p> <p>2pm-3pm & 3pm-4pm Beginners Guitar Lessons (9 of 10)</p>

MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18th	19th	20th	21st	22nd
10:30am - 1.00pm Foundations of Recovery (5/6)	10:30 am-12:30pm Jigsaw of Self Discovery (2 of 2)	10:30am - 12:30pm Understanding and Managing Panic Attacks	10:30am - 12:30pm The Thrive Programme (6 of 6)	10:30am - 1.00pm Foundations of Recovery (6/6)
2pm - 4pm Understanding and Managing Bereavement (2 of 2)	1:30pm - 3pm Intermediate Singing for Fun and Wellbeing (10 of 10)	1:30pm-3:00pm Beginners Singing for Fun & Wellbeing (10 of 10)	1:30pm-3:00pm Creative with Art: Traditional drawing, painting & printing techniques (5 of 5)	2pm - 4pm Understanding and Managing Social Anxiety
2pm-3pm Movement for Wellbeing (10 of 10) (South Hill Park)	3:30pm-5pm Easy Mindful Crochet (5 of 5)	2pm-3pm & 3pm-4pm Beginners Guitar Lessons (10 of 10)	3:30pm-4:30pm Photography, Collage and Story Telling (5 of 5)	2pm-3pm & 3pm-4pm Beginners Guitar Lessons (10 of 10)



"You can't go back and
change the beginning, but you
can start from where you
are and change the ending"

C.S.Lewis

WELLBEING IN THE WORKPLACE



Stepping Stones also helps local businesses improve the positive mental health and wellbeing of their staff.

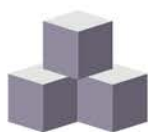
We offer a selection of topics with varying course and workshop lengths and we can tailor these to meet your company's needs and budget. Staff become more engaged, productive and motivated.

- Create positive wellbeing in the workplace
- Develop a resilient workforce
- Support emotional intelligence with authenticity
- Provide Emotional First Aid toolkit at work
- Provide psychological safety, creating mental fitness and emotional strength at work

Power Hour (£350), Half Day (£600), Full Day (£925)

To find out more and to discuss your company's particular needs, please email:

cathy@steppingstonesrecoverycollege.co.uk



SUPPORT IN THE COMMUNITY

We work with many services and voluntary groups in the Bracknell Forest area. Here is some information about them that you might find useful.



BRACKNELL FOREST COMMUNITY NETWORK

The Bracknell Forest Community Network (BFCN) works collaboratively with partners in the mental health and wider health and care systems. We support individuals (18 years +) living with a range of mental health conditions to remain socially included, helping them to better understand their mental health.

Recovery Facilitators work with individuals to develop their confidence, life skills and resilience by extending the pathways of mental health and wellbeing support and removing barriers to access so they can live as independently as possible. We can support individuals and their carers to access and attend appointments around education, volunteering, employment and social activities. This can be offered in a variety of ways such as one to one support or graded exposure to various services and community groups.

For more information about our referral criteria and referral form please contact us on: Telephone: 01344 823300
Email: BFCN@bracknell-forest.gov.uk



ACTIVATE LEARNING

Self-Referral

The college is part of Activate Learning and provides a wide range of education and training opportunities for the local community, ranging from study programmes and apprenticeships to leisure courses and university-level qualifications.

Telephone: 0800 612 6008

Email: enquiries@activatelearning.ac.uk www.bracknell.activatelearning.ac.uk



BRACKNELL FOREST COUNCIL PUBLIC HEALTH

Helping you to be healthy and well.

Bracknell Forest Council Public Health provide a range of free services for those living, working, or studying in Bracknell Forest that can improve your health and wellbeing. Whether you are looking to get more active, lose weight, connect with your community, or stop smoking, support is available. Services include:

1. Fit for All exercise classes
2. Everyone Health weight management services for adults and families
3. Social Prescribing
4. My Community Asset Map
5. Drug and alcohol service
6. Smokefreelife Berkshire
7. And much more

To find out more about what is available to you, visit.
<https://health.bracknell-forest.gov.uk/>



NEW HOPE

Drug and alcohol service

Addiction is common and wherever you are and whatever your problem is, there are people who can help you. New Hope provides a friendly, free and confidential service to anybody who is seeking help with a drug and/or alcohol addiction. We run a 10-week rolling recovery day programme.

Other services available include: acupuncture, alcohol support group, ATR group, breaking free online, family and friends support group, growing hope, Indian head massage, needle and syringe service, prescribing clinics, reducing offender behaviour group, recovery steps, substance support group.

New Hope: Units 16/17 Market Street, Bracknell
new.hope@bracknell-forest.gov.uk or call 01344 312360

The Wellbeing Service

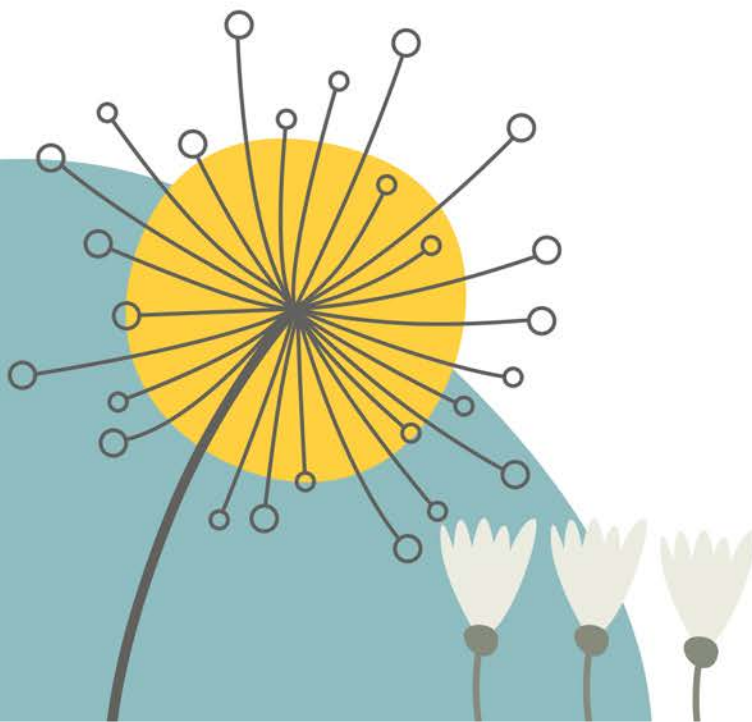
Changes to life circumstances, such as housing and finances, can have a significant impact on both your mental and physical health. Our wellbeing service aims to reduce the impact these challenges can have on your quality of life by providing support for practical, situational, and social challenges.

We can guide you to the right support for concerns, such as; Housing issues, Money worries (inc. debt and benefits), Drug and alcohol misuse, Loneliness & social isolation, General wellness and healthy living. We offer one-to-one sessions over the phone, online support, as well as supported signposting to local services and advice. We also offer 1- hour virtual stand-alone wellbeing workshops that explore helpful tips and information on: Resilience- Motivation - Housing - Cost of Living

Please contact us, we are always happy to support you, whatever your goal may be.

Telephone: 0300 365 2000 (option 3)

Email: BHFTIAPTWellbeingService@berkshire.nhs.uk



Friends in need

FRIENDS IN NEED

A friendly peer support group

Friends in Need is a friendly and welcoming peer-to-peer social support community for (anyone aged 18 and over) to help each other with managing the effects of depression, anxiety, loneliness and isolation. Our uplifting, fun and free-of-charge activities provide the opportunity to socialise and share experiences in a non-judgemental and confidential setting. Come and feel supported whilst having a chat and a cuppa with others who understand how you might be feeling. We offer a monthly timetable of both face-to-face and online social activities and to find out more please visit: www.bucksmind.org.uk/services/peer-support-groups/friends-in-need/

We also have two additional groups:

Young Adult Friends in Need: Open to all people aged between 17 to 25 years old with mild to moderate mental health support needs, offering a timetable shaped by and tailored to younger members.

MHICS Peer Support FIN group: Open to people with more complex support needs who do not meet the threshold for secondary mental health services. The groups will mirror the concept of Friends in Need, with a timetable tailored to the needs of the specific group.



INVOLVE

Involve Community Services Volunteer Centre

Have you spare time on your hands?
Are you out of work and needing to fill your time until you find a new job?

Why not contact Involve Community Services to register as a volunteer? It will give you a sense of fulfilment and can enhance your CV. When you register, we will discuss your individual skills and interests and find an opportunity to suit you. To find out more information, please call the Volunteer Services Manager on 01344 304404 or email: Fiona.swan@involve.community



SOUTH HILL PARK

Berkshire’s Centre for the Arts, Business and Community

Housing two theatres, a dance studio, creative spaces and a cinema within the grounds of an 18th century mansion house in Bracknell, South Hill Park hosts over 300 shows, events and films each year, alongside a busy programme of over 250 courses and workshops.

We also provide a range of courses in arts and crafts, drama, dance and digital media – as well as numerous thoughtful and inspiring exhibitions and spaces for hire. Our mission is to inspire, connect and enrich lives through the creative arts and the variety of our programme is unique.

South Hill Park, Ringmead, Bracknell RG12 7PA

Telephone: 01344 484123

Email: enquiries@southhillpark.org.uk

www.southhillpark.org.uk



Having a positive sense of wellbeing includes looking after both our mental and physical health. And there’s lots of scientific evidence to show that being physically active and moving around can really help our mental wellbeing.

Email: info@sportinmind.org, Website www.sportinmind.org.

Tel 0118 9479762

Bracknell Sessions

Day	Time	Activity	Instructor	Venue
Tues	3-4PM	Cricket	Matt	Astroturf in Bracknell Leisure Centre, Bagshot Rd, Bracknell RG12 9SE
Weds	1-2PM	Badminton & Table Tennis	Mano	Sports Hall in Bracknell Leisure Centre, Bagshot Rd, Bracknell RG12 9SE
Thurs	12-1PM	Yoga	Emma	Main Hall, Owlsmoor Community Centre, Yeovil Road, Sandhurst, GU47 0TF
Thurs	2-3PM	Walk	Peter	Meet outside arts centre, South Hill Park, Bracknell, RG12 7PA
Thurs	3-4PM	Football	Matt	Astroturf in Bracknell Leisure Centre, Bagshot Rd, Bracknell RG12 9SE
Fri	12-1PM	Tai Chi	Steve	Morgan Centre, Wellington Road, Bracknell, RG45 7 LD

WHAT IS SOCIAL PRESCRIBING?

Social prescribing is a simple method of linking people with non-medical sources of support within the local community, to help improve their health and wellbeing.

There are two ways you can access these services: you can self-refer or ask your GP to refer you to a Social Prescriber.



NHS, Social Prescribing

You can also be referred by your GP Practice. Once referred, a Link Worker will contact the patient and invite them to come in to discuss their needs and then link them to opportunities within the local community. We offer a free 1 to 1 confidential service and if you think you might benefit from this service, please contact your GP. We cover the Bracknell and District GP Practices as well as Ascot GP practices.

Do you have non-medical challenges that are affecting your wellbeing, which cannot be fixed by medicine? For example, do you have financial stresses? Mental health challenges? Would you like to lose weight? Are you a carer who needs support? If so, then please ask your GP to refer you to a Social Prescriber and we can discuss options that will help you get back on track.



SELF REFERRAL

BRACCAN HEALTH PCN

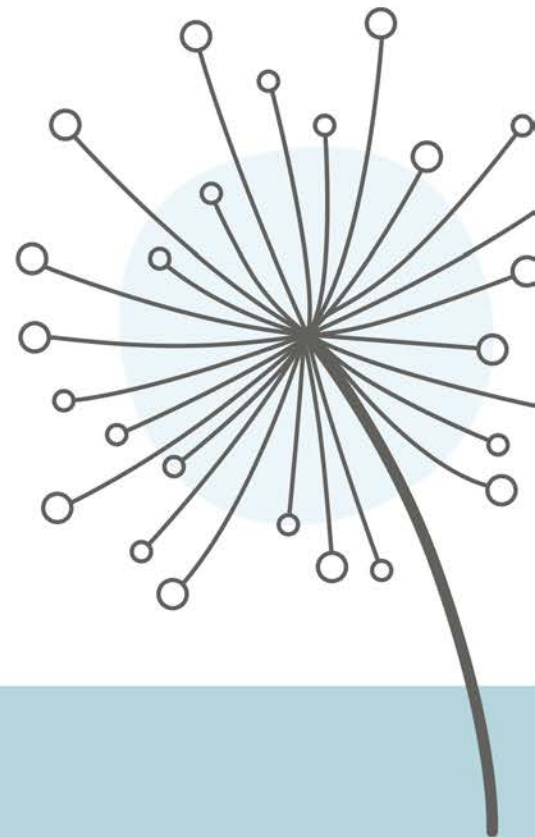
My name is Rehana Maqsood and I'm a Social Prescriber for Braccan Health PCN working at The Forest Health Group and Gainsborough practices.

I help support our clinicians by giving patients time and focusing on 'what matters to me' and taking a holistic approach to people's health and wellbeing. Some of the areas I can support in: Learning new skills, weight management, making new friends, financial worries and much more. Contact your GP practice and ask for a social prescriber to make contact or alternatively you can self-refer via: baccg.spteam.braccanhealthpcn@nhs.net



STEPPING STONES

Bracknell Recovery College



reception@steppingstonesrecovery.co.uk

www.steppingstonesrecovery.co.uk

The Court House, Broadway, Bracknell, RG12 1AE

Phone: 01344 300333

Instagram: [SteppingStones.RecoveryCollege](#)

Facebook: [SteppingStonesBracknell](#)

LinkedIn: [SteppingStonesRecoveryCollege](#)

Stepping Stones Collaboration for Recovery and Wellbeing is a Charitable Incorporated Organisation.
Registered charity number: 1189763