

BeWell@StepOne

Course Guide Nov 2020-Jan 2021

Step One



Your future starts here

Who are we?

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.

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)*

With this in mind, 'BeWell@StepOne' has been launched. Its mission is to provide support to as many people as possible across Devon through online courses, support groups and learning opportunities, 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



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 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.

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. We can arrange a video call to introduce ourselves and provide you with some information beforehand.

BeWell@StepOne

H.O.P.E

Help Overcoming Problems Effectively

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.”

This programme has been developed by Torbay and South Devon NHS Trust to help local people struggling with long-term health conditions; build 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, 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 is not therapy but more therapeutic.

The 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 and enhance your happiness and quality of life.
- Feel more confident in dealing with emotional issues such as: anxiety, anger, depression and uncertainty.
- Increase your ability to handle stressful situations.
- Discover how to use relaxation techniques to refresh your mind and body.
- Learn how to make plans and achieve goals that can help you make changes for the better.
- Use the skills from the course to improve and self-manage your life.

This online course consists of 6 weekly sessions (2 hr 30 minutes each session) with a maximum of 12 participants.

H.O.P.E course dates:

Monday 2nd November 2020 - 9:30am-12:00pm (6 weeks)

Monday 11th January 2021 - 1:30pm-4:00pm (6 weeks)



Coping with Anxiety

This 4-week online course will introduce you to strategies that can help reduce your anxiety and explain reasons why anxiety exists. It will help you to recognise early signs of anxiety and how to minimise stress. It is also an opportunity to meet other people experiencing similar symptoms.



Anxiety course dates:

Monday 2nd November 2020 - 1:30pm-4:00pm [4 weeks]
Monday 30th November 2020 - 1:30pm-4:00pm [4 weeks]

Coping with Change

This 3-week online course focuses on developing strategies to deal with change. The COVID-19 pandemic has brought many significant changes; and whether big or small, the way we deal with change can have a positive or negative influence on us. We will consider the impact of changes, what our 'new normal' looks like, and how we respond to the changes that we are each dealing with.



Coping with Change course dates:

Tuesday 2nd November 2020
10:00am-12:00pm [3 weeks]

Wednesday 6th January 2021
10:00am-12:00pm [3 weeks]

Developing Resilience

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.

This course will look at ways to become more resilient and help us recognise our existing strengths.



Resilience course dates:

Thursday 5th November 2020 – 9:30am-12:00pm [4 weeks]

Thursday 5th November 2020 - 1:30pm-4:00pm [4 weeks]

Tuesday 5th January 2021 – 9:30am-12:00pm [4 weeks]

Thursday 7th January 2021 – 9:30am-12:00pm [4 weeks]

Braving Bereavement

This 6 week course is for anyone who has experienced bereavement. This course will encourage you to not 'get over' the person that you have lost but to move forward carrying them with you. You will have an opportunity to talk to others who are experiencing similar feelings and to look at ways to set small goals to move forward.



Braving Bereavement course dates:

Monday 11th January 2021
1:30pm-4:00pm (6 weeks)

Next Steps....

If you would like to join one of the courses, let us know by completing the registration form and emailing it to training@steponecharity.co.uk - we will confirm your place and 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 receiving continued support from your peers - find out more from your course tutor.

Would you like to Volunteer?

Volunteers are an important and valued part of 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

Step One Charity, Beaufort House, 51 New North Road, Exeter, EX4 4EP

Tel: 01392 244258 training@steponecharity.co.uk



Step One

BeWell@StepOne offers a range of courses and tools to support mental health and wellbeing. Each course is run by a qualified tutor and we provide a safe and supportive environment to access the courses available. Pre-registration is required for all courses and we require a next of kin/safety contact should you require further support throughout the course. All registrations are on a first-come, first-served basis so early registration is encouraged as the best way to ensure a space on the course. Each course is subject to cancellation should the course not reach the minimum amount of participants. If this is the case, your registration will be kept and you will be offered a place on the next available course. Once the registration is received you will receive confirmation via email with joining instructions.

Registration Form

Course Name:		Preferred start date:	
Name:			
Address			
	Postcode:		
Email:			
Phone no:		D.O.B:	
Job title (if applicable):			
Organisation details (if completing a course through your organisation)			
Organisation name:			
Address:			
	Postcode:		
Contact/Supervisor:		Phone no:	
Email:			
PO Number (for paid courses)			

Emergency Contact

Name:	
Phone number:	
Relationship:	

We are committed to equal opportunities and ensuring that participants have the right support to complete the courses provided. If you have any disabilities/support, please detail below:

Declaration and signature:

I understand that by providing my details I agree for Step One to contact me via e-mail or phone with course details, joining instructions and information on future courses that may be of interest.