



The First Steps Newsletter!

First Steps is an NHS-led service offering friendly advice and information on mental health and emotional issues. Our aim is to help individuals, communities and local services to improve their knowledge and understanding of mental health and emotional well-being.

Spotlight on Training

Are you looking at your training schedule? Was there something that you wanted to book last year, but never quite got around to?

Training sessions are now available for 2012, so please do contact us to discuss your teams requirements. First Steps can offer bespoke training to suit your teams training needs. Popular sessions include Mental Health Awareness, Improving Workplace Well-being, Managing Emotional Health in the Work Place and Introduction to CBT Self-help. Our training sessions are interactive and informative and cover what can be difficult subjects in a sensitive way. For more information please contact us.

Emotional Well-being in Winter

It is common for people to notice a dip in their mood when the dark evenings and cold weather start to draw in. Seasonal Affective Disorder is common, affecting around 10 per cent of the population of Northern Europe (milder symptoms of SAD), while about two per cent experience severe symptoms (MIND). For others, the dark nights and cold weather may mean that people are less active, socialise less or generally find their motivation is lower. All of which will impact on a persons emotional well-being.

First Steps Top Tips

- Try to find interests and activities that you can do indoors
- Ensure you see daylight daily! This may mean needing to wrap up warm and potentially go out in your lunch breaks
- Check in on people in your neighbourhood who may feel more vulnerable. Some people will have increased difficulty accessing the community in the harsher winter weather and can feel very isolated. Keeping in contact can be good for your sense of well-being too.
- Speak to First Steps or your GP to discuss your particular difficulties and strategies that may work for you. Light boxes can be helpful



NW and SE Surrey
No need to register!
Just show up!

Coping with Frustration and Anger

Woking Mon 20th Feb, 6:30 - 8:30pm
Lingfield Weds 22nd Feb, 6:30 - 8:30pm

Low Mood

Woking Mon 27th Feb, 6:30 - 8:30pm
Lingfield Weds 29th Feb, 6:30 - 8:30pm

Anxiety

Woking Mon 5th Mar, 6:30 - 8:30pm
Lingfield Weds 7th Mar, 6:30 - 8:30pm

Stress at Work and at Home

Woking Mon 12th Mar, 6:30 - 8:30pm
Lingfield Weds 14th Mar, 6:30 - 8:30pm

Self-Esteem

Woking Mon 19th Mar, 6:30 - 8:30pm
Lingfield Weds 21st Mar, 6:30 - 8:30pm

Communication and Assertiveness

Woking Mon 26th Mar, 6:30 - 8:30pm
Lingfield Weds 28th Mar, 6:30 - 8:30pm

Venues:

Woking: Parkview Centre for the Community, Blackmore Crescent, Sheerwater, Woking, Surrey GU21 5NZ
Lingfield: Lingfield and Dormansland Community Centre, The High Street, Lingfield, Surrey RH7 6AB

Don't forget our daytime sessions in January too!

Park Barn Community Centre, Guildford
Thursday 10am-12.00

If you know of anyone else who would like to be included in the distribution of this newsletter, please ask them to email us at first.steps@nhs.net Many thanks!