

## Oasis Talking Therapies Wellbeing Sessions in Bristol

Date	Start Time	Venue	Course Topic	Partner Agency
17 October	11:00	St Pauls Settlement	Living well with LTHC	Bristol Black Carers
18 October	11:00	Sudanese Centre Queen Ann Rd , Barton Hill	Managing low mood	Sudanese Women
18 October	11:30	Barton Hill Settlement	Sleeping Well	Somali Resource Centre
22 October	18:00	Old School, Barton Hill	Sleeping Well	Sudanese men
24 October	11:00	Barton Hill Settlement	Self-esteem & Assertiveness	Dhek Bhal men
24 October	12:00	Easton Community Centre	Managing low mood	Evergreens
24 October	11:00	St Pauls Settlement	Mindful Living	Bristol Black Carers
25 October	11:00	Sudanese Centre Queen Ann Rd , Barton Hill	Sleeping Well	Sudanese Women
29 October	13:30	Malcolm X Centre	Anxiety & Panic Management	Malcolm X Elders
31 October	11:00	St Pauls Settlement	Sleeplessness- (rearranged cancelled session)	Bristol Black Carers
1 November	11:00	Sudanese Centre Queen Ann Rd , Barton Hill	Anger Management	Sudanese Women
5 November	14:00	122 Grosvenor Rd BS2 8YA	Sleeping Well	Bristol Somali Forum (Men)
5 November	18:00	Old School, Barton Hill	Self-esteem & Assertiveness	Sudanese Men
7 November	11:00	St Pauls Settlement	EVALUATION	Bristol Black Carers
7 November	11:30	Vassall Centre	Living well with LTHC	BACWG
8 November	11:30	Barton Hill Settlement	Self-esteem & Assertiveness	Somali Resource Centre
12 November	13:30	Malcolm X Centre	Managing low mood	Malcolm X Elders
13 November	11:00	Tudor Road	Relaxation	Golden Agers
14 November	11:00	Barton Hill Settlement	Anxiety & Panic Management	Dhek Bhal men
16 November	09:30	122 Grosvenor Rd BS2 8YA	Sleeping Well	Bristol Somali Forum (women)
19 November	18:00	Old School, Barton Hill	Anger Management	Sudanese men
21 November	12:00	Easton Community Centre	Anxiety & Panic Management	Evergreens
26 November	14:00	122 Grosvenor Rd BS2 8YA	Managing Stress	Bristol Somali Forum (Men)
26 November	13:30	Malcolm X Centre	Anger Management	Malcolm X Elders
28 November	11:00	Barton Hill Settlement	EVALUATION	Dhek Bhal men

3 December	09:30	122 Grosvenor Rd BS2 8YA	Managing Stress	Bristol Somali Forum (women)
4 December	11:00	Tudor Road	Self-esteem & Assertiveness	Golden Agers
5 December	11:30	Vassall Centre	Mindful Living	BACWG
5 December	12:00	Easton Community Centre	Mindful Living	Evergreens
6 December	11:30	Barton Hill Settlement	Anger Management	Somali Resource Centre
10 December	13:30	Malcolm X Centre	Self-esteem & Assertiveness	Malcolm X Elders
9 January	11:30	Vassall Centre	Relaxation	BACWG
15 January	11:00	Tudor Road	Mindful Living	Golden Agers
21 January	13:30	Malcolm X Centre	EVALUATION	Malcolm X Elders
23 January	12:00	Easton Community Centre	Self-esteem & Assertiveness	Evergreens
5 February	11:00	Tudor Road	Living well with LTHC	Golden Agers
6 February	11:30	Vassall Centre	EVALUATION	BACWG
6 February	12:00	Easton Community Centre	EVALUATION	Evergreens
19 February	11:00	Tudor Road	EVALUATION	Golden Agers
6 March	11:30	Vassall Centre	Managing low mood	BACWG