

## Anxiety management

Attending this five week course can help people cope with and overcome many of the difficulties associated with anxiety.

The course aims to give you a greater understanding of anxiety and its causes and will help you gain new skills and develop techniques to reduce anxiety levels.

The course includes:

- information about how to understand and challenge your anxiety
- learning breathing exercises
- learning how to relax and to distract

## How to be referred to Stepping Stones

- Wing staff
- Any healthcare staff (e.g. nursing staff, GP's)
- Triage Nurses/Doctors
- Mental Health Team
- Interventions Pod
- Or you can self refer via apps.

After a referral has been made, one of our team members will visit you to work out your individual care plan and which groups that

## Contact us

### Community Mental Health Team

HMP Eastwood Park  
Church Avenue  
Falfield  
Wotton-under Edge

### What our service users think of Stepping Stones

**“Totally life-changing”**

**“The best course in prison”**

**“The staff were very nice and friendly”**

**“Thank you all for giving me the chance to cope with my problems”**

**“It has taught me new skills to help me in the future”**

**“Stepping Stones has given me the confidence in meeting others and I was able to progress to education”**

If you need this information in other formats, such as large print, Braille, or in another language, please call: 01225 362900

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Avon and Wiltshire  
Mental Health Partnership  
NHS Trust

# Stepping Stones at HMP Eastwood Park

**Taking  
Positive Steps**



## What is Stepping Stones?

Stepping Stones is run by the HMP Eastwood Park's Community Mental Health Team.

Stepping Stones offers a range of therapeutic and purposeful groups providing support for women who may be experiencing mental health difficulties such as trauma, personality disorders, anxiety, depression, psychosis and sleep difficulties.

## Who works in Stepping Stones?

We are a team of mental health workers such as mental health nurses, healthcare assistants, assistant psychologists and psychologists who understand your difficulties and will provide you with a supportive environment.

## What if I have work or education?

If you are attending work or education, you can still access groups in Stepping Stones. Groups will not affect your attendance.

All groups meet one session a week and sometimes they might take place at the same time as your scheduled work or education. However, when you have been allocated your group(s) you will be informed about the



## What can Stepping Stones offer?

### Introduction to Mindfulness

This is a one off session to give an understanding of mindfulness and how it can be helpful:

- being in the present moment
- learning loving kindness towards yourself and others.

### Mindfulness course

If you would like to learn more, Stepping Stones also offers a further four Mindfulness sessions, where you will develop more specific skills to:

- help you manage stress, anxiety and depression
- develop better memory and greater awareness
- improve focus and concentration.

We would expect you to practice these skills away from the group. The group is split into two parts—the first is a guided meditation to enable you to practice mindfulness skills. The second is a pampering session.

### Creative writing

Expand on existing knowledge or rekindle your love of writing in a relaxing environment.

These groups run over four sessions where you will be given the opportunity to learn about

different styles of creative writing and to have a go at writing your own piece of work!

We also look at valuable social skills and building on self-esteem and confidence in a group setting.

### Stabilisation

Stabilisation can help people start to understand the relationship between thinking styles, how they behave and feel.

This group runs for one session a week for five weeks and will cover:

- unhelpful thinking styles
- dealing with low mood
- mindfulness and grounding
- improving mood through behaviour
- looking at improving your sleep



### Improving your sleep

This one off session is based on 'Cognitive Behavioural Therapy', the idea that certain ways of thinking and behaviour can trigger certain mental health problems, such as poor sleep.

The facilitators will help you understand which unhelpful styles of thinking and behaviours are contributing to your sleep difficulties.