



## Are you affected by homelessness?

If you are homeless, have a background of homelessness or are at risk of homelessness, Swindon Next Step could help you the gain the skills and confidence you need to secure and sustain independent accommodation.

**Swindon Next Step** is network of trusted organisations offering a programme of free groups and courses in Swindon town centre, designed to empower you to overcome the problems which are holding you back. As well as giving you the knowledge and tools to manage specific challenges and gain control of your life, the programme provides an opportunity to make connections, build structure, and improve motivation, confidence and a sense of purpose.

## Groups and courses

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## To join a group

If you are accommodated within supported or social housing, your housing officer or case worker can help you to complete a referral and submit this on your behalf.

If you are otherwise affected by homelessness, you can ask staff at Swindon Borough Council's Housing Team, Community Hubs, Live Well Swindon, Job Centre or another professional (eg counsellor, drug/alcohol worker, probation officer, social worker, benefits advisor) to refer you.

### For a referral form or more information:

- Email: [NextStep@threshold.charity](mailto:NextStep@threshold.charity)
- Phone: [07481 361933](tel:07481361933)
- Visit: [www.threshold.charity/ourservices/nextstep](http://www.threshold.charity/ourservices/nextstep)

## Other services in Swindon

For more services across Swindon which can help with other challenges, visit <https://www.threshold.charity/tackling-homelessness-in-swindon/>

# Managing Money

**Course dates:** 5<sup>th</sup> November – 19<sup>th</sup> November 2026

25<sup>th</sup> February – 11<sup>th</sup> March 2027

10<sup>th</sup> June – 24<sup>th</sup> June 2027

**When:** Thursdays, 10.30am – 12.30pm

**Where:** 1<sup>st</sup> Floor, 1 John Street, Swindon SN1 1RT

**Facilitators:** Lynn and Lizzy, Crosslight Advice

## Would you like to feel more confident managing your finances?

Managing your money is a vital skill for sustaining secure, independent living. Money issues have a negative impact on security and wellbeing and can make it difficult to secure stable housing in the future.

This short course of three sessions can help you understand your relationship and beliefs about money, learn to budget, manage household bills, save and manage debts, and discover the links between money and mental health.

# Employability

**Course dates:** 25th September – 4th December 2026

8th January – 19th March 2027

**When:** Fridays, 11am – 12.30pm

**Where:** 1<sup>st</sup> Floor, 1 John Street, Swindon SN1 1RT

**Facilitator:** Karen, New College Adult Education Centre

## Do you want to work, but don't know where to start?

Most people affected by homelessness face barriers to finding employment. Many have difficulties searching for and applying for jobs, are worried about how their background may affect their chances, anxious about how working will affect their benefits, or don't have the confidence to approach companies and attend interviews.

This ten-week course will teach you skills to search for jobs, write a CV, apply for benefits, access training and volunteering opportunities, prepare for interviews and understand what to expect in the workplace. Sessions will improve your confidence and motivation to explore a career path and support you to take the next steps towards securing the right job for you.

# Confidence and Motivation

**Course dates:** 25th September – 4th December 2026

8th January – 19th March 2027

**When:** Fridays, 1pm – 2.30pm

**Where:** 1<sup>st</sup> Floor, 1 John Street, Swindon SN1 1RT

**Facilitator:** Karen, New College Adult Education Centre

## Do you struggle to find the confidence and motivation to do the things you want?

Factors such as trauma, poor mental health, physical health issues, disability, neurodiversity and stigma can destroy people's confidence and motivation. For many even simple, everyday tasks can seem daunting, making changes feels impossible and achieving your goals and aspirations completely out of reach.

This ten-week course can help you to think more positively about your life, develop your self-belief and find a sense of purpose. The sessions will support you to identify your pathway forward and build the confidence and motivation you need to work towards your goals.

# Healthy Relationships

**Course dates:** 13<sup>th</sup> October – 10<sup>th</sup> November 2026

12<sup>th</sup> January – 9<sup>th</sup> February 2027

20<sup>th</sup> April – 18<sup>th</sup> May 2027

**When:** Tuesdays, 10.45am (session lengths vary)

**Where:** Hill House, College Court, Regent Circus,  
Swindon SN1 1PZ

**Facilitators:** Cassie and Yaz, SWA

## Do you have difficulties in relationships with family, friends, your partner, co-parent or others?

Relationship breakdowns are the most common cause of homelessness, with many people having lost or broken relationships with family, friends, partners and children. People who use harmful behaviours in relationships and people who have experienced harm are particularly vulnerable to homelessness and forming unhealthy relationships in the future.

This five-week course explores what makes a healthy and relationship, how society shapes our views about relationships and recognising when behaviours become abusive. The sessions will help you discover your needs and triggers, develop strategies for emotional regulation and understand consent, boundaries, and how to access help if your safety is at risk.

# Managing Stress and Anxiety

- When:** Wednesdays, 1pm – 2.30pm
- Where:** Queens Wellness Hub, Suite West E, Nexus  
Business Centre, 6 Darby Close, Cheney Manor,  
Swindon SN2 2PN  
  
(10-minute bus journey from Fleming Way Stop B  
– bus fares can be re-imbursed)
- Facilitator:** Barbara, Ipsum

## Is stress or anxiety impacting your quality of life?

Research shows that the majority of people with a background of homelessness live with anxiety. Stress and anxiety carry significant risks to health and wellbeing and can have an enormous impact on relationships and the ability to carry out day-to-day activities.

This workshop explains the effects of stress and anxiety of your body and brain, and how this can affect your thoughts, feelings and behaviours. You will learn strategies to manage stress and reduce anxiety, improving your health, confidence, enjoyment and achievements in other areas of your life.

# Mindfulness and Meditation

**When:** Wednesdays, 3pm – 4.30pm

**Where:** Queens Wellness Hub, Suite West E, Nexus  
Business Centre, 6 Darby Close, Cheney Manor,  
Swindon SN2 2PN

(10-minute bus journey from Fleming Way Stop B  
– bus fares can be re-imbursed)

**Facilitator:** Barbara, Ipsum

## Do you struggle with a ‘racing mind’ or feel unable to switch off?

It is common for people with housing insecurity, previous trauma, neurodiversity or other issues to feel like their thoughts are unmanageable. Preoccupation with the past or worries about the future can prevent people from processing their feelings or managing their lives in the here and now, causing distress, exhaustion, procrastination and/or impulsive behaviour.

Understanding mindfulness and learning to be mindful can be very effective in bringing yourself into the present, gaining perspective, letting go of judgement and slowing down the mind. Mindful meditation and other mindfulness techniques can enable you to soothe, soften and give space to your experiences, creating acceptance, releasing you from negative beliefs and allowing you to grow into a new confidence.

# Digital Music Group

**When:** Wednesdays, 1pm – 2.30pm

**Where:** Ipsum, 13 Milton Road, Swindon SN1 5JE

**Facilitator:** Rich, Ipsum

## Would you like to express yourself through producing your own songs and music?

Four out of five people with homeless experience have difficulties with their mental health, yet experience barriers to accessing support. Creative therapies are an informal alternative to talking therapies and create opportunities for participants to explore ideas, develop new skills, and build confidence through creative practice.

This group will support you to learn an easy-to-use digital programme to create your own songs, add instruments/effects, edit, mix and DJ. Music therapy can enhance problem-solving abilities, encourage open-ended thinking and experimentation and offers a constructive outlet for expression, helping to reduce stress, increase focus, foster a sense of achievement and inspire positive change.

# Arts and Crafts Group

**When:** Mondays, 11am – 12.30pm

**Where:** Ipsum, 13 Milton Road, Swindon SN1 5JE

**Facilitator:** Kate, Ipsum

## Would you like to learn skills and communicate through the creation of art?

Four out of five people with homeless experience have difficulties with their mental health, yet experience barriers to accessing support. Creative therapies are an informal alternative to talking therapies and create opportunities for participants to explore ideas, develop new skills, and build confidence through creative practice.

This artist-led workshop could improve your mental health, help you build confidence, learn new skills, have fun and take time to relax. Art therapy can enhance problem-solving abilities, encourage open-ended thinking and experimentation and offers a constructive outlet for expression, helping to reduce stress, increase focus, foster a sense of achievement and inspire positive change.

# Creative Writing Group

**When:** Thursdays, 1pm – 2.30pm

**Where:** Cricketers' Lounge, Emlyn Square, Swindon SN1 5BP

**Facilitator:** Barbara, Ipsum

## Are you looking for a fun and therapeutic way to manage your inner thoughts and feelings?

Four out of five people with homeless experience have difficulties with their mental health, yet experience barriers to accessing mental health support. Creative therapies are an informal alternative to talking therapies and create opportunities for participants to explore ideas, develop new skills, and build confidence through creative practice.

Creative writing can help you to relieve stress and build self-confidence as you safely explore your thoughts, feelings and experiences through the written word. Self-expression can enhance problem-solving abilities, encourage open-ended thinking and experimentation, increase focus, foster a sense of achievement and inspire positive change.

# Men's Group

**When:** Fridays, 3 - 4pm

**Where:** 1<sup>st</sup> Floor, 1 John Street, Swindon SN1 1RT

**Facilitator:** Dylan, Threshold

## Do you feel judged, lonely or excluded?

Many men with a background of trauma or homelessness feel unable to talk openly about their feelings and experiences, for fear of being judged or ridiculed. Stigma, conflict and isolation can aggravate relationship problems, mental health issues, substance use and negative behaviours.

The Men's Group is a safe space for you to share your emotions, thoughts and experiences, build connections and gain a sense of belonging and identity. The group provides the opportunity to support others while gaining recognition and understanding from men who may be dealing with similar issues helping you to explore the challenges in your life, look at your beliefs and behaviour patterns, learn from like-minded people and foster hope and self-esteem.

## Outdoor activities

- When:** Wednesdays, 2.30 – 4.30pm
- Where:** Meet at entrance to GWR Park, Faringdon Road, Swindon
- Facilitator:** Lewis, Threshold

### Would you like to take up a healthy outdoor activity?

A lack of structure or meaningful things to do with your time can leave people isolated and unmotivated, often leading to poor health and self-neglect. Costs and other barriers to accessing clubs or activities can lead to the perception there is nothing that can do to improve your wellbeing and the obstacles are too big to overcome.

This group provides a weekly opportunity to meet up, relax and have fun while participating in healthy outdoor activities such as football, tennis, pitch & putt or gardening. You could benefit from regular social connection, improved physical and mental wellbeing, developing motivation and purpose, and discovering new activities that you look forward to and enjoy.

# Independent Living Group

**When:** Fridays, 4 – 5pm

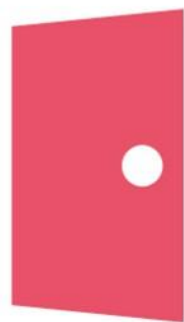
**Where:** 1<sup>st</sup> Floor, 1 John Street, Swindon SN1 1RT

**Facilitator:** Ben, Threshold

## Are you worried about managing and maintaining your tenancy or accommodation?

Many people who secure independent accommodation are unable to sustain their tenancies, with some having repeated returns to homelessness. Managing a home without support can be daunting due to a new daily regime of tasks, costs and responsibilities which must be met consistently now and in the long term.

If you are preparing to move into independent accommodation or have secured housing after being homeless then this group is an opportunity for you to share experiences, challenges, support and solutions with others who understand your situation. Staff from local services will share information and advice on topics such as managing benefits, staying on top of your bills, employment, mental health, repairs, self-care, community involvement and how to get support. You will be supported to solve problems together, improving your confidence in building a secure and fulfilling future in your new home.



# SWINDON

## Next Step



Swindon Next Step is generously funded by the Ministry of Housing, Community and Local Government's **Ending Homelessness in Communities Fund** which supports the government's broader strategy to end homelessness.

Threshold Housing Link is a registered charity number 1017599  
Registered office: 2<sup>nd</sup> Floor, 1 John Street, Swindon SN1 1RT