

## Healthy Lifestyle Support in Frome

### Health Connections Mendip

Health Connectors are part of your GP practice team. We can support you to improve your health and wellbeing. We offer one to one appointments where we work alongside you to help develop a plan that is based on what matters to you. We also offer group support, self management programmes, signposting, training and community projects.

01373 468368

[mendip.healthconnections@nhs.net](mailto:mendip.healthconnections@nhs.net)

[www.healthconnectionsmandip.org](http://www.healthconnectionsmandip.org)

### Support for a healthy weight

#### **Healthy Lifestyles Programme**

Join Health Connections Mendip online programme, looking at topics such as healthy eating, relaxation, sleep, wellbeing and movement. Every Tuesday 2:00pm - 3:00pm

01373 468368

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#### **NHS Better Health**

The NHS Better Health website has a free 12 week course and also discounts on well-known national healthy eating plans and groups.

[www.nhs.uk/better-health/lose-weight/](http://www.nhs.uk/better-health/lose-weight/)

#### **Healthier You - NHS Diabetes Prevention Programme**

If you are at high risk of type 2 diabetes, you may be eligible for the free NHS Healthier You service, which will help you to eat more healthily, lose weight and get more physically active.

<https://preventing-diabetes.co.uk/know-your-risk-dtc/>

### Support to be active

#### **Mendip Health Walks**

There are a variety of walks for you to choose from. To book and find out where they are being held contact Jo Smith:

07855 283855 / 01823 653990

[www.sasp.co.uk/health-walks](http://www.sasp.co.uk/health-walks)

#### **Park Run - Frome**

This is a 5km run at 9.00am every Saturday at The Old Showfield, off Rodden Road, Frome, BA11 2AH (nearest postcode) To find out how to join go to their website:

[theoldshowfieldhelpers@parkrun.com](mailto:theoldshowfieldhelpers@parkrun.com)

[www.parkrun.org.uk/theoldshowfield](http://www.parkrun.org.uk/theoldshowfield)

### **Mental Health support**

#### **Open Mental Health Somerset Alliance**

Mental Health organisations have come together to provide 24/7 support to adults in Somerset. Whatever is worrying you – anxiety, debt, employment, housing, low mood, addiction – we're here to help.

[support@openmentalhealth.org.uk](mailto:support@openmentalhealth.org.uk)

01823 276892 (24 hour support)

### **Support to stop smoking**

#### **Smoke Free Life Somerset**

Smokefreelife Somerset is the free Stop Smoking Service operating throughout Somerset. You are four times more likely to quit smoking with professional support. They currently offer face to face group sessions, to book check their website.

01823 356222

[www.healthysomerset.co.uk/smokefree](http://www.healthysomerset.co.uk/smokefree)

### **Support for sensible alcohol use**

#### **Somerset Drug and Alcohol Service (SDAS) Mendip**

Somerset Drug and Alcohol Service offers free, confidential advice and support to anyone whose life is being adversely affected by drug and/or alcohol use.

0300 303 87 88

[www.turning-point.co.uk/sdas](http://www.turning-point.co.uk/sdas)

### **Looking after yourself this winter**

#### **Healthy Homes**

Free, impartial, local energy saving advice. This includes advice on keeping warm and well in winter, cutting your energy bills and information on funding for energy saving improvements.

0800 0822234

[www.cse.org.uk/loveyourhome](http://www.cse.org.uk/loveyourhome)

#### **Your Covid Recovery**

Your Covid Recovery helps you to understand the impact the Covid 19 virus has had on your mind and body, what has happened and what you might expect as part of your recovery.

[www.yourcovidrecovery.nhs.uk/](http://www.yourcovidrecovery.nhs.uk/)

## **Connecting with your community**

### **Talking Cafes**

Talking Cafes are a place to meet new people, make friends and chat to a Health Connector about activities, support groups and services in your community.

Cheese and Grain, Market Yard, Frome BA11 1BE Mondays 10:00am - 11:30am

Coffee Shop #1, Westway Centre, Frome BA11 1BS Thursdays 1:00pm - 2:30pm

### **Talking Benches**

The Health Connections team visits a bench one day a week and is present to talk and signpost people to other organisations and services in the town.

Every Wednesday 10:30am to 11.00am at Frome Library, Justice Lane, Frome BA11 1BE

### **Community Connector and Green Community Connector Training**

Health Connections Mendip "Let's Connect" is all about the power of communities to support each other by passing on information to friends, family and neighbours. Check out single one hour training sessions on our website.

[www.healthconnectionsmentip.org/lets-connect/training](http://www.healthconnectionsmentip.org/lets-connect/training)

### **Health Connections Mendip Resource and Information Centre**

The resources available on our website can help you with sleep, exercise, relaxation techniques, goal setting tools and information on planning ahead for when you are less well.

[www.healthconnectionsmentip.org/support-for-you/information-centre/](http://www.healthconnectionsmentip.org/support-for-you/information-centre/)

### **Health Connections Directory**

Have a look at our directory of local support groups and services in the Mendip.

[www.healthconnectionsmentip.org/mendip-directory/](http://www.healthconnectionsmentip.org/mendip-directory/)