

Help & Support In Mendip – Winter 2021/22

We know that so many people in our community are already joining together to provide support to one another. Some things that might help this winter: stay connected, keep moving and eat well, do something enjoyable every day, help each other and reach out when things are tough. We hope the information below is helpful to you and those around you. Due to the pandemic some of these groups and services may have adjusted what they are able to offer.

Health Connections Mendip

Health Connectors are part of your GP practice team. We can offer you one-to-one support to improve your health and wellbeing by working with you to set goals and make a plan that is based on what matters to you. We run Talking Cafes, healthy lifestyles sessions and training such as becoming a Community Connector. There is also a list of support and resources on our website. Visit our website or contact us to discuss what kind of support/information you might want and what matters to you.

01373 468368 mendip.healthconnections@nhs.net www.healthconnectionsmentip.org

Mental Health Support

Mindline Somerset

A confidential listening service for people in Somerset experiencing mental distress or wanting emotional support.

0800 138 1692 or 01823 276892

www.mindinsomerset.org.uk

Support To Be Active

Mendip Health Walks

Group walks for all abilities. For information and booking contact Somerset Activity & Sports Partnership.

01823 653990

www.sasp.co.uk/health-walks

Park Run

Free, weekly 5km runs across Mendip at 9.00am every Saturday. Everyone is welcome and you can walk, jog or run.

www.parkrun.org.uk

Healthy Lifestyles Support

Healthy Lifestyles Programme

An online programme, looking at topics like healthy eating, relaxation, sleep, movement and wellbeing. Every Tuesday 2:00pm - 3:00pm.

Join on our website or call Health Connections Mendip.

01373 468368

www.healthconnectionsmentip.org

NHS Better Health

Information, guides and apps to support with losing weight, getting active, stopping smoking, drinking less and taking care of your mind. You will also find the free NHS Weight Loss Plan and discounts on well-known national healthy eating plans and groups.

www.nhs.uk/better-health

NHS Better Health Weight Loss Plan & Discounts

Free 12 week NHS Weight Loss Plan and discounts on well-known national healthy eating plans and groups.

www.nhs.uk/better-health

Befriending

Silver Line Telephone Friends

Weekly friendship telephone call from a volunteer. For people aged 55 and over.

0800 470 80 90

www.thesilverline.org.uk

Active & In Touch

One to one and group befriending service. Frome, surrounding villages and Shepton Mallet only.

07539 795261

www.activeandintouch.org

Covid Information

Your Covid Recovery

Helps you to understand how the Covid 19 virus has affected your mind and body, what has happened and what you might expect as part of your recovery.

www.yourcovidrecovery.nhs.uk/

Somerset Coronavirus Helpline

Get help and support on prevention and spread of Coronavirus.

0300 790 6275

www.somerset.gov.uk/coronavirus/get-help

NHS Coronavirus Advice

NHS information about Covid-19 including symptoms, testing, vaccination and self-isolation.

www.nhs.uk/conditions/coronavirus-covid-19

Government Coronavirus Advice

Find the latest Government advice and regulations regarding prevention and management of Coronavirus.

www.gov.uk/coronavirus

Vaccination Booking Information

www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/

Diabetes Prevention

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 with healthy eating, weight loss and physical activity. Their online risk tool can help you find out if you're at risk of developing the condition and whether you are eligible for the programme.

www.preventing-diabetes.co.uk/know-your-risk-dtc/

Connecting With Your Community

Talking Cafes

A place to meet new people and chat to a Health Connector about activities, support groups and services in your community.

01373 468368

www.healthconnectionsmandip.org

Online Talking Café

For those who prefer to meet online there are Online Talking Cafes where you can meet people and find out about support in your community. Every Wednesday 1pm-2pm.

01373 468368

www.healthconnectionsmandip.org

Talking Benches

Talking Benches run at the same time and place each week across Mendip. Meet a Health Connector, chat and find out about local support. Frome: Wednesday 10:30-11am outside Frome Library. For other areas contact Health Connections Mendip.

01373 468368

www.healthconnectionsmandip.org

Volunteering

SPARK A Change

Find out how you can become a volunteer.

01460 202 970

www.sparkachange.org.uk/

NHS Volunteer Responders With The Royal Voluntary Service (RVS)

You can volunteer to support or get support from a volunteer.

0808 196 3646

To volunteer visit:

www.nhsvolunteerresponders.org.uk/

Transport

Patient Transport Advice Centre

For all Somerset GP patients who need transport to their NHS appointments.

01278 727444

Mendip Community Transport

Bus service for people who do not have access to any other transport:

01749 880482

www.mendipcommunitytransport.co.uk

Community Car Schemes

To find your nearest Community Car Scheme visit this website. Frome Community Cars is 07596 591391.

www.travelsomerset.co.uk/community-transport-services

Employment

Step Up Somerset

Website to help people with redundancy, employment, skills and training.

www.stepupsomerset.org.uk

The Skills Toolkit

Government website that offers free courses to help you learn new skills.

www.nationalcareers.service.gov.uk

Training

Somerset Skills & Learning

Wide range of face to face and online courses. Many are free.

0330 332 7997

www.sslcourses.co.uk/courses/

Positive People

Supports people who are not in work to help build confidence, skills and give a sense of hope for the future.

0800 334 5525

www.positive-people.org.uk

Training To Help Connect Your Community

"Let's Connect" training is all about how communities can support each other by passing on information to friends, family and neighbours. Training can be online or face to face.

01373 46836

www.healthconnectionsmendip.org/lets-connect/training

Other Support

SWEDA – Eating Disorders

Support for people living with eating disorders.

01749 34 33 44

www.swedauk.org

WHY

Free counselling for those bereaved or affected by cancer or another life-threatening condition.

01373 455 255

<https://www.wehearyou.org.uk/>

Dorothy House Hospice Care – Central & East Mendip

Support for people with a life-limiting illness and their carers/loved ones.

01225 722 988

www.dorothyhouse.org.uk/

St Margaret’s Hospice – West Mendip

Support for people with a life-limiting illness and their carers/loved ones.

01823 333822

www.st-margarets-hospice.org.uk/home-page

Somerset Bereavement Service

Support if you have been bereaved and need emotional support or someone to talk to about death, dying and bereavement.

0800 304 7412

www.mindinsomerset.org.uk

Somerset Suicide Bereavement Service

Support for anyone who has been bereaved by suicide.

0300 330 5463

Samaritans

Whatever problems you are facing, Samaritans are there to listen 24/7.

text: 116 123 io@samaritans.org

<https://www.samaritans.org/>

Citizens Advice

Confidential information and advice on money, legal and other problems.

03444 889 623

www.citizensadvicemendip.org.uk

Somerset Carers

Support for people caring for family, friends and loved ones.

0800 31 68 600

www.somersetcarers.org

Village Agents

Practical community-based solutions for you.

www.somersetagents.org

Somerset Direct

Support for the welfare of children and adults including those with disabilities, sensory loss, general frailty and mental health problems.

03001 232 224

www.somerset.gov.uk/social-care-and-health

Somerset Domestic Abuse Support Helpline

Support for people who want to discuss or report domestic abuse. If you, or someone you know, is in danger call the Police on 999.

0800 69 49 999

www.somersetsurvivors.org.uk

SARSAS (Somerset & Avon Rape & Sexual Abuse Support)

Support for anyone who has experienced rape or sexual abuse.

0808 801 0456 or 0808 801 0464

www.sarsas.org.uk

Farming Community Network

Support for the farming community.

03000 111 999

www.fcn.org.uk

Food Banks & Free Meals

For information on your nearest foodbank or free meal scheme contact Health Connections Mendip.

01373 468368

www.healthconnectionsmandip.org

Digital Health Connector Support

For help to get connected on-line and developing digital skills.

01373 468368

www.healthconnectionsmandip.org

Home Energy Advice - Mendip

Free, impartial, local energy saving advice.

Support to anyone struggling with keeping warm and well at home.

0800 082 2234

www.cse.org.uk/loveyourhome

Health Connections Online Information Centre & Directory

This list has just some of the services provided by groups and organisations in your community. To find out more or to find other services, please see the website links below. If you would rather speak to us on the phone, call Health Connections Mendip.

01373 468368

Online Information Centre

Support to help you with sleep, exercise, relaxation techniques, goal setting tools, support for carers, information on planning for the future - and much more.

www.healthconnectionsmentip.org/support-for-you/information-centre/

Online Directory

An online list of support groups, organisations, charities and services in Mendip that can support your health and wellbeing.

www.healthconnectionsmentip.org/mendip-directory/

Benefits Calculator

To find out what benefits you may be entitled to claim, you could use this free Benefits Calculator and if you need extra support you could contact your Citizens Advice service.

benefits-calculator-2.turn2us.org.uk/

This information was correct at the time of printing. Please check with organisations for any changes.

Design & Layout by Atfield Brand Design.