

## Health Connections Mendip

September 2018 update

### How can Health Connections help?

We're a health and wellbeing service working in GP practices and in your local community. We offer a range of free services and support to help people make positive changes to their health and wellbeing. We offer one to one support, run groups such as Talking Cafés where people can make new friends and be signposted to support, and On Track groups, which are friendly peer-led groups where people set goals in relation to their health and wellbeing.



### Self-management programme

Health Connections runs 6 week self-management programmes throughout the year, at locations across Mendip. The course helps people to manage longterm conditions, deal with stress and fatigue, build confidence, improve their diet and make new friends. The next programme starts on 18 September at Frome Medical Practice (11.15am-1.15pm). Call 01373 468368 or email [mendip.healthconnections@nhs.net](mailto:mendip.healthconnections@nhs.net) to book a place.

### Talking Cafés: where & when

Frome: Cheese & Grain, BA11 1BE.  
10.00am - 12.00pm, every Mon

Shepton Mallet: Peppers café, BA4 5BG.  
10.00am - 12.00pm, every Tues & Thurs

Cafés also take place in Wells,  
Glastonbury & Street. Our website  
provides full details.

### September dates for your diary

9th National Dementia Carers Day  
 10th World Suicide Prevention Day  
 18th Health Connections Autumn self  
 management programme

18th Celebrate the NHS at 70 (Frome)  
 24th Mendip-wide Multiple Sclerosis  
 Information Event (Glastonbury)  
 24th Sexual Health Awareness Week  
 24th National Eye Health Week  
 27th Shepton Dementia Alliance launch

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## DAA Dementia Action Alliance

### Shepton Mallet to launch Dementia Action Alliance

Shepton Mallet is joining towns across Mendip by launching a Dementia Action Alliance on Thursday 27 September. The aim is to bring together individuals, groups and organisations who are committed to improving health and social care outcomes for people living with dementia, and those who care for them.

Alliances deliver basic dementia friends training to local communities, and help to increase provision of activities and initiatives for people with dementia and their carers. Find out more via our website, [healthconnectionsmentip.org](http://healthconnectionsmentip.org)

### Become a Community Connector!

There are 650 trained Community Connectors in Mendip who help friends, family, colleagues and neighbours find support in their communities, covering health and wellbeing, housing, adult education, debt advice and more. All Community Connectors receive free, locally-tailored training as part of the Health Connections Mendip service. Contact us to book your place on our next training course - email [mendip.communityconnectors@nhs.net](mailto:mendip.communityconnectors@nhs.net) or phone 01373 468368

### Mendip Multiple Sclerosis Information Event

On Mon 24 September 2018, this free MS Society event will take place at Tor Leisure Centre, Glastonbury, BA6 9EF. People with MS from across Mendip and their carers are invited to attend and take part in workshops on topics including resilience in living with MS, pain and fatigue management, exercise, mindfulness, accessing welfare benefits and more. It will also be an opportunity to meet others and share experiences. For further details contact [leila.middlehurst-evans@mssociety.org.uk](mailto:leila.middlehurst-evans@mssociety.org.uk) / 07715 427891



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**Patient feedback about the Health Connections service:**

**"It has helped me to feel worthwhile and in control of the choices I make"**

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