

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 to book a place.

Talking Cafés: where & when

Street: The Crispin Centre, BA16 0HP.
10.30am - 12.00pm, every other Wed

Glastonbury: Wish You Were Here, BA6 9HH. 10.00am - 12.00pm, every Tues

Wells: Pickwicks Café, BA5 2DJ.
10.00am - 12.00pm, every other Thurs

Cafés also take place in Frome & Shepton Mallet. Our website provides full details.

September dates for your diary

9th National Dementia Carers Day

10th World Suicide Prevention Day

18th Health Connections self management programme (Frome)

24th Mendip MS Information Event (Glastonbury)

24th Sexual Health Awareness Week

24th National Eye Health Week

27th Health Connections' monthly interview slot on GFM @ 4pm

DAA Dementia Action Alliance

Glastonbury & Street launch Dementia Action Alliances

Glastonbury and Street have joined towns across Mendip by launching Dementia Action Alliances. The aim of an Alliance 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. This will include delivering basic dementia friends training to local communities.

To get involved or find out more, contact the Glastonbury Dementia Action Alliance at emmageorge17@gmail.com / 01458 831769 and the Street Dementia Action Alliance at arnold.wills@pilgrimfp.co.uk / 01458 440588

Alliances are already active in Wells and Frome, and Shepton Mallet will launch its Alliance on Thursday 27th September.

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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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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 / 07715 427891



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 or phone 01373 468368