

## Health Connections Mendip

November 2018 update

### Have your say about NHS & social care services in Somerset

Somerset's Clinical Commissioning Group, Somerset County Council and other partners have joined together to shape a more sustainable health and social care service model that's fit for the future. They are seeking your views about areas such as living with a longterm condition, services for older people, mental health services, cancer treatment and maternity care. You can book to attend an event at Shape Mendip, in Shepton Mallet on 15 Nov from 10am - 2pm or complete an online survey. Find out more via [fitformyfuture.org.uk](http://fitformyfuture.org.uk)

### Ensuring you stay warm this winter

Did you know that you might be entitled to help with the cost of keeping warm this winter? Contact the Centre for Sustainable Energy (a council-backed charity) to claim your Winter Warmth Bundle: you could be eligible for up to £765 off your gas and electricity bills, free or subsidised loft insulation, financial help for new heating systems, support to get rid of damp and mould - and more. Call 0800 082 2234 or visit [winterwarmthbundle.org.uk](http://winterwarmthbundle.org.uk)



### CHILL support group in Frome for people with long-term conditions

CHILL (Chronic Illness, Living and Learning) is a peer support group for people living with conditions such as ME/CFS, Multiple Sclerosis, Parkinson's, depression or arthritis. The group's aims are to provide a space to make new friends, as well as learn about available therapies, support, exercise and financial assistance from guest speakers. The group meets on the first Monday of every month from 1pm until 3pm at the Blue House, 4 The Bridge, Frome BA11 1AP. There's no need to book a place, just come along on the day. You can also visit the website at [chill.org.uk](http://chill.org.uk)

### November dates for your diary

1st COPD awareness month -  
throughout Nov

1st Movember - men's health campaign  
throughout Nov

12th National Self Care Week

14th World Diabetes Day

15th Health & social care consultation  
event - Shepton Mallet

21st Alcohol Awareness Week

## Rubbish Art Project in Shepton seeking volunteers & artists

Through free or low cost community art workshops and activities run by local artists, the Rubbish Art Project (RAP) at the Art Bank in Shepton creates public art that aims to inspire and regenerate the town and also communicate important messages about plastic waste. Do you have any skills you would like to share with the Shepton community? Or would you like to learn new skills? The project has opportunities for volunteers of all ages to assist during drop in sessions and creative workshops. There are lots of events happening at the Art Bank including spoken performances by local poets and writers, reggae, folk and dance nights, clothes swaps and environmental talks. Find out more via social media, at: [www.facebook.com/therubbishartproj](http://www.facebook.com/therubbishartproj)



## Become a Community Connector

There are 800 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. Find out more at [healthconnectionsmentip.org](http://healthconnectionsmentip.org)

# edventure

Frome

A SCHOOL FOR COMMUNITY ENTERPRISE

## Creative & work opportunities for 18-35 yr olds in Frome

Are you aged 18 to 35, and looking to gain the confidence to make your creative ideas happen and work on projects that really matter to you? If so, then Edventure Frome could be just what you're looking for. You'll spend 3 weeks in a team learning to design, make and sell products made from raw materials such as metal, wood, fabric, silver and leather. You'll then have the opportunity to sell your creations at Frome Independent Market. The next course starts on 12 Nov - find out more at [edventurefrome.org](http://edventurefrome.org)

## Free training for groups who work with volunteers in Frome

A fantastic free opportunity on 13 Nov to meet with others working with volunteers, and exchange ideas and experiences. The topic for this meeting will be 'Dealing with Difficult Situations'. This is open to anyone who recruits or supports volunteers in the Frome area. For more info, visit [sparksomerset.org.uk](http://sparksomerset.org.uk)

Health Connections Mendip works in GP practices & in your local community to help people make positive changes to their health & wellbeing. We offer one to one support, run groups such as Talking Cafés & host a comprehensive online directory with details of local services & support, at [healthconnectionsmentip.org](http://healthconnectionsmentip.org)