

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 Glastonbury Town Hall on 21 Nov from 10am - 2pm or complete an online survey. Find out more via 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



New Talking Café launches for young adults in Wells

Are you, or do you know, a young person aged 18-28 who may be feeling isolated due to difficulties affecting their health, social life or ability to work? They are invited to a new Talking Café to meet other young people and find out about support, services & other opportunities in the area. The cafe takes places every other Thurs from 11.30am-1pm at the Connect Centre in Wells. A free drink is provided. Contact Health Connections Mendip for more information - 01373 468368

November dates for your diary

1st COPD awareness month - throughout Nov

1st Movember - men's health campaign throughout Nov

8th Free Older Person's Event:

Glastonbury Town Hall, 10am - 1pm

12th National Self Care Week

14th World Diabetes Day

19th Alcohol Awareness Week

21st Health & social care event - Glasto

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Men's Shed launches in Wells

The Wells Shed has opened thanks to a generous grant from the Somerset Freemasons. The Shed, based in West Horrington, has been set up to combat loneliness & isolation by bringing people together to socialise, learn new skills & relearn old ones. Both men and women are welcome to come along. Call Martin on 07598 132193 for details.



Volunteer community drivers needed in Street

Crispin Community Centre in partnership with Mendip Community Transport, are launching a volunteer car service for isolated members of the community. Can you spare a few hours a week to drive your neighbours to the shops, a social club or the doctor? If so, volunteer for this important new scheme! Your mileage will be covered. Contact Michaela Edmunds for more information on 01458 447248 / michaela.edmunds@crispinhall.org.uk

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



Could you help a student to raise their aspirations?

Crispin School is seeking volunteer mentors to support students for one hour a month, to help them build confidence, inspire them to develop their talents and set goals for their future. Whether you're a retired professional seeking a new opportunity, or an active citizen looking for a fresh challenge, you could make a real and lasting difference to the wellbeing and future of a young person. For more details contact Sharon Hale via sharon.hale@sparksomerset.org.uk

New stoma support group

A new West Mendip support group is being set up for people aged 18 and up who have a stoma due to a health condition or disability. The group aims to break down the stigma around living with a stoma and to support people to deal with challenges and live life to the full. Come to an initial meeting on Sat 24 Nov from 3-5pm at the Crispin Centre, Street. Contact Fen for more details on 07538 546139

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