

Health Connections Mendip

January 2019 update

New fibromyalgia support group in Street

Health Connections Mendip is working with Fibromyalgia Action UK to set up a new support group in the Street area for people affected by fibromyalgia, ME and CFS - creating a space for mutual support and empowerment, and to share self-management approaches. If you would like to come along to the first meeting, please contact Health Connections Mendip on 01373 468368 / mendip.healthconnections@nhs.net

Free mental health resources to support children & young people

The Charlie Waller Memorial Trust aims to equip young people to recognise and manage mental health issues, and provide expert, evidence-based support for parents and a range of professionals. The Trust has developed lots of free, downloadable resources, available at the website: www.cmwt.org.uk, as well as the highly regarded Students Against Depression website www.studentsagainstdepression.org

Staying Safe from suicidal thoughts

Vital support for people experiencing suicidal thoughts

StayingSafe.net is a potentially life-saving online resource developed by 4 Mental Health, that offers compassion, kindness and easy ways to help keep people safer from thoughts of harm and suicide, seek support and discover hope of recovery through powerful videos from people with personal experience.

The website provides a vital 'Safety Plan' guidance tool, with easy to print / online templates and guidance video tutorials purposefully designed to help people through the process of writing their own Safety Plan to build hope, identify actions and strategies to resist suicidal thoughts and develop positive ways to cope with stress and emotional distress.



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Staying safe on the road

The Road Assured scheme is for any driver who has a health issue that may make driving more difficult or who is returning to driving, perhaps after a period of ill health. The scheme enables you to take a short, assessed drive with an Approved Driving Instructor. You will be given advice about your driving style and a written report will be produced at the end of your assessment. There is a £50 fee for the Road Assured assessment.

You can refer yourself to the scheme and it's also possible to refer a family member or friend, with their knowledge that you are doing so. For further information contact 01823 423430 / roadsafety@somerset.gov.uk

Be active in your local area as a Community Connector

There are over 900 trained Community Connectors in Mendip who help friends, family, colleagues & neighbours find the right health and wellbeing support in their communities. Free training is provided - find out more at healthconnectionsmandip.org

Funding for small community projects in Somerset

Two new funds are open to applications from 7 January: The Somerset Fund and The Discovery Community Fund. The former is looking to fund grassroots community groups that run on less than £50,000 per year. Grants will be 'unrestricted', so groups can use them to pay for ongoing running costs. The Discovery Community Fund is for groups that support, directly or indirectly, adults with learning disabilities and/or autism in Somerset. Grants awarded will normally be between £500 - £30K Find out more at somersetcf.org.uk



New Memory Cafe in Wells

This cafe is being launched as a relaxed drop-in space for people with memory problems and their carers / family. Come along for companionship, information and advice, occasional talks, fun activities - and a cuppa! Starting 30th January 2019 (and ongoing, on the last Wednesday of each month), 2.00 - 4.00pm at the Methodist Church Hall, Southover, Wells BA5 1UG. For further information please contact Claire Chettoe on 01749 676248 or clairechettoe@gmail.com