

## Health Connections Mendip

February 2019 update

### New Frome support group for parents and carers of teenagers

Would you like to meet other parents and carers, share stories and experiences, make new friends and find out about local services?

Come along to this new group at Frome Medical Practice on 13 February 2019 from 18.00 - 19.00pm. The aim is for the group to meet once a month moving forwards.

There's no need to book for this informal get-together. Everyone welcome.

### Launch of dementia carers support group in Shepton Mallet

This group aims to support carers to make new friends and contacts, share experiences and find out about information and support. Guest speakers will also be invited to attend some of the sessions. A free hot drink will be provided.

The group is being hosted by the charity Heads Up and will take place at the Brasserie, High Street, Shepton Mallet on the first Wednesday of the month from 10.30am - 12.00pm.



### ESCAPE-pain exercise programme in Frome

Do you suffer with arthritic pain?  
Are you over 45 years of age?  
Have you had knee and/or hip pain for at least 3 months?

Frome Medical Practice is running a free 6 week "ESCAPE-pain" course. ESCAPE-pain is a rehabilitation programme for people with chronic joint pain of the knees and/or hips, that integrates educational self-management and coping strategies with individualised exercises for each person. It helps people understand their condition, teaches them simple steps to help themselves, and helps them learn how to cope with pain better. Evidence shows that ESCAPE-pain helps to reduce pain and improve physical function.

To book your place, call 01373 468368 or email [mendip.healthconnections@nhs.net](mailto:mendip.healthconnections@nhs.net)



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## HRH Duchess of Cornwall visits Frome Medical Practice

We were delighted to welcome HRH The Duchess of Cornwall to Frome Medical Practice on 30 January to visit patients, staff and volunteers – and find out how effective partnership working, social prescribing and community initiatives are supporting people to live healthy, independent lives, as well as combat loneliness.

During her visit the Duchess spent time with representatives from a number of community groups and organisations including Frome Men's Shed and the Active And In Touch befriending service – as well as enjoying a cuppa at one of our Talking Cafes.

## 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 [healthconnectionsmentip.org](http://healthconnectionsmentip.org)

## Could you help to change the life of a young person by mentoring?

PROMISEworks is looking for several volunteer mentors to support vulnerable and disadvantaged children and young people aged 5 – 19 in Mendip. Mentors are sometimes the only positive and stable adult influence in otherwise chaotic lives.

Mentoring can encourage children to feel that they and their efforts matter, become aware of their strengths and limitations, develop empathy for others and be active rather than passive influences in their own futures. Find out more at [promiseworks.org.uk](http://promiseworks.org.uk)

“Before I had a mentor I wasn't really in the world. I feel like I'm here now” – Michael, 10

# PROMISEworks

## New hearing support café in Shepton Mallet

This monthly café is hosted by Health Connections Mendip alongside voluntary sector organisations, offering support and information. Come along for a cup of tea or coffee to meet other people who are in a similar situation to you. Drop in anytime between 13.30 – 15.00pm. Held at Shepton Mallet Community Hospital alongside the hearing aid maintenance service. The 2019 dates are 25 Feb, 25 Mar, April – no clinic or cafe, 20 May, 17 June, 15 July, 12 Aug, 9 Sept, 7 Oct, 4 Nov, 2 Dec and 30 Dec.