

Health Connections Mendip

January 2019 update

Come along to a local Talking Café

Meet new people & chat to a community signposter about support groups & services.

Frome:

- Cheese & Grain, BA11 1BE - 10am to 12pm, every Mon

- No 5 Coffee Shop The George Hotel - 1.00pm to 2.30pm, every Thurs

- Keyring Talking Café

For those with a learning difficulty, autism, Asperger's syndrome, mental health issues, additional educational needs or a disability.

The cafe takes place at Frome Medical Practice, 10am - 12pm, on the last Wed of the month.

- Hearing Support Café

Frome monthly Hearing Loss Café is hosted by voluntary sector organisations that will be available to offer support and information. Come along for a cup of tea and meet other people who also have hearing loss, tinnitus or other difficulties with hearing. The café is held in the upstairs boardroom in Frome Medical Practice, Enos Way, Frome, BA11 2FH from 9.30 - 11.30 am on a Thursday. The next session is on Thurs February 14th from 9:30am-11:30am. Drop in to find out more.

Shepton Mallet

- Peppers café, BA4 5BG - 10am to 12pm, every Tues & Thurs



Free mental health resources to support children & young people

The Charlie Waller Memorial Trust aims to equip young people to recognise & manage mental health issues, & provide expert, evidence-based support for parents & 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

Type 2 Diabetes education sessions in Frome

Frome Medical Practice has launched a Type 2 Diabetes education evening once per month with the aim of helping patients improve their lifestyles and in turn improve their diabetes (the sessions are not suitable for Type 1 Diabetes).

The Jan event is on Mon 14th at 6.30 pm, then on Mon 11th Feb & Mon 11th Mar, for approx an hour.

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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 healthconnections-mendip.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



Staying safe from 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, 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.