

Health Connections Mendip

February 2019 update

Join the Crispin Community Social Group in Street

Every Tuesday, the Crispin Centre hosts a social group from 10am to 2pm featuring entertainment, activities, trips, speakers and lunch - all for just £10. Transport can also be arranged for you.

Booking is essential. To find out more, ring 01458 447248 or email info@crispinhall.org.uk

The Crispin Centre is located on the High Street, Street, BA16 0EZ.

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

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



New ESCAPE-pain exercise programme in Wells

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?

Wells Leisure Centre 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, contact Graham Furze at Wells Leisure Centre on 01749 670055 / graham.furze@fusion_lifestyle.com



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Free money management course in Street

Christians Against Poverty (CAP) Money Course is running a 3 week course at Street Baptist Church on Tues 5th, 12th & 19th February. This course will help people budget, save and spend more effectively.

Christians Against Poverty (CAP) will also be launching a Debt Centre in Street and services will be offered for free.

For further information call Tony Hall on 01458 448856 or visit the Street Baptist Church website at www.streetbaptist.co.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 healthconnectionsmentip.org

Time for a new hobby? Take up a free WEA course

The Workers' Educational Association (WEA) is a charity dedicated to bringing high-quality, professional education into the heart of communities, to raise aspirations and develop educational opportunities for the most disadvantaged people. If you are in receipt of benefits, a number of their courses in West Mendip are free, including:

- a 5 week painting course
- A 6 week introduction to Ancient Egypt
- 6 week 'Seed to Fork' course on the evolution of plants and how humans adapted as a result
- A Flower Essence Practitioner Qualification
- A Day School on the engineering, architecture and social history of the Great Western Railway. Visit wea.org.uk



Talking Café for young people aged 18-30 in Wells

Are you, or do you know, a young person aged 18-30 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 Costa Coffee on Wells High Street. Contact Health Connections Mendip for more information, on 01373 468368