

## Health Connections Mendip

March 2019 update

### Free arts and wellbeing classes

Free classes are being offered in Glastonbury by dance and wellbeing organisation Mean Feet Dance. No previous experience necessary. Including: Script-writing from 4th Mar for 5 weeks, writing poetry from 7th Mar for 5 weeks, singing and songwriting from 24th Apr for 5 weeks, acting skills from 25th Apr for 4 weeks and dance and choreography from 26th Apr for 3 weeks. Contact [juliet@meanfeetdance.co.uk](mailto:juliet@meanfeetdance.co.uk)

Street Library will also be hosting a free 'chair yoga' class on 30 March, as well as hosting free weekly talks on Thursdays from 10-11am, including 'A taste of meditation for the curious', 'What is your body saying to you?' and 'Ditch the words that limit your life'.

### Advice for clients with MS, their carers & families

Citizens Advice and the MS Society have launched a new service, providing dedicated advice to people with MS, their carers and families in the Mendip area. As part of the service an MS Service Adviser can give free, confidential, impartial and independent advice on a range of issues, including benefits, housing, debt and money, work, family, discrimination, health & social care and many other issues. For further info, call 01749 345394 and ask for an adviser for the MS Society advice project.



### Walking for Health in Mendip

Health walks are walks of varying difficulty that are organised on a regular basis by volunteers from Somerset Activity & Sports Partnership (SASP) to improve people's health and wellbeing.

They can help you to feel more energised, improve strength and flexibility, sleep better, manage your weight and make new friends. Find out more at [walkingforhealth.org.uk](http://walkingforhealth.org.uk) or by calling 0800 412 5502

Regular walks are also organised in the local area by Mendip Ramblers (and their sister group, West Mendip Walkers), as well as Somerset Nordic Walking. More information is available at:

[www.mendipramblers.co.uk](http://www.mendipramblers.co.uk)  
[www.somersetnordicwalking.co.uk](http://www.somersetnordicwalking.co.uk)





## Get involved with your local Dementia Action Alliance

DAA's are local networks that aim to raise awareness about the impact of dementia and to create a dementia-friendly community. Each DAA brings together volunteers from lots of different sectors and parts of the community to effect positive change. DAA's organise 'dementia friends training' for local groups and businesses so that people are aware how they can support people with dementia.

If you would like to join your local DAA, or to find out about dementia friends training, please visit [www.dementiaaction.org.uk/south\\_west](http://www.dementiaaction.org.uk/south_west) to find out contact details for your local alliance.

## 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)

## Tackling period poverty

Somerset Libraries are running a community initiative aimed at tackling period poverty. The scheme offers free sanitary products to girls and women who would not otherwise be able to afford them. Five libraries are freely distributing the products as part of a pilot service - Glastonbury, Bridgwater, Chard, Taunton and Yeovil. Donations of unopened sanitary products can be made by people at any time via their nearest library.



## Tackling Period Poverty through your local library

## Could tai chi help you manage a long term condition?

Tai Chi for Health is a charity dedicated to offering Tai Chi classes to those who might benefit from simple exercise. It is an extremely gentle, yet powerful form of exercise, which can be done seated if required. It is suitable for all ages & health issues. Carolyn, who has attended classes with her husband Richard, says: "It's added a new dimension to our lives. It gives me a sense of valuing my body again, and it has helped Richard, who has Parkinson's, enormously. Even his Consultant has remarked on it."

Most classes are £3.50 per session. Details can be found at [www.taichiforhealth.org.uk](http://www.taichiforhealth.org.uk)