

Health Connections Mendip

April 2019 update

Information and training session for Frome volunteer drivers

Come along to Frome Community Cars' info and training session on Friday 12 April from 3.00pm - 5.00pm at Frome Town Hall. No need to book - just turn up on the day.

Learn all about this lifeline for local people and find out how you can get involved in a way that works for you.

If you can't make this date but are interested in finding out more, the next volunteer session will be on 10th May from 3-5pm. This project is run by Sustainable Frome and is supported by Frome Town Council.

Friends in Grief volunteer training in Shepton Mallet

Dorothy House Hospice Care is looking for Friends in Grief Volunteers in the Shepton Mallet area. Volunteers will attend a one day training (with expenses paid) so they are able to support and listen to bereaved people at a weekly drop-in session in The Brasserie Shepton Mallet and form a team with other volunteers facilitating an 'open access' approach. For more info call 01225 721383



Frome Children's Festival activities over Easter

Frome Children's Festival have lots of Easter Holiday activities to keep the family entertained from 8th - 16th April. There will be plenty to choose from, including cooking, toy library, gardening, modelling, messy play and mask-making.

The sessions cost £1 per child for each session and lunch will be provided after most of the events with a suggested donation of £2 (free to families who are eligible for free school meals or who are in receipt of benefits).

The sessions are aimed at children aged up to 12 and parents/carers must remain with children. Most sessions are drop in with no need to book - for more info visit fromechildrensfestival.org/holiday-activities



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Music 2 Connect - a dementia music project in Shepton

Starting on Friday 12th April, this monthly event will enable people with dementia and their carers to make and enjoy music together. It will take place on the second Friday of the month and will be a space to share, connect, have fun and be supported. Led by Julie Britton a music therapist and supported by Inner Wheel Club members, the sessions will take place from 1.30pm - 5.30pm at the Salvation Army, 21 Commercial Road, Shepton Mallet, BA4 5BU.

For more information contact 01749 346944 or email sheptonmalletinnerwheelclub@gmail.com

Be active in your local area as a Community Connector

There are over 1,000 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 - the next session is on Thursday 2 May at Frome Medical Practice from 10.15am - 12 noon. Find out more at healthconnectionsmandip.org

Woods for Wellbeing courses

Do you want to get out into nature, learn outdoor skills and meet new people? Windsor Hill Wood, near to Shepton Mallet, is hosting two free events for anyone over 19 who is seeking the space and support to improve their well-being and mental health.

There will be opportunities to learn practical skills, such as basic green woodworking and whittling, building campfires and making shelters. The events are on Saturday 4 May or Saturday 1 June.

For more information contact Katharine on 01749 347377 or email contact@windsorhillwood.co.uk



Join the community litter pickers

If you'd like to get involved with litter picking initiatives in the local area, two groups you could connect with are the Frome Litter Warriors and Shepton Mallet Litter Picking Group on Facebook. The Frome group has arranged litter picks on Saturday 13th April, (10am meet at the corner of Lower Innox and Mill Close) and Thursday 25th April (2pm meet in front of Co-op on Culverhill Road).