

Health Connections Mendip

April 2019 update

Free community lunch for families in Wells during school holidays

The ELIM Connect Centre is providing a complimentary hot meal for local families with children every Thursday during the school holidays.

The meals will be served between 12.00 - 2.00pm on 11th and 18th April.

For more information call 01749 677097, email youth@connect-centre.org.uk or visit www.connect-centre.org.uk

Free help with gardening through Orchard Vale Trust

A gardening service, led by adults with learning disabilities, will be available to people in the community who are unable to care for their gardens themselves, including those who are isolated, elderly or vulnerable. The activities include: garden assessments, garden maintenance, garden waste disposal and some planting. For more information call the number below, leave your contact name and number and the jobs you would like done and the gardening team will call you back - 01749 671706 or email info@orchardvaletrust.org.uk



Cancer support group

Do you have cancer or are you in remission? Would you like to access support and talk through your feelings in a safe, non-judgemental environment with others who have had a similar experience?

Counselling charity We Hear You (WHY) offer free professional group counselling in your area.

New cancer support group in Street

If you have cancer or are in remission, you're invited to attend this new free group run by counselling charity We Hear You. It will be a space to access support and talk through your feelings and experiences in a safe, non-judgmental environment.

The group starts on 7th May between 6.00pm and 7.30pm and will run for 12 weeks.

To find out more call 01373 455255 or email info@wehearyou.org.uk



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Community event to raise funds for new stoma support group

A community event on Sun 5 May at the Crispin Centre will raise funds for Stoma Heroes, a new community org that aims to provide support for people of all ages who have a stoma bag due to conditions such as cancer, Crohn's disease, diverticulitis, as well as disabilities or injuries (1 in 500 people are affected). Raffle prizes include tickets for Somerset County Cricket, tattoo vouchers, massages and passes for the Abbey and Haynes Motor Museum. The Stoma Heroes support group meets on the fourth Sat of the month at the Crispin Centre, For more info about the group or community day, call Shane on 07802 428074

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 and the next local sessions are on 27th April and 7th May in Glastonbury. Find out more at healthconnectionsmandip.org

Sunday lunch at Crispin Centre for £3

The Crispin Centre is launching a new monthly Sunday lunch followed by entertainment. The event is open to everyone in the community and the menu will include beef stew, roast potatoes and vegetables, followed by cheesecake. Doors open at 12 noon and lunch will be served at 12.30pm on a first come first served basis.



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