

## Health Connections Mendip

May 2019 update

### New Citizen's Advice services launched in Mendip

Citizen's Advice is rolling out Universal Credit "Help to claim" support across Mendip. Drop in to your local centre to find out more. Also a new "Local Assistance scheme" is being launched to support people who have a crisis change in their circumstances such as moving house after homelessness. The fund can be used to buy beds, bedding, pots and pans, and some white goods.

Also if people's benefits have been stopped Citizen's Advice is able to put money on their electric and gas key meters as a one off to alleviate crisis situation.

### Fair Frome providing weekly hot meals every Monday

A freshly cooked hot meal is available every Monday at 5pm during term time at the Key Centre, BA11 5AJ.

This is free for anyone receiving benefits or on a low income. A suggested donation of £2 is welcomed by others.

A vegetarian option is available. Contact Fair Frome for any other specific dietary requirements or for more information - 01373 488578 / info@fairfrome.org



### Find out about Frome community life & training opportunities

Do you want to explore community life in Frome? Are you interested in social enterprises and building a more resilient local economy?

Join Edventure on 3rd June for a walking tour of local initiatives including SHARE - A Library of Things, Community Fridge: Frome, The Welsh Mill Hub and Remakery Frome. Booking is essential. Free to Frome residents.

Edventure has also opened applications for its next MAKE course in November 2019. Are you aged 18 to 35? New to Frome? In transition? Love working with your hands? Looking for work or unhappy at work? Ready to meet new people and learn new skills?

For more information visit [edventurefrome.org](http://edventurefrome.org) or [Facebook.com/EdventureFrome](https://www.facebook.com/EdventureFrome)



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## Could you become a volunteer car driver in Frome?

Come along to Frome Community Cars' info and training session on 10 May 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.

This project is run by Sustainable Frome and is supported by Frome Town Council.

## Volunteers needed for Shepton bereavement support group

Dorothy House Hospice Care is looking for volunteers in the Shepton Mallet area to support and listen to bereaved people at a weekly drop-in session in The Brasserie, BA4 5AS. Volunteers will attend a one day training (with expenses paid). For more information call 01225 721383

## Woods for Wellbeing course in Shepton Mallet

Do you want to get out into nature, learn outdoor skills and meet new people? Windsor Hill Wood, near to Shepton Mallet, is hosting a free event on Saturday 1 June 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.

For more information contact Katharine on 01749 347377 or email [contact@windsorhillwood.co.uk](mailto:contact@windsorhillwood.co.uk)



## 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 all attendees receive a Community Connector badge. For further information visit [healthconnectionsmandip.org](http://healthconnectionsmandip.org)