

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.

Free screening of award-winning film during Dementia Action Week

The Glastonbury Dementia Action Alliance is organising a number of activities to mark Dementia Action Week (20 - 26 May 2019). On Thursday 23 May there will be a free screening of *Alive Inside*, a film exploring the powerful connection between music and memory. Booking is essential: [Facebook.com/glastonburydaa](https://www.facebook.com/glastonburydaa) or 07538 546139

Each town in Mendip has its own Dementia Action Alliance. To support your local alliance, find their page on Facebook or visit dementiaaction.org.uk/south_west



CRISPIN HALL STREET SOMERSET

Music & arts activities throughout May at Crispin Hall, Street

Crispin Hall will be showcasing Street's talent during a series of concerts in May. Twelve acts hailing from the community and local schools will be performing during four concerts - on 1st, 8th, 15th and 22nd May.

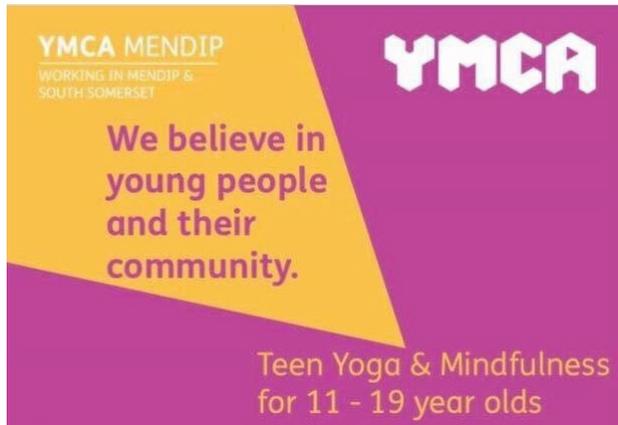
The Hall will also be taking part in 'Somerset Day' in partnership with the Parish Council on 11 May - celebrating everything Somerset. The day will kick off at 9am with a free children's art competition with three age categories, plus a second-hand book sale and plant sale. Other activities taking place around Street include performances in the library garden from 11am, plus an Art Trail.

'Somerset Day' activities will also take place at Glastonbury Library between 11am - 3pm.



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Teen yoga & mindfulness course

The YMCA is running a free teen yoga and mindfulness course in Glastonbury between 13 May and 17 June 2019. The sessions are for young people aged 11-19 and will take place every Monday from 3.30pm - 5.30pm. The venue for the course is St Edmund's Community Hall, BA6 8EG. Spaces are limited so please email JHartnett@mendipymca.org.uk for more information or to book a place.

St Margaret's Hospice to pilot new one to one service

St Margaret's is piloting a one to one service for people with life-limiting conditions such as cancer, heart disease or COPD. The sessions are also open to carers/family members who may be needing additional support. The person will be able to have up to three sessions, to speak about difficulties they may be facing, and find out about local services, financial help and practical assistance. The service is open to anyone from Street, Glastonbury and Wells areas and will take place every other Mon at Vine surgery. For further info call 07538 546139 or email fen.bagias@nhs.net

Heads Up fundraiser on Mental Health Awareness Day

On Mental Health Awareness Day (Sat 8 June), a fundraising and awareness raising event is being hosted to help raise money for Heads Up Mental Health charity. Pilates Body Aligned will be hosting a 4 hour Pilates/Yoga Marathon at their studio in South Horrington, from 11am to 3pm. Members of the public can participate in the marathon for £10 per hour. You can access a registration form via the following link:

bit.ly/HeadsUpPilatesMarathon

Health Connections Mendip will be hosting an information stand at the event.



New venue for Street Talking Cafe

The new venue for the cafe is Fondo Lounge, High Street, BA16 0EY - every Wed from 10am - 11.30am. Health Connections Mendip is jointly hosting this weekly cafe with the Community Council for Somerset. Come along to meet new people, find out about local services and support, and meet your local Health Connector and Village Agent. Talking Cafes take place in all towns across Mendip. For more information visit healthconnectionsmentip.org.uk