

Let's Connect!

July 2019 newsletter

Come along to a local Talking Café

Meet new people & chat to a community signposter about support groups & services.

From:

- Talking Cafe at the Cheese & Grain, BA11 1BE - 10am to 12pm, every Mon

- Talking Cafe at No 5 Coffee Shop The George Hotel - 1.00pm to 2.30pm, every Thurs

- Keyring Talking Café

For those with a learning difficulty, autism, Asperger's syndrome, mental health issues, additional educational needs or a disability. The cafe takes place at Frome Medical Practice, 10am - 12pm, on the last Wed of the month.

- Hearing Support Café

Monthly Hearing Loss Café is hosted by voluntary sector organisations that will be available to offer support and information. Come along for a cup of tea and meet other people who also have hearing loss, tinnitus or other difficulties with hearing. The café is held in the upstairs boardroom in Frome Medical Practice, Enos Way, Frome, BA11 2FH from 9.30 - 11.30 am on a Thursday. The next session is on Thurs 1 August from 9:30am-11:30am. Drop in to find out more.

Shepton Mallet

- Peppers café, BA4 5BG - 10am to 12pm, every Tues & Thurs

Community art & crafts studio in Evercreech

The Old Stores Studio in Evercreech has recently been registered as CIC Community Interest Company. It will run as a not for profit social enterprise for the local community, promoting a range of contemporary art and craft activities.

Examples of activities include art classes for parents of carers with babies, and a range of workshops focusing on creative writing, sewing and textile based crafts. Most classes are £4 per person.

For more information visit

<https://theoldstoresstudio.wixsite.com> or call 07801 276750

Maths & English GCSE open evening in Frome

If you left school without Maths or English GCSEs and need these qualifications to secure a job, or perhaps to help children with their homework, then Somerset Skills & Learning can help you achieve your Maths & English GCSEs for free. Come along to an Open Evenings on Tuesday 16 July to meet some friendly, supportive tutors and find out more about the courses. Book by email at enquiries@sslcic.co.uk or call 0330 332 7997



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Support for adults and children bereaved by suicide

Somerset Suicide Bereavement Support Service offers support to anyone in the county who has been bereaved by suicide, including emotional and practical support. The service operates 24 hours a day, every day of the year. Telephone and face-to-face support is available, as well as peer support groups which provide a safe place for people to share their stories and feelings and spend time with those who have had similar experiences. Training and support is also provided for schools affected by the loss of a student by suicide. Call 0300 330 5463 or email bereaved@mindtws.org.uk

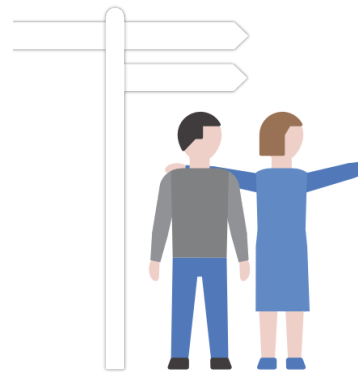
Somerset service to support survivors of sexual assault

Avon and Somerset Sexual Violence Consortium is the new provider of the sexual violence psychological therapies service in Somerset. The service provides essential support and treatment for people of all ages who have survived rape or serious sexual assault. The Consortium is a group of local specialist service providers made up of Somerset and Avon Rape and Sexual Abuse Support, along with Bristol-based charities Womankind and The Green House. For more details about the new service call 0117 929 9556 or email info@sarsas.org.uk

Beckington Ladies Cricket Club seeking new members 12+

This summer the club wants to be even bigger and better and is inviting women and girls aged 12+ to get involved. Come along on Wednesday nights from 6.00pm - 8.00pm; you are welcome to stay for 30 mins or for the whole session. The club plays both Hardball and Softball Cricket so why not try both, and you can join members for an optional glass of bubbly or lemonade afterwards!

Find out more by emailing sophiemay96@aol.com or [serahc](#) for Beckington Ladies Cricket Team on Facebook.



Get 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 healthconnections Mendip.org