

Let's Connect!

July 2019 newsletter

Free 8 week mental health course for people in West Mendip

Somerset Mental Wellbeing Service, in partnership with Chard Watch C.I.C. will be hosting an eight week self-management and peer support course at Wells Town Hall beginning on Tuesday 8th August. Each session will be two hours' long. The course can help participants to:

- Develop confidence and feel empowered to take responsibility for their own wellbeing
- Access resources and develop skills, leading to improved independence, choice and life control
- Reduce feelings of isolation, elevate mood, and reduce depression
- Develop skills to improve access to work opportunities
- Understand how their experiences can support others by creating peer relationships
- Learn about peer groups being a safe environment where people can have open and frank discussions about difficulties in life without fear of being judged
- Develop their own peer support relationships/groups

Following the course, an ongoing peer support group will be created. For further information call the Somerset Mental Wellbeing Service on 01823 255917 or email info@smws.org.uk to find out more.

Free events over the summer in West Mendip

Children's World are organising 'Off the Streets' over the summer - a week of workshops and activities for young people of all ages and families in Glastonbury and the surrounding area.

Running from 12-16 August, the workshops will include cookery, parkour, farm days, self defence (led by the local police!), graffiti art, songwriting and circus skills. For more information call 01458 833693 or email info@childrensworldcharity.org

Elim Connect Centre will be hosting a dedicated Community Meal especially for families over the school holidays. This hot meal will be available on Thursdays from 12.00 - 2.00pm for families with children who need it. There is an online sign-up page: connect-centre.org.uk/families-community-lunch

On 11 July, Crispin Hall and Crispin Centre are having an open day with free taster sessions of Tai Chi and Pilates and a BBQ in the courtyard. Just drop in on the day.



Let's Connect!

July 2019 newsletter



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

Drop in event for people with learning disabilities & carers

The Learning Disabilities Health Team from Somerset Partnership NHS Foundation Trust is hosting an event on Friday 12 July at The Redbrick Building, BA6 9FT from 10am - 3pm.

The event is open to people with learning disabilities and those who support them.

It will be an opportunity to find out what the NHS does to support people with learning disabilities. For more information call 01749 341157

Street Library & Street Men's Shed have re-opened

The library in Street has re-opened in temporary premises at the Parish Rooms, opposite the Crispin Centre. The Summer Reading Challenge starts on 13th July - The theme is 'Space Race' - It is free to join up and take part! There are also free events running alongside the challenge. Please pop into to library for more info or email strib@somerset.gov.uk

Street Men's Shed has also re-opened and is now based at Hempitts Farm, Walton. There are plenty of tools for the amateur or semi-professional DIY-er to use on their own projects, community projects or just socialising in the their cafe. Contact Brian Bastable on 01458 443940 or brianbastable123@hotmail.co.uk