

## Let's Connect!

September 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 sessions take place on 12 Sep, 10 Oct, 7 Nov and 5 Dec. Drop in to find out more.

#### Shepton Mallet

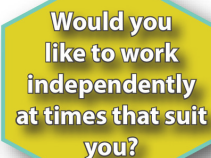
- Peppers café, BA4 5BG - 10am to 12pm, every Tues & Thurs



Do you have an idea that could help people where you live?



Could you be a community entrepreneur?



Would you like to work independently at times that suit you?

### Become a micro-provider in your local area

Do you have the skills and experience to set yourself up as an independent micro-provider and help local people with support such as home help, gardening, cleaning and shopping?

The Somerset Micro-enterprise programme is a partnership with Community Catalysts CIC and The Community Council for Somerset, which aims to support the development of community based care and support services that are personal, flexible and responsive - and offer an alternative to more traditional services.

The micro-provider list is shared with the public and a wide range of community professionals & is regularly updated.

Find out more by contacting Rhys Davies 07788 350806 / RPDavies@somerset.gov.uk



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## Support group in Shepton for people with eating disorders

The SWEDA Support Group takes place on the first Wednesday of every month between 7.00pm & 8.30pm in Shepton Mallet. There are two qualified group facilitators, both with years of experience in eating disorders. Attendees are welcome to bring along a friend. In each session the discussion will vary depending on who is attending and you will have the opportunity to talk about what's important to you. The group aims to empower people, provide a sense of community and let them know they are not alone. Meetings are at The Coach House, Harvest Court, Park Road, Shepton Mallet, BA4 5BS. For more info visit [www.swedauk.org](http://www.swedauk.org)

## Support group for people with Amyloidosis, Myeloma & Myeloproliferative blood disorders

Come along to this friendly, peer support group and meet others who have been affected by these conditions, receive support and support others. Friends, family and carers are also welcome.

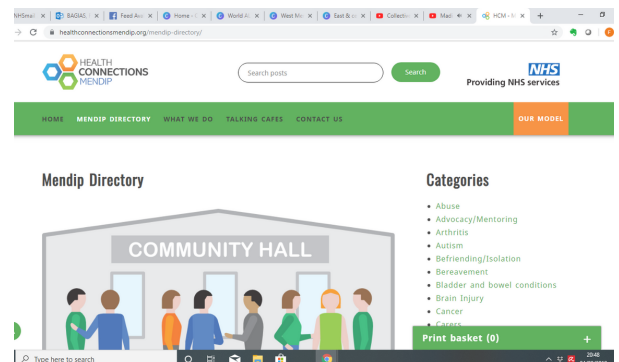
The group meets monthly at Frome Medical Practice - for details on when the next group will take place, please call 01373 468368

## Find out about local services via the Health Connections Mendip directory

Health Connections Mendip maintains a directory that lists a wide range of services, groups and support that's available across the Mendip area.

There are 50 categories covering everything from mental health, carers' support and specific health conditions, to financial support, help for addictions and palliative care.

You can view the directory at [www.healthconnectionsmentip.org/mendip-directory](http://www.healthconnectionsmentip.org/mendip-directory).



## 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 call 01373 468368 or visit [healthconnectionsmentip.org](http://healthconnectionsmentip.org)