

Let's Connect!

September 2019 newsletter

New MIND peer support group in Glastonbury

Mind in Somerset is running a new peer support group at the Redbrick Building, Glastonbury on a Monday afternoon from 2.00pm - 4.00pm.

The sessions will run over 8 weeks and are an opportunity to take part in creative activities, and share issues or thoughts in a safe space as well as meet people who may have experienced similar challenges. One to one support is also available.

For further information contact 01935 474875 / info@mindinsomerset.org.uk

World Alzheimer's Day - 21 September 2019

This is a day to raise awareness of dementia and the support that's available locally for people with dementia and their carers. Find out about local services via the Health Connections Mendip directory www.healthconnectionsmentip.org/mendip-directory

In Glastonbury, on 21 Sep, the local Dementia Action Alliance will host an information stall and open mic from 10am - 2pm on the High Street and show the film 'Alive Inside' at 3.30pm at Glastonbury Care Home, BA6 9PZ. More info at [Facebook.com/glastonburygdaa](https://www.facebook.com/glastonburygdaa)



Wells Diabetes Day event on Sat 5 October 2019

Health Connections Mendip will be participating in this special event in Wells on Saturday 5 October, 'Wells Diabetes Day', from 9.30am - 1.30pm, which is being organised by Wells Lions Club.

The keynote speech will be by Dr Campbell Murdoch, Medical Officer at Diabetes UK. He will give a talk called Creating Health: You, Food and New Old Science. It will explore how our understanding of diet, and especially a low-carb diet can improve the health of people with Type 2 Diabetes.

Jude Glide, a registered nurse and a team of wellness professionals will offer advice on diet, cooking, exercise and how to shop smarter. Places are limited and pre-booking is essential; reserve your place via www.cityofwellsions.org/diabetes

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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 a wide range of 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 microprovider list is shared with the public and professionals & is regularly updated. Find out more by contacting Rhys Davies 07788 350806 / RPDavies@somerset.gov.uk

Christians Against Poverty Money Management course in Street

The CAP Money Management Course teaches people how to build a budget, keep track of their money and save for the future. The next course is being run at Street Baptist Street BA16 0AN over 3 weeks on 1st, 8th and 15th October from 7.30pm - 9.30pm. For more information please contact Tony Hall on 01458 448856 / tonyjennyhall@gmail.com

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



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