



MDC Bulletin

Health and Wellbeing

28 October 2022

We are pleased to present an update from the Mendip Health and Wellbeing Board which meets quarterly with member organisations, including the District Council. Its aim is to improve health and wellbeing and reduce health inequalities in Mendip, through partnership working.

These bulletins are designed to give regular updates from these Board meetings, signpost links and to provide information to communities.

Help is out there – when you know where to look. We hope you find this bulletin useful and ask that you share the many links within it.

Thank you.

Community Health Team

Mendip District Council

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Somerset Independence Plus

Online www.somersetindependenceplus.co.uk

Email SomIndPlus@sedgemoor.gov.uk

Phone 0300 303 7794

Somerset Independence Plus is a partnership between Somerset County Council, Mendip District Council, Sedgemoor District Council and Somerset West and Taunton Council.

It is for disabled and vulnerable people in Somerset, to enable them to be more independent, improve their housing and to live safer in their homes through disabled adaptations, home improvements and prevention services.

Hoarding Service

Hoarding Disorder will often be the cause behind concerns over a person's living conditions.

Professionally trained Independent Living Officers have the techniques and tools to deliver a comprehensive tailored service, enabling people affected by Hoarding Disorder to live safely and independently within their own home.

Learn more [here](#) or contact Somerset Independent Plus by phone or email to refer yourself, or someone you know, for help.

Somerset Independent Living Centres (SILC)

Visit the Independent Living Centre in Shepton Mallet, to try out equipment or technology to make daily living easier and to help you stay independent, both in the home, and when out and about. It's free to visit, but appointment only.

To book an appointment, please phone **0300 123 2224**.

Open Mental Health - Somerset's Mental Health Alliance

Online <https://openmentalhealth.org.uk/>

Email support@openmentalhealth.org.uk

Phone local 01373 468368 **or freephone** 0800 138 1692

If you are an adult living in Somerset and experiencing difficulties with your mental health, Open Mental Health offers support 24 hours a day, 7 days a week to ensure that anyone struggling with poor mental health can access the right support at the right time.

Health Connections Mendip (HCM)

Online <https://healthconnectionsmandip.org>

Email mendip.healthconnections@nhs.net

Phone 01373 468368

Talking Cafes

Talking cafes are a place to meet new people, make friends and chat to community signposters about activities, support groups and services in your community.

Frome, Monday 10am – 11.30am, at the Cheese and Grain, and Thursday 1pm – 2.30pm, at Coffee#1

Coleford, Thursday 1pm – 2.30pm, at The Hub

Shepton Mallet, Wednesday 10am – 12pm, at The Art Bank

Street, Wednesday 10am – 12pm, at the Fondo lounge

Wells, Thursday 10am – 12pm, at the Bishop's Palace

Glastonbury, Mondays 10am – 12pm, at St John Baptist's Church

Beckington, first Tuesday of every month, 1.00pm-2.30pm, at the Woolpack

Evercreech, Thursday 2.30pm – 3.30pm, at Evercreech Village Hall

Mells, last Thursday of every month, 11am – 12pm, **April-September only, starting again in April 2023**, at The Walled Garden Cafe

Online cafes are running on Wednesdays 1pm – 2pm via Zoom

Read about Talking Cafes [here](#).

Healthy Lifestyles Programme

Do you want to move more and feel healthier? Do you want to meet others and look at topics such as sleep, exercise, healthy eating, hydration, connecting and relaxation? If so, join in with [this rolling programme](#). Groups run for five weeks in a row.

Frome, Tuesdays 10.30 – 11.30am

Shepton Mallet, Tuesdays 10.30 – 11.30am

Wells, Tuesdays 2pm – 3pm

Town Cooks

[Town Cooks](#) is an exciting community-based project around the food we cook and eat every day. Each month HCM will share a seasonal, healthy recipe that anyone and everyone can cook and eat at home. By making the most of the season and food available locally, the recipes will also be environmentally friendly and support local food networks and food producers.

1-2-1 support with Health Connectors

Health Connectors can support you to make positive changes to improve health and wellbeing by listening to your health story and give you information about local services, such as exercise classes and support groups. They also work one-to-one to assist in setting health-related goals to make sustainable changes on issues ranging from pain management to healthy lifestyles. This service is free of charge and is open to patients of Mendip GP practices. You can self-refer by contacting them.

Learn more about one-to-one support from Health Connectors [here](#).

Jobcentre Plus Wells

Find a job

Jobcentre Plus can provide support to help you prepare for, find and stay in work.

They can give you training, guidance and work placement programmes, and schemes such as work experience, volunteering and job trialling. They can also support you with starting your own business and help you to balance work with looking after children or caring responsibilities.

There is also help for specific problems such as a history of unemployment in the family, drug and alcohol problems, parenting or financial management skills, antisocial behaviour or health conditions.

If you have a disability, a Disability Employment Advisor (DEA) is also on hand to give assistance. They can help you to find a job or gain new skills in order to help you get back into work.

Visit www.gov.uk/contact-jobcentre-plus.

Help for recruiters

Jobcentre Plus has a range of recruitment services that can help you as an employer.

You could get:

- recruitment advice, including support with your vacancies
- help setting up work trials to give you the opportunity to try out potential recruits
- advice about offering work experience and apprenticeships, including using the sector-based work academy programme
- support if you employ someone with a disability (Access to Work)
- advice and guidance on employing someone with a disability or health condition

Visit www.gov.uk/jobcentre-plus-help-for-recruiters

SPARK

Digital inclusion - Spark iT Helpdesk

The [Spark iT Helpdesk](#) is available to anybody in Somerset who is digitally excluded and can support people from using IT equipment, to staying connected online, to accessing local support and services that could improve their health and wellbeing.

The Helpdesk is open Monday to Friday, from 9am to 5pm. Call **01458 550977**.

Digital Café

Get free advice and help at a Digital Café, where you can bring your devices, ask questions about 'how to' or just share stories about your digital experiences and more.

Shepton, Thursday 2pm – 4pm, at Shepton Mallet Library

Frome, Thursday 10am – 11.30am, the Cheese & Grain

Somerset NHS Foundation Trust

www.somersetft.nhs.uk

Rural Health Hub

Free confidential health checks are available at **Frome Market, Standerwick** for farming or agricultural workers and their families - two four-hour-long sessions a month.

No appointment necessary, just go to the market and talk to one of the volunteers.

- Advice on lifestyle and concerns affecting emotional wellbeing
- Guidance towards any support you may require in the future

Learn more: www.fromelivestock.com/Content/documents/Frome-Health-Hub.pdf

NHS Somerset Health Checks

The free NHS Health Checks are for adults in England aged 40-74 without a pre-existing condition which also checks your circulatory and vascular health. [Book here](#).

Locations in Mendip:

- Shepton Mallet Leisure Centre
- Mendip Country Practice (Coleford)
- Melbourne House Business Centre (Wells)
- Glastonbury Health Centre
- The Glastonbury Surgery
- Lloyd's Pharmacy in Sainsbury's (Frome)
- Acorn Pharmacy (Frome)
- Frome Medical Practice

Workplace Health Checks

If you are a Somerset business and you would like to host the free NHS Health Check service for your staff [book here](#).

Falls

As we age, there is a belief that falls just ‘happen’. But the good news is that many falls and their consequences, such as broken bones, can be prevented.

This service is for adults with a Somerset GP who have fallen, are at risk of falling, or are frightened of falling. Learn more [here](#).

Somerset Activity & Sports Partnership (SASP)

<https://www.sasp.co.uk/health>

Move More Together

[Move More Together](#) is a programme designed to encourage inactive adults over 50 to get moving again through the support of a volunteer who can motivate, guide and of course, provide some friendly conversation!

We've Got This

[We've Got This](#) supports young adults aged 16-25 living in Somerset to feel more positive about themselves, through providing fun, safe and purposeful environments to feel more empowered about their mental health and their lives in general.

Stronger 4 Longer

[Stronger 4 Longer](#) is a new campaign helping people aged 50 to 65 to build strength through everyday movement to stay well, feel younger and protect their future health.

Somerset Health Walks

A health walk is a gentle walk done on a regular basis for well-being. It can help you to feel good, to have more energy, to sleep better and to manage your weight. SASP organise group [health walks](#) across the county.

Learn more about **Frome Health Walks** [here](#), and **Glastonbury, Shepton Mallet, Street and Wells Health Walks** [here](#).

For more details, please contact **Georgina Hainsby** on **07599 654679** or ghainsby@sasp.co.uk.

Train to be a Walk Leader

Somerset Health Walks wouldn't exist without their fantastic volunteer walk leaders, who lead health walks taking place around the county. As a volunteer walk leader, you would be helping people in your community to get active and healthy, providing vital support that they otherwise might not get.

Learn more and sign up for the next Walk Leader training [here](#).

ProActive – on its way

SASP will become the new lead provider to co-ordinate and manage a new physical activity on referral scheme, named ProActive, for Somerset over the next three years.

ProActive will introduce individuals to the benefits of exercise with the support and guidance from Level 3 Exercise Referral Fitness Instructors, based in leisure and community facilities across the county. Their expertise will ensure ProActive participants receive appropriate exercise prescription and advice throughout a 12-week journey with them. Learn more here: <https://proactivesomerset.co.uk/>

Dorothy House Hospice

Groups and workshops

Dorothy House Hospice offer a wide range of groups that meet during the week and at weekends, virtually and in person. Some groups are for patients, some for carers, some for family and some for all three!

All of them are needs-led, designed to support you. Some are practical courses you may find helpful, and others are more informal and interest-based.

Join a group here: www.dorothyhouse.org.uk/what-we-do/community-groups

The Bereavement Help Point

The Bereavement Help Point is a community based drop-in service where anyone who is bereaved are welcome. It's a space to meet and talk with others who may be experiencing similar thoughts and feelings, in an informal and supportive setting.

All sessions are free of charge and there's no need to book, just come along.

Location: Shepton Brasserie, 64 High Street, Shepton Mallet, BA4 5AX.

Date and time: Second Wednesday of the month, 10–11.45am.

For any questions or more information, contact Dorothy House on 0345 0310 555.

Learn more [here](#).

Companion services

- **Community Companions** provide companionship and emotional support to patients in their home each week.
- **Compassionate Companions** is a hospital-based service at the RUH for patients who are near end of life and may otherwise be alone.
- **Telephone Companions** provide regular friendly phone calls to both patients and family members to support those who might feel socially isolated and/or lonely.

Learn more about Dorothy House Hospice companion services [here](#).

Coffee Connection

The Coffee Connection is a friendly social group aimed at those affected directly or indirectly by cancer or a life-limiting illness. It is co-hosted by Dorothy House and We Hear You (WHY). Learn more [here](#).

Location: Cheese and Grain, Frome.

Date and time: Tuesdays, 10am–12pm.

Can't make it in person? There is also an online Coffee Connections which take place on Mondays at 10am-11am. [Join here](#).

Centre for Sustainable Energy

www.cse.org.uk

Safe & Warm Somerset

Everyone deserves a home which is warm, comfortable and affordable to heat.

[Safe and Warm Somerset](#) can help with free, impartial advice and support. .

If you live in Somerset and are:

- Struggling to afford your energy bills
- Living in a cold home or with serious issues like a heating system or boiler that's not working, broken windows, mould/damp etc.
- Unsure about how to effectively use your heating system
- Living in a home without gas central heating and high electricity bills

If you're a landlord in Somerset, CSE can help you to improve the energy efficiency of your property, supporting you to understand what is needed to meet the Minimum Energy Efficiency Standards (MEES), and make the necessary changes to improve your property (e.g. heating or insulation measures) without breaking the bank!

Get in touch today and one of their experienced advisors will see how they can help you:

Submit the form on our website www.cse.org.uk/contact-us

Phone (Monday-Friday, 9am-5pm) **0800 082 2234**

Email home.energy@cse.org.uk

Refer someone else www.cse.org.uk/referral

Rural communities energy support network – coming soon

This a two-year project which will boost the ability of frontline professionals and voluntary organisations to provide basic energy advice to the people and communities they work with and live among.

If you or your group would like to join the [Rural Energy Support Network](#), please fill out this [short form](#). And if you have any questions about the network, please get in touch via safeandwarm@cse.org.uk.

Somerset Energy Saver

Helping people in Mendip reduce their energy bills and learn more about what financial assistance is available. Visit the website [here](#).

Citizens Advice Mendip (CAM)

Advice for clients with MS (multiple sclerosis), their carers and families

Dedicated advice can be provided to people with MS, their carers and families in the Mendip area on a range of issues, including:

- Debt and money, benefits – entitlement, claims and appeal
- Housing
- Work
- Family
- Discrimination
- Health & social care
- And many other issues

MS Adviser Lynette can give free, confidential and independent advice, available on Thursday afternoons 12–3.30pm. Appointments may be arranged at other times by request. Email MS@citizensadvicemendip.org.uk or call 07971 967898.

Somerset Local Assistance

The Local Assistance Scheme can help with essential emergency provision such as fuel to heat your home or cook, items of bedding, furniture or basic cooking equipment.

Please note, this scheme does not provide cash, loans or grants.

Eligibility Criteria:

- You live in Somerset
- You are in an emergency and do not have enough money to buy what you need
- You are on a low income
- You have tried other sources of help
- You can provide evidence of your income and expenditure.

To apply, call 0808 27 87 842.

Surviving Winter

A grant is available for older people who are struggling with the cost of winter, to help them maintain a reasonable level of comfort, dignity and warmth.

Eligibility Criteria:

- Somerset resident
- Living on a low income (for example Pension Credit)

To apply, call 0808 27 87 842.

Wessex Water Schemes

These schemes are for anyone that is either struggling to pay their water bill or who has fallen behind with their bill.

Eligibility: Wessex Water Customers who are struggling to pay their water bills.

To apply, call 0808 27 87 842.

Universal Credit Help to Claim

Citizens Advice Mendip can support you make a new claim for Universal Credit, from opening your account to receiving your first full payment. Their trained advisers can help you to:

- Set-up your Universal Credit account
- Complete your claim to-dos
- Verify your identity
- Make sure you're providing the right evidence to the Jobcentre
- Understand what Universal Credit will mean for you

If you're not sure what help you need, just contact them and they can work out how to support you.

Call: 0800 1448 444

Visit: www.citizensadvicemendip.org.uk/UC_Help.html.

Somerset County Council

Household Support Fund

The Household Support Fund is designed to provide short-term urgent financial help to Somerset residents who are struggling to afford household essentials such as buying food, paying for energy and water bills and other essential household items such as beds and white goods.

Learn more: www.somerset.gov.uk/social-care-and-health/somerset-household-support-fund/

Shepton Mallet Town Council (SMTC)

Shepton Mallet Community Fridge

A community fridge, freezer and larder has been set up to reduce food waste in Shepton Mallet.

Learn more: www.facebook.com/SheptonFridge

Shepton Walks

[Walkers are Welcome](#) is a national organisation with over 100 accredited 'Walkers are Welcome' towns and villages which support communities' economic, physical, health and mental wellbeing through walking.

Shepton Mallet is perfectly positioned to explore the countryside around us, nestled as it is at the gateway to the Mendip hills, an area of outstanding natural beauty criss-crossed with trails, footpaths and the remains of ancient and medieval industry and old mine workings.

Learn more: <https://sheptonmallet-tc.gov.uk/shepton-walks/>

Glastonbury Trust - Free community workshops

In partnership with Somerset Skills & Learning, The Glastonbury Trust are offering all Somerset residents 19+ FREE community workshops. Training topics include how to manage stress, being a parent and emotional wellbeing. Learn more [here](#).

Active and In Touch Frome

Befriending support in Frome

Their volunteers visit, help and befriend people who have become isolated or out of touch with the community around them. In addition, their volunteer drivers will help individuals make essential journeys. Find out more: [Active and In Touch Frome](#).

Wells Community Network (WCN)

A co-ordinated volunteer network

Whether you want a friendly chat, help with your shopping, advice or help, WCN can usually find someone to help.

- Help with shopping
- Deliver prescriptions
- Signposting
- Dog walking
- Occasionally, help with transport to vaccine centres or the hospital

Find more [here](#) or call their helpline on 01749 467079.

Ukraine - Wells Welcome Hub

WCN are working with statutory agencies, local organisations and individuals to help coordinate a community response to the Ukraine Crisis.

Open at The Portway Annexe, Wells, since October 2022, Wells Welcome Hub is a flexible, welcoming and agile centre, able to provide:

- A resource for sponsor families and guests in Wells
- A central information point that can signpost sponsors and guests to information they might need
- A group that can support and work with sponsors and refugees to provide the help they need
- To help form a supportive community and meeting places for refugees and their families
- Language tuition and support
- A communication point

Learn more: www.wellscommunity.network/wcn-ukraine.

Vaccination clinic in Wells

There is a vaccination clinic in Wells – learn more:

www.wellscommunity.network/vaccination-clinics