



## **MDC Bulletin**

# **Health and Wellbeing**

**3 February 2023**

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](http://www.somersetindependenceplus.co.uk)

**Email** [SomIndPlus@sedgemoor.gov.uk](mailto:SomIndPlus@sedgemoor.gov.uk)

**Phone** 0300 303 7794

**Somerset Independence Plus** is a partnership between the five Somerset Councils. Our aim is to support disabled and vulnerable people in Somerset to be as independent as possible, to improve their housing and to live safer in their homes.

## Somerset Independent Living Centres (SILC)

### **Book an appointment to visit – for members of the public**

Visit our 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 also when out and about. It's free to visit, but you'll need to make an appointment first.

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

### **Open morning on Friday 24 February (Wellington) and Friday 3 March (Shepton Mallet) – for health professionals and community volunteers**

An open morning is being held at the Shepton Mallet SILC and Wellington SILC for anyone working in the health, social care, voluntary and community sector.

This is your opportunity to learn about the service, talk to the team and view the centres and their on-site equipment and technology.

No need to book, just drop in between **9am – 12pm on Friday 24 February at the Wellington SILC and on Friday 3 March at the Shepton Mallet SILC**.

## Health Connections Mendip (HCM)

**Online** <https://healthconnectionsmandip.org>

**Email** [mendip.healthconnections@nhs.net](mailto: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**, Cheese and Grain on Mondays 10am – 11.30am and at Coffee#1 on Thursdays 1pm – 2.30pm.

**Coleford**, The Hub on Thursdays 1pm – 2.30pm

**Shepton Mallet**, The Art Bank on Wednesdays 10am – 12pm

**Street**, Fondo Lounge on Wednesdays 10am – 12pm

**Wells**, The Bishop's Palace, Thursdays 10am – 12pm

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

**Beckington**, The Woolpack on the first Tuesday of every month, 1.00pm-2.30pm

**Evercreech** Village Hall on Thursdays 2.30pm – 3.30pm

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

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

Read about Talking Cafes [here](#).

Talking Cafés are part of **Wellbeing Mondays at St John's Church, Glastonbury**. This weekly event brings together various groups and activities, including Tai Chi, art therapy, a poetry group and a once-a-month carer's support group, plus regular pop-ups, such as help with CV writing and job searching. Activities start at 9.30am every Monday.

### 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

### Jobcentre Plus Wells

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

Visit [www.gov.uk/contact-jobcentre-plus](http://www.gov.uk/contact-jobcentre-plus).

## Open Mental Health - Somerset's Mental Health Alliance

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

**Email** [support@openmentalhealth.org.uk](mailto: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.

## SPARK

### Warm Welcome

[Spark Somerset](#) are working with partners to develop a network of **Warm Welcome** spaces where people can find warmth, company and support amid the cost-of-living crisis.

A Warm Welcome space is open to anyone who needs it, whether they are feeling lonely, struggling to heat their home or for any other reason. It can be based in any community building and will provide a warm and friendly environment where people can socialise over a hot drink and take part in activities.

View the online map of Warm Welcome spaces in Somerset [HERE](#).

### Five Ways to Wellbeing - Train the Trainer

The Five Ways to Wellbeing have been identified as simple actions that anyone can take to improve their day-to-day wellbeing.

Delivered by Spark Somerset in partnership with Open Mental Health, this short course is for any frontline staff and volunteers working with members of the public. Read more and sign up [here](#).

## Somerset NHS Foundation Trust

### NHS Somerset Health Checks

The free NHS Health Check is your chance to get your free midlife MOT.

For adults in England aged 40-74 without a pre-existing condition. It checks your circulatory and vascular health, and what your risk of getting a disabling vascular disease is.

Find locations and [book your place here](#).

## 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](#).

## Dorothy House Hospice

### Groups and workshops

We offer a wide range of friendly social groups that meet during the week and at weekends, virtually and in person, for anyone affected directly or indirectly by cancer or a life-limiting illness.

Find out more and join a group here: [www.dorothyhouse.org.uk/what-we-do/community-groups](http://www.dorothyhouse.org.uk/what-we-do/community-groups)

### Volunteer

We have a fantastic network of volunteers who work with us in a number of roles, from companions to drivers. Learn more about our volunteering opportunities [here](#).

## Somerset Activity & Sports Partnership (SASP)

Improving lives in Somerset through physical activity and sport. SASP coordinate a wealth of resources, activities and groups, such as [Stronger 4 Longer](#), helping people aged 50 to 65 to build strength through everyday movement, [We've Got This](#), a space for young adults aged 16-25 to meet and improve their mental health, and [health walks](#) for all abilities and ages, to give a few examples.

Find more on their dedicated [Health and Wellbeing webpage](#) and learn about their Somerset-wide strategy **Somerset Moves** [here](#), which includes the creation of their now-live [activity finder](#).

### ProActive

Physical activity on referral helps people living with health conditions in Somerset to become more active in a safe and structured environment.

An individual will follow a participation pathway from the very first ProActive discussion, through to, and beyond completion of a programme of physical activity.

ProActive may be identified within health appointments whilst discussing health symptoms/conditions, or individuals may see or hear about the scheme from other sources. Either way, an individual will need to be referred into ProActive. Learn more [here](#).

## Centre for Sustainable Energy

### Safe & Warm Somerset

Everyone deserves a home which is warm, comfortable and affordable to heat. [Safe and Warm Somerset](#) is here to support anyone who may need help with energy bills or keeping warm at home.

**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

Safe and Warm Somerset can help with free, impartial advice and support.

**If you're a landlord in Somerset**, we 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 our experienced advisors will see how we can help you:

**Submit the form on our website** [www.cse.org.uk/contact-us](http://www.cse.org.uk/contact-us)

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

**Email** [home.energy@cse.org.uk](mailto:home.energy@cse.org.uk)

**Refer someone else** [www.cse.org.uk/referral](http://www.cse.org.uk/referral).

### Rural communities' energy support network

This is 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.

**Free training** is available now, helping individuals working in their communities to have more and better energy related conversations.

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 with us via [safeandwarm@cse.org.uk](mailto:safeandwarm@cse.org.uk).

## Citizens Advice Mendip (CAM)

You can access free, independent and confidential advice from Citizens Advice Mendip here: [www.citizensadvicemendip.org.uk](http://www.citizensadvicemendip.org.uk).

### Get help with the cost of living

Visit [this webpage](#) for collated advice and support with the cost of living.

### New advice point kiosks

New 'self-service' kiosks that let you contact an adviser by email or phone, or access information on the Citizens Advice website, are being set up across Mendip.

The first four kiosks have been opened at the **Portway Annexe in Wells, the Crispin Centre in Street, Glastonbury Library and Frome Library**. As part of a rolling programme, three more will set be up in the next 2-3 months at **Frome Town Council, Shepton Town Council and Wells Town Hall**.

Mendip District Council supported this project through its Communities Fund.

## Courses at Weston College

By joining forces Weston College and the Jobcentre Plus are able to offer a wide range of courses that can lead directly into jobs and courses that will help improve an individual skills which will ultimately help find them employment.

Most people qualify for FREE tuition and material fees due to discounts they offer.

For more details and to find out what you'll need to pay, please visit: [Jobcentre Plus | Weston College](#)

## The Community Council for Somerset (CCS)

### CCS Village and Community Agents

CCS Village and Community Agents provide confidential, practical community-based solutions for people, wherever they are in Somerset, they are problem-solving, solution-finding superheroes! CCS Agents support people to:

- Be healthy and well
- Be able to manage their affairs
- Stay independent and safe

Find out more: <https://somersetagents.org/>



## 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/](http://www.somerset.gov.uk/social-care-and-health/somerset-household-support-fund/)

## Shepton Mallet Town Council (SMTC)

### 'Happy to Chat' benches

Two benches in Shepton have been designated as 'Happy to Chat' benches where people may sit and welcome conversations with others.

Find their locations and learn more [here](#).

## Frome Town Council

### Frome School Streets

The team from Frome School Streets has been engaging with the community to find a workable solution to safer streets around Frome's schools. The project is fast approaching implementation stage, where the design will be trialled in Spring 2023 for 18 months. View maps and learn more about the project [here](#).