



# MDC Bulletin

## Health and Wellbeing

14th May 2021

*Dear friends*

Welcome to this special bulletin in which we highlight health and wellbeing matters.

Your Council is part of the Mendip Health and Wellbeing Board. The Board meets quarterly with member organisations from various sectors. The aim of the Board is to improve health and wellbeing and reduce health inequalities in Mendip, through collaboration and 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 do 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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## **In touch with nature**

With the theme for the recent Mental Health Awareness Week being nature, what better way to explore Mendip and its surroundings than to go on a walk organised by local groups.

### **Health Walks**

Somerset Activity and Sports Partnership (SASP) have a range of walks across Somerset that are free of charge and are led by a team of volunteer walk leaders. There are varying lengths of walks for you to choose from. If it's your first health walk in a while, try a shorter route first and then chat to a walk leader when you think you are ready to do a bit more. Health Walks were reinstated at the end of March and you can find Mendip walk schedules at <https://www.sasp.co.uk/mendip>

For more information contact Jo Smith on 07855 283855 or [jsmith@sasp.co.uk](mailto:jsmith@sasp.co.uk)

### **Glastonbury Way**

The Glastonbury Way is a collaboration between Glaston Centre, Glastonbury Conservation Society, Glastonbury Town Council, Mendip District Council and funded by The Glastonbury Town Fund. This 7.5-mile circular route around the town offers opportunities for people of all walks of life to immerse in pilgrim practices or simply enjoy an interesting walk around the Glastonbury landscape.

You can find more information on [The Glastonbury Way - GLASTON CENTRE](#)

### **AONB**

Mendip Hills Area of Outstanding Natural Beauty also have some amazing [downloadable guides for local walks](#).

### **Getting outside advice**

Somerset Activity and Sports Partnership (SASP) have some great advice on how to get active and get outside more. Spending time outdoors, walking or cycling more not only boosts our mental health but can also help look after our environment.

[Somerset Activity & Sports Partnership - Getting Outside \(sasp.co.uk\)](#)

## Exercise and Mental Health

Exercise plays an important role in improving and maintaining our mental health.

### Jump Start

The Jump Start programme is for vulnerable young people aged 8-18 years old in Somerset which aims to give individuals the life skills, aspirations and experiences they need to nurture stronger self-esteem.

For more information about these programmes please contact Laura Dyke 01823 653990 or [ldyke@sasp.co.uk](mailto:ldyke@sasp.co.uk)

[www.sasp.co.uk/community-resilience](http://www.sasp.co.uk/community-resilience)

### Healthy Mums

Healthy Mums is a free 6-week online programme with sessions running on Zoom on Tuesday mornings 9.30-10.30am from 18th May with a week break for half term. Topics will include the benefits of exercise, healthy diet, pelvic floor health and mental health and wellbeing.

For more info contact Tiff (Coordinator) on [TWood@sasp.co.uk](mailto:TWood@sasp.co.uk) or call 07722567244.

[www.sasp.co.uk/events/2021/05/healthy-mums-online-summer-term-may](http://www.sasp.co.uk/events/2021/05/healthy-mums-online-summer-term-may)

### Healthy Lifestyle 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 by Health Connections Mendip. Come along to one or all the sessions. Join whenever you want. This group is currently running online via Zoom every Tuesday 2-3pm.

Book a space via Eventbrite: [www.eventbrite.co.uk/o/health-connections-mendip-13492597642](http://www.eventbrite.co.uk/o/health-connections-mendip-13492597642)

Or join the Zoom meeting:

<https://us02web.zoom.us/j/87885916695?pwd=U1VUQ2Eza3h4Z1F1eXQ4UFpCN2>

[ZXUT09](#)

Meeting ID: 878 8591 6695

Passcode: 2020

## Talking Cafes

### Health Connections Mendip

At a Talking Café you meet new people, make friends and chat to a community signposter about activities, support groups and services in your community.

One combined group for the whole of Mendip - Wednesdays 1-2pm online via Zoom.

Meeting ID:879 0196 9507 Passcode: Coffee. Join Zoom Meeting:

<https://us02web.zoom.us/j/87901969507?pwd=dHZ6M2ZiMVMYQU52ZzdUdWIQdTl0UT09>

Physical Talking cafes will start in the next few months. They will be located at the Shepton Mallet Art Bank and in Glastonbury.

### Talking Benches

The Talking Bench is a simple idea that a member of staff from the Health Connections team visits a bench in the centre of our town one morning per week and is present to talk and signpost people to other organisations and services in the town.

Talking Bench - Frome: Every Wednesday morning 10:30-11:00

[healthconnections mendip.org/lets-connect/projects/talking-benches](http://healthconnections mendip.org/lets-connect/projects/talking-benches)

### Coffee Connections by Dorothy House

The Coffee Connection is a friendly virtual social group aimed at those affected directly or indirectly by cancer or a life-limiting illness. Co-hosted by Dorothy House and We Hear You (WHY) on Zoom on Mondays at 10am and Thursdays at 1pm.

For more information and to register, visit [Coffee Connection - Dorothy House](#)

### Talking Cafes on Facebook

- Every Wednesday - any organisation can have a slot, get in touch
- 11am - with Community Council for Somerset - contact Carole Smith on [carole@Somersetcc.org.uk](mailto:carole@Somersetcc.org.uk)

## Creativity and Mental Health

### Make the Sunshine

Make the Sunshine is a community interest company based in Shepton Mallet, running innovative theatre projects, creative workshops and performances in local spaces, working with South West artists and local communities. Looking at how theatre can boost imagination, promote empathy, self-confidence and team work, as well as build communities.

**The Happiness Hunt** project is their latest project developed as inter-generational workshops between care homes and local school children

- A pilot with 6 primary schools and 6 care homes across Mendip where each setting received and exchanged boxes with creative materials

For more information or to get involved, contact Louise Lappin-Cook on

[louiselappincook@gmail.com](mailto:louiselappincook@gmail.com)

For more information visit [www.makethesunshine.co.uk](http://www.makethesunshine.co.uk)

### Connect Centre Activity Groups

Connect Centre in Wells are growing an active, meaningful and connected community hub accessible for all as central to their vision and values. The following activities are taking place:

- Art Group – Wednesdays, 12pm–1pm
- Art Therapy Open Studio – Mondays, 11am–2pm
- Knit & Natter – Thursdays, 1.30pm–3.30pm
- Music Jam 7 Tuition – Fridays, 12pm–2pm
- Sports for Recovery – Mondays, 2pm–3pm – peer support and fitness for those who are in recovery from addictions
- Creative Writing for Wellbeing – Wednesdays, 3.30pm–5.30pm

For more details, contact Ryan Wynn on [Ryan.Wynn@connect-centre.org.uk](mailto:Ryan.Wynn@connect-centre.org.uk) or call 01749 677097

## Wellbeing Hub

### Mind in Somerset

A new wellbeing hub will be opening in Shepton Mallet high street this summer. There will be office space, meeting rooms, a garden with a shed for Men's Shed groups and 1-2-1 counselling rooms to support those who need help with their mental health.

The hub will offer eco therapy groups in the garden, host online reading groups, baking course, a 6-week course on stress and anxiety management, employment powers and will support youth matters.

Learn more here: [www.mindinsomerset.org.uk](http://www.mindinsomerset.org.uk)

### Community Front Room

- Face-to-face mental health support over the weekend in Mendip
- Available throughout the lockdown and ongoing, for anyone aged 18 and over, going through a particularly difficult time and you feel you need some extra support.
- Recovery Navigators will see people one-to-one in a safe, welcoming space, and can support them to manage emotional distress, anxiety, social isolation, depression, low mood and poor sleep. They can also signpost people to other services such as housing, support for substance misuse, help with debt management, unemployment support and queries on Covid-19 government guidance.
- At community venues in the following locations, from 5:30pm – 11:30pm:
  - Friday: Glastonbury
  - Saturday: Shepton Mallet
  - Sunday: Wells
- To access the service please call Mindline on 01823 276892

Second Step is a member of the new Open Mental Health Alliance - a joint NHS and voluntary sector initiative that aims to ensure people get the support they need to manage their mental health, when they need it.

## Young People

### YMCA Mendip & South Somerset

YMCA Mendip and South Somerset have received VRU funding to deliver detached work in Shepton for 10 months, with the team going out once a week to engage young people where they are, this also involves working with young people to deliver to young people-led community projects in Shepton Mallet.

Youth clubs are returning back to being in person (following government guidance) in Frome, Shepton, Street and Glastonbury, while outreach work continues in Coleford, Frome, Shepton and Glastonbury. These are designed to guide young people to think for themselves; make healthy choices; improve their emotional health and wellbeing; build skills for life; develop character; have a better understanding of the world around them and take action for others.

[West Mendip Youth Clubs](#)

[East Mendip Youth Clubs](#)

Learn more here: <https://mendipymca.org.uk/>

### Youth Matters

**Youth Matters peer support groups** hosted by Mind in Somerset are now running in person and online. They are free and informal and give the chance for young people to meet others who may be experiencing similar issues in a safe, friendly and non-judgmental environment and allow to both give and receive support to each other. [Youth Matters Peer Support Groups - Mind in Somerset](#)

Mind in Somerset also provide **Youth Matters confidential listening service**. It is not a counselling service, but where youth workers allow young people to talk about their feelings and experiences and anything else on their mind. Getting things out in the open can make young people feel better and can help to resolve issues they may be facing. [Youth Matters Listening Service - Mind in Somerset](#)

## Local Council projects

### Frome Town Council

Frome Town Council is encouraging streets in Frome to organise community events or a street party. They have pulled together some top tips for putting on a great event.

[www.frometowncouncil.gov.uk/your-community/community/the-neighbourhood-network/organising-a-community-event-street-party](http://www.frometowncouncil.gov.uk/your-community/community/the-neighbourhood-network/organising-a-community-event-street-party)

### Shepton Mallet Town Council

SMTC have a £10k grant to fund public events in the town. This could be for a football team or sports day in Collet Park for example. It is so residents have the opportunity to enjoy, free, fun and safe events this summer. Learn more about the grant here:

<https://sheptonmallet-tc.gov.uk/community-grants/>

SMTC took part in setting up the Shepton Mallet Youth Support Group with funding from Young Somerset, as well as a new befriending service in Shepton with a grant from the town council and support from Active and In Touch in Frome.

## Training and more

### Let's Connect Training

Let's Connect training by Health Connections Mendip is about the power of communities to support each other by passing on information to friends, family and neighbours and with simple projects that anyone and everyone can get involved with.

Sessions run on a monthly basis and you can book for free via Eventbrite. You can join one of the Zoom sessions listed on the website or arrange a small in-person training session (following Government CV-19 guidelines).

[www.eventbrite.co.uk/e/green-community-connector-training-tickets-150748295209](http://www.eventbrite.co.uk/e/green-community-connector-training-tickets-150748295209)

For more details email: [mendip.healthconnections@nhs.net](mailto:mendip.healthconnections@nhs.net) or call: 01373 468368

## Be a Covid Community Champion

SPARK Somerset have recruited 99 Community Champions so far. Covid Community Champions help their family, friends, colleagues and the wider community to make sense of the latest advice and information about Covid-19. You'll take part in a short online training session and receive regular updates on Covid-19 and other local health and wellbeing support. You can then share the information across your networks, in whatever format works best. You'll also get to attend regular meetings with your fellow Champions. Find out more [HERE](#).

## Covid Confident Forums

A series of FREE forums designed to help community groups and organisations to navigate the end of lockdown.

- Covid Confident in the Community
- Covid Confident - Dealing with Anxiety
- Covid Confident - Get Your Group Going

[www.sparksomerset.org.uk/covid-confident-forums](http://www.sparksomerset.org.uk/covid-confident-forums)

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This MDC Bulletin special edition was issued by Mendip's Marketing and Media Team.

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