

Community Connectors can help friends, family, neighbours, colleagues or customers to access meaningful information and support which might help them to improve health and wellbeing and quality of life.

There is a range of **local information, services, activities, groups and meet-ups** which people you know or work with might find beneficial. Details for some of these are listed below, along with **links to online details for further information, advice and directories**.

Community Connectors are not counsellors or advisors but they know their communities well and are well placed to let people know about what is available locally. **If you would like to attend a free Community Connector workshop** email support@sparksomerset.org.uk or phone 01458 550973 to speak to the team.

NB: Some activities and groups have been affected by COVID-19, so do check first to see what support is currently available.

Wellbeing Sedgemoor directory

Web: www.wellbeingsedgemoor.org

Email: support@sparksomerset.org.uk tel:01458 550973

This community-based initiative offers **web-based resources and workshops** to provide information about locally available services, support, activities and groups which are *low cost or free*. Finding the right group or support helps people to improve their health and wellbeing and quality of life. Check out the directory, or attend a **Community Connector workshop** to find out what's happening in your town and meet other local people and organisations.

Health & Wellbeing Coaches in Bridgwater

Contact your local GP practice for further details

Health Coaches are available to see people in in GP practices. Their role is to **support people to manage new or existing health conditions**. This might involve helping people to make healthy lifestyle changes, signposting people to local groups and activities which might improve their health and wellbeing, or supporting them to set health-related goals. Some GP practices run peer support groups and regular health walks. Talk to your healthcare team for further info.

Somerset Drug and Alcohol Service

Web: www.turning-point.co.uk/ tel:01935 383360

Turning Point supports Somerset's drug and alcohol service. It offers **free, confidential advice and support to anyone whose life is being adversely affected by drugs and/or alcohol use**. The goal is for you to complete recovery by giving you the support, advice and skills you need to start a new life. They also help with a wide range of issues such as **employment, education and training**.

Take Art

Web: <https://takeart.org/>

Email: info@takeart.org Tel: 01460 249450

Take Art provides **opportunities for people of all ages and abilities to experience, participate and work within the arts**, which has the potential to transform lives and communities. It incorporates a wide variety of art forms, settings and age groups and delivers a diverse range of projects with a community, educational and health and wellbeing focus.

Mind in Somerset

Web: www.mindinsomerset.org.uk/

Tel: 01935 4748750 Email: info@mindinsomerset.org.uk

Mind in Somerset is an independent charity. It provides **services and support to anyone affected by, or vulnerable to, mental illness**; improving their life and wellbeing. It runs projects including Youth Matters, Pregnancy and Maternity Support; Farming Support; and Armed Forces Family Support. It runs adult support groups; adult one-to-one services; Somerset Mental Wellbeing Service; and others. **Mindline 01823 276 892; Mindline Trans+ 0300 330 5468**.

Somerset Community Connect

Web: <https://www.somersetcommunityconnect.org.uk/> Tel: 0300 123 2224

Provided by Somerset County Council and its partners, this website gives information and advice. There is a **directory listing local groups and activities** and information drop-ins for adult residents in Somerset to find information, advice and services to manage their own care and wellbeing. You will also find information about the **Somerset Village Agents Service** and the **Community Connect Talking Cafés** in towns across Somerset – visit <http://www.somersetccc.org.uk>

NHS Website: www.nhs.uk/

Health A to Z: your complete guide to conditions, symptoms and treatments, including what to do and when to get help. **Live Well:** advice, tips and tools to help you make the best choices about your health and wellbeing. **Social care and support guide:** if you or someone you know needs help with day-to-day living because of illness or disability you can find out about your options and where you can get support. **Medicines A to Z:** find out how your medicine works, how and when to take it, possible side effects and answers to your common questions. **NHS Services:** find the service you need, e.g. GP, Pharmacy or Dentist, and latest advice regarding **Coronavirus**.

Age UK Somerset

Web: <https://www.ageuk.org.uk/somerset/our-services/>

Tel: 345613 10am-3pm info@ageuksomerset.org.uk

Age UK Somerset works to make later life better across Somerset and North Somerset. It offers a range of services that have been developed over many years of experience in meeting the needs of older people in the area. **General info and advice; benefits info; Ageing Well exercise classes across Somerset;** products to buy e.g. hearing aids and personal alarms. Social activities. Volunteer.

Dementia Somerset

Web: <https://www.dementiasomerset.org.uk/>

Tel: 01458 251 541 Email: somersetDAS@alzheimers.org.uk

The vision in Somerset is for **people with dementia and their family and carers to be helped to live well and improve the quality of their life**, no matter what the stage of their illness or where they are in the health and social care system. This partnership group has a range of support services and information and can be contacted using details above. There is also the Alzheimer's Society Dementia helpline to speak to trained advisers **0300 222 1122**. **Memory Café/Singing for the Brain - email** carol.sweeting@alzheimers.org.uk. Contact The Carers Service if you care for someone with Dementia – see details below.

Somerset Carers Service

Web: www.somersetcarers.org/

Tel: 0800 316 8600 Text 'Carer' 78070

If you regularly look after someone in a caring capacity, the **Somerset Carers Service can support you with advice and guidance**. Caring for another person is very rewarding, but can be overwhelming and lonely at times. Somerset Carers Service can **help link you to groups & events in your area**, and to find facts and info that will help the person you are caring for with their particular needs. A Carer's Agent is on hand to help and guide you. The Taunton Carers Group meets at St Mary Magdalene Church, Church Square, First Monday of the month, 10-12pm. E: carers@somersetccc.org.uk

Somerset Activity and Sports Partnership

Web: www.sasp.co.uk/

Tel: 01823 653990 e: enquiries@sasp.org

Keeping Somerset's adults, young people and children physically active, SASP runs a variety of activities, schemes and courses for all ages and abilities. Visit the website to find details of regular and free **Health Walks** in South Somerset, **social sport and activity, disability sport, events, courses and the Activity Finder**. Plus Home Activity Packs and lots of online activities and videos too.

Men's Sheds Association

Web: www.menssheds.org.uk/about/

Tel: 0300 772 9626 e: admin@ukmsa.org.uk

Sheds are about **meeting like-minded people, sharing skills and knowledge and having fun! Activities are similar to those of garden sheds, but for groups of men to enjoy together**. They help reduce loneliness and isolation and they're fun! All men are welcome whatever their age or background including men who are disabled, or experiencing mental health problems. Visit the webpage above for details of South Somerset sheds. Some sheds have sessions for women, and some sessions are for both men and women.

Home Library Service

Web: www.somerset.gov.uk/libraries-leisure-and-communities/libraries/libraries-services/home-library-service/

Tel: 0300 1232224 e: enquiry@somerset.gov.uk

If you are confined to your home, and are unable to visit a library, you could benefit from a visit. It is available for people of any age, who may be permanently or temporarily confined to home. **This is a free service.** Plus a new **Order and Collect service**, and a range of social activities with **The Reader** shared reading scheme. Visit www.thereader.org.uk

Citizens Advice Sedgemoor

Web: <https://citizensadvicesedgemoor.org.uk/>

Tel: 0808 2787842 (Monday to Friday 9am to 4pm)

Citizens Advice South Somerset is an **independent advice charity providing free, confidential and impartial information, support and advice** for anyone who needs it. Its vision is to deliver excellence in prevention and advice services, helping clients prepare for and manage key life events and changes.

Somerset Integrated Domestic Abuse Service

Email: youfirstsidas@theyoutrust.org.uk

If you would like to talk to someone about **domestic abuse** you can call the Somerset Domestic Abuse Support helpline on 0800 69 49 999, or email. Visit www.somerseturvivors.org.uk. Services include **outreach support** in the community, **refuge, and programmes of support.**

Additional COVID-19 resources

Spark Somerset website www.sparksomerset.org.uk/ guidance for groups & charities, and the volunteering platform www.sparkachange.org.uk Call 01458 550973 or email support@sparksomerset.org.uk

Somerset County Council resources www.somerset.gov.uk/coronavirus for up-to-date info and latest guidance on restrictions, education, services, workplace.

SCC Coronavirus helpline This is a single point of access to all district councils and the county council. Tel 0300 790 6275.

MINDLINE Somerset Emotional Support helpline is open 24 hrs, 7 days a week. Emotional and mental health support for all ages. Tel 01823 276 892.

Age UK Somerset for info about support and services available during coronavirus, including friendly chats visit www.ageuk.org.uk/somerset/ or call 01823 345610

Healthy Somerset lots of information and advice from the Somerset Public Health team about staying healthy, happy and safe during COVID-19. Visit <https://www.healthysomerset.co.uk/covid-19/>

Mental and emotional health guides are available from Healthy Somerset. Visit <https://www.healthysomerset.co.uk/covid-19/happy/>

The Main Determinants of Health

