

Service update for Vine Surgery

July 2022

Health Connections Mendip is part of your primary care team. We provide free social prescribing + health coaching support to your patients. Any professional can refer someone to us (18+) or people can self-refer. You have a dedicated Health Connector, Sindy Uttley (sindy.uttley@nhs.net), who supports people one-to-one + in groups.

Update on local groups and projects:

Stoma awareness event, Sat 30th July - Street Methodist Church, 10am to 2pm

Support and information for anyone in Mendip who has, or is considering surgery, as well as carers/family members. Meet others who are affected and want to share their stories. It's hoped that a Stoma Nurse will attend. More info about the charity: stomaheroes.com

Low cost fitness classes - Wed evenings, Salvation Army Hall, Goswell Road

Both classes suitable for beginners and those who are more experienced.

6-7pm legs and core and 7-7.45pm circuits or pyramids. £4.50 per class or do both for £7.50.

Open Doors at The Mission Church, Vestry Close

A space once a month that welcomes everyone, with free refreshments, games, wifi. Usually the last Thursday of the month, 10-12 Call 01458 841373 for mor

The Snug - a safe space to support mental wellbeing - Red Brick Building, Thurs 28th July, 11-3

Free event, lots of creative activities, volunteer listeners, ambient music, refreshments. Open to all.

MUSE - Mothers United in Self-Employment

Support for mums living in Mendip; monthly meet-ups for sharing skills, networking, mentoring and peer support. Meet ups are usually in Wells. Visit [Facebook/MuseSomerset](https://www.facebook.com/MuseSomerset)

Free Spaces at LIFEbeat Summer Camp in Somerset

This August, LIFEbeat will be hosting a summer residential programme at Kilve Court August 3-9. The camp is fully funded, so LIFEbeat is able to offer free spaces to young people who live in Somerset.

The summer camp is a one-week residential camp for young people aged 14-18 years: visit lifebeat.uk



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01373 468368

July dates for your diary

3rd Bereaved Parents Awareness Day

24th Samaritans Awareness Day

15th Youth Skills Awareness Day

25th Schizophrenia Awareness Day

23rd-31st Love Parks Week

28th World Hepatitis Day

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Useful local and national information and resources:

Sleepstation, the clinically validated sleep improvement programme, is available again for patients. According to NICE, insomnia affects up to 50% of adults in the UK, often leading to reduced health and general well-being. Cognitive behavioural therapy insomnia (CBTi) is the gold standard treatment for insomnia. Sleepstation delivers CBTi via its website and follows people up through telephone contact. Anyone registered at a Somerset GP practice can now self-refer to Sleepstation. Health workers can also make referrals - sleepstation.org.uk/nhs-referrals/

A new project, the Somerset Financial Wellbeing project is being launched to support people concerned about money and help them to plan for a better financial future. The project is being delivered by the four Somerset-based credit unions: Mendip Community Credit Union, Westcountry Savings & Loans, Great Western Credit Union, and Somerset Community Credit Union. Anyone living or working in Somerset can find out more at www.westcountry.org.uk/SFWP.

10 Footsteps to Living Well with Pain

The 10 Footsteps website is a great website with lots of useful resources and information to support people to manage their pain, and improve their wellbeing and quality of life: livewellwithpain.co.uk

Finding a local micro-provider - helping people to stay independent at home

Micro-providers are individuals who offer independent care and support services in the community. They provide flexible, personalised care & support to people in their homes and with getting out and about. Many have years' experience in care work or nursing. To find out more about this service, call Health Connections on 01373 468368

Health Connections groups and projects:

Talking Cafes

Street Talking Cafe, Fondo Lounge, Wednesdays, 10-12

Online Talking Cafe, every Wednesday 1pm-2pm - link on our website

Other Talking Cafes take place across Mendip - see our website for more details

Groups (see website - or call us)

Healthy Lifestyles face-to-face sessions - call us to find out dates for the next course

Online Healthy Lifestyles Group - every Tuesday 2-3pm via Zoom

Let's Connect training sessions

Activating the power of communities to support each other and spread information. Including Community Connector training, plus sessions on digital connecting, warm homes/energy efficiency, starting 'planning ahead' conversations + more. *Links on our website*

