



MDC Bulletin

Health and Wellbeing

15th February 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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Citizens Advice Mendip

Household Support Fund

Residents can access the Household Support Fund from Citizens Advice Mendip. The fund is designed to provide short-term financial support to vulnerable households which are struggling to afford household essentials this winter. These households may need help with the cost of food, energy, water bills and other essentials. The application form can be found here: <https://hsf.citizensadvice Somerset.org.uk/>.

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 144 8 444

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

Centre of Sustainable Energy (CSE)

Funding secured to support Landlords improve EPC rating

Mendip District Council and CSE successfully bid for £49,057 to go towards supporting landlords with an Energy Performance Certificate (EPC) rating below Band E, to improve their properties and meet their legal obligations.

Using the funding, the Council and CSE will work together to support Mendip landlords improve their EPC ratings through education, training and events, with the aim of making homes more energy efficient, warmer and cheaper for residents to live in.

If you're a landlord and need help bringing your EPC rating up to band E, please contact CSE here: www.cse.org.uk/contact.

Learn more about the funding: www.mendip.gov.uk/article/10701/49k-funding-boost-to-support-landlords-improve-EPC-ratings.

Somerset Retrofit Accelerator project

The Somerset Retrofit Accelerator project is a partnership between Frome, Bruton and Glastonbury Town Councils, the four District Councils in Somerset, Somerset Independence Plus and the CSE. The project focuses on developing the supply chain for low carbon, whole house retrofit of homes. The six-month pilot project is funded by the UK Government through the UK Community Renewal Fund.

Learn more here: <https://www.futureproof.uk.net/>.

Emergency pre-payment meter vouchers

If you're struggling to afford to heat your house during the pandemic, the CSE have emergency pre-payment meter vouchers available, get in touch.

- Call CSE on 0800 082 2234 (Monday-Friday, 9am-5pm).
- Submit the form on their website: www.cse.org.uk/contact-us.
- Email: home.energy@cse.org.uk.

Spark Somerset

Vaccination Buddies

Vaccination Buddy Volunteers are fully trained by Public Health at Somerset County Council and can offer 1-2-1 advice and information to anybody who has questions or concerns about having the Covid-19 vaccine.

Learn more: <https://sparksomerset.org.uk/projects/vaccination-buddies>.

Covid Community Champions

Covid Community Champions help their family, friends and the wider community to understand the latest guidance around Covid-19 and can also signpost to other health and wellbeing support.

Learn more: <https://sparksomerset.org.uk/projects/covid-community-champions>.

Funding support

The Somerset Funding Portal contains the latest local, regional and national funding information for Somerset's Voluntary, Community and Social Enterprise sector, and has a dedicated Covid-19 category. You can also get expert 1:1 guidance from the Funding Team.

Learn more: <https://sparksomerset.org.uk/funding>.

Digital inclusion

The Covid-19 pandemic has highlighted the importance of digital inclusion in keeping people happy, safe and connected. The Spark IT project aims to tackle digital poverty and improve access to online health and wellbeing services in Somerset.

Learn more: <https://sparksomerset.org.uk/spark-it>.

Grow For Good Forum

For Somerset-based social enterprises, voluntary groups and individuals who use growing and gardening to support positive change in their communities. Go along to network and share ideas with others who are involved in similar projects.

Wednesday 16th February, 7:30pm to 9pm via Zoom

Book here: <https://www.eventbrite.co.uk/e/grow-for-good-forum-tickets-226955318467>.

Somerset Carers Service - Free online meet ups

Spark's online support groups are open to all unpaid carers in Somerset. They get together for a conversation about how things are going. It's a friendly, informal space - there's no agenda, but plenty of time for carers to talk about the things that matter and share information and experiences. Members of the Spark Somerset and Somerset Carers Service teams are always on hand for a chat and to answer any questions too.

Find out more and register: <https://sparksomerset.org.uk/online-carers-group>.

Frome Community Hospital

Free confidential health checks are available at Frome Market, Standerwick for farming or agricultural workers and their families. It is funded by the Somerset Clinical Commissioning Group. There is one session a month which will soon be increasing to two a month, and sessions are four hours long. No appointment necessary, just go to the market and talk to one of the volunteers.

- ✓ Health and wellbeing checks
- ✓ 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.

Parish Forums

Mendip District Council hold Rural Forums throughout the year on a variety of topics that may be of interest and useful to the 62 parishes and community groups within its area.

The next Parish Forum will be taking place on 8 March.

Learn more: www.mendip.gov.uk/parishforums.

Free NHS 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.

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

Learn more: <https://somersethealthchecks.co.uk/>.

Glastonbury Dementia Action Alliance

As part of St John's Church's Wellbeing Mondays, Glastonbury Dementia Action Alliance are able to offer Monday afternoon activities for those living with memory loss and dementia, with their carers.

Come along from 2pm for a cuppa with the activity starting at 2.30pm for an hour in the church itself.

- The first Monday of each month, from 7th February, will be a Singing Circle led by Celia. Contact: revrowenafrancis@gmail.com.
- From 21st February there will be 6 weeks of gentle years yoga (excluding Singing Circle weeks) led by Jane. Contact janestatonyoga@gmail.com
www.janestatonyoga.co.uk.

After Easter, a monthly cycle of different weekly activities consisting of Singing, Gentle Years Yoga, Free to Move (music and chair movement for fine motor and coordination) and Memory Cafes will be available to attend (subject to available funding).

Health Connections Mendip (HCM)

Digital Health Connector

HCM run tailored 1:1 sessions where you can learn how to use your device(s). From learning to use a keyboard, search engines, using video calling through to WhatsApp and online shopping.

Call 01373 468368 and they will put you in touch with a Digital Connector.

Digital Café – There is a drop-in digital support service at the Cheese & Grain, Frome, every Thursday from 10-11:30am. Go along, grab some refreshments and join in.

Learn more: <https://healthconnectionsmendip.org/lets-connect/training/digital-connectors/>

Healthy Lifestyles Programme

This group is currently running online via Zoom every Tuesday 2-3pm.

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. Go along to one or all the sessions. Join whenever you want.

Book here: <https://www.eventbrite.co.uk/o/health-connections-mendip-13492597642>.

Or join on Zoom:

<https://us02web.zoom.us/j/87885916695?pwd=U1VUQ2Eza3h4Z1F1eXQ4UFpCN2ZXUT09#success>

Meeting ID: 878 8591 6695

Passcode: 2020

Talking Cafes (In Person)

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

- Wells: Thursday 10am-12pm, Bishop's Palace, Wells BA5 2PD
- Shepton Mallet: Wednesday 10am-12pm, The Art Bank, 13 High St, Shepton Mallet BA4 5AD
- Coleford: Thursday 1pm – 2.30pm, The Hub, Old School, Church St, Coleford BA3 5NQ
- Frome: Thursday 1pm – 2.30pm, Coffee#1, 15-16 Westway Centre, Frome BA11 1BS
- Frome: Mondays 10am – 11.30am Cheese and Grain, Market Yd, Justice Ln, Frome BA11 1BE
- Beckington: First Tuesday of the month, 1pm – 2.30pm at Lahs Place, Beckington BA11 6SB. To book a place please call 01373 468368

- Glastonbury: Mondays 10am – 12pm, St John Baptist’s Church, High Street, Glastonbury, BA6 9DR
- Street: Wednesday 10am – 12pm, Fondo lounge at 107, High Street, Street, BA16 0EY

Learn more: <https://healthconnectionsmendip.org/support-for-you/groups-we-run/>.

Talking Cafes (online)

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

Join here:

<https://us02web.zoom.us/j/87901969507?pwd=dHZ6M2ZiMVMyQU52ZzdUdWlQdTlOU09>.

Meeting ID: 879 0196 9507

Passcode: Coffee.

Town Cooks Frome

Town Cooks is an exciting community-based project based on the food we cook and eat every day. Each month HCM will share a recipe that anyone and everyone can cook and eat at home. The recipes will be seasonal, healthy, easy to cook and good for the environment. HCM want to support local food networks and food producers by making the most of the season and the food available locally. They’d like people to talk about what they are cooking and eating, and know that having a shared interested is a great way to feel involved and a part of the community.

Learn more: <https://healthconnectionsmendip.org/lets-connect/projects/town-cooks/>.

1-2-1 support with health connectors

Health Connectors support people to make positive changes to improve their health and wellbeing. Health Connectors can listen 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 people in setting health-related goals and support them to make sustainable changes. This service is free of charge and is open to patients of Mendip GP practices. You can self-refer by contacting them.

Call: 01373 468368

Email: mendip.healthconnections@nhs.net.

Learn more: <https://healthconnectionsmendip.org/support-for-you/one-to-ones/>.

Dorothy House Hospice

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 10:00-11:45

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

Learn more: www.dorothyhouse.org.uk/what-we-do/groups-and-workshops/bereavement-help-point/shepton-mallet/.

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).

Location: Cheese and Grain, Frome

Date and time: Tuesdays, 10am-12pm

Learn more: www.dorothyhouse.org.uk/what-we-do/groups-and-workshops/coffee-connection/cheese-and-grain-frome/.

Can't make it in person? There is also an online Coffee Connections which take place on Mondays, 10am-11am. To join, visit: www.dorothyhouse.org.uk/what-we-do/groups-and-workshops/coffee-connection/coffee-connection-online/.

Somerset Activity and Sports Partnership (SASP)

Somerset Health Walks

SASP organise group health walks across the county.

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. There are so many benefits from health walking - we're sure you'll see a difference in yourself even after your first walk!

Find all the Frome health walks here: www.sasp.co.uk/uploads/frome-health-walks-feb-may-22.pdf?v=1643625435.

Find all the Glastonbury, Shepton Mallet, Street and Wells health walks here:

www.sasp.co.uk/uploads/mendip-exc-frome-walks-feb-may-22.pdf?v=1643625492.

If you have any questions, please contact Jo Smith on 07855 283855 or jsmith@sasp.co.uk.

Website: www.sasp.co.uk/mendip.

Frome Town Council (FTC)

FIND

Frome's Family Information Network Directory (FIND) is a platform to find the information you need for your family all in one place.

Over the years FTC have seen first-hand the power of community and local connections when it comes to building a strong and resilient town. The directory has been created to do just that and offer a range of information on local services, organisations and community groups, as well as resources for families and professionals.

Access it here: www.frometowncouncil.gov.uk/find.

Mayor's Grants

FTC accept small grant applications to the Mayor's Small Grant fund which are up to £300. There is no deadline for these applications, and they are assessed on a rolling basis until funds are depleted.

Learn more: www.frometowncouncil.gov.uk/wp-content/uploads/2019/08/FTC-Mayors-Small-Grants-Criteria-Terms-and-Conditions-2019-20.pdf.

Aster Housing

Aster Foundation

The Aster Foundation was created to give something back.

Aster invest in their communities and its future through a range of initiatives including the [Into Work](#) and [Financial Wellbeing](#) services, Digital College, tackling fuel poverty, [mental wellness and resilience](#) offer and [volunteering](#) opportunities.

The Aster Foundation also supports Housing First to tackle homelessness and Independent Living Services to support and enable independence for older customers by providing solutions to address a range of exclusion challenges.

Learn more: www.aster.co.uk/foundation.

Wells Community Network (WCN)

WCN operate a Monday to Friday 9-5pm telephone support, with a team of friendly volunteers who are always happy to help.

Phone the helpline - 01749 467079

- They help with shopping
- Deliver prescriptions
- Signpost you in the right direction
- They can walk dogs
- Sometimes they can help with transport to vaccine centres or the hospital.

Learn more: www.wellscommunity.network.

The Wells Coronavirus Network

If you are self-isolating or need support during this pandemic, please get in touch to find out how they can help. They offer the following services and more:

- Collecting and delivering medications
- Friendly phone calls
- Help with shopping

Learn more: <https://helpwells.co.uk/>

Community Council for Somerset (CCS)

Village and Community Agents

CCS Village and Community Agents provide confidential, practical community-based solutions for you, wherever you are in Somerset.

Your local CCS Village Agent can be contacted directly, or by referral through your doctor's surgery. Find your local agent [here](#).

CCS Community Agents can only be contacted by a referral from your doctors or Adult Social Care Services.

Meal and Food boxes

Meal and Food boxes are available in your community, that anyone can request regardless of financial situation.

You can access these free meals by contacting your local village agent – call 01823 331 222.

Learn more: <https://somersetagents.org/help-with-food/>.

Struggling with food?

CCS can help if:

- you are not able to cook hot meals for yourself or your family
- you are looking after someone in an unpaid caring capacity and would value some respite from cooking
- you are worrying about the cost of food
- cooking is causing you anxiety and distress
- you are having to choose between heating and food

Learn more: <https://somersetagents.org/help-with-food/>.

Small Grant Fund 2022 is NOW OPEN!

A grant of up to £500 is available for any community groups, charities, organisations and agencies that support or directly work with Black, Asian or Minority Ethnic (BAME) communities in Somerset.

The Small Grant Fund application deadline date: 28th February 2022

Download application form: <https://ccslovesomerset.org/app/uploads/2022/01/Somerset-Diverse-Communities-Request-for-Funding-2022.docx>.

Surviving Winter Grants

Every year the CCS distribute grants to vulnerable older people through the surviving winter scheme – the money comes from older people who can afford not to use their winter fuel allowance, so the money gets recycled to help people in need.

It is managed by the Somerset Community Foundation – more information can be found [here](#).

Support for unpaid carers

Caring for another person is very rewarding but can be overwhelming and lonely at times.

[Somerset Carers](#) support can:

- Link you to groups and events in your area
- Help find information and support agencies to support you and the person you care for
- Provide emotional and practical support for you and your whole family
- Guidance with financial assistance, benefit entitlements
- Agents support local carers groups

Talking Cafes

Talking Cafes provide a local place you can pop into, for advice and support from your local Village Agent on anything that is worrying you, or if you just want a friendly chat.

You can also watch the weekly [online live session on Facebook](#).

Due to COVID restrictions, you must book your appointment at a Talking Cafe. Same-day booking may be available.

To book – call 01823 331 222, or complete the [online form here](#).

Shepton Mallet Town Council (SMTC)

Shepton Walks

Shepton Mallet has been accepted as a 'Walkers are Welcome' town. Thanks to the over 1,100 people who signed a petition, this new accreditation means Shepton Mallet has become part of a national network of over 100 other towns whose aim is to welcome walkers from all over and co-promote outdoor activities.

Learn more: <https://sheptonmallet-tc.gov.uk/2022/01/13/chairs-column/>.

Winter Events

Discover SMTC's programme of events and activities taking place in Shepton Mallet this winter!

The Town Council is funding a number of family-friendly events and activities for residents and visitors alike, and to support the town. The hope is to help create a full programme of fun, safe, exciting events and activities that will give everyone in Shepton something to look forward to and celebrate all the town has to offer. They are also supporting local businesses and organisations running their own events this winter by promoting them as part of their Winter Series programme.

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

Mendip One Team

Mendip District Council is part of the Mendip One Team working with troubled individuals and families, which helps reduce anti-social behaviour and support safeguarding the vulnerable.

Learn more: www.mendip.gov.uk/article/7432/Safer-Communities.

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

Beth, Ally, Jade and Rose

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www.linkedin.com/company/mendip-district-council

www.mendip.gov.uk