

Somerset

# Signposting manual

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## National Signposting

### Healthy Weight

<https://www.nhs.uk/live-well/healthy-weight/>

### Healthy Lifestyles

<https://www.nhs.uk/live-well/healthy-body/>

### Smoking

<https://www.nhs.uk/live-well/quit-smoking/>

### Nutrition

<https://www.nhs.uk/live-well/eat-well/>

### Physical Activity Guidelines

<https://www.nhs.uk/live-well/exercise/>

### Active10

<https://www.nhs.uk/oneyou/active10/home>

### Sleep

<https://www.nhs.uk/live-well/sleep-and-tiredness/>

### Alcohol Consumption

<https://www.nhs.uk/live-well/alcohol-support/>

### Mood

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

## Smoking cessation

### **Smokefreelife Somerset**

08006226360

<https://www.healthysomerset.co.uk/smokefree/>

Free group support for a 12-week treatment programme.

## Weight management, nutrition and diabetes

### **Zing Somerset Community Support**

<http://www.healthysomerset.co.uk>

Healthy eating and physical activity support helping you to get more active and lose weight.

### **Revitalise – Physical activity for those living with cancer**

01823 653990

<https://www.sasp.co.uk/revitalise>

Physical activity sessions delivered by qualified staff suitable for those living with cancer and beyond.

### **Healthy Somerset**

<https://www.healthysomerset.co.uk/>

Hints and Tips on maintaining health, weight and wellness with links to other services in the area.

## Physical Activity

### **SASP**

01823 653990

[enquiries@sasp.co.uk](mailto:enquiries@sasp.co.uk)

<https://www.sasp.co.uk/zing-somerset>

Delivering a range of physical activity sessions across Somerset.

### **Mature Movers**

01823 345626

<https://www.ageuk.org.uk/somerset/activities-and-events/exercise-sessions/>

Gentle seated exercises adaptable for all abilities.

### **Preventing Falls – Stay Strong Stay Steady exercise programme**

01823 345626

[ageingwell@ageuksomerset.org.uk](mailto:ageingwell@ageuksomerset.org.uk)

<http://www.ageuksomerset.org.uk>

Gentle exercises designed to prevent falls and improve balance.

**Flexercise**

01458 272473

Chair-based exercise to improve strength, balance and confidence.

**Bridgwater**

**Active Bridgewater**

<https://www.sasp.co.uk/active-bridgwater>

A range of activities to encourage people in becoming more active.

Free or minimum charge.

**Tai Chi**

01823 345626

[ageingwell@ageuksomerset.org.uk](mailto:ageingwell@ageuksomerset.org.uk)

Slow movement-based exercise, focusing on breathing mental relaxation.

**Central Taunton**

**Taunton Deane: Walk Well in Taunton**

[alicotter@everyoneactive.com](mailto:alicotter@everyoneactive.com)

Contact Ali Cotter - 01823 271271 extension 22407

[www.walkwellwithtone.btck.co.uk](http://www.walkwellwithtone.btck.co.uk)

Free, fun and friendly short walks to help you get active and meet new people.

**Crewkerne, Chard and Ilminster**

**Minster Milers**

<https://minstermilers.weebly.com/>

Fun and friendly running club for all abilities.

**St Mary's Church Ramble Group – Chard**

07941 631839

[walkingwithstmarys@hotmail.co.uk](mailto:walkingwithstmarys@hotmail.co.uk)

<http://www.stmaryswalks.org.uk/>

Monthly short 4mile or a ramble of 7-9 miles walks. All ages welcome.

**Active Age Pioga – Crewkerne**

0800 978 8158

<http://www.iomefitness.com>

Chair based exercises suitable for all abilities.

**Preventing Falls – Stay Strong Stay Steady exercise programme**

01823 345626

[ageingwell@ageuksomerset.org.uk](mailto:ageingwell@ageuksomerset.org.uk)

<http://www.ageuksomerset.org.uk>

Strength and balance exercises designed to prevent falls

**Over 50s Keep Fit – Crewkerne**

01460 74340

[henhayescentre@btconnect.com](mailto:henhayescentre@btconnect.com)

<https://www.facebook.com/TheHenhayesCentre/>

A slightly more energetic exercise class for the over 50's.

**East Mendip**

**Shepton Mallet parkrun**

<https://www.parkrun.org.uk/sheptonmallet/>

Free weekly 5K run/walk

**Chair & Standing Exercise Class in Shepton Mallet**

01823 653990

[jsmith@sasp.co.uk](mailto:jsmith@sasp.co.uk)

Chair and standing exercises to improve balance, mobility, strength and flexibility.

**Walking Football Somerset FA**

01458 832359

[support@somersetfa.com](mailto:support@somersetfa.com)

<http://www.somersetfa.com>

Slow-paced version of football.

**Frome**

**Walk, Run and Talk Group Frome**

01373 468368

Fun, friendly walk or run groups.

**Frome Parkrun**

<https://www.parkrun.org.uk/theoldshowfield/>

Free weekly 5K run/walk.

**Tai Chi**

01823 345613

<http://www.ageuk.org.uk>

Slow movement-based exercise, focusing on breathing mental relaxation.

**Walking Football Somerset FA**

01458 832359

[support@somersetfa.com](mailto:support@somersetfa.com)

<http://www.somersetfa.com>

Slow-paced version of football.

### **North Sedgemoor**

#### **Tai Chi**

01823 345626

[ageingwell@ageuksomerset.org.uk](mailto:ageingwell@ageuksomerset.org.uk)

Slow movement-based exercise, focusing on breathing mental relaxation.

#### **Extend Movement to Music - Burnham on Sea**

01823 345626

[ageingwell@ageuksomerset.org.uk](mailto:ageingwell@ageuksomerset.org.uk)

Uplifting and fun seated and standing exercises to help balance, circulation and coordination.

#### **Health Walks in Sedgemoor**

0300 303 7800

[community.services@sedgemoor.gov.uk](mailto:community.services@sedgemoor.gov.uk)

<https://www.sedgemoor.gov.uk/healthwalks>

Free, accessible and well supported Health Walks across the district.

### **South Somerset East**

#### **Health Walks**

07876 655556

[ianh7062@gmail.com](mailto:ianh7062@gmail.com)

<https://www.southsomerset.gov.uk/functions/leisure-and-recreation/healthy-living/health-walks/>

Free, accessible and well supported Health Walks across South Somerset.

### **South Somerset West**

#### **Walk15 low impact workout – Merriott**

Contact John Scott for more information

[johnscott.walk15@gmail.com](mailto:johnscott.walk15@gmail.com)

Low impact workout for all fitness levels and ages.

#### **Circuit training for conditions & recovery – Langport**

07814 826951

[marioncooper@hotmail.co.uk](mailto:marioncooper@hotmail.co.uk)

Specialist led exercise program offering support, guidance and motivation in a safe and friendly environment.

**Yoga Stretch Flex for the elderly – South Petherton**

01823 245610

[ageingwell@ageuksomerset.org.uk](mailto:ageingwell@ageuksomerset.org.uk)

Combination of breathing, relaxation and physical exercises to balance the mind.

**West Mendip**

**Silvercise – Street**

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

<http://lenadeedance.com/silvercise/>

Fun, social and gentle fitness class aimed at the over 60s combining toning, stretching, conditioning and dance.

**Extend, Movement to Music**

01823 345626

<http://www.ageuk.org.uk/>

Gentle, fun and friendly exercise classes

**Street Park Run**

[streethelpers@parkrun.com](mailto:streethelpers@parkrun.com)

<https://www.parkrun.org.uk/street>

Free weekly 5K run/walk.

**Age UK Tai Chi – Wells**

01823 345626

<https://www.ageuk.org.uk/somerset/activities-and-events/exercise-sessions/>

Slow movement-based exercise, focusing on breathing mental relaxation.

**Wells Leisure Centre Healthy Walk**

01749 670055

Fun and friendly 30-minute group walks.

**West Somerset**

**Williton Over 60s Exercise Class**

<https://www.moveitorloseit.co.uk>

Seated and standing exercise to improve flexibility, balance and strength.

**Yeovil**

**Movement to Music**

01823 345626

[dianne.ramsay@ageuksomerset.org.uk](mailto:dianne.ramsay@ageuksomerset.org.uk)

Fun and friendly sessions to improve balance, flexibility, coordination and strength.



**Walking Football**

01935 431716

Slow-paced version of football. Meets at Bucklers Mead Sports Centre.

**Mental Health and Wellbeing**

**Somerset Talking Therapies**

01278 435853

<https://www.somersetalkingtherapies.nhs.uk/>

Offers a range of treatments for adults who are registered with a GP surgery in the Somerset area.

**Somerset Wellbeing Friends**

[info@mindinsomerset.org.uk](mailto:info@mindinsomerset.org.uk)

<https://www.mindinsomerset.org.uk/>

Focusing on improving life skills, promoting coping strategies and tackling loneliness. They also offer support for those affected by mental health issues.

**Bridgwater**

**Somerset Coast CMHS**

01278 720220

Providing specialist mental health services for adults living with conditions such as severe depression, psychosis, complex trauma or severe anxiety.

**Central Taunton**

**Mind in Taunton and West Somerset**

01823 276 892

<http://mindtws.org.uk>

Promoting good mental health, to encourage greater understanding of mental health issues.

**Somerset Counselling Centre**

01823 337049

[info@scctaunton.org.uk](mailto:info@scctaunton.org.uk)

Provides a safe place to talk to a skilled counsellor.

**Relate**

[reception@exrelate.org.uk](mailto:reception@exrelate.org.uk)

0300 7729681

<http://www.relate-ed.org.uk/>

Supporting individuals, couples and families through all stages of their relationships.

**Taunton Counselling Service**

01823 282774  
<https://www.tauntoncounsellingservice.org.uk/>  
A group of professional counsellors.

**Taunton CMHS**

01823 368350  
Somerset Partnership NHS Foundation Trust provides specialist mental health services for adults living with conditions such as severe depression, psychosis, complex trauma or severe anxiety.

**Nature and Wellbeing Project**

KLambert@somerset.gov.uk  
01823 451884/07976 691772  
Supporting people to access quality natural spaces of outstanding beauty.

**East Mendip**

**Wilder Woods outdoor projects**

deb@wilderwoods.org  
<https://wilderwoods.org/events/>  
Improving wellbeing through growing and learning outdoor skills.

**Frome**

**The Wednesday Club – Gardening and horticulture**

Alyson: 07875071401  
Alex: 01373 228573  
<http://sharedearthlearning.blogspot.com/>  
Improving wellbeing through growing and learning outdoor skills.

**We Hear You (WHY)**

info@wehearyou.org.uk  
01373 455 255  
<https://www.wehearyou.org.uk/>  
Providing a free professional counselling service for anyone affected by a diagnosis of cancer or another life-threatening condition.

**Somerset Wellbeing Friends**

info@mindinsomerset.org.uk  
<https://www.mindinsomerset.org.uk/>  
Focusing on improving life skills, promoting coping strategies and tackling loneliness.

### **North Sedgemoor**

#### **Highbridge & Burnham Mental Health Peer Support and Wellbeing Group**

Peersupport@mindinsomerset.org.uk,  
01823 334906

A one stop shop providing information and signposting of various suitable groups, clubs and organisations in Burnham.

#### **Burnham-on-Sea Men's Shed Group**

<http://burnham-on-sea.com/news/2017/mens-sheds-opens-05-07-17.php>

Bringing together 'shedders' to share tools and resources and undertake practical, hands-on projects in a friendly, inclusive environment.

### **South Somerset East**

#### **Wincanton Wellness Support Group**

andersonneiljohn@gmail.com  
07804451471

A peer-led, confidential support group to provide hope, help, support and education to improve lives of people who have mood disorders.

#### **The Balsam Centre**

<http://www.balsamcentre.org.uk>  
01963 31842

Info@BalsamCentre.org.uk

Provides a range of services to support health, especially mental health and wellbeing. These include social, therapeutic, creative and exercise groups, counselling, outdoor activities.

### **South Somerset West**

#### **Wild Roots Wellbeing Days**

deb@wilderwoods.org  
<https://wilderwoods.org/events/>

Wellbeing days to improve the wellbeing of people of all ages through gentle physical activity, social connections, outdoor craft activities and learning skills in the vegetable and flower garden, with fresh produce for participants and volunteers to enjoy.

### **South Taunton**

#### **Wellington Community Counselling**

<https://www.wellington-counselling.co.uk/>

A free and/or affordable adult, family, and child therapeutic services.

### **West Mendip**

#### **Mean Feet Dance**

[info@meanfeetdance.co.uk](mailto:info@meanfeetdance.co.uk)

07704 864881

<https://www.meanfeetdance.co.uk>

Community groups specialising in dance and mental health.

#### **The Orchard Vale Community Gardening Project**

[info@orchardvaletrust.org.uk](mailto:info@orchardvaletrust.org.uk)

01749 671706

<https://www.orchardvaletrust.org.uk>

A gardening service, led by adults with learning disabilities will be available to people in the community who are unable to care for their gardens themselves.

#### **Therapeutic gardening & yoga activities- Seed of Hope**

[kris@seedofhope.org.uk](mailto:kris@seedofhope.org.uk)

07969816110

<http://www.seedofhope.org.uk>

Therapeutic gardening activities and yoga for people with mental health issues.

#### **Feel Better with a Book**

[lauramerritt679@gmail.com](mailto:lauramerritt679@gmail.com)

0151 7292200

A free shared reading group where a story or a poem is read aloud.

#### **Heads Up**

[info@headsupsomerset.org.uk](mailto:info@headsupsomerset.org.uk)

01749 670667

<http://www.headsupsomerset.org/>

Working with individuals affected by mental health issues and other difficulties, in order to help them towards recovery, increased independence and/or greater well-being and quality of life. We offer a variety of courses, classes and therapies to help you on the road to recovery and independence.

## **West Somerset**

### **The Hope Centre**

hopecentreminehead@gmail.com

07949 642774

<http://www.thehopecentreminehead.org.uk>

A full range of support from making appointments, speaking to housing officers or others on behalf of service users and sourcing clothing, furniture and household effects for those who have made a fresh start in accommodation of their own.

### **Somerset Wellbeing Friends**

info@mindinsomerset.org.uk

<https://www.mindinsomerset.org.uk/>

Focusing on improving life skills, promoting coping strategies and tackling loneliness.

### **CMHS Minehead**

01643 701701

Provides specialist mental health services for adults living with conditions such as severe depression, psychosis, complex trauma or severe anxiety.

## **Yeovil**

### **South Somerset CMHS**

01935 428420

Provides specialist mental health services for adults living with conditions such as severe depression, psychosis, complex trauma or severe anxiety.

### **Yeovil Peer Support Group**

Janey.carter@hotmail.com

01935 864464

07368210705

A peer Support Group provides peer support for people who have mental health problems. Running activities such as colouring, games, jigsaws and puzzles in a safe friendly atmosphere with supportive chat.

### **Yeovil Wellbeing Project**

01935 474875

<https://somersetcommunityconnect.org.uk>

Supporting people in Yeovil and the surrounding areas to improve their mental wellbeing.

### **Somerset Wellbeing Friends**

info@mindinsomerset.org.uk

<https://www.mindinsomerset.org.uk/>

Focusing on improving life skills, promoting coping strategies and tackling loneliness.

## Alcohol and Drugs

### Turning Point

01935 383360

<https://www.turning-point.co.uk>

Somerset Integrated Substance Misuse Service and SDAS Young People's Service.

### Somerset Drug and Alcohol Service (SDAS)

0300 303 8788

<https://www.turning-point.co.uk/services/sdas>

Free, confidential advice and support to anyone whose life is being affected by drug and/or alcohol abuse. To anyone of any age, their partners, friends, and family members.

### CoDA (Co-Dependents Anonymous)

[enquiries@codauk.org](mailto:enquiries@codauk.org)

<https://codauk.org/>

A set of informal self-help groups made up of men and women with a common interest in working through the problems that co-dependency has caused in their lives.

### DrugRehab.com

<https://www.drugrehab.com/>

Many people who struggle with mental illness also suffer from a substance abuse disorder, but often never seek treatment for their co-occurring disorder. Our website provides individuals with information to help them to overcome their illnesses, put addiction into the past, and to reclaim their lives.