



MDC Briefing

Health and Wellbeing

31st January 2021

Dear friends

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.

The Board has now expanded to include representatives from Early Years Help agencies. The need to support youngsters was highlighted at the meeting and is the focus of this briefing. Children and young people are clearly suffering as a result of the prolonged COVID restrictions and school closures, but help is available.

There's lots of support - for both young and old - within these pages. Please do share the information with your networks. Thank you.

With best wishes.

Community Health Team

Mendip District Council

Youth and Children support

YMCA Mendip – Virtual Youth Clubs

YMCA Mendip are welcoming and encouraging all young people aged 10-19yrs (up to 25 years old with Special Educational Needs) to stay connected.

You can book a specific youth session between 6:30pm-9:00pm.

A half hour time slot can be used to have a chat, group zoom, play online games, get help with homework; or gain advice and support with our youth workers, to deal with any feelings or concerns.

To find out more or to register; please contact:

- Chiara (Frome, Coleford & Shepton Mallet) ChiaraDocherty@ymca-bg.org
- Katherine (Glastonbury Red Brick) KatherineClarke@ymca-bg.org
- Sarah (Glastonbury Windmill Hill) SarahGoff@ymca-bg.org
- Jess (Street) JessLewin@ymca-bg.org

mendipymca.org.uk/what-we-do/family-work/

Detached Youth Work

The Federation for Detached Youth Work is holding a webinar on 2nd February 2021. To find out more visit:

www.eventbrite.co.uk/e/a-voice-from-the-streets-tickets-136589174899?aff=ebdssbeac

[Health Visiting Information Pack](#) – information and advice on caring for a young family.

Employment and benefits support

KickStart

A 'gateway' organisation for employers, offering six-month placements, 25 hours per week, paying the minimum wage.

For those wishing to provide a placement for 16 to 24s

There are two ways of applying. For guidance, visit:

www.gov.uk/government/publications/kickstart-scheme-employer-resources/guidance-on-choosing-a-kickstart-gateway

Job Finder Service (JFS)

Enhanced careers appointment service for those new to the register, (less than 13 weeks of unemployment), looking at transferable skills and the sectors that are still recruiting, such as care, distribution, security etc.

www.gov.uk/government/publications/job-finding-support-provider-guidance/job-finding-support-provider-guidance

Job Entry Target Schemes (JETS)

A mentoring approach to assess people's needs, overcoming barriers, sorting out training etc.

www.gov.uk/government/publications/work-and-health-programme-covid-19-provider-guidance

Sector-based Work Academy Programmes (SWAPs)

A combination of training, working, and a guaranteed job interview.

www.gov.uk/government/publications/sector-based-work-academies-employer-guide/sector-based-work-academies-employer-guide

Citizens Advice Mendip

Call 0808 27 87 842. Freephone, Mon-Fri 10-4. They also have an email contact form and third-party referral form.

www.citizensadvicemendip.org.uk/index.html

Help to Claim

This nationwide service on 0800 144 8 444, that can:

- Help you to start your claim - this may include setting up personal emails or bank accounts, setting up your UC account, working through claim 'to-dos'.
- Help you to complete your application.
- Check your evidence to make sure it is in the right type and format, that it contains the required information and that it is accurate.

If anyone with Multiple Sclerosis living in Mendip needs any advice on MS and/or Help to Claim support, here are the contact details:

Frome –Lyn Juffernholz on lyn.juffernholz@cab-banes.org or 01761 408198

Tuesday-Friday, 9am-2pm

The rest of Mendip – Danielle Eastwood on

daniellee@citizensadvicemendip.org.uk or 07971 967898

Monday-Thursday, 10am-4pm



NEW!! Let's Do It Wells NEW!!

A new volunteer platform in Wells www.letsdoitwells.com/about/

Mental Wellbeing

Second Step and Mindline: Mendip Community Front Room

Face-to-face mental health support over the weekend in Mendip.

If you are going through a particularly difficult time and you feel you need some extra support, a new service called 'Community Front Room' from charity Second Step is available.

The service will be available throughout the lockdown and ongoing, for anyone aged 18 and over.

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.

The service is available From 5:30pm – 11:30pm at community venues in the following locations:

- 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.

www.second-step.co.uk/news-new-mental-health-approach-for-somerset/

The Coffee Connection

A virtual community drop-in group

Dorothy House and WHY (We Hear You) have come together to offer a virtual support group for anyone in the local area affected by a life-limiting illness or associated bereavement. This group is an opportunity to connect with other people in a similar situation and chat to our team from the comfort of your home.

The virtual get together is FREE every Monday, Tuesday and Thursday. Each session lasts around 45 minutes.

When: Every Monday & Tuesday at 10:00am, every Thursday at 13:00pm

Where: Online via Zoom

For more information visit: www.dorothyhouse.org.uk/the-coffee-connection/

Mental Health and Wellbeing in Farming - Somerset

Join the Trading Standards Farming Partnership for an online evening of talks about mental health, wellbeing and support for the farming community, **Tuesday 23 February, 6pm.**

Farming can be a challenging way of life, with its own particular issues. To find out how you can support your wellbeing and get the right help if and when you need it, join them for an evening of talks about mental health and wellbeing in farming.

Speakers from Campaign Against Living Miserably (CALM), Gay Farmer Helpline, an Accredited CBT Therapist, Market Chaplin, Farming Community Network (FCN) and Kingsbridge Young Farmers will share ways you can support your own mental health and wellbeing as well as that of your family and friends in the rural community.

There will be an opportunity to put questions to the speakers, as well as Trading Standards Officers. You will be able to join this event anonymously if you wish.

For more information and to register visit: www.eventbrite.co.uk/e/mental-health-and-wellbeing-in-farming-tickets-136432070997/

Staying active

Somerset Activity & Sport Partnership (SASP) Somerset

Healthy Mums

Healthy Mums is a free 6-week online programme where women can try new activities and learn how to achieve a healthy lifestyle for themselves and their little ones with other likeminded mums. They are suitable for women at any stage of pregnancy and new mums.

Sessions will run Tuesday mornings 10.30-11.30pm from 26th Jan, with a break for half term, on Zoom: www.sasp.co.uk/events/2021/01/healthy-mums-tuesday-course

Women's Wellness

Join our 6-week programme on Zoom where you can join other women in a friendly online group for a topical chat (on things such as nutrition, sleep and relaxation) and the chance to try a variety of activities such as Pilates, Yoga, Tai Chi, Circuits and Piloga Fit.

Course runs from 18th February - 25th March and is FREE.

For more information or to book your place, contact Jo Smith on jsmith@sasp.co.uk or 07855283855: www.sasp.co.uk/events/2021/02/womens-wellness-february

Staying Active as a Family At Home

Physical activity is a great way to spend time together, as well as maintaining your physical and mental wellbeing. Below are some ideas for children and families to try at home: www.sasp.co.uk/home-family-activities

Love to Pedal

Ride along at home, to these local cycle routes using your pedal exercisers:

www.sasp.co.uk/lovetopedal

SASP Inequalities Fund

SASP have received funding from Sport England to help keep people most affected by the pandemic physically active.

COVID-19 is likely to have a significant impact on people from lower socio-economic groups, Black, Asian, Minority Ethnic Communities, Disabled people and people with long term health conditions. It can affect their ability to be physically active which can to further widen the health inequality gap that already exist with these groups. The scheme can fund:

- Staff/instructor costs
- Training costs
- Venue hire
- Utility costs
- IT costs
- Insurance cost

Complete the expression of interest form and learn more here

www.sasp.co.uk/sasp-inequalities-fund

Various Activity Challenges for all ages and abilities

www.saspchallenges.co.uk/

SASP video resources can be found on their YouTube channel.

www.youtube.com/user/saspcsp

Warm homes this winter

We are spending a lot more time at home, so keeping warm is even more important. It can be worrying and isolating for those who cannot afford to pay their energy bills and/or have issues with homes being energy efficient. Do seek help if you find yourself in this position – there are lots of options available.

Support for warm homes

Green Homes Grant www.gov.uk/guidance/apply-for-the-green-homes-grant-scheme

Warm Home discounts are available where people can access up to £140 off their bill through their energy provider www.gov.uk/the-warm-home-discount-scheme

The Centre for Sustainable Energy (CSE) has help and support available www.cse.org.uk/advice/how-we-can-help/covid-19-how-we-can-help-you-during-the-crisis

Surviving Winter grants

For information on how to apply contact the Community Council for Somerset on 01823 331 222 or email info@somersetccc.org.uk

Health Connections Mendip are very helpful. You can contact them on 01373 468368 or visit mendip.healthconnections@nhs.net

Heat, Eat, Talk

The Centre for Sustainable Energy (CSE) is one of 100 charities to have been awarded funds from Barclays UK Covid-19 Community Relief Programme to offer support to vulnerable clients this winter. This support enables them to distribute 550 'Heat, Eat, Talk' financial support packages to the poorest households across the South West that access the advice services, helping to meet immediate need in a time of crisis. The packages offer vouchers for home heating, buying essential groceries and making necessary phone calls to a total of £150. A trained advisor will work with each household to tailor the support to the particular need.

Learn more here www.cse.org.uk/news/view/2527

Volunteering opportunities

Check out the organisations who are looking for volunteers. Working for a good cause can be great for your wellbeing - and it's a brilliant way to meet new people.

SPARK Somerset

Free online support group for unpaid carers in Somerset

SPARK work in partnership with the [SOMERSET CARERS SERVICE](#) to make it even easier for unpaid carers in Somerset to access support and information.

Whilst caring for someone is very rewarding, it can also be challenging at times, so they are holding an online meeting to give unpaid carers the chance to connect with other people who are in similar circumstances and really understand.

They share useful information on local health and wellbeing support, with members of the Spark Somerset and Somerset Carers Service teams on hand to answer any questions.

Upcoming meetings:

- Monday 8th February at 11am, register [HERE](#).
- Monday 22nd February at 7pm, register [HERE](#).

Covid Community Champions

After attending a short online training course, Covid Community Champions will be able to help their family, friends and the wider community to understand the latest guidance around Covid-19, and signpost to other health and wellbeing support. Whether they chat to someone while queuing outside the shop, talk to colleagues at work, or challenge something they see online, they will play a vital part in helping keep local people informed, happy and healthy.

Champions will have the opportunity to attend regular meetings, where they'll get to know the other Champions, keep up to date, and feedback about how things are going where they live and work.

The next training session is taking place at 7pm on [Tuesday 2nd February](#). Find out more and book your space [HERE](#).

Health Connections Mendip

Talking cafes - Mendip

Virtual Talking Cafes are currently running on Wednesdays from 1pm-2pm online via Zoom for everyone in Mendip and are hosted by Health Connections Mendip.

Meet new people, make friends and chat to a community sign-poster about activities, support groups and services in your community.

Simply Join the Zoom Meeting:

Link:

us02web.zoom.us/j/87901969507?pwd=dHZ6M2ZiMVMYQU52ZzdUdWlQdTI0UT09

Meeting ID:879 0196 9507

Passcode: Coffee.

For more information visit: healthconnectionsmandip.org/talking-cafe-3/
or call 01373 468368.

Talking Cafes – Somerset

Talking Cafes are a Multi-Agency information cafe providing you with the advice and support you need.

All physical Talking Cafes are currently not running however they are hosting LIVE Talking Cafes on Facebook weekdays at 11am. More info:

somersetagents.org/talking-cafes/

www.facebook.com/talkingcafesomerset/live

You can also access previous Talking Café sessions covering a variety of topics from Health & Medical, Community & Business, Mental Health and Wellbeing, Money & Debt along with a number of other topics. You can also find out about village and community agents and carers support.

This programme is run by: Somerset Village & Community Agents part of CCS.

Health Connections Mendip – Training

Health Connections Mendip creates and brings together group education and training sessions across Mendip. Working in partnership with the Mendip General Practices.

Some of the topics covered are:

- Healthy Lifestyles Group
- Mendip Wide Talking Café
- Healthy Lifestyles Connector Training
- Warm Homes Connector Training
- Community Connector Training

You can find out more information and how to sign up to training sessions:

healthconnectionsmendip.org/support-for-you/training/.

Information resources

Health Connections Mendip

They have a Directory full of details of local support from charities to social groups in Mendip. You can sign up to the Let's Connect Newsletter [here](#).

www.healthconnectionsmendip.org

01373 468368

The Community Council for Somerset (CCS)

CCS is a team of passionate local experts, inspiring and enabling positive change for Somerset's people, places and enterprises.

ccslovesomerset.org/

0300 123 3393

Somerset Activity and Sports Partnership (SASP)

SASP is dedicated to increasing the health and happiness of residents in Somerset through physical activity and sport.

www.sasp.co.uk/be-active-at-home

SPARK Somerset

SPARK Somerset provide practical support to the voluntary sector in Somerset for many years. They offer information, advice, training and support to charities and community groups. They also run the Volunteering Service, inspiring people to get involved and make a difference in their communities.

www.sparksomerset.org.uk/

Mind in Somerset

Mind in Somerset is a mental health charity. They run Mindline which is a 24/7 helpline for anyone in Somerset struggling with their mental health. They offer peer, one-to-one and group support and Young People.

www.mindinsomerset.org.uk/

Silverline

Free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

www.thesilverline.org.uk/ 0800 470 8090

Childline

Childline offers support and advice for Children if they need someone to talk to.

www.childline.org/ 0800 1111

Young Minds

Young Minds are leading the movement to make sure every young person gets the mental health support they need, when they need it, no matter what.

youngminds.org.uk/

Parents helpline: 0808 802 5544

Other support

nelsontrust.com/ - supporting people with addiction and other complex needs

fertilitynetworkuk.org/ - for anyone who has ever experienced fertility problems

somersethealthchecks.co.uk/ - Somerset NHS Health Checks



Health and Wellbeing in Mendip

www.mendip.gov.uk/healthandwellbeing

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