

The Hope Guide

Autumn 2021

Support groups and activities in Bath & NE Somerset

- **Health and wellbeing groups/activities (including 42 face to face groups)**
 - **One-to-one organisational support**
 - **Free volunteer training**
 - **Local and national helplines**



Mental health and
wellbeing survey enclosed

'Night Sky' by Bath Mind Peer Volunteer

Supporting adults who want to improve their wellbeing, are feeling socially isolated, or may be affected by mental health issues, substance misuse, or homelessness.



Virtual Hope Guide available at:
www.bridges2wellbeing.co.uk



Introduction

Hello and welcome to the newly updated Hope Guide - 'Autumn 2021' edition.

We hope that this latest guide will continue to point you in the direction of groups and services which can help support you to maintain and improve your mental health and wellbeing.

This guide is a free resource, funded by Healthwatch BANES and is part of a wider 'What's Going On' project led by KS2 Bath and St Mungo's, involving:

➔ **Mental health and wellbeing survey** - Have your say.

'Share your views, experiences and ideas about what matters to you and have a voice in shaping services.'

We'd really appreciate you taking the time to complete the survey. Click [here](#) to complete.



➔ **A series of focus groups** - Sharing experiences of adult mental health and wellbeing services in a facilitated group, via Zoom. Dates for the open access groups are:

- Tues 21st Sept, 6:00pm - 7:00pm
- Thurs 4th Nov, 10:00 - 11:00am

For more information or to take part email Carolyn.Trippick@MUNGOS.ORG

➔ **'What's Going On' public event** - To enable people affected by mental health to meet and have useful discussions with commissioners and providers of mental health services in BANES.

Date: Wednesday 17th November 2021

Time: 6 - 9pm

Location: The Salvation Army, Green Park Rd, Bath, BA1 1XE

(Although we are planning for a face-to-face event, if Covid restrictions are in place at the time, this event will take place online. Contact details required on sign up, for notification of any changes).

Register online with Eventbrite [here](#) or call **Ralph** on **07825 115 775** to book your place

For project updates and information visit www.bridges2wellbeing.co.uk

We'd love to hear your thoughts on this new Hope Guide, so please let us know if you have any comments or ideas for improvement. **This guide is for you and we aim to make it as useful as possible.**



St Mungo's produced this guide in collaboration with local services, with funding from Healthwatch BANES Community Pot.

To receive a copy of the Hope Guide or add your group

Contact Ralph Lillywhite Tel: 07825 115 775 Email: ralph.lillywhite@mungos.org

Contents

Click the hyperlinks and the guide will take you straight there.

Managing post-lockdown anxiety	4
First response community support section, for immediate support	5-6
Online groups and activities currently available *	7-14
Face-to face groups and activities currently available *	15-28
Organisations offering one-to-one support, both locally and nationally	29-51
FREE volunteer training opportunities	52-54
Local and national helplines that you might find useful	55

The St John's 'What's on for Over 55's' guide

If you are looking for groups for the over 55's please contact St John's on 01225 486 400 or email community.outreach@stjohnsbath.org.uk.

Activities are also listed on their website: stjohnsbath.org.uk/what-we-do/activities/whats-on/



** Although this guide is accurate at the time of publishing, some organisations may make changes to their groups/activities and services to meet the needs of Covid requirements.*

Before attending any groups/activities please contact the organisations directly, to learn more about their current offer and/or to show your interest in being involved.

Managing Post-Lockdown Anxiety



As lockdown restrictions begin to lift, we might now be looking forward to seeing family and friends and getting back to normal activities again (hobbies, interests, work, volunteering, etc). However, for many people, the idea of or doing things that we haven't done for a while can cause anxiety and stress.

Just as it took us time to find ways of coping during lockdown, we should also acknowledge that it will take time to adapt to change once again, post-lockdown - and that really is OK.

For many of us, dealing with change can feel challenging for lots of individual reasons. It's therefore important not to judge ourselves harshly based on what other people are doing. The pace at which you reintroduce activities and habits back into your routine is entirely up to you, it should always be a pace that makes you feel comfortable.

There are lots of really helpful online resources to help you think about and cope with post-lockdown anxiety, some of which are listed below:

- **Managing feelings about lockdown easing** - *Mind*
www.mind.org.uk
- **From lockdown to relaxation of Covid rules: tips on looking after your mental health** - *Mental Health Foundation*
www.mentalhealth.org.uk
- **How to manage feelings of anxiety as lockdown eases** - *Rethink Mental Illness*
www.rethink.org
- **Six ways to manage post-lockdown anxiety** - *Bupa*
www.bupa.co.uk
- **'FACE COVID' How to respond effectively to the Corona crisis** - *Central and North West London NHS Foundation Trust*
www.cnwl.nhs.uk



First Response Community Support

3SG - Community Wellbeing Hub

For all of your immediate needs during Covid-19 please contact the Community Wellbeing Hub.



COMMUNITY WELLBEING HUB

0300 247 0050 **EMAIL:** BATHNES.thehub@virginicare.co.uk
WEBSITE: www.compassioncb.org.uk/wellbeing

Housing	Feeling isolated, lonely or anxious	Money advice & benefits support
Stopping smoking	Accessing food, transport or medication	Achieving a healthy weight
 3SG NHS virginicare Bath & North East Somerset Council Improving People's Lives	Keeping active	Employment issues & advice

AWP - Mental Health Response Line

If you are worried about your own or someone else's mental health, call:
Avon & Wiltshire Mental Health Partnership NHS Trust (AWP)

24/7 mental health response line

0800 953 1919

Our staff are available to provide support, advice and guidance for your mental health difficulties

Providing advice, guidance and support over the phone to our patients, families and carers, along with members of the public who may be worried about their own or someone else's mental health.

Please contact us if you need us, we are here to help.

Live Well - BANES

Live Well BANES adults is a free online resource providing a range of information, signposting, resources and activities to support you, or the person you care for, to live a full and independent life. This may be a lunch or social club, local care providers or services to help around the home.

Website: <https://livewell.bathnes.gov.uk/>



Breathing Space:

TELEPHONE LINE AND EVENING SUPPORT HUB

www.bit.ly/BreathingSpaceBath



**Calm, safe,
supportive.**

EVENING SUPPORT HUB

Hub open every evening
from 18:00-22:30. Call or
email by 5pm to self-refer.



**A trained,
listening ear.**

TELEPHONE SUPPORT LINE

Telephone line open from
Monday - Thursday from
17:30- 23:30.

01225 983130

BreathingSpace@bathmind.org.uk

To self-refer and access the evening
support hub, please email or call by
5pm, and leave a message.



**Evening
Support Hub**
Oasis Church,
Fountain
Buildings,
Bath,
BA1 5DU.
*(Age 16+, registered
with a BANES GP)*

Polish translation

We are pleased to be able to offer support to Polish speakers in our community, who can arrange to talk with our Polish speaking member of staff.

Jesli chcialbys porozmawiac z kims w jezyku polskim, zadzwon do Breathing Space. Polski pracownik oddzwoni do Ciebie w uzgodnionym terminie. Mozesz rowniez wyslac do nas email a w jezyku polskim: breathingspace@bathmind.org.uk.

Health & Wellbeing Groups & Activities (Online)

For information about specific groups and activities in BANES, continue onwards.

Online group/activity	Run by	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Platform
Art Stream Live	Genesis Trust	✓							Facebook
Bath Spa University Wellbeing Group	Bath Mind				✓				Zoom
Carers Café	AWP/BANES Carers Centre					✓			Zoom
Carers Support Group	KS2, AWP, BANES Carers Centre		✓						Zoom
Creative Writing	Time Bank Plus				✓				Zoom
Dads in Mind Group	Dads in Mind	✓							Zoom
Desert Island Discs	Genesis Trust					✓			Zoom
Freedom Programme	Julian House					✓			Zoom
Get Creative	Creativity Works		✓						Zoom
Goldies Sing & Smile	Golden Oldies		✓		✓				Website
Keynsham Snap & Stroll (at home)	Creativity Works	Various							Facebook
Knit & Knatter	Time Bank Plus	✓							Zoom
Mental Health Mates Bristol	Mental Health Mates							✓	Zoom
Movement & Music Online	Make A Move			✓					Zoom
Safe Space (age 16-25)	Bath Mind				✓				Zoom
Wellbeing Group (online)	Bath Mind				✓				Zoom
Writing for Wellbeing	Creativity Works		✓						Zoom
Writing Space	Creativity Works		✓						Zoom

If you want to join a group but have never used Zoom or Facebook before, don't worry, as the organisations running the activities will be able to help talk you through it.

Elderly support to join an online group



Connecting Generations mobilise bodies of University students to assist the elderly in the use of modern technologies such as iPads and Amazon Echo's. Their service is free-of-charge

Tel: 01225 800 372

Website: www.connecting-generations.org.uk

Art Stream Live - Genesis Trust

Group Overview - Our live interactive art group is streamed on Facebook. Participants can chat with each other and our tutor Matt. Each week we create a project in different mediums, participants can ask Matt questions and request tips and support, live as it is happening. We encourage you to share your work on our private group. We vote on projects each week, painting, model making, drawing etc

Who is the group for - Our groups are targeted at people in recovery and/or suffering with mental health challenges.

WHEN	Mondays	TIMES	12:00pm - 1:00pm
TO JOIN	Free group. You access the activities by contacting Matt and joining our private group. You will need a smartphone or PC with Facebook		
CONTACT	Matt Prescott: 07458 381 732 or Email: matt@genesistrust.org.uk		

Carers Café - AWP/Carers Centre

Group Overview - New to caring for someone with mental health challenges? Still finding your way? Want a break, a chat or bit of advice? Friendly and welcoming group, facilitated by Lee Rawlings (AWP Involvement Coordinator) Tom, (Carer Identification Officer, Carers Centre) and Mike (AWP Occupational Therapist). We are currently unable to meet face-to-face but we are able to meet via video calling.

Who is the group for - Carers/supporters of someone with mental health challenges.

WHEN	2 nd Friday of the month	TIMES	10:30am - 12:00pm
TO JOIN	For more details and a link to join contact Lee Rawlings The sessions are held using Teams.		
CONTACT	Lee Rawlings: 07917 210 187 or Email: l.rawlings@nhs.net		

Bath Spa University Wellbeing Group - Bath Mind

Group Overview - A support group for Bath Spa students of all ages, which currently meets online. It is a small, friendly coming together of students to share experiences and support one another with their mental health and wellbeing.

Who is the group for - Open to all.

WHEN	Thursdays	TIMES	1:00pm - 2:00pm
TO JOIN	The group meet online via Zoom. Free of charge.		
CONTACT	Becky Hughesman: 07538 113 890		

Carer Support Group - KS2

Group Overview - Supported by AWP & BANES Carers' Centre. We offer peer support and access to information for carers/supporters of someone with mental health challenges. We aim to raise carer awareness with mental health organisations and run training for carers to give information and support for the challenges they encounter.

Who is the group for - Carers/supporters of people with mental health challenges. Must have access to Zoom.

WHEN	2 nd Tuesday each month	TIMES	7:00pm - 9:00pm
-------------	------------------------------------	--------------	-----------------

TO JOIN	The sessions are held over Zoom. Email Bev for the link to join.
----------------	---

CONTACT	Bev Nottingham: 07817 383 241 or Email: hello@KS2bath.org
----------------	--

Creative Writing - Time Bank Plus

Group Overview - Join this online group and get inspiration and share your writings in a small, friendly, supportive group. Each week has a different theme. Everyone is very welcome, regardless of your writing level or experience.

Who is the group for - BANES residents 16 years and older. Must have access to Zoom.

WHEN	Thursdays	TIMES	10:00am - 11:00am
-------------	-----------	--------------	-------------------

TO JOIN	Contact Time Bank Plus.
----------------	-------------------------

CONTACT	Email - Viv Talbot: timebankplus@gmail.com
----------------	--

Dads In Mind Group

Group Overview - If you are a dad from Bristol, Bath, North Somerset or South Glos and would currently welcome support for your mental health related to pregnancy and birth, then we will be hosting meetings on Zoom. All of our sessions are informal, non-judgmental and confidential. Keep up-to-date with meeting dates via our 'Dads in Mind' Facebook page.

Who is the group for - Dads experiencing mental health concerns related to pregnancy & birth or supporting their partner.

WHEN	E-mail for upcoming dates	TIMES	8pm
-------------	---------------------------	--------------	-----

TO JOIN	Email for details of how to join the next meeting via Zoom. Website: www.dadsinmind.org
----------------	---

CONTACT	Email: simon@dadsinmind.org or stefan@dadsinmind.org
----------------	---

Desert Island Discs - Genesis Trust

Group Overview - A Zoom video chat with experienced music group facilitator Valerie. Everyone picks a song to bring to the group. We listen and share our song choices together (& watch music videos). Some weeks, we pick a decade or have a theme. We share our weekly playlist with our private Facebook group.

Who is the group for - People in recovery and/or suffering with mental health challenges. Connecting people with community and activity.

WHEN Fridays **TIMES** 3:00pm - 4:00pm

TO JOIN Free group. You access the activities by contacting Matt and joining our private group. Smartphone or PC with Zoom app required.

CONTACT **Matt Prescott:** 07458 381 732 or **Email:** matt@genesistrust.org.uk

Freedom Programme - Julian House

Group Overview - The Freedom Programme promotes positive changes and recovery for women and their children in a supportive environment. Three times a year we run a rolling 12 week course for women who have experienced domestic abuse.

Who is the group for - Female victims of domestic violence and abuse. The sessions are held using Zoom.

WHEN Fridays - 12 weekly sessions **TIMES** 11:00am - 1:00pm

TO JOIN Please contact the team on the contact details below to make a referral.

CONTACT **Renew Team:** 01225 310 899 or **Email:** Renew@julianhouse.org.uk

Get Creative - Creativity Works

Group Overview - This friendly, peer-led, art project aims to promote new creative ideas, skills and techniques for people who feel socially isolated and want to support their wellbeing and mental health through creativity. No previous experience necessary. We meet online and face-to-face.

Who is the group for - Residents of BANES who feel isolated or would like to support their wellbeing and mental health through creativity.

WHEN Tuesdays **TIMES** 1:30pm - 3:00pm

TO JOIN Email for details of how to join.
This course is FREE and will run via Zoom.

CONTACT **Philippa:** 07715 382 877 or **Email:** philippa@creativityworks.org.uk

Goldies Sing & Smile - Golden-Oldies Charity

Group Overview - Our Goldies charity provides over 200 FUN social daytime SING & SMILE sessions across England and Wales. At Goldies we sing along with the popular and uplifting hits of the 50's onwards, chat, laugh and smile with our friends. Due to social distancing restrictions, we continue to provide fun and free online sessions with sing-a-long words twice a week. See website for full details.

Who is the group for - Goldies sessions are open to everyone but particularly aimed at people aged 70+ who sometimes find themselves feeling isolated.

WHEN	Tuesdays and Thursdays	TIMES	11:00am
TO JOIN	No fee, join us at 11.00am on Tuesdays & Thursdays or watch at your leisure. www.goldieslive.com		
CONTACT	Tel: 01761 470 006 (M-F 10am-2pm) Email: glj@golden-oldies.org.uk		

Keynsham Snap & Stroll (at home) - Creativity Works

Group Overview - A fun, inspiring photography group who normally meet face to face. This group provides a creative prompt and share their photographs via a friendly Facebook page. If you live in Keynsham or close by and you'd like to develop your skills in photography you can find this group on Facebook: Keynsham Snap & Stroll (at home). We meet online and face-to-face.

Who is the group for - For residents of Keynsham locality, interested in photography for wellbeing.

WHEN	Various - Facebook Group	TIMES	N/A
TO JOIN	Visit the dedicated Facebook Page: Keynsham Snap & Stroll (at home): www.facebook.com/groups/2909446315760390		
CONTACT	Tel: 07715 382 877 or Email: philippa@creativityworks.org.uk		

Knit & Natter - Time Bank Plus

Group Overview - This is an opportunity to meet up with your knitting or crochet and a cup of tea in a friendly, supportive group. Our expert volunteer is on hand to give advice and tips on knitting and crochet issues.

Who is the group for - BANES residents 16 years and over.

WHEN	Mondays - monthly	TIMES	12:30pm - 1:30pm
TO JOIN	Email for details of how to join. Session delivered via Zoom.		
CONTACT	Email - Viv Talbot: timebankplus@gmail.com		

Mental Health Mates Bristol

Group Overview - Monthly online peer support group. You can share as much or as little as you wish and talk about anything. Find us on Facebook 'Mental Health Mates Bristol'.

Next Zoom meet ups:

For upcoming dates, check out our Facebook page or email for details.

Who is the group for - Our group is for anyone finding life difficult, everyone is welcome. Must have access to Skype.

WHEN	Sundays - monthly	TIMES	Email for details
-------------	-------------------	--------------	-------------------

TO JOIN	Email for details of how to join the next meeting via Zoom. Keep up-to-date on our Facebook page.
----------------	--

CONTACT	Email: mentalhealthmatesbristol@gmail.com
----------------	---

Movement & Music Online - Make A Move

Group Overview - A fun, FREE way to stay active, improve wellbeing, meet new people, improve fitness, relaxation and vitality. No experience needed. Mostly seated but with standing options. Warm up, mobilise your joints, move to music. Easy to follow simple routines with relaxation and stretching.

Website: www.makeamove.org.uk

Who is the group for - Older people, dementia friendly. Must have access to Zoom.

WHEN	Wednesdays	TIMES	10:30am - 11:30pm
-------------	------------	--------------	-------------------

TO JOIN	Support on how to use and/or install Zoom is available, so please do get in touch.
----------------	--

CONTACT	Paula Smith 07946 351 997 or Email: admin@makeamove.org.uk
----------------	--

Safe Space - Bath Mind

Group Overview - An online support group for 16 - 25 year olds. It is a small, friendly group with attendees sharing experiences and supporting one another with their mental health and wellbeing.

Who is the group for - 16 - 25 year olds.

WHEN	Thursdays	TIMES	5:00pm - 6:00pm
-------------	-----------	--------------	-----------------

TO JOIN	The group meet online via Zoom, contact us for details of how to join. Free of charge.
----------------	---

CONTACT	Becky Hughesman: 07538 113 890
----------------	--------------------------------

Wellbeing Group - Bath Mind

Group Overview - A community support group that currently meet online. The group offers people with ongoing mental health challenges the opportunity to engage in conversation and activities, to help improve mental health and make connections with people.

Who is the group for - Open to all.

WHEN	Thursdays	TIMES	3:00pm - 4:00pm
TO JOIN	The group meet online via Zoom, contact us for details of how to join. Free of charge.		
CONTACT	Becky Hughesman: 07538 113 890		

Writing for Wellbeing - Creativity Works

Group Overview - Explore the benefits of creative writing for wellbeing with this fun course. Taster session on 4th October, followed by a 4-week course: 18th, 25th Oct, and 1st, 8th Nov.

Who is the group for - Residents of BANES that feel isolated or would like to support their wellbeing and mental health through writing.

WHEN	Mondays (4 weeks, from 18 th Oct)	TIMES	2:00pm - 4:00pm
TO JOIN	This course is FREE and will run via Zoom. Email for details of how to join.		
CONTACT	Tel: 07517 110612 or Email: karen@creativityworks.org.uk		

Writing Space - Creativity Works

Group Overview - A friendly peer led creative writing project for people of all writing skills. Facilitated sessions with opportunities to develop and share your ideas. The group also provides a writing newsletter for anyone that can't make the sessions. Get in touch if you'd like to attend the sessions or receive the newsletter or both. We meet online and face to face.

Who is the group for - Residents of BANES that feel isolated or would like to support their wellbeing and mental health through writing.

WHEN	Tuesdays	TIMES	2:00pm - 3:30pm
TO JOIN	This course is FREE and will run via Zoom. Email for details of how to join.		
CONTACT	Tel: 07715 382 877 or Email: philippa@creativityworks.org.uk		








Health and Wellbeing Groups & Activities (Face-to-face)

For information about specific groups and activities in BANES, continue onwards.

Face-to-face group/activity	Run by	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Venue
Art and Craft	Genesis Trust		✓						Bath
Buggy Walk	Wellbeing College		✓		✓				Keynsham
Creative Sketchbooks	Creativity Works		✓						Bath
Djembe Drumming	Genesis Trust				✓				Bath
Faith Group	Genesis Trust				✓				Bath
Feel Good Walks	Time Bank Plus		✓	✓					Bath
Fun Football	Bath Mind / Bath City Foundation				✓				Bath
Gardening Group	Somerdale Shed			✓			✓		Keynsham
Gardeners Lodge Art Group	Holbourne Museum			✓					Bath
Get Creative	Creativity Works		✓						Bath
Get Growing	Bath City Farm	✓		✓					Bath
Greenlinks @ Alice Park	Bath Mind		✓						Bath
Greenlinks @ Monksdale Road	Bath Mind		✓		✓				Bath
Greenlinks @ the Potting Shed	Bath Mind			✓					Radstock
Grow and Make	The Community Farm			✓					Chew Magna
Grow for Life	Grow For Life				✓				Bath
Happy Snappers	Bath Mind / Creativity Works				✓				Bath
Homeless Outreach Drop-In Service	Julian House		✓		✓				Bath
Keynsham Snap & Stroll	Creatvity Works		✓						Keynsham
Lakeside Wellbeing	Eco Wild	✓							Chew Magna
Life Course	Genesis Trust		✓		✓				Bath
Make & Mend	Somerdale Shed		✓						Keynsham
Men's Shed	MSN Community Trust		✓			✓			Midsomer Norton
Men's Woodland Project Group	EcoWild				✓				High Littleton
Music Open Group	Soundwell					✓			Bath
Music Support for Carers	Soundwell					✓			Bath
Music Therapy	Genesis Trust				✓				Bath
Nature's Respite	EcoWild		✓						Bath
Old Acorn Barn	The Life Project		✓	✓	✓				Bath
Open Opportunities	Bath Mind	✓		✓					Bath
Parent/Carers Drop In Group	The Life Project		✓						Bath
Saturday Club Cycling Sessions	Wheels For All						✓		Bath
Shedders Group	Somerdale Shed			✓			✓		Keynsham
Singing for Wellbeing	Soundwell				✓				Bath
Twilights Cycling Session	Wheels For All		✓						Bath
Walk & Talk	Mental Health Mates Bristol							✓	Bristol
Walking Football	Bath City Foundation			✓					Bath

Face-to-face group/activity	Run by	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Venue
Wellbeing Walks	Bath Mind / Bathscape				✓				Bath
Wellbeing Wanderers	Creativity Works			✓					Bath
Wild Steps	The Community Farm					✓			Chew Magna
Women Together	Genesis Trust		✓						Bath

Group Guide (Face-to-face)

 Accessible	 Dementia Friendly	 Hearing Loop
 Food	 Refreshments	 Toilets
 Parking		






Please be mindful that some face-to-face groups may have periods of being suspended or have limited spaces, due to changes in Covid restrictions.

Many groups will, however, be happy to add you to their waiting lists, notifying you when a space becomes available. So, please feel free to contact the organisations direct, to find out more about the groups and/or to show your interest in being involved.

Art and Craft - Genesis Trust

Group Overview - Exploring with colour and texture to create beautiful patterns. Life works in mysterious ways. Think about trying something new, it might help you shift your focus and help you find your way out of that hole. You never know where it might lead.

Who is the group for - This weekly group is open to all. No art experience necessary, just a willingness to engage.

WHEN	Tuesdays	TIMES	1:30pm - 2:45pm
COST	FREE	KEY	    
LOCATION	The Gateway Centre, Snow Hill, London Road, Bath, BA1 6DH		
CONTACT	Matt Prescott: 07458 381 732 or Email: matt@genesistrust.org.uk		

Buggy Walk - Wellbeing College

Group Overview - Home alone with the baby? Join Sandhya for a gentle walk in Keynsham. Whatever the weather a walk in the fresh air with people in the same boat is always what the doctor ordered!

Thurs 2nd Sept - Thurs 21st Oct (6 sessions)




Who is the group for - If you are home alone with baby why not come join us, make some new friends get some exercise and enjoy the outdoors.

WHEN	Thursdays (6 sessions)	TIMES	9:30am - 11:30am
COST	FREE	KEY	
LOCATION	St Keyna School, Monmouth Road, Keynsham, BS31 2JP		
CONTACT	Tel: 07565 976 129 or Email: wellbeingcollege@virgincare.co.uk		

Creative Sketchbooks - Creativity Works

Group Overview - Explore patterns in nature using a range of different materials and techniques. Stay creative, connected, learn new skills and be inspired by the world around you. 4 Week course - Dates: 21st, 28th September, 5th and 12th October.



Who is the group for - Adult B&NES residents. No artistic ability required.

WHEN	Tuesdays (4 weeks, from 21 st Sept)	TIMES	1:30 - 3:00pm
COST	FREE	KEY	  
LOCATION	The Hub, Foxhill, Bath and livestreamed online		
CONTACT	Tel: 07517 110612 or Email: karen@creativityworks.org.uk		

Djembe Drumming - Genesis Trust

Group Overview - Djembe's are African drums played together in a group. The name Djembe means "everyone gather together in peace". No experience necessary. We will be drumming together in an informal, relaxed group. Learning some basic rhythms and patterns from an experienced drummer. The emphasis is on enjoyment and togetherness!


Who is the group for - The course is available to all.

WHEN	Thursdays	TIMES	11:00am - 12:00pm
COST	FREE	KEY	 
LOCATION	The Gateway Centre, Snow Hill, London Road, Bath, BA1 6DH		
CONTACT	Sue: 07713 864 876 or Email: sue.fourie@genesistrust.org.uk		

Faith Group - Genesis Trust

Group Overview - A discussion group exploring Christian faith together. All are welcome and opinions valued. The aim is to have an informal and open discussion. Whether you are just curious about Christianity, looking for a safe place to discuss your thoughts or wanting to connect with a supportive Christian group.



Who is the group for - This group is open to all.

WHEN	Thursdays	TIMES	1:00pm - 2:00pm
COST	FREE	KEY	 
LOCATION	The Gateway Centre, Snow Hill, London Road, Bath, BA1 6DH		
CONTACT	Sue: 07713 864 876 or Email: sue.fourie@genesistrust.org.uk		

Feel Good Walks - Time Bank Plus

Feel Good Walks - Gentle walks in a small, friendly group, suitable for people of all fitness levels. The walks take about an hour and are generally between 1-2 miles, starting and finishing in Twerton. Get in touch to book a place.


Who is the group for - Anyone over the age of 18. Accompanied children and well behaved dogs are also welcome.

WHEN	Tuesdays	TIMES	12:30pm - 1:30pm
COST	FREE	KEY	 
LOCATION	Time Bank Plus, 86 High St, Twerton, BA2 1DE		
CONTACT	Viv or Rowan 01225 442 813 or Email: timebankplus@gmail.com		

Fun Football - Bath Mind / Bath City Foundation

Group Overview - Mixed, fun and friendly football, all abilities welcome. Please wear trainers or football boots and wear comfortable clothing. Please also bring a bottle of water with you. If you're unsure and would like to talk it through with someone first please give Bath Mind a call on: 07970 681 178.





Who is the group for - Men and women who would like to improve their wellbeing and increase their physical activity.

WHEN	Thursdays	TIMES	6:00pm - 7:00pm
COST	FREE	KEY	
LOCATION	Bath Recreation Ground, BA2 4DS (behind Bath Sports Centre)		
CONTACT	Ailsae: 07970 681 178 or Email: ailsae@bathmind.org.uk		

Gardener's Lodge Art Group - Holburne Museum

Group Overview - A friendly, supported group where you can develop your arts skills, be creative and meet other like-minded people in a safe museum environment. We work with specialist artists on 6 week projects and sometimes we work in other Bath museums. Contact us directly or ask your support worker to refer you. Note, there may be a waiting list while museum space is limited.


Who is the group for - Anyone interested in exploring their creativity who has been affected by mental health issues, social isolation or homelessness.

WHEN	Wednesdays	TIMES	2:00pm - 3:30pm
COST	FREE	KEY	   
LOCATION	Holburne Museum, Great Pulteney Street, Bath, BA2 4DB		
CONTACT	Louise / Emma: 01225 388 566 or Email: l.campion@holburne.org		

Gardening Group - Somerdale Shed

Group Overview - The aim of Somerdale Shed is to make friends and be creative, which in turn promotes personal well-being. The Gardening Group are developing a community garden in the space around the shed as well as enjoying all things horticultural. The first few visits are free to allow you time to decide if you want to join. Membership includes access to all other shed groups and sessions.






Who is the group for - All adults welcome (men and ladies). For more info www.somerdalepavilion.org.uk/community-shed or join our Facebook page.

WHEN	Wednesdays & Saturdays	TIMES	10:00am - 2:00pm
COST	£10 a month (unlimited sessions)	KEY	   
LOCATION	Somerdale Pavilion, Cross Street, Keynsham, Bristol, BS31 2FW		
CONTACT	Email: matt.prosser@blueyonder.co.uk		

Get Creative - Creativity Works

Group Overview - This friendly peer-led art project aims to promote new creative ideas, skills and techniques for people who feel socially isolated and want to support their wellbeing and mental health through creativity. No previous experience necessary. We meet online and face-to-face.

Who is the group for - Residents of BANES that feel isolated or would like to support their wellbeing and mental health through creativity.

WHEN	Tuesdays	TIMES	1:30pm - 3:00pm
COST	FREE	KEY	    
LOCATION	The Hub, Mulberry Park, Foxhill, Bath		
CONTACT	Tel: 07715 382 877 or Email: philippa@creativityworks.org.uk		

Get Growing! - Bath City Farm

Group Overview - A project where volunteers can get involved in activities such as animal care, gardening in our polytunnel, flower beds & veg patch and propagating plants to sell. Volunteers also cook a lunch for everyone to share using produce grown at the farm. These activities help improve physical and mental health. The farm is a beautiful setting with amazing views and lovely gardens.

Who is the group for - People suffering with mental health challenges. Activities are included to suit all abilities. There is disabled access to the farm.

WHEN Mondays & Wednesdays **TIMES** 10:00am - 3:00pm

COST FREE **KEY**      

LOCATION Bath City Farm, Kelston View, Bath, BA2 1NW

CONTACT Sara 01225 481 269 or Email: sara@bathcityfarm.org.uk

Greenlinks @ Alice Park - Bath Mind

Group Overview - A friendly gardening group who meet weekly at this wonderful Community Garden. The Community Garden has well established raised beds, fruit trees, a greenhouse, a lock-up, a communal seating area and pond.

Who is the group for - For anyone who will benefit from wellbeing activities including physical exercise, learning food growing skills and making friends.

WHEN Tuesdays **TIMES** 10:30am - 1:00pm

COST £2 per session **KEY**    

LOCATION Alice Park Community Garden, Gloucester Road, BA1 7BL

CONTACT Tel: 01225 316 199 or Email: EmmaCarlisle@bathmind.org.uk

Greenlinks @ Monksdale Road - Bath Mind

Group Overview - A friendly gardening group that meets twice each week to work together on a beautiful allotment. Come and try your hand at gardening, no experience necessary, or enjoy sitting in one of the many relaxing areas on site.

Who is the group for - Anyone wanting to improve their wellbeing.

WHEN Tuesdays & Thursdays **TIMES** 11:30pm - 2:30pm

COST £2 per session **KEY**    




LOCATION Monksdale Road, Bath

CONTACT Tel: 01225 316 199 or Email: Sophia@bathmind.org.uk

Greenlinks @ the Potting Shed - Bath Mind

Group Overview - A small friendly group of people who garden socially and work together to improve wellbeing. No experience needed as participants work at their own pace. The group gets involved in local community activities and fundraises to cover their costs.







Who is the group for - Any adult who wants support to recover and improve their mental health and wellbeing in the Midsomer Norton/Radstock area.

WHEN	Wednesdays	TIMES	11:00am - 1:00pm
COST	£2.00 per week	KEY	  
LOCATION	Ammerdown Kitchen Garden, Ammerdown Park, Radstock, BA3 5SW		
CONTACT	Tel: 01225 316 199 or Email: EmmaCarlisle@bathmind.org.uk		

Grow and Make - Community Farm

Group Overview - Held in a relaxed and supportive environment, the programme is underpinned by the Five Ways to Wellbeing: Give, Take Notice, Connect, Be Active and Keep Learning. Every week you'll learn more about what you can do in the garden. For instance, together, we will develop and maintain our vegetable patch and forest garden.




Who is the group for - Those interested in gardening for wellbeing. Register online www.thecommunityfarm.co.uk/get-involved/

WHEN	Weds, 11 th Aug - 27 th Oct	TIMES	10:00am - 3:00pm
COST	FREE	KEY	     
LOCATION	The Community Farm, Chew Magna (please follow online directions not		
CONTACT	Alice: 07716 294309 Email: growandmake@thecommunityfarm.co.uk		

Grow For Life

Group Overview - You will join a 'bubble' of 6 for a therapeutic gardening session in the Botanical Gardens in Victoria Park. You will be supervised at all times and will have a break mid-morning. Please bring a drink and if possible gloves, and wear sturdy boots. No previous gardening experience required. Contact Carey (see below) to complete an application form.

Who is the group for - Adults suffering from depression/anxiety, low confidence/self-esteem or who are socially isolated.

WHEN	Thursdays	TIMES	10:00am - 1:00pm
COST	FREE	KEY	  
LOCATION	Main entrance of the Botanical Garden, Victoria Park		
CONTACT	Carey Skelton 07729 906 223 or Email: info@growforlife.org.uk		

Happy Snappers - Bath Mind/Creativity Works

Group Overview - Our small and relaxed group meet at various locations around Bath, take a stroll, enjoy conversations and learn and share photographic ideas. Once a month we meet at St Andrew's church to upload and share our photos. If you have a camera, phone or tablet and want to walk, talk and take pictures, this group is great. No photography experience necessary.


Who is the group for - People who would like to improve their wellbeing, walk outdoors and develop and share their skills in photography.

WHEN	Thursdays	TIMES	11:00am - 1:00pm
COST	FREE	KEY	Dependent on location
LOCATION	Various locations around Bath and St Andrew's Church, Foxhill, Bath		
CONTACT	Becky: 01225 316 367 or Email: Wellbeing@bathmind.org.uk		

Homeless Outreach Drop-In Service - Julian House

Group Overview - The drop-in service supports clients to access accommodation referrals (to Manvers Street Hostel and homeless applications), reconnect to their local area, and benefit claims support. It also gives clients the opportunity to identify any additional referral support, such as domestic abuse, substance misuse or offending behaviour, and access to Primary Care Liaison assessments.

Who is the group for - Anyone who is homeless (e.g., rough sleeping/sofa surfing/residing in a hostel).

WHEN	Tuesdays and Thursdays	TIMES	2:00pm - 3:00pm
COST	FREE	KEY	 
LOCATION	The South Vaults, Green Park Station, Bath, BA1 1JB.		
CONTACT	Jamie: 07940 992 822 or Email: jamie.tutton@julianhouse.org.uk		

Keynsham Snap & Stroll - Bath Mind/Creativity Works

Group Overview - Would you like to explore your local community through a lens? If you have a camera, phone or tablet and want to walk, talk and take pictures this group is great. This weekly group is an opportunity to meet others, learn and share photographic ideas and gain confidence in a friendly environment. All members plan and run the sessions. Safe, respectful participation is a priority.







Who is the group for - People who would like to improve their wellbeing, walk outdoors and develop and share their skills in photography.

WHEN	Tuesdays	TIMES	10am - 12:00pm
COST	FREE	KEY	Dependent on location
LOCATION	Various locations around Keynsham		
CONTACT	Becky: 01225 316 367 or Karen: 07517 110 612		

Lakeside Wellbeing - EcoWild

Group Overview - The morning will involve active practice such as a walk, gentle stretching, and also a mindful practice. We will have an hour for lunch (shared soup or bring your own packed lunch). The afternoon will be for creative practice, including a variety of nature crafts, such as willow weaving. Given Covid restrictions, there are just 6 spaces.

Who is the group for - Tailored for carers, people who are isolated, at risk of mental health problems and anyone in need of a break from busy lives.

WHEN	Mondays (6 weekly sessions)	TIMES	10:00am - 12:00pm & 1-3pm
COST	FREE	KEY	     
LOCATION	The Community Farm, Chew Magna (please follow online directions not		
CONTACT	Emily Malik: 07812 155 659 or Email: emily@ecowild.org.uk		

Life Course - Genesis Trust

Group Overview - This course is aimed at supporting people to 'live well in recovery from addiction or poor mental health', however this really extends to any life controlling issue or lifestyle change you wish to make to improve your life. The course has 4 modules: Self Care; Mind Matters; Healthy Relationships and Life Management. 20 sessions in total. Contact Sue for a referral application.

Who is the group for - The course is available to all. The only condition is readiness to engage.

WHEN	Tues & Thurs from 2 nd Sept	TIMES	11:00am - 1:00pm
COST	FREE	KEY	 
LOCATION	The Gateway Centre, Snow Hill, London Road, Bath, BA1 6DH		
CONTACT	Sue: 07713 864 876 or Email: sue.fourie@genesistrust.org.uk		

Make & Mend - Somerdale Shed

Group Overview - The aim of Somerdale Shed is to make friends and be creative, which in turn promotes personal well-being as well as combating loneliness and isolation. The Make and Mend group is aimed at crafters, makers and upcyclers. The first few visits are free to allow you time to decide if you want to join. Membership includes access to all other shed groups and sessions.




Who is the group for - All adults welcome (men and ladies). For more info www.somerdalepavilion.org.uk/community-shed or join our Facebook page.

WHEN	Tuesdays	TIMES	6:00pm - 9:00pm
COST	£10 a month (unlimited sessions)	KEY	   
LOCATION	Somerdale Pavilion, Cross Street, Keynsham, Bristol, BS31 2FW		
CONTACT	Email: matt.prosser@blueyonder.co.uk		

Men's Shed - MSN Community Trust

Group Overview - Men's Shed is about social connections and friendship building, sharing skills and knowledge and, of course, a lot of laughter. We make benches and mud kitchens for local schools, bird boxes and bug hotels for conservation areas. Repairs, woodturning, arts and crafts - doing what we can for our local community. The fees are just £12 per year & £3 a visit (first 2 visits free!).



Who is the group for - All welcome (men and ladies), 18 years and older, of all abilities and skills.

WHEN	Tuesdays and Fridays	TIMES	9:30am - 1:00pm
COST	£3 a visit (with £12 per year fee)	KEY	  
LOCATION	Behind the big barn at Farrington Farm Shop, BS39 6UB		
CONTACT	Steve: 07775 735 789 or Email: stephenkhswift@gmail.com		

Men's Woodland Project Group - EcoWild

Group Overview - For men who are wanting to get out more with other people and enjoy the woods, the fire, to be active (as much as they are able), and notice the wildlife. You can join at any time and we can help you build confidence in attending by visiting you, at or near your home. Visits can also help you to decide if the group is for you. Six sessions.



Who is the group for - Men only, all ages.

WHEN	Thursdays - 26th Aug - 30th Sept	TIMES	10:30am - 11:30am
COST	FREE	KEY	 
LOCATION	Greyfield Woods, High Littleton, BS39 6YE		
CONTACT	Emily Malik: 07812 155 659 or Email: emily@ecowild.org.uk		

Music Open Group - Soundwell

Group Overview - A low-pressure environment, there is no need for previous musical skills, experience, or instruments (though you are welcome to bring any you have, if you wish). You can expect supportive conversations, music listening, and options to explore making live music together. Sessions are held in central Bath, or an online option is available. Contact us for more information.



Who is the group for - Anyone wanting to improve their mental health and wellbeing through exploring self-expression, creativity, and relaxation with music.

WHEN	Fridays, fortnightly	TIMES	11:00am - 12:00pm
COST	FREE, donations welcome.	KEY	 
LOCATION	Sessions are held in central Bath, or an online option is available.		
CONTACT	Duncan: 07423 400 655 E-mail: Duncan.stagg@soundwell.org.uk		

Music Support Group for Carers - Soundwell

Group Overview - Music support group for unpaid carers. A low-pressure environment, there is no need for previous musical skills, experience, or instruments. Take a break with other carers. You can expect supportive conversations, music listening, and options to explore making live music together. Contact us for more info and to book your place.



Who is the group for - Unpaid carers looking to explore self-expression, creativity, and relaxation with music.

WHEN	Fridays, fortnightly	TIMES	11:00am - 12:00pm
COST	FREE, donations welcome.	KEY	 
LOCATION	Sessions are held in central Bath, or an online option is available.		
CONTACT	Duncan: 07423 400 655 E-mail: Duncan.stagg@soundwell.org.uk		

Music Therapy - Genesis Trust

Group Overview - Music brings people together. Making music connects us with others as well as ourselves. It can help us connect with our emotions and difficult things inside us which we might not be able to give a voice to. It can help us manage our stress, anxiety and build our confidence. Group dates: 7th Oct - 9th Dec.







Who is the group for - No experience is required and open to all. It is particularly suitable for people in recovery or with mental health difficulties.

WHEN	Thursdays	TIMES	2:30pm - 4:30pm
COST	FREE	KEY	  
LOCATION	The Gateway Centre, Snow Hill, London Road, Bath, BA1 6DH		
CONTACT	Sue: 07713 864 876 or Email: sue.fourie@genesistrust.org.uk		

Nature's Respite - EcoWild

Group Overview - The morning will involve active practice such as gentle stretching or exploring the small woodland, and also mindful practice. Please bring your own packed lunch. The afternoon will be for creative practice, including a variety of nature crafts, for example, with clay, willow, charcoal, wool or hazel. Given Covid, there are just 8 spaces.




Who is the group for - Tailored for carers, people who are isolated, at risk of mental health problems and anyone in need of a break from busy lives.

WHEN	Tuesdays (5 weekly sessions)	TIMES	10:00-12:00 & 12:45-2:45pm
COST	FREE	KEY	     
LOCATION	Combe Hay Vineyard, Combe Hay, Bath, BA2 7EF		
CONTACT	Emily Malik: 07812 155 659 or Email: emily@ecowild.org.uk		

Old Acorn Barn - The Life Project

Group Overview - The Life Project runs daytime activity sessions for adults with learning disabilities at our Barn in Englishcombe village. Our 'Makers' can choose from a variety of activities on offer in our art and craft room, kitchen and workshop. We also have an allotment where our Makers can start their day by growing fruit and vegetables which are brought back to the Barn to cook and enjoy.





Who is the group for - The group is for adults with learning disabilities.

WHEN	Tues, Weds & Thurs	TIMES	9:30am - 2:30pm
COST	£48 per session	KEY	  
LOCATION	The Old Acorn Barn, Englishcombe Village		
CONTACT	Email - Sarah Couchman: sarah@lifeprojectbath.org.uk		

Open Opportunities - Bath Mind

Group Overview - Social activity group for adults who want emotional and social support in order to improve their mental and physical wellbeing. The focus is on peer and facilitated support to enable participants to live a full and active life in the community.





Who is the group for - Any adult who wants emotional support to empower them to recover and improve their mental health and wellbeing.

WHEN	Mondays & Wednesdays	TIMES	11:00am - 1:00pm
COST	£2.00 per session	KEY	   
LOCATION	Manvers St. Open House, Manvers St, Bath, BA1 1JW		
CONTACT	Becky: 01225 316 367 or Email: Wellbeing@bathmind.org.uk		

Parent/Carer Drop-in Group - The Life Project

Group Overview - The Life Project runs Parent Carer Drop-In sessions for carers who want to find some space and time away from their caring roles. The group offers the chance to become part of a supportive network where a cup of coffee and some tasty treats are always on offer and those who attend can de-stress by joining in with an exercise or pilates class during the session.







Who is the group for - The group is for parents or carers who care for those with learning needs and other disabilities.

WHEN	Tuesdays - during term time	TIMES	10:00am - 2:00pm
COST	FREE (donations for coffee)	KEY	   
LOCATION	WestonHub, Penn Hill Road, BA1 4EH		
CONTACT	Email - Fiona Day: Fiona@lifeprojectbath.org.uk		

Saturday Club Cycling Sessions - Wheels for All

Group Overview - Inclusive cycling sessions using adapted bikes and tricycles. Must book in advance and get a start time from us before attending www.eventbrite.co.uk/e/wheels-for-all-saturday-club-tickets-119283063855. Payment on the day via contactless (preferred). £6 per person. £8 one - plus carer who rides. Family: £12 (3-5 persons).



Who is the group for - Children, young people & adults who may find riding two wheel bikes difficult due to disability, lack of confidence or health issues.

WHEN	Saturdays - fortnightly	TIMES	12:00pm - 1:30pm
COST	As described above	KEY	     
LOCATION	Odd Down Cycle Circuit, Chelwood Road, Bath, BA2 2PR		
CONTACT	Chris: 07530 263 014 or Email: chris.revill@cyclling.org.uk		

Singing for Wellbeing - Soundwell

Group Overview - A singing group with particular focus on supporting mental health and wellbeing. Explore singing in a highly supportive environment and develop confidence in your voice. You can expect exercises to support breath control, posture and vocal technique, easy-to-sing songs and supportive conversations about the music. Sessions are held in central Bath.

Who is the group for - Anyone wanting to explore social singing to support their wellbeing. We particularly welcome people feeling lonely, low in mood or anxious.

WHEN	Thursdays, fortnightly	TIMES	10:00am - 11:30am
COST	FREE, donations welcome.	KEY	 
LOCATION	Sessions are held in central Bath, or an online option is available.		
CONTACT	Duncan: 07423 400 655 E-mail: Duncan.stagg@soundwell.org.uk		

Shedders Group - Somerdale Shed

Group Overview - The aim of Somerdale Shed is to make friends and be creative, which in turn promotes personal well-being as well as combating loneliness and isolation. The shedders group like to focus on developing and maintaining the shed. The first few visits are free to allow you time to decide if you want to join. Membership includes access to all other shed groups and sessions.

Who is the group for - All adults welcome (men and ladies). For more info www.somerdalepavilion.org.uk/community-shed or join our Facebook page.

WHEN	Wednesdays & Saturdays	TIMES	10:00am - 2:00pm
COST	£10 a month (unlimited sessions)	KEY	   
LOCATION	Somerdale Pavilion, Cross Street, Keynsham, Bristol, BS31 2FW		
CONTACT	Email: matt.prosser@blueyonder.co.uk		

Twilights Cycling Sessions - Wheels for All







Group Overview - Join us Tuesdays for some late afternoon/after school cycling. Must book your space in advance via the Eventbrite link

www.eventbrite.co.uk/e/wheels-for-all-twilights-tickets-120208353421

Payment on the day via contactless payment.

£6 per person. £8 one - plus carer who rides. Family: £12 (3-5 persons)

Who is the group for - Children, young people & adults who may find riding two wheel bikes difficult due to disability, lack of confidence or health issues.

WHEN	Tuesdays	TIMES	4:00pm - 5:00pm
COST	FREE	KEY	     
LOCATION	Odd Down Cycle Circuit, Chelwood Road, Bath, BA2 2PR		
CONTACT	Chris: 07530 263 014 or Email: chris.revill@cycling.org.uk		

Walk & Talk - Mental Health Mates Bristol

Group Overview - A safe place to meet, walk and talk, without fear or judgement. To make sure we comply with track & trace please contact us to register providing your name & email address. We will not be providing face masks or hand gel but feel free to bring your own.

Next walk: Find us on Facebook 'Mental Health Mates Bristol'.

Who is the group for - Our group is for anyone finding life difficult, everyone is welcome. Find us on Facebook 'Mental Health Mates Bristol'.

WHEN	Sundays - monthly meet ups	TIMES	Email for details
COST	FREE	KEY	Dependant on location
LOCATION	Walks take place in various locations in Bristol		
CONTACT	Email - Rachel: mentalhealthmatesbristol@gmail.com		

Walking Football - Bath City Foundation

Group Overview - Fun and friendly football, 6 sessions. Bring your own drinks and suitable footwear e.g. football boots/trainers with grip. There are no changing facilities or toilets available on site.

You will be requested to fill in an essential information form on arrival, along with the Wellbeing College Evaluation Forms.

Who is the group for - Aimed at those over 50, male or female, looking to get active/play football at a gentle pace. All abilities may attend. Play on grass surface.




WHEN	Wednesdays, from 8 th Sept	TIMES	5:30 - 6:30pm
COST	FREE	KEY	
LOCATION	Batheaston FC		
CONTACT	Geoff: 07970 681 178 or info@bathcityfoundation.org		

Wellbeing Wanderers - Creativity Works / Bath Preservation Trust

Group Overview - Come and explore Beckford's Landscape and find out more about Beckford's Tower. Bring your phone or camera to create images of the landscape. Wear outdoor clothing.

6-week course starting on 29th September.


Who is the group for - Adult residents of Bath & North East Somerset

WHEN	Wednesdays (6 weeks)	TIMES	2:00 - 4:00pm
COST	FREE	KEY	  
LOCATION	Beckford's Tower, Lansdown Rd, Bath, BA1 9BH		
CONTACT	Tel: 07912 880 056 or Email: jaq@creativityworks.org.uk		

Wellbeing Walks - Bath Mind / Bathscape

Group Overview - Wellbeing Walks are short, gentle walks. They are social and friendly and we go at the right pace for the group. Our walks are every week on a Thursday starting at Monksdale Road Allotments (BA2 2JD) and are led by volunteers from Bathscape and Bath Mind. The walk is no longer than an hour, reasonably flat and often wheelchair/buggy accessible.

Who is the group for - If you want to start increasing your exercise or want a bit of company when out for some fresh air, these walks might be just right.

WHEN	Thursdays	TIMES	11:00am
COST	FREE	KEY	
LOCATION	Walks start from Monksdale Road Allotments (BA2 2JD)		
CONTACT	Text Lucy: 07816 641 745 or Email: info@bathscape.co.uk		







Wild Steps - Community Farm

Group Overview - Practical wildlife management for wellbeing. Held in a relaxed and supportive environment, the Wild Steps programme will provide you with an opportunity to try something different, learn skills in practical nature conservation and discover ways to help care for wildlife, on the farm and at home.

Dates: 23rd July - 17th Sept, 24th Sept - 29th Oct, 12th Nov - 17th Dec.

Who is the group for - Anyone wanting to improve their wellbeing.

Register online: www.thecommunityfarm.co.uk/get-involved/

WHEN	Fridays, 6 week blocks	TIMES	11:00am - 3:00pm
COST	FREE	KEY	     
LOCATION	The Community Farm, Chew Magna (please follow online directions not		
CONTACT	Tel: 01225 913 097 or Email: farming@thecommunityfarm.co.uk		



Woodland Connect - Eco Wild

Group Overview - Support your physical and mental health using nature.

- Morning - mindful practice and also a short active practice such as a foraging walk or tree yoga; nature connection and gentle stretching. Discussion & reflection.
- Afternoon - creative practice, including natural art and craft.

There is no obligation to take part in anything, you can see how you feel on the day.



Who is the group for - Anyone who wants to connect with nature, themselves and others in a supportive space. Register on <https://bookwhen.com/ecowild#focus=ev-s11s-20211019100000>

WHEN	Tuesdays	TIMES	10:00am - 3:00pm
COST	FREE	KEY	 
LOCATION	Greyfield Woods, High Littleton, BS39 6YE		
CONTACT	Emily Malik: 07812 155 659 or Email: emily@ecowild.org.uk		

Women Together - Genesis Trust

Group Overview - This will be a safe space where women can come together to encourage, uplift and empower one another especially when times are rough, giving a sense of belonging. Whatever your struggle, mental health issue or just a desire for company, we provide a safe, understanding and non-judgemental space for you to explore feelings and relationships, helping us to feel less isolated.

Who is the group for - This is a support group for women. Group dates: 7th Sept - 19th Oct

WHEN	Tuesdays	TIMES	3:00pm - 4:00pm
COST	FREE	KEY	 
LOCATION	The Gateway Centre, Snow Hill, London Road, Bath, BA1 6DH		
CONTACT	Sue: 07713 864 876 or Email: sue.fourie@genesistrust.org.uk		

Organisations Supporting People in BANES

One-to-one Support

[Advocacy](#)

[Befriending / Combating Loneliness](#)

[Bereavement](#)

[Counselling](#)

[Dementia Support](#)

[Drugs & Alcohol Support](#)

[Eating Disorders](#)

[Employment Related Support](#)

[Ethnic Minority Support](#)

[Family & Friends Support](#)

[Financial Wellbeing](#)

[Food](#)

[Funding](#)

[General Support](#)

[Have a Voice](#)

[Health & Wellbeing](#)

[Housing Support](#)

[LGBTQ+](#)

[Mental Health Support - Community](#)

[Mental Health Support - NHS Trust](#)

[Perinatal Support](#)

[Reading](#)

[Refugee Support](#)

[Senior Citizen Support](#)

[Sexual Health](#)

[Violence, Domestic Violence & Abuse](#)

[Volunteering](#)

Advocacy

Advocacy is 'taking action to help people say what they want, secure their rights, represent their interests and obtain a service which they need', The Advocacy Charter. Advocates work in partnership with the people they support.

POhWER - provides a range of statutory and non-statutory advocacy services in BANES:

- Independent Mental Health Advocacy (IMHA)
- Independent Mental Capacity Advocacy (IMCA) including Relevant Person's Paid Representatives (RPPR)
- NHS Complaints Advocacy
- Care Act Advocacy
- Independent Adult Social Care Complaints Advocacy
- Community Mental Health Advocacy

How to access: Service leaflets and referral forms available to download from our website.

Tel: 0300 456 2370 **Email:** pohwer@pohwer.net

Website: www.pohwer.net/bath-and-north-east-somerset

Victims of Crime Advocacy Service (VOCAS), South West Advocacy Network (SWAN)

VOCAS is a free, independent and confidential advocacy service for adult victims of crime and anti-social behaviour. Adult victims can access advocacy, alongside practical and emotional support to help them to cope and recover from their experience and to engage with the criminal justice system, if they choose to do so.

This enhanced adult service will be available for:

- Adult victims who have barriers or additional support requirements linked to:
- Adult victims who have been targeted because of their:

*Race *Religion *Sexuality *Gender Identity *Mental health issues *Learning difficulties *Physical disabilities *Problems associated with old age *Problems associated with social exclusion or isolation

How to access:

Tel: 03333 44 7928 (charged at a local rate), Mon - Thurs (9:00am - 4:30pm) Fri (9:00am - 4pm)

Email: vocas@swanadvocacy.org.uk **Website:** <https://swanadvocacy.org.uk/vocas/>

Befriending / Combating Loneliness

Chew Valley & Keynsham Befrienders

We help people in the Keynsham and Chew Valley with mental health/emotional needs.

Telephone support or outdoor visits/coffee shops etc, during Covid. Outside of Covid, people can be visited in their own home, if wanted. People referred are matched with a suitable befriender if available, so do not hesitate to contact us.

How to access: Yes, referral form that can be filled in by the individual or other professional.

Tel: Bridget Smith or Mary Douglas-Jones on 01275 472 798 or 01275 475 154

Email: marydouglasjones@gmail.com or bridgets@uwclub.net

Website: www.befriender.org.uk

Bereavement

AtaLoss

AtaLoss is a charity that provides the UK's signposting website for the bereaved. By means of simple filter systems the AtaLoss.org website can help those bereaved in any circumstance to find the national bereavement support services that are appropriate to their loss, along with local services, relevant resources and information.

How to access:

Website: www.ataloss.org

Cruse Bereavement Care

Provides professional and confidential bereavement support via trained bereavement volunteers. One-to-one support, telephone support and group support.

How to access:

Tel: 01761 417 250 **Email:** bath@cruse.org.uk **Website:** www.crusebath.org

Survivors of Bereavement by Suicide (SOBS)

SOBS exist to meet the needs and overcome the isolation experienced by people, over 18, who have been bereaved by suicide. Local support groups provide an opportunity for those bereaved by suicide to listen, to share, to ask questions and to connect with others. Many groups also offer a small resource library and can share information about local sources of support.

National Helpline: 0300 111 5065, 9am - 9pm, Mon to Sun.

How to access:

If you wish to attend the Bath virtual Support Group, please email your details to us.

Tel: Ann - 07498 179 229 **Email:** bath@uksobs.org **Website:** uksobs.org/groups/bath-group/

Counselling

Focus Counselling

Focus Counselling provide affordable person-centred therapy for those people in need, from Bath and its surrounding areas. Face to face sessions are available at The Oasis Hub, Bath and Focus Frome. We also offer remote sessions via Zoom and telephone calls should this be your preference. If you are feeling anxious or depressed, or feel you need a safe, non-judgemental space to explore your concerns, Focus continues to be here for you.

How to access:

If you would like to make a referral to talk things through:

Tel: 07863 444 009 / 07447 966 677 or 01373 485 051

Email: Office@focusbath.com **Website:** www.focusbath.com

Bath Relate

Relationship counselling service.

How to access:

Tel: 01225 465 593 **Email:** bath.relateavon@btconnect.com

Website: www.relate-avon.org.uk

Dementia Support

Alzheimer's Society

Our dementia support workers offer information and practical guidance to help you understand dementia, cope with day-to-day challenges and prepare for the future. They offer information to people who are worried about their memory and on-going support to people affected by dementia. We have not been able to run most of our face-to-face and group services during the pandemic. As national restrictions ease we are planning a gradual return of some of these. We will continue to run the telephone support calls and new versions of some services which we set up during the pandemic. Check our website for updates.

If you have questions or concerns about dementia, you can get phone support from a dementia adviser by calling 0333 150 3456.

How to access:

Tel: 07795 344 967 **Email:** bath@alzheimers.org.uk

Website: www.alzheimers.org.uk

BANES Dementia Action Alliance

A group of individuals, making BANES a dementia-friendly place to live. Our aim is to help people with dementia to live well and remain in their community for as long as possible.

Download our online guide to services in Bath & North East Somerset for people living with dementia, their carers, family and friends.

How to access:

Tel: 07903 734 610 **Email:** bathdaa@gmail.com

Website: www.dementiafriendlybath.org

Drugs & Alcohol Support

BANES Drug & Alcohol Service (DHI)

Anyone living in BANES can get free and confidential help if they are struggling with drugs or alcohol. Our service is based out of two main locations: The Beehive in central Bath and The Rural Recovery Hub in Midsomer Norton. We provide support services for people with substance misuse difficulties. These include information and advice, group work and 1:1 sessions, supported housing advice, counselling and employment/training opportunities.

Due to Covid-19, assessments and enquiries around drugs, alcohol, treatment, and social prescribing are now being done by phone.

How to access:

Tel: 01225 329 411 **Email:** TheBeehive@dhibath.org.uk

Website: www.dhi-online.org.uk

West Country Narcotics Anonymous - Online meetings group

How to access:

Tel: 0300 999 1212 (10am-midnight) **Find a group:** <https://ukna.org/meetings/westcountry>

Eating Disorders

Anorexia & Bulimia Care (ABC)

We provide on-going care, emotional support and practical guidance for anyone affected by eating disorders and eating distress. Our support services also include online chat, befriending, online support groups, nutritional guidance, an online recovery course and a parent and carer forum.

How to access:

ABC Helpline: 03000 111 213 Wed, Thurs, Fri (see website for up-to-date helpline hours)

Email: support@anorexiabulimiare.org.uk

Website: www.anorexiabulimiare.org.uk

Eating Disorder Support group, Focus Counselling

Do you, or someone you know, need help with an eating disorder? We facilitate a free support group for people with any form of eating disorder. The group takes a pro-recovery approach and aims to provide emotional and practical support in a safe and confidential environment. The group is run fortnightly on a Thursday evening.

How to access:

To find out about dates and times of the group, or for more information on how to join get in touch.

Tel: 01225 330 096 **Email:** office@focusbath.com **Website:** www.focusbath.com/groups

Somerset & Wessex Eating Disorder Association (SWEDA)

We provide support to anyone affected by eating disorders, including anorexia nervosa, bulimia nervosa, compulsive eating, binge eating disorder and all related conditions. We are here to support and listen to you, wherever you are on your journey. Our services include counselling services and a monthly self-help support group. We continue to support clients by phone or by using online services such as Zoom, Skype, FaceTime or WhatsApp.

How to access:

Phone: 01749 343 344 **Email:** support@swedauk.org **Website:** www.swedauk.org

Employment Related Support

1st Impressions

First Impressions is a not-for-profit organisation focused on helping women in vulnerable groups to find employment. Our mission is to make a positive impact on the careers of young women and women returning to work from vulnerable communities, by helping them to create confident first impressions at interviews. A tailored service focusing on helping improve individuals' inner confidence; through wardrobe selection and interview coaching.

How to access: Via referral from health/social care professionals, local employment services and charities.

E-mail: jane@1stimpressions.org.uk **Website:** 1stimpressions.org.uk

Achieve in BANES

Achieve in BANES provides a job and course search service for anybody wishing to enter the workplace or progress their career. There are several free and funded courses from local providers on offer. Achieve continue to add to a built up network of local businesses as well as support services, who can confidently offer real jobs, opportunities in the routes to employment and support which meets the needs of the residents, both now and for a productive future.

How to access:

Website: www.achieveinbathnes.co.uk **Email:** Achieve@BATHNES.GO.UK

Adult Community Learning, Bath College

Provides a wide range of courses for adults aged 19 years or over; intended for those who want to improve their chances to find work, support their families or live independently. Employability courses and workshops, english and maths, food hygiene, confidence and motivation courses and workshops, IT skills, personal development and vocational courses (i.e. stone masonry, woodworking, and plumbing). Courses are offered in small groups in a supportive setting by experienced tutors. Please contact us if you have any questions about whether you are eligible for free provision.

How to access:

Tel: 01225 328 822 **Email:** acl@bathcollege.ac.uk **Website:** www.bathcollege.ac.uk/ACL

Clean Slate - Training & Employment

Clean Slate run 'Quids In' Centres offering free support and training to help you manage and stretch your budget by taking control of your money, finding work or better paid work and making the best use of the internet.

How to access:

Tel: 01225 302 200 **Email:** bath@cleanslateltd.co.uk **Website:** www.cleanslateltd.co.uk

Future Bright - FREE careers coaching service

Due to the employment crisis caused by COVID-19 we have been able to widen our eligibility. We can now work with those who are in employment and claiming a tax credit or benefit, as well as those who have lost work or pay due to lockdown.

We can offer the following:

- Over the phone / Skype support for up to 3 months
- Support to help participants begin looking for new or additional employment.
- Access to short-term training to improve skills and enable participants to move quickly to secure work opportunities of either a temporary or permanent nature

How to access: Self-referral welcome, check eligibility criteria via website or by getting in touch

Tel: 01225 395 555 Mon - Fri, 9am - 5pm **Email:** futurebright@bathnes.gov.uk

Website: www.futurebright.org.uk

Individual Placement & Support (IPS) Employment Service, Richmond Fellowship

IPS is a specialist employment service for adults looking to return to the workplace as part of their recovery from mental ill health. We specialise in providing support to find paid employment, voluntary work, education and training or to retain current employment.

How to access: Via referral from AWP Community Mental Health Team or AWP Early Intervention Service.

Tel: 01380 737676 **E-mail:** wiltshireips@richmondfellowship.org.uk

Website: www.richmondfellowship.org.uk/services/bath-north-east-somerset-swindon-and-wiltshire-ips-employment-service-avon-wilts/

Somerset Skills & Learning (SS&L)

Somerset Skills & Learning is an adult education provider covering BANES and the South West region. As well as qualifications such as GCSEs, apprenticeships and Level 2/3s, SS&L has a strong focus on community and family learning. All courses and workshops are free for BANES residents, and currently include;

- CV and employability
- Christmas activities
- Creative writing
- Family digital skills
- Mental health support
- Wellbeing workshops
- Career taster sessions
- Personal development
- Budgeting/financial management

Learning is typically within the community at various venues across BANES but has moved online during the pandemic. Support with how to use Zoom is also available.

How to access: No referral needed, just get in touch.

Tel: Lucy Hill - Community Partnerships Co-ordinator on 0330 332 7997

Email: lhill@sslccic.co.uk **Website:** www.sslcourses.co.uk

West of England Works (WOEW) - Employment Support, Julian House

Support for people who have been economically inactive or unemployed for 12 months and have support needs. This may include needs around mental and physical health, substance misuse, homelessness, long-term unemployment etc. We offer 1:1 support, work experience, job preparation, signposting, skills development, training and volunteering opportunities.

How to access:

Tel: 01225 750 924 or 01225 354 650 **Email:** woew@julianhouse.org.uk

Website: www.julianhouse.org.uk

Ethnic Minority Support

Nilari

We are a Black, Asian and Minority Ethnic led registered charity with over 20 years' experience delivering social care support, talking therapies and training to adults and young people across Bristol. We help to deal with (re)offending behaviour, mental health and problematic substance use. We use our understanding and experience to advocate for equality and social justice in key strategic policy forums.

How to access:

Tel: 0117 952 5742 **Email:** nilaari@nilaari.co.uk **Website:** www.nilaari.co.uk

Family & Friends Support

Carers' Centre

The Carers' Centre provides a community for unpaid carers, with access to trusted information, advice, breaks and support to help you: maintain or improve your health and wellbeing, take control of your caring role and become connected with others in a similar situation. Our Support Line is open weekdays 08:15 - 12:00pm and can provide information, advice and support with;

- Changes to your caring role
- Preparing for a Carers Assessment
- Planning for the future and emergencies
- Applying for grants
- Helping with employment issues
- Helping you to look after your health and wellbeing
- Support with using technology

How to access:

Tel: 0800 0388 885 (8:15am -3:00pm, Mon to Fri) **Email:** support@banescarerscentre.org.uk

Website: www.banescarerscentre.org.uk

Families also Matter (DHI) - WebFAM Online Self Help Tool

Living with someone who misuses drugs or alcohol can be exhausting. We can help to reduce the impact of someone else's drug or alcohol use on their families and friends. WebFAM is an online self-help tool for families and carers of drug or alcohol users.

How to access: Currently our families and carers will be able to seek initial support via our free and confidential web service, **WebFAM** - webfam.dhi-online.org.uk/

Tel: 01225 329 411 **Email:** family@dhi-services.org.uk

KS2

KS2 is a peer support group for carers or supporters of people with mental health difficulties. We know that a lot of carers are left isolated and unsupported, dealing with some challenging situations. We offer support and training from people who understand, information on local mental health services and a chance to get involved and improve the services within mental health. The group is still offering support during Covid-19. Please email or telephone with your contact details and we will be in touch with you soon.

How to access:

Tel: 07528 668 040 **Email:** hello@KS2Bath.org **Website:** www.ks2bath.org

Oxford Health NHS Trust helpline for children and young people during the Coronavirus outbreak

This mental health helpline has been launched in Bath and North East Somerset, Swindon and Wiltshire. Anyone concerned about a child or young person's mental health (or the child or young person themselves) can phone the helpline and speak to mental health experts, who will provide advice, guidance and support over the telephone. Available for BANES residents.

How to access:

Tel: 01865 903 777 9am - 5pm weekdays / 01865 901 000 5pm - 9am weekdays & weekends

Southside

We support people affected by trauma caused by loss, domestic abuse, violence or neglect. Southside's referral process continues as before and we are providing phone/virtual support for families and victims, along with practical help. Our Information and Advice Navigator (IAN) service is open for information, advice and signposting for victims of domestic abuse across Bath and North East Somerset, concerned family or friends and professionals who support them.

How to access:

Mon to Thurs 9:00am - 5:00pm and Fri 9:00am - 4:00pm

Tel: 01225 331 243 **Email:** enquiries@south-side.org.uk **Website:** south-side.org.uk

Time to Talk (Mediation Service) - Curo

Curo's mediation service is a free, confidential and impartial provision. It is available for 13-25 year olds and their families, within Bath and North East Somerset.

- Struggling with ongoing arguments at home?
- Constant bickering getting you down?
- Do you know someone who would benefit from this support?
- Is it a service you would like to access yourself?

I am happy to meet in the comfort of your home, or outside for a walk and talk. Wherever you feel the most relaxed.

How to access:

Text, call or email Wendy Haworth, Mediation Worker/Housing referrals for BANES young people

Tel: 07966 140 779 (Mon-Thurs 9-5pm, Fri 9-4.30pm) **Email:** Wendy.haworth@curo-group.co.uk



Financial Wellbeing

Citizens Advice Bureau (CAB)

Citizens Advice help people to resolve their legal, money and a huge variety of other issues by providing free, independent and confidential advice. Get help to work out how much money you owe and which debts you should pay back first. Call to enquire about face to face consultations.

How to access:

Freephone: 0808 278 7897 **Advice Line:** 0344 848 7919, Mon to Fri, 9:30am - 2:30pm.

Please note that if you call outside open hours you will receive recorded advice.

Drop-in centres: Keynsham Civic Centre / Manvers Street, Bath / The Hollies, Midsomer Norton

Website: www.citizensadviceBANES.org.uk

National Debtline

We give free and independent advice over the phone and online via webchat.

How to access:

Tel: 0808 808 4000, Mon to Fri, 9am - 8pm. **Website:** www.nationaldebtline.org

Food

Action Pantry, Mercy in Action

We receive fresh food that has been rescued from going to landfill and pass it on to families in need in Bath and the surrounding area. Meat, dairy products, ready meals, fruit and veg, are among the foods we are able to share with our members. Action Pantry members pay a nominal weekly sum of £3 for membership. We may be able to organise deliveries for members living in our local area who are disabled.

How to access:

Referrals can be made by professionals such as social workers, teachers and support workers. Please contact us for a referral form. Self-referral is possible too.

Tel: 07874 387 717 **Email:** actionpantry@mercyinaction.org.uk

Food Banks, The Trussell Trust

Providing emergency food for people in crisis.

How to access:

Find your closest foodbank: www.trusselltrust.org/get-help/find-a-foodbank/

- **Bath area - Tel:** 01225 463 549 **Email:** info@bath.foodbank.org.uk
- **Keynsham & Saltford area - Tel:** 0117 983 7923 or 07776 493 221 (8:30am-8pm)
Email: keynshamfoodbank@gmail.com
- **Somer Valley area - Tel:** 07729 523 986 **Email:** info@somervalley.foodbank.org.uk

Manvers Street Hostel Food Provision, Julian House

Meals are cooked for clients staying at the hostel as well as individuals identified by the outreach team. This means individuals rough sleeping can wait in line at Manvers Street Hostel at the specific mealtimes and receive food from the staff.

Meal times consist of Breakfast: 7am - 10am, Lunch: 1pm - 2pm and Dinner 7pm - 8pm.

How to access: This is a direct access service and so clients can self-refer or be referred by professionals. Due to COVID-19 clients are encouraged to wear masks and social distance in the communal areas when waiting for their food.

Tel: 01225 311 991 **Email:** manversstreet@julianhouse.org.uk **Website:** www.julianhouse.org.uk

Welcome Café and Food Club, Weston Hub

Providing a cooked lunch and weekly food parcels, mainly for people in the Weston and Newbridge area. Also free clothes and toiletries. Every Monday from 12 noon to 2.00pm. No booking necessary. Lunch is free. Food parcels cost £3 for a family and £2 for an individual.

How to access: Referrals welcome or self-refer.

Email: welcomecafe@allsaintsweston.org.uk **Website:** <https://westonhub.org.uk>

Address: Weston Hub, Penn Hill Road, Weston, Bath, BA1 4EH

Funding

Individual Funding Programme, St John's Foundation

Provides funding support to individuals and families in Bath & North East Somerset who are struggling financially. Funding can be awarded for furniture and white goods, removal costs, carpets and flooring, funeral costs, utility bills, rent and other arrears, bankruptcy application fees, debt relief order fees, educational courses, counselling, mentoring and clothing.

How to access: By referral. For all enquiries, please contact our funding and impact officers.

Tel: 01225 486 407 **Email:** grants@stjohnsbath.org.uk

Website: stjohnsbath.org.uk/what-we-do/funding-support

Turn2Us

Turn2us is a national charity that helps people in financial hardship to gain access to welfare benefits, charitable grants and support services - online, by phone and face to face, through partner organisations.

How to access:

Helpline: 0808 802 2000 **Email:** info@turn2us.org.uk **Website:** www.turn2us.org.uk

General Support

1 BIG Database, BANES

Provides information on local support groups and national helplines, activities within BANES for children and families, an events calendar including information on school holiday clubs, and an Ofsted registered list of childcare providers in BANES.



How to access:

Website: www.bathnes1bd.org.uk

Bath Library of Things - Share & Repair

Share & Repair is a volunteer-led, community project. Our aims are simple: to help local people save money and the planet through reduce, repair and reuse. The Bath Library of Things contains around 400 useful items that you can borrow for a small affordable fee. Items include DIY equipment, electricals, parties and events equipment, camping and outdoor items, home products, and travel bags.

How to access: Membership application must be completed prior to borrowing items, see website for full details.

Tel: 07486 518 197 **Email:** hello@shareandrepair.org.uk **Website:** bathlibraryofthings.org.uk

Clothesline, Mercy in Action

Providing free clothing for children, aged 5-13+, or anyone struggling to make ends meet. Clothes of every kind including school uniform, nightwear, coats, sportswear and shoes. All items are clean, in excellent condition, and many are brand new. There are also homeware items available such as curtains, bed linen and towels. Clothesline can be accessed from Jubilee Centre, Lower Bristol Road, Bath, BA2 9ES Mondays & Fridays.

How to access: We accept referrals via support workers, health and social care professionals as well as headteachers.

Tel: 01225 443 600 **Email:** actionpantry@mercyinaction.org.uk

Website: www.mercyinaction.org.uk/clothesline

Rainbow Resource

Local information for families with a child or young person (age 0-25) with additional needs, a special educational need or disability.



How to access:

Website: www.rainbowresource.org.uk

Have A Voice

Citizens Panel, Virgin Care

The Citizens' Panel has been set up to enable people who use services, carers and residents of Bath and North East Somerset to have a say about how health and related services can be improved, so that everyone can feel happier, healthier and more in control. Local residents help shape services by offering their views and insight into what matters to them, and what their priorities are. Sign up on the website.

How to access:

Email: citizenspanel@virgincare.co.uk **Website:** bathneshealthandcare.nhs.uk/citizenspanel

Healthwatch BANES

Healthwatch want to hear from you about your experiences so that they can inform services and the health and wellbeing board. Their aim is to help create the best local services. Share your stories using their online form for issues, concerns and positive experiences.

How to access:

Tel: 01225 232 401 **Email:** info@healthwatchbathnes.co.uk

Website: www.healthwatchbathnes.co.uk

Service User and Carer Involvement, AWP

Empowering Avon & Wiltshire Mental Health Partnership NHS Trust (AWP) service users and carers to use their knowledge and experience of mental health services to positively shape services and 'make a real difference'. Training provided and involvement tailored to meet individual needs and aspirations. Opportunities include staff training and recruitment, forums, projects, feedback on literature, fundraising activities, awareness talks, conferences and events. Feel valued, build new skills, improve confidence and develop your CV.

How to access: Contact Lee Rawlings, Local Involvement Co-ordinator

Tel: 07917 210 187 **Email:** l.rawlings@nhs.net

Health & Wellbeing

3SG Community Wellbeing Hub

The Community Wellbeing Hub provides a range of wellbeing services to the residents of BANES.

How to access:

Tel: 0300 247 0050 (9am - 5pm weekdays) **Email:** contact@compassioncb.org.uk

Website: www.compassioncb.org.uk/wellbeing

Adult Social Care - First Response

For safeguarding, social care and occupational therapy referrals.

How to access: **Tel:** 0300 247 0201 **Out of hours - Emergency Duty Line:** 01454 615 165

BANES Social Prescribing Service

The social prescribing service provides support in BANES to address the social, emotional or practical issues which may be affecting your health and wellbeing; stress, low mood, debt, housing problems, bereavement or divorce, isolation and loneliness. Social prescribers can help you to overcome challenges that are affecting your physical and/or mental health. Appointments take place face-to-face at GP surgeries, by phone or video call.

How to access: Self-refer to this service by booking a telephone triage at your GP surgery.

Bath City Farm

Our mission is to build a caring, healthy and cohesive community through the involvement of local people, especially those who are disadvantaged in the development and maintenance of a productive green space, where they are able to learn about sustainable farming and food growing, acquire new skills and develop new friendships. Come and see the animals, eat at the Trough Cafe Kiosk, enjoy the view and hire 'The Crater', our outdoor performance space.

How to access:

Tel: 01225 481 269 **Email:** info@bathcityfarm.org.uk **Website:** www.bathcityfarm.org.uk

Bathscape Landscape Partnership

Revitalising our landscape for people, communities and heritage. Bathscape aims to inspire a greater number and wider range of people to feel connected to their local landscape and inspired to explore the outstanding built and natural environments, improving health and wellbeing.

Bathscape offer a range of walking events, activities (both organised walks and virtual walks), as well as volunteering opportunities. **Footprints walking podcast:** <https://footprints.captivate.fm>

How to access:

Tel: 01225 477 265 **Email:** info@bathscape.co.uk **Website:** www.bathscape.co.uk

Creativity Works

Creativity Works believes that creativity can make a significant difference to people's lives, inspiring, empowering and supporting them to have fun, learn new transferable skills and improve their health and wellbeing. We currently offer a monthly creative newsletter via email, which includes a creative activity as well as links to other creative opportunities.

How to access:

Email: philippa@creativityworks.org.uk **Website:** www.creativityworks.org.uk

Grow for Life

Grow for Life provides therapeutic gardening sessions on a Thursday morning in the Botanical Gardens in Bath, for adults affected by low confidence, anxiety, depression or isolation. For those who are secure in their recovery and who have a genuine interest in Horticulture we offer a City and Guilds Practical Horticulture course on a Tuesday and Tree planting in the winter season.

We are also planning a Saturday Gardening Club in Odd Down. Please enquire for details.

How to access: Contact Carey Skelton

Tel: 07729 906 223 **Email:** info@growforlife.org.uk **Website:** www.growforlife.org.uk

Gypsy, Roma, Traveller & Boater (GRTB) Community Outreach and Engagement Service, Julian House

The service provides outreach support to any land-based travellers and boaters in the BANES area to help to reduce the inequalities experienced by individuals within these groups. Support is provided both in person (socially distanced) and via telephone to help clients to access local services such as health appointments. The service also liaises with the Canal and Rivers Trust and other relevant agencies to help clients with information relating to their licences and other matters. The service can provide support with financial assistance to access these licences and supporting clients to understand the rules to follow when holding these licences. Due to COVID-19 the monthly drop-in sessions on the boat have ceased however, this is hopefully due to re-open in September.

How to access:

Tel: Sophie Bostock or Alice Young on 07946 200 271 **Email:** grtb@julianhouse.org.uk

Website: www.julianhouse.org.uk

Live Well BANES

Live Well BANES is a free resource providing a range of information, signposting, resources and activities to support you, or the person you care for, to live a full and independent life. This may be a lunch or social club, local care providers or services to help around the home.



How to access - Website: livewell.bathnes.gov.uk

Off The Record Bath and North East Somerset (OTR)

OTR is open for you - we've worked hard to continue to offer all of our services on the phone and via video chat, Zoom. If you're 10 - 25 years old and want a safe space to be heard, we're here for you. We've got the following support available via phone, video or messenger and face to face.

- **Listening Support** - a 20-minute confidential session for you to talk about anything you like.
- **Counselling** - a 50 minute session with our counsellor, you'll have a chance to explore issues in more depth.

This is a really difficult time for young people; none of us have ever gone through anything like this before. Our team is available to support you through it - whatever the challenges are.

How to access: To get support, please visit our website and complete a short referral form.

Tel: 01225 312 481 **Email:** OTRsupport@offtherecord-BANES.co.uk

Website: www.offtherecord-BANES.co.uk

Pathways to Wellbeing, Holburne Museum

A museum-based community engagement programme with art at its heart. It supports people to engage with local heritage and creative art activities, promoting mental health and wellbeing. We run Gardener's Lodge Art Group, a weekly art group working with specialist artists at the Holburne Museum or other Bath museums. There is also IMAGE, a peer led museum group based at the Holburne Museum. We also run the 'Discover Museums' mentored volunteering course periodically, for people to learn about volunteering in a museum while also learning about and creating their own art in response to a museum object of their choice.

How to access: Contact us directly or ask your support worker to refer you.

Tel: Louise or Emma 01225 388 569 **Email:** l.campion@holburne.org

Website: www.holburne.org/learning/community-engagement/pathways-to-wellbeing/

Soundwell Music Therapy

Soundwell supports adults in the community to promote mental health, wellbeing, change and recovery. We provide a variety of ways to access music therapy, to meet the needs of different people. These include weekly groups by referral, individual sessions by referral, open groups, groups for unpaid carers, singing groups, outreach sessions, and projects with partner organisations.

How to access: Via referral (for groups and individual sessions)

Tel: Claire Kitay or Duncan Stagg on 0300 365 3400

Email: Claire.kitay@soundwell.org.uk or Duncan.stagg@soundwell.org.uk

Website: www.soundwell.org

St Mungo's - Bridges to Wellbeing Service

Supports other organisations and groups to create volunteering opportunities in the social care sector. We are particularly keen on volunteering roles for clients, service users and carers, as we believe in the value of people with lived experience developing as they support their peers' progression. We do this with:

- Volunteer Training - Delivering and coordinating online training
- Consultancy - Working with other organisations to develop volunteering roles
- Tools - We are encouraging all organisations and groups to share examples of what works

How to access:

Tel: 07825 115 775 **Email:** ralph.lillywhite@mungos.org **Website:** www.bridges2wellbeing.co.uk

The Community Farm

A nature friendly organic farm (not-for-profit social enterprise) located in the Chew Valley. The farm is open to volunteering and other community activities and events. New and returning volunteers are welcome to get stuck in through our regular volunteering program (currently meeting on Tuesdays and Thursdays). Our Wildlife Group is also running volunteering sessions on Thursdays. Also, our much-loved, family-friendly, Community Farmer Days will be running on Saturdays throughout the growing season!

How to access:

Tel: 01225 913 097 **Website:** www.thecommunityfarm.co.uk/

Email: farming@thecommunityfarm.co.uk or volunteer@thecommunityfarm.co.uk

The Life Project, Bath

The Life Project has a lifelong commitment to people with learning disabilities plus their families and carers. We aim to develop an inclusive community through projects, social groups and activities and through this combat social isolation. As a Christian organisation we also run fellowship groups (currently online) for adults: Springs (Bath) and K-Team (Keynsham). Mini-Springs is Bath based and is for pre-school and primary children with learning disabilities with their parents. Please have a look at our website for more information about the activities we offer. To find out what current Covid-19 safety measures we have in place, please email the Project Co-ordinators.

How to access: Via referral.

Tel: 07708 217 901 **Email:** info@lifeprojectbath.org.uk **Website:** www.lifeprojectbath.org.uk

Time Bank Plus

We are a small organisation based in Twerton which enables people to exchange time and services with others in the local community. Our activities range from 1:1 practical or emotional support to co-ordinating groups, learning opportunities, projects and community events. At the core of our work is the principle of exchange, reciprocity and involvement. Our projects help to enhance wellbeing, promote confidence and self-esteem, build skills and capacity and support people in making positive life changes.

How to access:

Tel: 01225 442 813 **Email:** timebankplus@gmail.com **Website:** www.timebankplus.co.uk

Village Agents, WERN

Village Agents link people in rural areas with advice and support services for independent living.

This free service provides:

- A free confidential service
- One to one support
- Access to information and support
- Signposting to professionals as appropriate
- Promoting health and wellbeing
- Help to maintain independence

How to access: You may self-refer or, with their permission, help family or friends with a referral. Professional referrals also welcome.

Tel: 01275 333 700 **Email:** villageagents@wern.org.uk

Website: www.wern.org.uk/banes-village-agents

Virgin Care

Our wellness service offers a wide range of health and wellbeing support including: stopping smoking, weight management, healthy cooking, physical activity and diabetes education support. Currently, during Covid-19, we are providing telephone support and advice on wellbeing issues. Please also see details of online courses and support available from the Wellbeing College elsewhere in this guide. Virgin Care is also a partner in the Community Wellbeing Hub, set up to support people needing support during Covid-19.

How to access:

Tel: 0300 247 0050 **Email:** BATHNES.thehub@virgincare.co.uk

Website: bathneshealthandcare.nhs.uk

Wellbeing College

Offers free courses to all BANES residents aged over 16. Our courses aim to help you improve your knowledge, skills and confidence and connect with others. We now offer a variety of free, online and interactive courses during this time such as Mindfulness Meditation, Wellbeing Support and Exercise for Wellbeing.

How to access:

Tel: 0300 247 0050 (9am - 5pm, Mon to Fri). **Email:** wellbeingcollege@virgincare.co.uk

Website: wellbeingcollegeBANES.co.uk

Wheels For All - Bath & West

Creating cycling opportunities for children, adults and families with a social or health need, a learning, sensory or a physical disability. Based at the Odd Down Sports Ground cycle circuit, we offer inclusive cycling sessions using a wide range of accessible bikes and tricycles. Current service provision is a weekly 'Tuesday Twilight' session and fortnightly Saturday sessions. In line with our COVID-19 measures you must book in advance and get a start time from us before attending.

How to access: Via referral or informally **Tel:** Chris Revill, Co-ordinator on 07530 263 014

Email: chris.revill@cycling.org.uk **Facebook:** search '[wheelsforallbathandwest](#)'.

Housing Support

BANES Criminal Justice Supported Housing Service, Julian House

We offer supported housing to people who are prison leavers or are currently engaged in the criminal justice services. We provide person centred and trauma informed support to people to address the underlying issues which has led them to previous offending behaviour. This includes support to access mental health services, primary health care, substance misuse providers, debt

and budgeting, gender specific support and employment, work experience, job preparation, skills development, training and volunteering opportunities.

How to access: Via the BANES Housing Gateway system with referral support from National Probation Service, Police, BANES Housing Team, BANES specialist partnership agencies and self-referral.

Tel: 01225 354 780 **Email:** supportedhousing@julianhouse.org.uk (not for referrals)

Website: www.julianhouse.org.uk

Emergency Duty Team

An Emergency Duty Team is available to help deal with crises in peoples' care or with any welfare emergency involving adults, children and families that occurs outside normal office hours. Normal office hours are 8:30am - 5:00pm, Monday - Thursday and 8:30am - 4:30pm on Friday. Should you, the person you are caring for, your family or neighbors have immediate difficulties with personal care, or if you have concerns about a child or adult being at risk of harm outside normal office hours, please get in touch.

How to access:

Tel: 01454 615 165 (interpreters available if English is not your first language)

Deaf / hearing impaired: Text EDT with your name and message to 60066.

Website: beta.bathnes.gov.uk

Housing Support Gateway

To access housing related support, including supported housing and floating/visiting support services, visit the Housing Gateway. You can apply for lots of different services that help to support people to remain independent in their own homes.

How to access:

Website: www.housingsupportgatewaybathnes.org.uk

- Complete an online support application
- Find out about the support services (partners) available
- Support services will contact you to find out how they can assist you

To access support in filling out the online application form please contact 'Reach' on 01225 422 156 (*full Reach contact details below*).

Morning Outreach Service, Julian House

A multi-disciplinary outreach team in BANES are out on the street every Mon, Wed, and Fri between 7am and 9am to engage with individuals sleeping rough or leading a street-based lifestyle. The outreach team discuss the options available to these individuals by providing support, advice, and information, and offering a warm drink. The staff signpost individuals to the Outreach weekly Drop-in sessions, book one to one individual appointments, offer accommodation locally to reconnecting back home and complete referrals to other services. The Outreach Service has remained the same during COVID-19 and has had the support of an NHS nurse to provide COVID vaccinations.

How to access:

Contact: Tracy Frost **Tel:** 07539 080 954 or **Email:** Tracy.Frost@Julianhouse.org.uk

Website: www.julianhouse.org.uk/service/outreach-bnes/

P.E.O.P.L.E (Providing Ex Offenders Positive Learning Environments)

PEOPLE are a registered resettlement charity. We offer help and support to low risk ex offenders that have recently left prison. We offer supported housing to males, only, who are over 25. We are able to give advice on employability, benefit claims, education and training, along with many other factors that can assist in resettling back into the community - we do not house those who have been convicted of sexual offences or carry any history of arson.

How to access:

Tel: 01761 402 687 or 01761 437 215 **Website:** www.peoplelimited.org

Reach Floating Support Service *(partnership between DHI, Home Group and Clean Slate)*

Free and confidential service, providing practical and emotional support to people with a housing need to enable them to live independently and develop useful life skills.

Support includes:

- Finding and maintaining suitable housing
- Understanding housing rights
- Dealing with rent arrears
- Setting up a new home
- Budgeting effectively
- Accessing employment, training & education
- Access to specialist outreach service for rough sleepers

How to access:

The service is running as normal and can be contacted by phone or email.

Tel: 01225 422 156 or **Email:** info@dhireach.org.uk

Second Step's Floating Support Service

Provides short term (up to 2 years) support for people with mental health support needs who are either finding it difficult to manage their tenancy, and could be at risk of losing their home, or are moving into a new tenancy and need support to do this. Our aim is to support you to manage your tenancy, develop a support network and become more independent.

How to access:

Tel: 01225 750 926 or 01225 750 927 **Email:** FSBANES@second-step.co.uk

Website: www.second-step.co.uk/our-services/our-bath-and-north-east-somerset-services/

LGBTQ+

Mindline Trans+

Mindline Trans+ provides a safe place to talk about your feelings confidentially. Our listeners will try and understand the multitude of feelings and concerns that may be going on for you. Our volunteers are trained in telephone counselling skills and have lived experience of being trans or non-binary. Occasionally calls may be taken by trans allies.

How to access:

Tel: 0300 330 5468, Mon & Fri 8pm-midnight **Website:** mindlinetrans.org.uk

Switchboard LGBT+

Switchboard provides a one-stop listening service for LGBTQ+ people on the phone, by email and through online chat.

How to access:

Tel: 0300 330 0630, 10am-10pm, every day

Email: chris@switchboard.lgbt (typically replied to within 72 hrs) **Website:** switchboard.lgbt

SPACE - Off The Record Bath and North East Somerset (OTR)

If you are aged between 13-21 years and identify as Lesbian, Gay, Bisexual, Trans, Asexual, and/or questioning your sexuality and/or gender identity, then OTR provides a range of support.

How to access: To get support, please visit our website and complete a short referral form.

Tel: 01225 312 481

Email: space@offtherecord-BANES.co.uk **Website:** www.offtherecord-BANES.co.uk

Mental Health Support - Community

Bath Mind

Bath Mind is a local mental health charity working across BANES. We are here to make sure anyone with a mental health problem has somewhere to turn for advice and support. We offer

supported housing, benefits advice, one to one community outreach support, wellbeing support groups and workshops, mental health first aid and wellbeing in the workplace training.

Covid-19 update:

- Wellbeing groups - Wellbeing groups have returned face to face, with some sessions still being made available online via Zoom
- Community Support Team - Face to face contact has resumed in a COVID secure manner
- Wellbeing in the Workplace - New online training sessions and 1-1 phone support. For more information visit the website.
- Breathing Space - Evening face to face support hub in central Bath (6:00pm - 10:30pm) and evening telephone support line (5:30pm - 11:30pm, call 01225 983 130).
- The main office is staffed daily but numbers of staff are restricted. All services remain open with some staff continuing to work from home.

How to access:

Tel: 01225 316 199 **Email:** admin@bathmind.org.uk **Website:** www.bathmind.org.uk

Floating Support Service, BANES - St Mungo's

A mental health support service open to people referred via mental health and other adult social care teams. A face-to-face support service focusing on the development and maintenance of independence and resilience, we offer bespoke support to individuals, which can be face-to-face, virtual or a combination of methods.

How to access: Referral via care coordinator or other mental health / adult care professional – Care Act Assessment / package of support required.

Contact: Alexandra Stewart, Deputy Manager **Tel:** 01225 427 644 or 07936 340 777

Email: alexandra.stewart@mungos.org **Website:** www.mungos.org

Hub of Hope

The UK's leading mental health support database which brings local, national, peer, community, charity, private and NHS mental health support and services together in one place.

How to access: **Website:** hubofhope.co.uk

Mental Wealth Academy, Response

Free individualised support to young people (16-25) dealing with mild to moderate mental health and wellbeing issues. The Transition Well-being Practitioners will offer bespoke support over 12 weekly sessions to young people through face-to-face and virtual sessions, which may cover issues relating to:

- | | |
|--|---------------------------------|
| • Access to education, employment and training | • Recognising/Managing emotions |
| • Dealing with anxiety/stress | • Relationships/Social media |
| • Personal identity | • Steps to wellbeing |
| • Physical health/Body image | • Social skills/Engagement |

How to access: Young people can refer themselves or be referred if they have given their consent by a parent/ carer or someone working with them. Referral completed online.

www.response.org.uk/children-young-people/mental-wealth-academy-request-for-service/

Tel: 01865 397940 **E-mail:** mentalwealthacademy@response.org.uk

Website: www.response.org.uk

Samaritans, Bath & District

If you're struggling to cope, and need someone to talk to in confidence, give us a call. People can contact Samaritans throughout the day and night. Someone is always there, around the clock to listen to whatever's troubling you, even if life seems too difficult to go on. You will speak to someone who is just an ordinary person but who cares about what you're going through. We don't judge and we won't tell - but we will listen. Whatever's on your mind - do contact us.

How to access: Call us on **116 123** from any phone, for free.



Self Injury Support

National support for girls and women who self-harm, as well as resources for all. Our support services are still running despite lockdown. Please don't hesitate to contact us for free, confidential, non-judgemental support around self-injury and related issues.

How to access:

Support available 7:00pm - 9:30pm on Tues, Wed & Thurs, via email, text message or webchat.

Helpline: 0800 800 8088 **Text:** 07537 432 444 **Email:** tessmail@selfinjurysupport.org.uk

Website: www.selfinjurysupport.org.uk

Wellbeing House *(provided by Curo, in partnership with Virgin Care Ltd & Bath Mind)*

A safe space providing a free of charge, 7 day stay, up to 4 times per year, for people experiencing mental and emotional health difficulties, who are resident of BANES, or are registered with a GP in BANES. A supportive, empowering environment, promoting self-care and independence. At the Wellbeing House we introduce a variety of wellbeing activities, relaxation, grounding and coping techniques to our guests, so they feel stronger in moving forward. Trained and supportive staff assist and encourage customers to recognize their individual strengths and develop their own strategies to prevent mental health deterioration.

Service is staffed 24/7, with active support available from 9am - 11pm, and emergency overnight support.

Curo partnership with Bath Mind is secured until March 2022 and, until then, we prioritise step down discharge service from AWP, to facilitate gentle transition between hospital and home/community. Step down service is available for patients from BANES, Wiltshire and Swindon.

How to access:

Tel: 01225 310 748 **Email:** Wellbeing.House@curo-group.co.uk

Website: curo-group.co.uk/independent-lives/the-wellbeing-house

Mental Health Support - NHS Trust (statutory services)

Avon & Wiltshire Mental Health Partnership NHS Trust (AWP)

24/7 mental health response line

0800 953 1919

**Our staff are available to provide support, advice
and guidance for your mental health difficulties**

Avon & Wiltshire Mental Health Partnership NHS Trust (AWP)

Statutory Mental Health - in BANES

Accessing AWP services:

If you have any questions or wish to contact one of the teams, contact AWP's switchboard

Tel: 01225 325 680

Website: www.awp.nhs.uk

BANES Primary Care Talking Therapies Service

Provides a wide range of support, from psycho-educational courses, to one-to-one's, as everyone's needs and preferences are different. Visit the website for information about the types of support offered and how to access.

- The service remains open to new referrals
- We are currently offering phone, video calls and face to face support
- We offer an online platform for CBT, delivered with regular telephone support from practitioners. Patients can access by being referred by a practitioner after a 1:1 assessment
- The employment support service continues to offer valuable help with employment issues and welfare advice/signposting
- Courses and workshops are currently delivered online

How to access: Access can be via your GP surgery or you can self-refer.

Tel: 01225 675 150 **Times:** 9:00am - 5:00pm, Mon - Fri (excluding bank holidays)

Website: www.iapt-BANES.awp.nhs.uk

Primary Care Liaison Service (PCLS)

Provide specialist mental health advice and assessments which are appropriate to the level of presenting need/risk. Following an assessment, advice on local services that may assist with their needs may be given, or we will ensure that there is a seamless transfer into a secondary mental health team.

Based: Hillview Lodge, Royal United Hospital, Bath, BA1 3NG

How to access: Via your GP surgery or you can self-refer.

Tel: 01225 371 480 **Times:** 8:00am - 6:00pm, Mon - Fri (excluding bank holidays)

Intensive Service

The Intensive Service operates 24/7 and provides emergency assessments (within 4 hours) for people in a mental health crisis / acute need. The team provides intensive support and treatment for people in their home to try to prevent a hospital admission. The team also facilitates early discharges from mental health inpatient settings.

Based: Hillview Lodge, Royal United Hospital, Bath, BA1 3NG

How to access: **Tel:** 01225 362 814 (24 hour service)

Therapies

We work alongside the specialist (secondary) mental health teams, providing art psychotherapy, physiotherapy, psychological therapies, speech and language therapy, occupational therapy and dietetics. Delivery of therapies to groups and individuals are in hospital and the community, depending on the most effective treatment to meet the person's needs.

Based: NHS House, the Hollies and both inpatient wards.

Tel: 01225 371 414 **Times:** 9:00am - 5:00pm, Mon - Fri (excluding bank holidays)

Recovery Service

The recovery team provides care coordination and support for adults over 18 years, assessed as having complex mental health issues, while also supporting their carers' if needed. The team provides a multi-professional service to support recovery. We work with each person to reach a point where they can live independently with support from their GP and others.

Based: Bath NHS House, Newbridge Hill, Bath, BA1 3QE

Tel: 01225 731 631 **Times:** 9:00am - 5:00pm, Mon - Fri (excluding bank holidays)

Early Intervention in Psychosis Team (EI)

Early intervention in psychosis team provides a comprehensive multidisciplinary service, to help people with first presentation psychosis from the age of 14 - 65 and their families as early as possible, giving them the best chance of preventing long term problems.

Based: Bath NHS House, Newbridge Hill Bath BA1 3QE

Tel: 01225 362 760 **Times:** 9:00am - 5:00pm, Mon - Fri (excluding bank holidays)

Complex Intervention & Treatment Team (CITT)

The older adult mental health team splits across two sites, one covering the Bath area and the other NE Somerset. We work with adults over 65 or younger adults with dementia. We provide care coordination for people experiencing complex mental health issues and their carers', requiring input from the team to support their health and social care needs. We work with the person to reach a point that they can live independently, with support from their GP and other supporters. We also provide input for people we place in residential/nursing care.

Based:

Bath Team - Bath NHS House, Newbridge Hill Bath BA1 3QE

Tel: 01225 371 411 **Times:** 9:00am - 5:00pm, Mon - Fri (excluding bank holidays)

NE Somerset Team - The Hollies, High Street, Midsomer Norton BA3 2DP

Tel: 01225 396 772 **Times:** 9:00am - 5:00pm, Mon - Fri (excluding bank holidays)

Acute Hospital Liaison (Royal United Hospital)

The RUH Mental Health Liaison Team offer specialist mental health input, assessment, advice and support to patients admitted to the emergency department (A&E) or a ward at the RUH, following triage and referral by RUH professionals. Available 365 days a year.

Based: Hillview Lodge, Royal United Hospital, Bath, BA1 3NG

Tel: 01225 362 720 or via the **RUH Switchboard Tel:** 01225 428 331

Times: 8:00am - 12:00am (A&E) 9:00am - 5:00pm (older adults)

Approved Mental Health Professionals Team (AMHP)

The AMHP Team are specially trained professionals who co-ordinate and complete assessments under the Mental Health Act for individuals who may have become unwell and require compulsory admission to hospital. Alternatives to hospital will always be considered first and the AMHP team should only become involved if other less restrictive options have been exhausted and other services have been unable to manage risks presented.

Tel: 01225 362 778 **Times:** 9:00am - 5:00pm, Mon - Thurs, 8:30am - 4:30pm, Fri (excluding bank holidays)

Patient Advice and Liaison Service (PALS):

To provide feedback or make a complaint about the service you have received.

Based: Bath NHS House, Newbridge Hill, Bath, BA1 3QE

Tel: 01225 362 900 or 08000 731 778 **Times:** 9:00am - 5:00pm, Mon - Fri (excluding bank holidays)

Email: awp.pals@nhs.net

Perinatal Support

Bluebell Care

Free, confidential peer support for mothers experiencing anxiety and depression during pregnancy and up to two years after birth. Bluebell Buddies have a lived experience of similar difficulties and are trained to provide supportive listening and advice, at home or in the local community. Online and phone support currently available. Also, visit our Facebook page for our online programme of wellbeing sessions, along with regular updates.

www.facebook.com/Bluebellsupportingfamilies

How to access:

Tel: 0117 922 0746

Email: hello@bluebellcare.org.uk

Website: www.bluebellcare.org

Dads in Mind

Providing group and 1-2-1 support for dads experiencing mental health concerns related to pregnancy and birth or supporting their partner (part of @bluebellcare).

How to access:

Email: simon@dadsinmind.org or stefan@dadsinmind.org

Website: www.dadsinmind.org

Facebook: 'Dads in Mind' community group

Mothers for Mothers - Perinatal mental health support

A Bristol based charity made up of mothers who have experienced depression and/or distress following birth. For information or queries contact 0117 239 7398, Mon-Fri, 10am - 2pm.

How to access:

Reach helpline: 0117 935 9366, Mon - Fri, 10am - 9pm (for mums and dads).

Website: www.mothersformothers.co.uk

PANDAs - The PANDAS Foundation is here to help support and advise any parent and their networks, who need support with perinatal mental illness. We are also here to inform and guide family members, carers, friends and employers as to how they can support someone who is suffering.

How to access: Helpline: 0808 1961 776, 11am - 10pm.

E-mail support: info@pandasfoundation.org.uk **Website:** www.pandasfoundation.org.uk

Reading

Books on Prescription - Reading Well

Reading Well supports you to understand and manage your health and wellbeing by using helpful reading. Reading Well books are all recommended by health experts, along with people with lived experience of the conditions and topics covered and their relatives and carers. You can be recommended a title by a health professional, or you can visit your local library (www.librarieswest.org.uk) and take a book out yourself.

How to access:

Website: <https://reading-well.org.uk/>

Read Easy

Provides free and confidential one-to-one reading coaching for adults. If you are, or know of, an adult who would like help learning to read, now is the time to come forward. Learning to read in 2021 could be life changing.

How to access: Contact David Hassard, Referrals Networker

Tel: 07976 160 838 **Email:** bath@readeasy.org.uk **Website:** www.readeasy.org.uk

Refugee Support

Red Cross Refugee Support

We offer help with the urgent needs of refugees, asylum seekers and other vulnerable migrants. When you contact us, one of our trained caseworkers will assess your needs to see if we can help. If we can't, we will refer or signpost you to a service that can. We are not political or religious, we won't report you to the authorities and our help is free and confidential. To find out what support is available, please give us a call, phone, text or WhatsApp **07739 863 036**.

How to access:

Tel: 0117 941 5040 (We will provide an interpreter if you can't speak English).

Email: refugeeservicebristol@redcross.org.uk

Website: www.redcross.org.uk/get-help/get-help-as-a-refugee

Senior Citizen Support

Age UK BANES

Currently offering:

- Regular telephone calls if you're feeling lonely, phone advice and benefit checks.
- Transport home from hospital and welfare visits.
- Our Home Response team can check on you, pick up prescriptions and be a friendly face.
- Provide a hot lunch service.

How to access:

Tel: 01225 466 135 **Email:** reception@ageukBANES.co.uk
Website: www.ageuk.org.uk/bathandnortheast Somerset

Bath Ethnic Minority Senior Citizens Association (BEMSCA)

Whilst the service is closed the following activities are happening;

- Providing a voice for the BME community
- Supporting members and their family and carers with; translating and interpreting Chinese & Asian languages
- Keeping in contact with care homes, via phone calls. To members whose first language is not English
- Offering PPE where applicable
- Staff maintaining weekly phone contacts to the membership
- Supporting food parcel deliveries, correspondence and phone calls on behalf of individuals
- Providing advocacy support via phone and craft activity packs where necessary

How to access:

Tel: 01225 464 165 **Email:** admin@bemsca.com **Website:** bemsca.com

Connecting Generations

We mobilise bodies of University students to assist the elderly in the use of modern technologies such as iPads and Amazon Echo's. Our free-of-charge service aims to connect elderly people, who may be lonely, to their families, friends, or other individuals who may be experiencing the same difficulties. We offer bookings for 1-1 calls, whether you need technical support or just someone to talk to.

How to access:

Tel: 01225 800 372 **Website:** www.connecting-generations.org.uk

Silver Line - for people aged 55 and over

The Silver Line is the only confidential, free helpline for older people across the UK open every day and night of the year. Our specially trained helpline team can:

- Offer information, friendship and advice.
- Link callers to local groups and services.
- Offer regular friendship calls.
- Protect and support older people who are suffering abuse and neglect.

How to access:

Free 24hr Helpline: 08004 70 80 90 **Website:** www.thesilverline.org.uk

St John's Foundation

We understand that living in lockdown has taken its toll. To help our community during this challenging time, our Community Outreach Team have committed to creating a brilliant weekly newsletter, packed with suggestions and tips for how to stay active at home. For those who are ready to return to activities, we have two options. We have relaunched a varied programme of Covid safe face to face activities or join us for a weekly virtual exercise class via Zoom

How to access:

Tel: Call the team on 01225 486 400 and press option 6

Email: Community.outreach@stjohnsbath.co.uk **Website:** www.stjohnsbath.org.uk

Sexual Health

SAFE BANES

Need sexual health advice? We have a new Covid-19 page on our SAFE BANES website www.safeBANES.com/covid-19. This page has all the latest information on how to access sexual health services in BANES and advice on 'looking after your sexual health'.

On this website you can also find information and advice on: free condoms (C-card), contraception, emergency contraception, sexually transmitted infections (STIs), pregnancy, sexual & gender identity, relationships and sexual abuse.



How to access:

Website: www.safeBANES.com

The Riverside Clinic (Contraception and Sexual Health)

We offer free, friendly, non-judgemental and confidential testing, treatment and advice for sexually transmitted infections, along with a wide range of contraceptive options, including emergency contraception, contraceptive pills, implants and injections, intrauterine devices/systems (also known as coils) and condoms. We are currently only able to offer booked appointments. We aim to try to cater to the clinical needs of our patients during their visit, if this is possible. However this may sometimes require a further consultation with a specific health-care professional.

You do not need a referral. We see anyone, any age, without the need to see your GP first.

How to access: All appointments need to be booked.

Tel: 01225 826 855 (9am-1pm Mon-Thurs or 9am-12pm Fri). Our receptionists will take your details and a clinician will phone you back.

Email: ruh-tr.sexualhealthclinic@nhs.net **Website:** www.ruh.nhs.uk/sexualhealth

Violence, Domestic Violence & Abuse (Confidential Support)

The Bridge - Sexual Assault Referral Centre (SARC)

We offer medical care, emotional and psychological support, and practical help to anyone who has been raped or sexually assaulted. Anyone is able to access our service for support, referrals to other health services and to answer questions. You don't have to report anything to the police. We have adjusted some of the ways in which we work to help keep you, your support system, other professionals and our staff safe but we are still here, no matter what; if you have experienced rape or sexual assault / sexual abuse at any time. We are open, fully staffed and operational.

How to access: Self-referral/via contacting the Police/Confidentially/Anyone

24hr Support Tel: 0117 342 6999 (telephone line staffed 24hrs a day, 7 days a week for 365 days a year).

General Support Tel: 0117 342 6999

Email: ubh-tr.thebridgecanhelp@nhs.net **Website:** www.thebridgecanhelp.org.uk

Galop

Galop is the UK's leading specialist LGBT+ anti-violence charity. We specialise in 3 key areas: domestic abuse, sexual violence, and hate crime. We also have specific projects to support trans victims of hate crime and young LGBT+ victims and survivors of abuse and violence.

How to access:

- LGBT+ Hate Crime Helpline:

Tel: 0207 704 2040 (Mon - Fri, 10am - 4pm) **Email:** HateCrime@galop.org.uk

- National LGBT+ Domestic Abuse Helpline

Tel: 0800 999 5428 (Mon - Fri 10am - 5pm, Wed & Thurs 10am - 8pm).

Email: help@galop.org.uk

Somerset & Avon Rape and Sexual Abuse Support (SARSAS)

SARSAS provide support and signposting to people who have experienced rape or any kind of sexual assault or abuse at any time in their lives. Our services have become non-contact in response to the coronavirus pandemic. All victim-survivors of sexual violence can use our helpline and e-support services and women (with their prior permission) can be referred to SARSAS by an agency or professional. All counselling sessions are now being offered online or over the telephone where it is safe and appropriate to do so. Clinical staff are undertaking assessments with clients to ensure that they have a safe space within their home to access support.

How to access:

Tel: 0117 929 9556 (Bristol office) **Email:** support@sarsas.org.uk **Website:** www.sarsas.org.uk

Helpline: 0808 801 0456 (Women and girls*) 0808 801 0464 (Men and boys*) *Self-defined gender identity. Trans and non-binary callers welcome.

Survivor Pathway



The Survivor Pathway is an excellent online resource that can provide details of all local specialist sexual violence support services across the South West.

How to access: Website: www.survivorpathway.org.uk

Trauma Breakthrough

We provide support for adult survivors of trauma and abuse, in the form of specialist one-to-one therapy, therapy groups, activity groups, befriending and drop-in support for service-users. These services are all still operating in person out of our support centre.

How to access: Referral, through our website form or by contacting via email or phone

Tel: Holly, Services Manager 01225 984 637

Email: services@traumabreakthrough.org **Website:** www.traumabreakthrough.org

Victim Support Team (Avon & Somerset)

We give emotional and practical help to people who have been affected by crime in Avon and Somerset. We'll help you for as long as it takes, to overcome the impact of crime.

If you call your local Victim Support team, we'll make sure you get the information and support you need. For practical help we can send you items that might help you feel safer, such as a personal alarm, at no cost to you. As a result of the Coronavirus pandemic we have made our free live chat support service available 24/7. Local Victim Support teams providing support remotely.

How to access:

Tel: 0300 303 1972, Mon, Wed and Fri 9:30am - 5:30pm, Tues and Thurs 11am - 7pm.

24hr free support line: 08081 689 111

24hr free live chat: www.victimsupport.org.uk

VOICES

Bath-based domestic abuse charity, founded by women who have experience of domestic abuse. VOICES supports people impacted by domestic abuse to recover and thrive, and works to have their voices heard by services and agencies, improving responses to their needs. We:

- Raise awareness relating to all aspects of domestic abuse
- Provide community-based recovery and empowerment programmes for women
- Provide a therapeutic and welcoming space for survivors to meet and support one another
- Provide 1-to-1 advice and counselling
- Offer community and professional training & consultation.

Telephone, text and email support available (groups and face-to-face support suspended due to Covid-19)

How to access:

Tel: 01225 420 249 **Email:** info@voicescharity.org **Website:** www.voicescharity.org

Helpline Tel: 0808 2000 247 (24hr domestic abuse advice)

Unseen

Unseen work directly with survivors of modern slavery and trafficking. It operates safe houses for women and men and is opening a safe house for children. Unseen provides outreach to survivors to support their resettlement and integration. Language services available through external translation services.

How to access:

Tel: 0303 040 2888 **Email:** admin@unseenuk.org **Website:** www.unseenuk.org

Modern Slavery Helpline Tel: 08000 121 700 (24/7, 365 days a year on any modern slavery-related issue)

Volunteering

BANES Community Volunteer Services

Our team provide a vital service in promoting volunteering opportunities and identifying suitable candidates for local charities and community organisations, helping people from all walks of life to make a difference to their lives and the lives of others.

How to access:

Tel: 0300 247 0050, 9:00am - 4:00pm, Tues, Wed & Thurs

Email: bathnes.volunteerservices@virgincare.co.uk

Website: bathneshealthandcare.nhs.uk/wellness/community-volunteer-services/

Compassionate Community BANES - Community Connectors

Our vision is that BANES becomes a Compassionate Community, where people are inspired and supported to look after each other. Are you interested in finding out about what is available in our community? Would you be keen to pass this information on to people in your workplace, social group, friends, family and neighbours? That is what a Community Connector does. Free training is available www.compassioncb.org.uk/training.

How to access:

Tel: 0300 247 0050 (9am - 5pm, weekdays) Community Wellbeing Hub

Email: contact@compassioncb.org.uk **Website:** www.compassioncb.org.uk/

The Volunteer Pass BANES

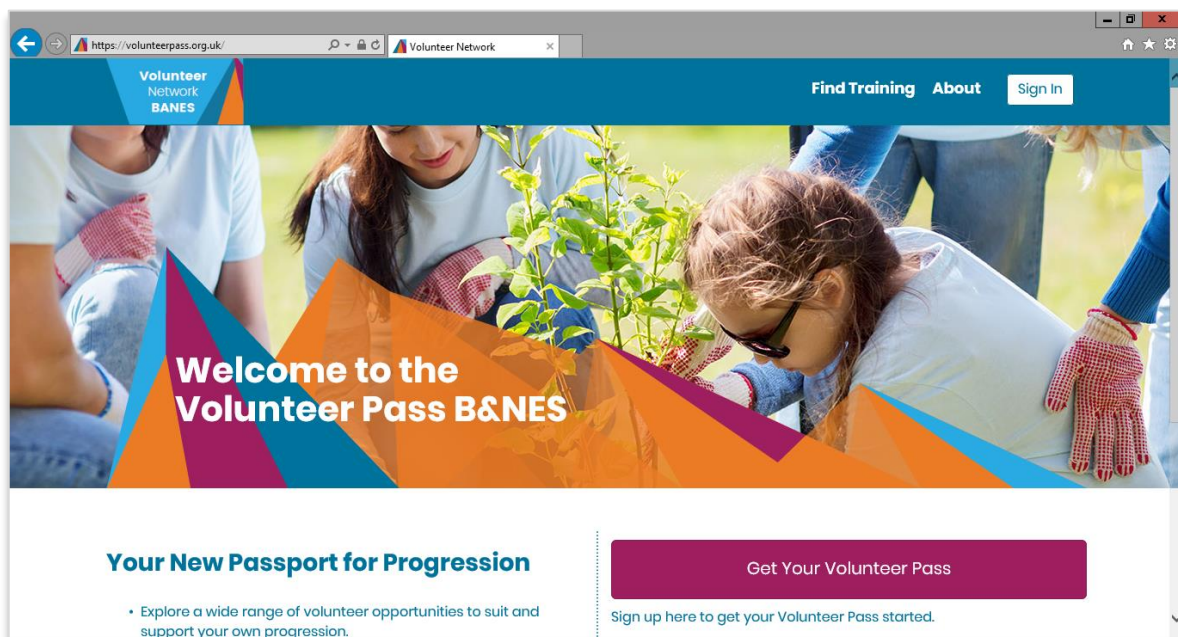
The Volunteer Network is a network of organisations, in the social care sector, who aspire to provide volunteers with a positive experience of volunteer recruitment, training and support.

This includes the development of the Volunteer Pass where volunteers can easily:

- Book training and automatically record attendance
- Record their volunteering roles and achievements
- Record DBS and referees



This is designed to make it easy to see what you've achieved, volunteer somewhere else or create a CV



How to access:

Website: volunteerpas.org.uk

Free Volunteer Training

St Mungo's Building Bridges to Wellbeing team coordinate free volunteer training, providing the knowledge and confidence to successfully volunteer. We aim to utilise the knowledge and skills of staff, volunteers and peers, from a range of organisations and groups, to provide training.

Regularly delivered FREE courses (online via Zoom) include:

- Mental Health Needs Training for Carers
- Introduction to Supporting People with Mental Health Needs
- Become a Confident Virtual Classroom Trainer
- MECC - Make Every Contact Count (Healthy Conversation Skills)
- Managing Your Emotions
- Safeguarding Adults & Children
- Boundaries
- First Aid Workshop
- Connect 5
- Managers & Co-ordinators Reflective Practice and Peer Support

Additional information on course content is available below.

For the next available dates and to book a place, call the Wellbeing College on 0300 247 0050 or visit www.wellbeingcollegebanes.co.uk.

Mental Health Needs Training for Carers



To support carers to create a supportive space for people with a mental health need and their supporters. The training consists of four sessions of two hours for family and friends supporting someone with a mental health need.

Dates:

Thurs 14th, 21st, 28th Oct & 4th Nov 2021

Times: 1:00pm - 3:15pm

Friday 4th, 11th, 18th, 25th March 2022

Times: 10:00am - 12:15pm

Introduction to Supporting People with Mental Health Needs



Introducing the concept of mental health and wellbeing, this course will develop your confidence in reacting and responding to people with psychological distress.

Become a Confident Virtual Classroom Trainer



This course aims to build your confidence, increasing your skills and options in delivering training over Zoom.

MECC - Make Every Contact Count (Healthy Conversation Skills)



'Make Every Contact Count' training explores how anyone can use simple conversational skills to help people reflect on a problem, make positive decisions, and take smart steps towards achieving their goal.

Managing Your Emotions



In this session we will look at practical ways to manage your emotions, gain insight to how our emotions are helpful to us and the relationship between our thoughts and our emotions.

Safeguarding Adults & Children



Providing participants with a clear understanding of their roles and responsibilities in preventing and responding to suspected and actual abuse.

Boundaries



Providing participants with a clear understanding of boundaries, including risks around personal disclosure, dealing with gifts and keeping ourselves and others safe. It includes the importance of setting and keeping healthy boundaries and identifying situations before things go wrong.

First Aid Workshop



The aim of this online workshop is to build confidence so you can help someone in a first aid emergency, using the objects that you have around you.

Connect 5



Connect 5 aims to improve wellbeing in others by changing the way that we talk about their mental health.

Managers & Co-ordinators Reflective Practice and Peer Support



These group coaching sessions are available upon request, they support wellbeing conversations and can be applied to working with clients.

For the next available dates and to book a place

Visit www.wellbeingcollegebanes.co.uk or call the Wellbeing College on 0300 247 0050

Free online training from other organisations

Psychological First Aid: Supporting Children & Young People (E-Learning, 3 weeks)

Psychological First Aid (PFA) is used across the world to support people during emergencies and difficult times. It involves giving practical help, encourages positive coping and gives hope, so that children, young people and their families can feel safe, connected and able to help themselves. PFA draws on participant's existing abilities to engage and support others. You do not need to be a specialist. Produced by Public Health England.

How to access: www.futurelearn.com/courses/

Safeguarding Adults and Children (E-Learning)

Aimed at those volunteering in response to the current crisis situation and supporting the most vulnerable members of the community. To aid you with the tasks you will be undertaking we would like to provide you with some introductory information on how to promote the well-being of the people you will be supporting and protect them from harm.

How to access: www.3sg.org.uk/resources/e-learning-safeguarding-adults-and-children-free-courses-a-how-to-access-guide-b-nes-council

Zero Suicide Prevention Training (E-Learning)

Free suicide prevention training available to all:

- Gateway Module - A very brief introduction to suicide awareness.
- Awareness Training - More in-depth training session. It aims to give you the skills and confidence to help someone who may be considering suicide.

How to access: www.zerosuicidealliance.com/training



Local & National Helplines

24 hours a day, 365 days a year

Life threatening medical emergency	999
NHS 111 Non-emergency medical help & info on local services	111
Accident & Emergency Department, RUH	01225 824 391 or 01225 824 007
Adult Social Care - Emergency Duty Team	01454 615 165
AWP 24/7 Response Line (local mental health)	0800 953 1919
Alcoholics Anonymous	0800 917 7650
Combat Stress (veterans)	0800 138 1619
FRANK (national drugs helpline)	0300 123 6600
National Domestic Abuse Helpline	0808 200 0247
Suicide Prevention Bristol - AssistLine	0800 689 5652
Samaritans	Call 116 123 or text 07725 909 090

Crisis Text Support (24hrs)

In Crisis? Need Support?	Young people text YM to 85258
Text ' SHOUT ' to 85258	Deaf community text DEAF to 85258

Additional Support, times vary

Adult Social Care - First Response (Social care and social services - Office hours)	0300 2470201
Anxiety UK	03444 775 774
Autism (National Autistic Society)	0808 800 4104
Beat (eating disorders)	0808 801 0677
CALM (men aged 15-35)	0800 58 58 58
Compassionate Community (local support)	0300 247 0050
Coronavirus Call Centre	119
Family Lives (formerly Parentline)	0808 800 2222
Mencap (learning disabilities)	0808 808 1111
Mind Infoline	0300 123 3393
National Gambling Helpline	0808 802 0133
No Panic (panic attacks, OCD and phobias)	0844 967 4848
OCD UK	0333 212 7890
Papyrus Hopeline (under 35)	0800 068 4141
Rape Crisis	0808 802 9999
Rethink	0300 5000 927
Self Injury Helpline	0808 800 8088
Womankind Bristol (in distress, domestic abuse)	0117 916 6461





**CREATIVE DESIGN
FULL COLOUR PRINTING
BUSINESS STATIONERY
LARGE FORMAT POSTERS
GREETINGS CARDS
PERSONALISED CALENDARS**

FOR ALL YOUR PRINTING REQUIREMENTS

PLEASE CALL: 01761 411112

E: mail@spectrumformdesign.co.uk

W: www.spectrumformdesign.co.uk

OR BUY ONLINE AT:

www.spectrumbuyprintonline.co.uk



Printed Hope Guide available
Kindly supported by Spectrum Form Design Ltd
Funded by Healthwatch BANES Community Pot

