

The Hope Guide

Spring 2024

Support groups and activities in Bath & NE Somerset

**Health and wellbeing groups/activities |
One-to-one organisational support | Local and national helplines**



Bath City Farm

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



Community Wellbeing Hub

Bath and North East Somerset

The Community Wellbeing Hub connects you to a range of services delivered by partners to improve your health and wellbeing. This includes:



Bills, benefits & money



Housing advice & support



Healthy lifestyles, keeping active & stopping smoking



Employment, skills & volunteering



Accessing food support



Support for carers



Mental health & wellbeing



Connecting to community groups & courses



Drugs and alcohol support



Home From Hospital



Call 0300 247 0050

Monday to Friday from 9 am until 5 pm



BATHNES.thehub@hrcrgcaregroup.com



communitywellbeinghub.co.uk

Alternatively text: 07870 868368

The Hub is a collaboration between Bath & North East Somerset Council, HCRG Care Group, 3SG and many third sector organisations. To find out more about our partners and our privacy policy visit the website.

Version: Nov 2023

Introduction

Hello and welcome to the newly updated Hope Guide - 'Spring 2024' 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.

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Over 55's

If you are looking for groups/activities for the over 55's please contact St John's Good Living Service on 01225 486401 or email good.living@stjohnsbath.org.uk.

Activities are also listed on their website stjohnsbath.org.uk



Free Download



An electronic version of the Hope Guide is available

This guide has been produced by Carolyn Trippick (*Expert by Experience*), Ralph Lillywhite (*St Mungo's*), Jo Woodsford (*Avon & Wiltshire Mental Health Partnership NHS Trust*), Dan Taylor (*Bath Mind*) and Greyam Crowl (*HCRG Care Group*) as a collaborative project.

Health and Wellbeing Groups & Activities

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

Group / Activity	Organisation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Venue
Activity Day	BEMSCA					✓			Bath
Bereavement Help Point	Dorothy House Hospice	✓							Bath
Bereavement Support Group	The Hive, Peasedown St. John		✓						Peasedown St. John
Bereavement Support Group	The Hive, Peasedown St. John				✓				Peasedown St. John
Breathing Coaching	MSN Library (volunteer)			✓					MSN
Carer Café	AWP					✓			Bath
Carer Café - Bath	Carers Centre			✓					Bath
Carer Café - Keynsham	Carers Centre				✓				Keynsham
Carer Café - Midsomer Norton	Carers Centre	✓							MSN
Carer Support Group	KS2 Bath		✓						Bath
Carer Support Group	KS2 Bath				✓				Bath
Coffee & Craft	Community 67			✓					Keynsham
Craftworks	Bath City Farm	✓							Bath
Crafty Minds	Bath Mind	✓							Peasedown St. John
Day Service	BEMSCA	✓							Bath
Dementia Voice	Alzheimer's Society				✓				Bath
Drop In	BEMSCA			✓					Bath
Easter Crafts	Genesis Trust		✓						Bath
Eating Disorder Support Group	Focus				✓				Bath
Eating Disorder Support Group	Focus				✓				Online
Evening Walking Group	Bathscape	✓							Bath
Feel Good Walks	Bathscape / Time Bank		✓						Bath
Food for Thought	Bath Mind	Various							Bath
Football Group	Bath Mind / Bath City Foundation				✓				Bath
Fungal Forays and Fermenting	EcoWild		✓						Bath
Gardener's Lodge Art Group	Holburne Museum			✓					Bath
Gardening Group	Somerdale Shed			✓			✓		Keynsham
Greenlinks @ Monksdale Road	Bath Mind		✓		✓				Bath
Greenlinks @ the Potting Shed	Bath Mind			✓					Radstock
Grow & Make	The Community Farm			✓					Chew Magna
Herbs and Nature	Grow for Life		✓						Bath
Homeless Outreach Drop-In Service	Julian House		✓		✓				Bath
Hope Space	Bath Mind		✓						Bath
IMAGE Peer-Led Group	Holburne Museum			✓					Bath
Just Play Football	Bath City Foundation		✓						Bath
Knit Two, Share One	MSN Library (volunteer)				✓				MSN
Knitting Group	Genesis Trust			✓					Bath

Group / Activity	Organisation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Venue
Lakeside Wellbeing	The Community Farm / EcoWild	✓							Chew Magna
Life Course	Genesis Trust		✓		✓				Bath
Local History Club	Radstock Museum	✓							Radstock
Make & Mend	Somerdale Shed		✓						Keynsham
Memory Club	Radstock Museum		✓						Radstock
Men's Group	Genesis Trust		✓						Bath
Men's Shed	MSN Community Trust		✓			✓			MSN
Men's Support Group (Psychotherapy group)	Trauma Breakthrough		✓						Bath
Men's Woodland Project Group	EcoWild			✓					High Littleton
Monday Walks for Health & Pleasure	Bathscape	✓							Bath
Music & Movement	Make a Move				✓				Bath
Music Open Group	Soundwell Music Therapy					✓			Bath
Music Support for Carers	Soundwell Music Therapy					✓			Bath
Music Therapy	Genesis Trust				✓				Bath
Natural Pathways	Bath City Farm				✓				Bath
Nature, Craft, Connection	EcoWild				✓				Radstock
Old Acorn Barn	The Life Project								Bath
Open Opportunities	Bath Mind	✓							Bath
Parent Carer Forum (PCF)	B&NES PCF					✓			Bath
Parent Carer Forum	B&NES PCF			✓					Clutton
Parent Carer Forum	B&NES PCF	✓							Bath
Parent Carer Forum	B&NES PCF				✓				Bath
Parent Carer Forum	B&NES PCF	✓							Bath
PSJ Social & Wellbeing Group	The Hive, Peasedown St. John		✓						Peasedown St. John
Psychotherapy group	Trauma Breakthrough					✓			Bath
Public Living Room	Community 67		✓						Keynsham
Radstock Wellbeing Group	Bath Mind		✓						Radstock
Renew Wellbeing Space	Welton Baptist Church			✓					MSN
Roots to Health - Animal Care	Bath City Farm	✓		✓					Bath
Roots to Health - Cooking	Bath City Farm	✓		✓					Bath
Roots to Health - Growing	Bath City Farm	✓		✓					Bath
Safe Space (age 16-25)	Bath Mind	✓							Bath
Saturday Club Cycling Sessions	All Cycle Bath & West						✓		Bath
Saturday Gardening Group	Grow For Life						✓		Bath
Sexual Assault Support Group	Focus	✓							Bath
Sexual Assault Support Group	Focus		✓						Bath
Shedders Group	Somerdale Shed			✓			✓		Keynsham
Short Walks	Bathscape			✓					Bath
Sing & Smile Chilcompton	Goldies				✓				Chilcompton
Sing & Smile Keynsham	Goldies					✓			Keynsham
Sing & Smile Larkhall	Goldies		✓						Bath

Group / Activity	Organisation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Venue
Sing & Smile Southdown	Goldies				✓				Bath
Sing & Smile Stanton Drew	Goldies			✓					Stanton Drew
Sing & Smile Timsbury	Goldies			✓					Timsbury
Sing & Smile Weston	Goldies		✓						Bath
Singing For Wellbeing	Soundwell Music Therapy				✓				Bath
Smart Recovery	Genesis Trust			✓					Bath
SPACE LGBTQ+ Youth Group	Off The Record (OTR)			✓					Bath
Sports Group	Bath Mind		✓						Bath
START Psychoeducation	Trauma Breakthrough	Various							Bath
Talk Club, Bath	Talk Club	✓							Bath
Tuesday Twilights	All Cycle Bath & West		✓						Bath
Walking Football (Batheaston)	Bath City Foundation			✓					Bath
Walking Football (Odd Down)	Bath City Foundation	✓		✓					Bath
Wellbeing Cafe	Radstock Museum	✓							Radstock
Wellbeing Walk	Bath Mind / Bathscape			✓					Bath
Wellbeing Walk	Bath Mind / Bathscape				✓				Bath
Wild Steps	The Community Farm				✓				Chew Magna
Women's Creative Group	Trauma Breakthrough			✓					Bath
Woodland People	EcoWild					✓			High Littleton
Young Mum's Wellbeing Sessions	Youth Connect South West (YCSW)	TBC - Contact for start date							Bath

Group Guide


 Accessible

 Dementia Friendly

 Hearing Loop

 Food

 Refreshments

 Toilets

 Parking








Activity Day - BEMSCA

Group Overview - Range of activities offered, i.e. board games, dominos, mahjong, arts and crafts, table tennis. Bring games to play or play with ours.

Contact us to find out more about our activity schedule.

Who is the group for - Persons who are over 50 years. Providing a voice and support for those from ethnic minority groups and older people in the community.

WHEN Friday **TIMES** 10:00am - 4:00pm

COST £15 BEMSCA membership **KEY**       


LOCATION BEMSCA at Fairfield House, 2 Kelston Way, Bath, BA1 3QJ

CONTACT Tel: Toni Swaby 01225 464 165 or Email: admin@bemsca.org.uk

Bereavement Help Point - Dorothy House Hospice

Group Overview - The Bereavement Help Point is a community based drop-in service where any adult who are bereaved are welcome. It is a space to meet and talk with other who may be experiencing similar thoughts and feelings, in an informal and supportive setting.

Who is the group for - Free drop-in support group for any adult who is bereaved. No need to book.

WHEN	1 st & 3 rd Monday, monthly	TIMES	1:30pm - 3:30pm
COST	FREE	KEY	
LOCATION	The Hub, Mulberry Way, Mulberry Park, Combe Down, Bath BA2 5BU		
CONTACT	Tel: 0345 0310 555 or Email: Kieran.bright@dorothyhouse-hospice.org.uk		

Bereavement Support Social Group (Tues) - The Hive

Group Overview - A group offering support, friendship, understanding and acceptance in a safe and confidential setting. Led by a volunteer Barbara Bailey, who has many years' experience in bereavement care and support. People can just turn up, but are welcome to call Barbara if they have any questions 07940 543 077.


Who is the group for - The group offers bereavement support to all adults and supervised children who have lost somebody.

WHEN	Tuesdays	TIMES	10:00am - 11:00am
COST	FREE, donations welcome	KEY	
LOCATION	Lavender Room, The Hive Community Centre, PSJ, BA2 8DH		
CONTACT	Tel: 01761 360 021 or Email: info@thehivepsj.org		

Bereavement Support Social Group (Thurs) - The Hive

Group Overview - A group offering support, friendship, understanding and acceptance in a safe and confidential setting. Led by a volunteer Barbara Bailey, who has many years' experience in bereavement care and support. People can just turn up, but are welcome to call Barbara if they have any questions 07940 543 077.


Who is the group for - The group offers bereavement support to all adults and supervised children who have lost somebody.

WHEN	Thursdays	TIMES	1:00pm - 2:00pm
COST	FREE, donations welcome	KEY	
LOCATION	Lavender Room, The Hive Community Centre, PSJ, BA2 8DH		
CONTACT	Tel: 01761 360 021 or Email: info@thehivepsj.org		

Breathing Coaching - MSN Library

Group Overview - Drop in and learn easy and effective breathing techniques to manage stress and anxiety. Weekly sessions run by a volunteer (excluding 13th, 20th and 27th March).


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

WHEN	Wednesdays	TIMES	10:30am - 12:30pm
COST	FREE	KEY	
LOCATION	Midsomer Norton Library, The Hollies, High Street, MSN, BA3 2DA		
CONTACT	Tel: 01225 394 041 or Email: council_connect@bathnes.gov.uk		

Carer Café - AWP

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 Jo Woodsford (AWP Involvement Coordinator) Gillian and Val, (Volunteers with the Carers Centre) and a Clinician from Avon & Wiltshire Mental Health Partnership NHS Trust.


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

WHEN	2 nd Friday of the month	TIMES	10:00am - 12:30pm
COST	FREE	KEY	
LOCATION	The Boathouse, Newbridge Road, Bath, BA1 3NB		
CONTACT	Tel: Jo 07714 174 462 or Email: j.woodsford@nhs.net		

Carer Café (Bath) - BANES Carers Centre

Group Overview - Come and chat with others over a cuppa, play games and make new friends in a relaxed and welcoming environment.

Who is the group for - Adults looking after someone due to old age, illness, disability, mental health difficulties or an addiction. Plus-ones are welcome too.

WHEN	2 nd Wednesday of the month	TIMES	10:30am - 12:30pm
COST	FREE	KEY	
LOCATION	Glasshouse Academy Pavilion, Bradford Road, Bath, BA2 5BX		
CONTACT	Tel: 0800 0388 885 or Email: info@banescarerscentre.org.uk		

Carer Cafe (Keynsham) - BANES Carers Centre

Group Overview - Join other people that also look after a loved one for a relaxing cuppa. You'll receive a warm welcome from our café hosts and meet a friendly and supportive bunch!

Who is the group for - Adults looking after someone due to old age, illness, disability, mental health difficulties or an addiction. Plus-ones are welcome too.

WHEN 2nd Thursday of the month **TIMES** 10:30am - 12:30pm

COST FREE **KEY** 

LOCATION Keynsham Cricket Club, Wellsway, Keynsham, Bristol, BS31 1HU

CONTACT Tel: 0800 0388 885 or Email: info@banescarerscentre.org.uk

Carer Café (MSN) - BANES Carers Centre

Group Overview - Meet others that understand the joys and challenges of looking after a loved one in an informal and welcoming space with a variety of informal games and refreshments on offer.

Who is the group for - Adults looking after someone due to old age, illness, disability, mental health difficulties or an addiction. Plus-ones are welcome too.

WHEN 1st Monday of the month **TIMES** 10:00am - 12:00noon

COST FREE **KEY** 

LOCATION Mardons Social Club, Nightingale Way, Midsomer Norton, BA3 4NL

CONTACT Tel: 0800 0388 885 or Email: info@banescarerscentre.org.uk

Carer Support Group - KS2 Bath

Group Overview - Do you have a relative or friend with mental health difficulties? Do you support them? If so, you are a carer and this group is for you! Meet other people who face similar challenges as you, who can understand and support you.

Who is the group for - The group is aimed at carers who look after a relative or friend with mental health difficulties.

WHEN 2nd Tuesday of the month **TIMES** 7:00pm - 9:00pm

COST FREE **KEY** 

LOCATION Carers' Centre, Lower Bristol Road, Bath, BA2 9ES

CONTACT Tel: 07528 668 040 or Email: hello@KS2Bath.org

Carer Support Group - KS2 Bath

Group Overview - Do you have a relative or friend with mental health difficulties? Do you support them? If so, you are a carer and this group is for you! Meet other people who face similar challenges as you, who can understand and support you.

Who is the group for - The group is aimed at carers who look after a relative or friend with mental health difficulties.

WHEN 3rd Thursday of the month **TIMES** 10:30am - 12:00noon

COST FREE **KEY** 

LOCATION Carers' Centre, Lower Bristol Road, Bath, BA2 9ES

CONTACT **Tel:** 07528 668 040 or **Email:** hello@KS2Bath.org

Coffee & Craft - Community at 67

Group Overview - Join our friendly group of crafters and learn new crafts or share your skills. No equipment or experience required. Just for fun.

Who is the group for - Open to anyone with an interest in arts and crafts.

WHEN Wednesdays **TIMES** 10:00am - 1:00pm

COST FREE **KEY** 

LOCATION Community 67 Centre, 67 Queens Road, Keynsham, BS31 2NW

CONTACT **Tel:** 07737 742 300 or **Email:** enquiries@community-67.org

Craftworks - Bath City Farm

Group Overview - CRAFTworks is a female only space that supports women with any level of mental health difficulty or who are recovering from domestic violence to come together in a supportive space to create crafts. This is a gentle space where woman can learn new crafting skills. There is a social enterprise element to the group where you can choose to sell crafts made in the farm shop, or keep them.

Who is the group for - Adults experiencing any level of mental health difficulty.

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

COST FREE (lunch provided) **KEY** 

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

CONTACT **Tel:** 01225 481 269 or **Email:** info@bathcityfarm.org.uk

Crafty Minds - Bath Mind

Group Overview - A weekly session of fun, relaxed crafting, Crafty Minds guide and support group members in a range of mindful crafting activities. The emphasis will be on sharing a safe space and creating together.

Who is the group for - Those looking to improve their mental health and connect with others particularly interested in crafts.

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

COST £3 per session **KEY** 

LOCATION The Hive, Peasedown St John, BA2 8DH


CONTACT **Tel:** 07538 113 890 or **Email:** wellbeing@bathmind.org.uk

Day Service - BEMSCA

Group Overview - We provide many opportunities for our members to try different activities whilst using the day service: Arts and crafts | Games such as bingo, chess, dominoes, bridge and mahjong | Celebrating cultural festivals | Community allotments in the summer months | Monthly guest speakers/talks | Active activities, i.e. Tai Chi, Yoga, dance | Cooked lunch together.

Who is the group for - Persons who are over 50 years. Providing a voice and support for those from ethnic minority groups and older people in the community.

WHEN Monday **TIMES** 10:00am - 4:00pm

COST £15 BEMSCA membership **KEY** 

LOCATION BEMSCA at Fairfield House, 2 Kelston Way, Bath, BA1 3QJ

CONTACT **Tel:** Pauline 01225 464 165 or **Email:** admin@bemsca.org.uk

Dementia Voice - Alzheimer's Society

Group Overview - Are you living with a diagnosis of dementia? Would you like to share your experiences and insights to help communities, people affected by dementia and yourself too? Meet people who understand about living with dementia, while developing your skills and improving your confidence.

Who is the group for - People living with a diagnosis of dementia who would like to share their experiences and insights to help influence our work.

WHEN Once a month - Thursday **TIMES** 3:00pm - 4:00pm

COST FREE **KEY** 

LOCATION St Johns Almshouses, Combe Park, Bath, BA1 3NF (next to the RUH)

CONTACT **Tel:** Elizabeth 01174 727 921 or **Email:** bath@alzheimers.org.uk

Drop In - BEMSCA

Group Overview - Providing emotional support, supporting members and their families and carers with language services (translating and interpreting), advocacy, health and wellbeing workshops, shared lived experiences (through reading and writing), warm space, and signposting to other agencies.

Who is the group for - Persons who are over 50 years. Providing a voice and support for those from ethnic minority groups and older people in the community.

WHEN	Wednesday	TIMES	10:00am - 4:00pm
COST	£15 BEMSCA membership	KEY	
LOCATION	BEMSCA at Fairfield House, 2 Kelston Way, Bath, BA1 3QJ		
CONTACT	Tel: Toni Swaby 01225 464 165 or Email: admin@bemsca.org.uk		

Easter Crafts - Genesis Trust

Group Overview - A weekly session of Easter related crafts and making. Materials provided. Led by an experienced facilitator and volunteers.

Who is the group for - Anyone seeking support with their mental health and wellbeing. feeling isolated or vulnerable.

WHEN	Tuesdays (13/02/24 - 19/03/24)	TIMES	2:00pm - 4:00pm
COST	FREE	KEY	
LOCATION	Gateway Centre, Snow Hill, London Rd, Bath, BA1 6DH		
CONTACT	Tel: 07458 381 732 or Email: matt@genesistrust.org.uk		

Eating Disorder Support Group - Focus

Group Overview - A pro-recovery support group for people experiencing issues around food. We offer a safe and confidential space to open up about your thoughts, feelings and experiences related to eating disorders.

Our aim is to create a community of people who can help each other by sharing their similar experiences.

Who is the group for - Adults, 18 years and above.

[/www.focusbath.com/support-groups](http://www.focusbath.com/support-groups)

WHEN	Thursdays, fortnightly	TIMES	7:00pm - 8:00pm
COST	FREE	KEY	
LOCATION	Oasis Hub Church, Bath, BA1 5DU (also offered online on alternative weeks)		
CONTACT	Tel: 01225 330 096 or Email: EDSG@focusbath.com		

Eating Disorder Support Group (Online) - Focus

Group Overview - A pro-recovery support group for people experiencing issues around food. We offer a safe and confidential space to open up about your thoughts, feelings and experiences related to eating disorders.

To self-refer to the group, find out more and receive the group's mission statement/agreement get in touch.

Who is the group for - Adults, 18 years and above.

[/www.focusbath.com/support-groups](http://www.focusbath.com/support-groups)

WHEN Thursdays, fortnightly **TIMES** 7:00pm - 8:00pm

COST FREE **KEY** N/A

LOCATION Online

CONTACT Tel: 01225 330 096 or Email: EDSG@focusbath.com

Evening Walking Group - Bathscape

Group Overview - Our evening walking group, Good Evening Walkers! Starting at 6pm for an hour, from Laura Place, BA2 4BL. Short walks around the local parks, canal and other beautiful city centre spots. You can find out about all our walking groups at bathscape.co.uk/activity/weekly-wellbeing-walking-groups.

Who is the group for - People who might want a bit of company for walking after work.

WHEN Mondays **TIMES** 6:00pm - 7:00pm

COST FREE **KEY**  

LOCATION Laura Place, Bath, BA2 4BL

CONTACT Tel: Lucy 07816 641 745 or Email: info@bathscape.co.uk

Feelgood Walks - Bathscape & Time Bank Plus

Group Overview - Time Bank Plus runs our Tuesday Feelgood walks at 12.30pm for up to an hour. We walk from the Time Bank office on High Street, Twerton, around the local area, sometimes a stroll along the river and through the woods, identifying nature as we go. Well-behaved dogs are welcome. For more information visit www.bathscape.co.uk/activity/weekly-wellbeing-walking-groups

Who is the group for - If you want to start increasing your exercise or are recovering from illness, or just want some company these walks might be just right.

WHEN Tuesdays **TIMES** 12:30pm to 1:30pm

COST Free **KEY**  

LOCATION Time Bank Plus, 86 High Street, Twerton, Bath BA2 1DE


CONTACT Tel: Time Bank on 01225 442813 or Email: info@bathscape.co.uk

Food for Thought - Bath Mind

Group Overview - Food for Thought runs a variety of cooking and nutrition courses in the community. The project provides opportunities for participants to gain skills, boost self-esteem, socialise and improve mental and physical wellbeing.

Who is the group for - Anyone seeking support with their mental health and wellbeing.

WHEN Various **TIMES** Dependant on course

COST Dependant on course **KEY** 

LOCATION Various locations in and around Bath


CONTACT **Tel:** Anja 07960 621 681 or **Email:** foodforthought@bathmind.org.uk

Football Group - Bath Mind / Bath City Foundation

Group Overview - Our football group offers a fun and friendly mixed game for all abilities and the opportunity to enjoy the physical, social and mental benefits of being active. Bath City Football Foundation lead the sessions, with support from Bath Mind volunteers.

Who is the group for - It's open to all aged 16+ and offers a fun and friendly mixed game for all abilities.

WHEN Thursdays **TIMES** 5:30pm - 6:30pm

COST FREE, contributions welcome **KEY** 

LOCATION Bath recreation ground (behind Bath Sports Centre)

CONTACT **Tel:** 07538 113 890 or **Email:** wellbeing@bathmind.org.uk

Fungal Forays & Fermenting - EcoWild

Group Overview - You will get to know the names and characteristics of the fungi in the countryside around us, some of which are medicinal, others edible, and some poisonous. We will wander out each week to slowly scour the area for hidden gems. Some weeks (i.e. if very wet) we will be chopping and fermenting cabbage or other veg to make sauerkraut, which is supportive of a healthy gut biome.

Who is the group for - Those wanting to learn about fungi and enjoy connecting with others and the landscape for wellbeing. Some mobility is necessary.

WHEN Tuesdays (Feb & March) **TIMES** 10:00am - 12:00midday

COST FREE **KEY** 

LOCATION Combe Hay Vineyard, Combe Hay, Bath, BA2 7EF

CONTACT **Tel:** Emily Malik 07812 155 659 or **Email:** emily@ecowild.org.uk

Gardeners 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 short creative projects, and you will have the opportunity to try a variety of creative practices, such as printmaking, ceramics, textile art etc. 2 x intakes yearly in April and September for 23 weeks.

Who is the group for - Anyone with lived experience of mild/moderate mental health issues and an interest in creativity.

WHEN Wednesdays

TIMES 2:00pm - 3:30pm

COST FREE

KEY 

LOCATION Holburne Museum, Great Pulteney Street, Bath, BA2 4DB

CONTACT Tel: 01225 388 565 or Email: s.williams.brown@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.somerdaleshed.org 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: info@somerdaleshed.org

Greenlinks @ Monksdale Road - Bath Mind

Group Overview - We have a beautiful allotment where we offer people the opportunity to connect with nature, garden, grow food, have access to fresh produce and to socialise and improve general health and wellbeing.

Our groups are led by an experienced and welcoming staff team.

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

WHEN Tuesdays & Thursdays

TIMES 11:30am - 2:30pm

COST £2 per session

KEY 





LOCATION Monksdale Road, Bath, BA2 2JD

CONTACT Tel: 07946 233 146 or Email: greenlinks@bathmind.org.uk

Greenlinks @ the Potting Shed - Bath Mind

Group Overview - A small friendly group of people who garden socially, grow produce, help with site maintenance and work together in a Victorian walled kitchen garden 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 - Anyone wanting to improve their wellbeing. Due to the location, you would need your own transport.

WHEN	Wednesdays	TIMES	10:30am - 1:00pm
COST	£2 per session	KEY	   
LOCATION	Ammerdown Kitchen Garden, Ammerdown Park, Radstock, BA3 5SW		
CONTACT	Tel: 01225 316 199 or Email: greenlinks@bathmind.org.uk		

Grow and Make - Community Farm

Group Overview - A Gardening for Wellbeing course, 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. Together, we will nurture and be nurtured by our vegetable patch. New course starts on 24th April 2024 and runs for 12 weeks.








Who is the group for - Those interested in gardening for wellbeing. Register online www.thecommunityfarm.co.uk/wellbeing-courses/grow-and-make

WHEN	Wednesdays	TIMES	10:00am - 3:00pm
COST	FREE	KEY	    
LOCATION	The Community Farm, Chew Magna (please follow online directions not satnav)		
CONTACT	Tel: 01225 913 097 Email: growandmake@thecommunityfarm.co.uk		

Herbs & Nature - Grow for Life

Group Overview - Herbs and Nature is a gentle 8-week course, with an introductory first session. It will help you learn more about growing herbs, potting on, taking cuttings and creating a community herb garden in Victoria Park. This is suitable for people with all levels of fitness.

Who is the group for - Adults affected by low confidence, anxiety, depression or isolation.

WHEN	Tuesdays (13/02/24 - 09/04/24)	TIMES	10:00am - 1:00pm
COST	FREE	KEY	      
LOCATION	Victoria Parks Department, Marlborough Lane, Bath, BA1 2LZ		
CONTACT	Tel: Eleanor 07729 906 223		

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 & Thursdays	TIMES	1:00pm - 3:00pm
COST	FREE	KEY	
LOCATION	The South Vaults, Green Park Station, Bath, BA1 1JB		
CONTACT	Tel: 07757 727 016 or Email: bathoutreach@julianhouse.org.uk		

Hope Space - Bath Mind

Group Overview - The group meet in a comfortable and warm setting and enjoy conversation, games, quizzes and fun. It's supported by Bath Mind staff and volunteers to offer mental health and wellbeing support and guidance, as well as signposting to other services where necessary.

Who is the group for - Anyone feeling isolated and wanting to improve their wellbeing by making new connections.

WHEN	Tuesdays	TIMES	6:00pm - 8:00pm
COST	£2 per session	KEY	
LOCATION	The Bubble, 4-5 Chapel Court, Bath, BA1 1SQ		
CONTACT	Tel: 07538 113 890 or Email: Wellbeing@bathmind.org.uk		

IMAGE Peer-Led Museum Group - Holburne Museum

Group Overview - IMAGE is a peer-led creative group for people with lived experience of mental health issues who are interested in developing their creativity alongside other people, sharing skills and supporting one other.

2x intakes yearly in April and September for 23 weeks.

Who is the group for - Anyone with lived experience of mild/moderate mental health issues and an interest in creativity.

WHEN	Wednesdays, fortnightly	TIMES	10:30am - 12:30pm
COST	FREE	KEY	
LOCATION	Holburne Museum, Great Pulteney Street, Bath, BA2 4DB		
CONTACT	Tel: 01225 388 565 or Email: s.williams.brown@holburne.org		

Just Play Football - Bath City Foundation

Group Overview - Female only football sessions for adults 18+. This is a 1-hour session of fun and football fitness for mixed abilities whether you are looking to get back involved in playing in an informal and friendly session or if you are just a beginner this is ideal for you. Just turn up and play on the day. You can book online if easier via our website www.participant.co.uk/bathcityfoundation/bookings

Who is the group for - Females 18+ all abilities welcome

WHEN	Tuesdays	TIMES	7:00pm - 8:00pm
COST	£3.00	KEY	
LOCATION	St Martins Garden Primary School, Bath, BA2 2UN (Oct - March)		
CONTACT	Tel: Emily 07931 913 439 or Email: emily@bathcityfoundation.org		

Knit Two, Share One - MSN Library

Group Overview - Knitting, crochet and fibre arts group for any age or ability. Drop in, run by a volunteer.

Who is the group for - Open to anyone with an interest in arts and crafts.

WHEN	Thursdays, fortnightly	TIMES	10:30am - 12:30pm
COST	FREE	KEY	
LOCATION	Midsomer Norton Library, The Hollies, High Street, MSN, BA3 2DA		
CONTACT	Tel: 01225 394 041 or Email: council_connect@bathnes.gov.uk		

Knitting Group - Genesis Trust

Group Overview - Knitting in a safe, welcoming group. With experienced and helpful volunteers. Enjoy the company of others and learn a new skill. If you're a complete beginner or a veteran knitter!


Who is the group for - Anyone seeking support with their mental health and wellbeing, feeling isolated or vulnerable.

WHEN	Wednesdays (17/01/24 - 27/03/24)	TIMES	2:15pm - 4:15pm
COST	FREE	KEY	
LOCATION	Gateway Centre, Snow Hill, London Road, Bath, BA1 6DH		
CONTACT	Tel: 07458 381 732 or Email: matt@genesistrust.org.uk		

Lakeside Wellbeing - Community Farm

Group Overview - Therapeutic mindfulness, movement and creativity programme. Run by our longstanding wellbeing partner, Ecowild, this course will support your physical and mental health through nourishing practices for body and mind in a beautiful setting. The new course starts on 19th February and runs for 6 weeks.


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

WHEN	Mondays	TIMES	10:00am - 3:00pm
COST	FREE	KEY	
LOCATION	The Community Farm, Chew Magna (please follow online directions not satnav)		
CONTACT	Emily 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 Susannah 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 (25/1/24 - 28/3/24)	TIMES	11:00am - 1:00pm
COST	FREE	KEY	
LOCATION	Gateway Centre, Snow Hill, London Road, Bath, BA1 6DH		
CONTACT	Tel: 01225 438 362 Email: susannah.padiachy@genesistrust.org.uk		

Local History Club - Radstock Museum

Group Overview - A group to share local history, peoples' stories and to discover hidden treasures with games, quizzes, tea/coffee and biscuits. All stories welcome.

Feel free to bring a friend and/or come and make new ones.

Who is the group for - Everyone

WHEN	1 st & 3 rd Monday, monthly	TIMES	10.30am - 12:00midday
COST	FREE or a small donation	KEY	
LOCATION	Radstock Museum tearoom, Waterloo Road, Radstock, BA3 3EP		
CONTACT	Tel: Helen 07596 424 142 or Email: events@radstockmuseum.co.uk		

Make and 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.somerdaleshed.org 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: info@somerdaleshed.org		

Men's Group - Genesis Trust

Group Overview - In collaboration with Mentoring Plus, we have a social group for men on a Friday evening. Meeting at Genesis Gateway, then over to Riverside Youth Centre for social time and games together with a friendly and lively group of volunteers.

Who is the group for - Men seeking support with their mental health and wellbeing. feeling isolated or vulnerable.

WHEN	Tuesdays (06/02/24 - 12/03/24)	TIMES	3:30pm - 6:30pm
COST	FREE	KEY	
LOCATION	Gateway Centre, Snow Hill, London Rd, Bath, BA1 6DH		
CONTACT	Tel: 07458 381 732 or Email: matt@genesistrust.org.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 & 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	Tel: Steve 07775 735 789 or Email: stephenkhswift@gmail.com		

Men's Support Group - Trauma Breakthrough

Group Overview - Weekly support group for men aged 18 and over who have experienced sexual assault, abuse or exploitation, either as adults or children.


Who is the group for - Men aged 18 and over who have experienced sexual violence.

WHEN	Tuesdays	TIMES	6:30pm - 8:30pm
COST	FREE, donations welcome	KEY	
LOCATION	To be confirmed		
CONTACT	Tel: 01225 984 637 or Email: services@traumabreakthrough.org		

Men's Woodland Project Group - EcoWild

Group Overview - Join EcoWild practitioner Nick for this half day session in the woods: enjoying each other's company, making the fire, walking for those who want to, and working on small projects around the roundhouse. Notice the seasons, wildlife and landscape around you, with the support of a friendly and knowledgeable facilitator.

Who is the group for - Anyone who wants to connect with others, themselves and nature in a welcoming living landscape and group.


WHEN	Wednesdays	TIMES	10:00am - 1:00pm
COST	FREE	KEY	
LOCATION	Greyfield Woods, High Littleton, BS39 6YE		
CONTACT	Tel: Emily Malik 07812 155 659 or Email: emily@ecowild.org.uk		

Memory Club - Radstock Museum

Group Overview - A stimulating session with activities based on different senses, games and crafts and time to chat over a cup of tea/coffee and biscuits.

Feel free to bring a friend and/or come and make new ones.

Who is the group for - People with dementia and memory loss.

WHEN	1 st & 3 rd Tuesday, monthly	TIMES	10.30am - 12:00midday
COST	FREE or a small donation	KEY	
LOCATION	Radstock Museum tearoom, Waterloo Road, Radstock, BA3 3EP		
CONTACT	Tel: Helen 07596 424 142 or Email: events@radstockmuseum.co.uk		

Monday Walks for Health & Pleasure- Bathscape

Group Overview - We meet at 10.45 at the Pavilion Café, ready to leave at 11am. The walking is usually flat and covers 2-3 miles in about 90 minutes. We walk around the beautiful park, along the river, or a little further afield. The group often have a cuppa afterwards. You can find out about all our walking groups at www.bathscape.co.uk/activity/weekly-wellbeing-walking-groups.

Who is the group for - People who are happy to walk a little further than our other walking groups.

WHEN Mondays **TIMES** 11:00am - 12:30pm

COST FREE **KEY** 

LOCATION Pavilion Café, Royal Victoria Park, Bath, BA1 2NR

CONTACT Tel: Lucy 07816 641 745 or Email: info@bathscape.co.uk

Music & Movement - 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.

Who is the group for - Older people, dementia friendly.

WHEN Thursdays **TIMES** 10:30am - 11:30am

COST FREE **KEY** 

LOCATION Weston Free Church, Weston Village, Bath


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

Music Open Group - Soundwell

Group Overview - Music mental health support group, low pressure environment. No need for musical skills or previous experience. Wide range of accessible instruments provided. Supportive conversation, with options to explore making live music together with others. Access to the group through self-referral or referrals from professionals, please get in touch 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, monthly **TIMES** 11:00am - 12:00midday

COST FREE, donations welcome **KEY** 



LOCATION Central Bath

CONTACT Tel: Chloe 07423 400 655 or Email: chloe.buttery@soundwell.org.uk

Music Support Group for Carers - Soundwell

Group Overview - Music support group for unpaid carers. A low-pressure environment with no need for previous musical skills, experience, or instruments. Take a break with other carers. Supportive conversation, music listening, and options to explore making live music together. Access to the group through self-referral or referrals from professionals, please get in touch for more information.








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

WHEN	Fridays, monthly	TIMES	11:00am - 12:15pm
COST	FREE, donations welcome	KEY	 
LOCATION	Central Bath		
CONTACT	Tel: Chloe 07423 400 655 or Email: chloe.buttery@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, or even understand. But somehow music enables that deep connection. No previous experience or skills are required. Led by experienced music facilitator.








Who is the group for - Anyone seeking support with their mental health and wellbeing. feeling isolated or vulnerable

WHEN	Thursdays (18/01/24 - 21/03/24)	TIMES	2:30pm - 4:00pm
COST	FREE	KEY	      
LOCATION	Gateway Centre, Snow Hill, London Rd, Bath, BA1 6DH		
CONTACT	Tel: 07458 381 732 or Email: matt@genesistrust.org.uk		

Natural Pathways - Bath City Farm

Group Overview - Natural Pathways is a friendly nature connection group supporting the wellbeing of people living with mild to moderate depression and anxiety, low mood, stress or social isolation. Sessions include spending time exploring the site, nature-based mindfulness activities, conservation activities, painting, crafting and clay work. No experience required.

Who is the group for - Adults experiencing mild to moderate depression, anxiety, low mood, stress, social isolation.

WHEN	Thursdays	TIMES	10:00am - 2:30pm
COST	FREE (lunch provided)	KEY	      
LOCATION	Bath City Farm, Kelston View, Bath, BA2 1NW		
CONTACT	Tel: 01225 481 269 or Email: info@bathcityfarm.org.uk		

Nature, Craft, Connection - EcoWild

Group Overview - A free 6-week course for adults of all ages. The course offers easy practices to engage with nature and to learn more of its plants, animals, and the land around us through natural land skills, crafting / creative activities, mindfulness, sharing inspirations and wandering in nature.

Register at <http://ecowild.org.uk/book-now>

Who is the group for - Anyone who wants to connect with others, themselves and nature in a welcoming living landscape and group.

WHEN Thursdays **TIMES** 10:00am - 12:00midday

COST FREE **KEY**   

LOCATION Meet at Swallow Community Café, Radstock, BA3 3QG

CONTACT **Tel:** 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 - Adults with learning disabilities.

WHEN Tues, Weds & Thurs **TIMES** 9:30am - 2:30pm

COST £70 per session **KEY** Contact for venue facilities

LOCATION The Old Acorn Barn, Englishcombe Village, Bath, BA2 9DU

CONTACT **Tel:** 07708 217901 or **Email:** info@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 **TIMES** 1:00pm - 2:30pm

COST £2 per session **KEY**    


LOCATION The Bubble, 4-5 Chapel Court, Bath, BA1 1SQ

CONTACT **Tel:** 07538 113 890 or **Email:** Wellbeing@bathmind.org.uk

Parent Carer Forum (Batheaston) - B&NES PCF

Group Overview - We represent the views of parent carers of children and young people with SEND from birth - 25 years. We hold weekly café style meet-ups to collect views, share experiences, swap ideas and meet other parent carers who understand. We also send a monthly newsletter.


Who is the group for - Anyone who spends any time caring for a young person with SEND is very welcome to join us.

WHEN	Fridays	TIMES	10:00am - 12:00noon
COST	FREE	KEY	
LOCATION	Batheaston Village Hall, School Lane, Batheaston, Bath, BA1 7EP		
CONTACT	Email: info@banespcf.co.uk		

Parent Carer Forum (Clutton) - B&NES PCF

Group Overview - We represent the views of parent carers of children and young people with SEND from birth - 25 years. We hold weekly café style meet-ups to collect views, share experiences, swap ideas and meet other parent carers who understand. We also send a monthly newsletter.


Who is the group for - Anyone who spends any time caring for a young person with SEND is very welcome to join us.

WHEN	1 st & 3 rd Wednesday, monthly	TIMES	10:00am - 12:00noon
COST	FREE	KEY	
LOCATION	The Soap Bar Café, Upper Bristol Road, Clutton, Bristol, BS39 5TA		
CONTACT	Email: info@banespcf.co.uk		

Parent Carer Forum (Foxhill) - B&NES PCF

Group Overview - We represent the views of parent carers of children and young people with SEND from birth - 25 years. We hold weekly café style meet-ups to collect views, share experiences, swap ideas and meet other parent carers who understand. We also send a monthly newsletter.


Who is the group for - Anyone who spends any time caring for a young person with SEND is very welcome to join us.

WHEN	2 nd & 4 th Monday, monthly	TIMES	10:00am - 12:00noon
COST	FREE	KEY	
LOCATION	St Andrew's Community Church, Foxhill, Bath, BA2 5QA		
CONTACT	Email: info@banespcf.co.uk		

Parent Carer Forum (Newbridge) - B&NES PCF

Group Overview - We represent the views of parent carers of children and young people with SEND from birth - 25 years. We hold weekly café style meet-ups to collect views, share experiences, swap ideas and meet other parent carers who understand. We also send a monthly newsletter.


Who is the group for - Anyone who spends any time caring for a young person with SEND is very welcome to join us.

WHEN	Last Thursday of the month	TIMES	From 7:00pm
COST	First drink is free	KEY	
LOCATION	The Boathouse, Newbridge Road, Bath, BA1 3NB		
CONTACT	Email: info@banespcf.co.uk		

Parent Carer Forum (Southside) - B&NES PCF

Group Overview - We represent the views of parent carers of children and young people with SEND from birth – 25 years. We hold weekly café style meet-ups to collect views, share experiences, swap ideas and meet other parent carers who understand. We also send a monthly newsletter.


Who is the group for - Anyone who spends any time caring for a young person with SEND is very welcome to join us.

WHEN	1 st & 3 rd Monday, monthly	TIMES	10:00am - 12:00noon
COST	FREE	KEY	
LOCATION	Southside Youth Centre, Kelston View, Bath, BA2 1NR		
CONTACT	Email: info@banespcf.co.uk		

PSJ Social & Wellbeing Group - The Hive

Group Overview - A small, friendly and supportive group who meet weekly at the Hive in the Acacia Room.

Who is the group for - People who might be feeling low and who find it difficult to get out and meet people.

WHEN	Tuesdays	TIMES	11.30am - 1.30pm
COST	FREE	KEY	
LOCATION	Acacia Room, The Hive Community Centre, PSJ, BA2 8DH		
CONTACT	Via Facebook 'Peasedown Social and Wellbeing Group'		

Psychotherapy Group - Trauma Breakthrough

Group Overview - This weekly therapy group is for individuals experiencing long-term emotional, psychological and social difficulties arising from trauma or abuse. Members are facilitated in their journey of recovery by interactions both with staff and other group members, and by taking part in group activities which allow participants to explore difficult things from the past and find creative ways forward.

Who is the group for - Individuals experiencing long-term emotional, psychological and social difficulties arising from trauma or abuse. 18+ required.

WHEN Fridays, term times only **TIMES** 10:00am - 12:00midday

COST FREE, donations welcome **KEY** 

LOCATION The Foyer Annex, Dominion Rd, Bath, BA2 1DF

CONTACT Tel: 01225 984637 or **Email:** services@traumabreakthrough.org

Public Living Room - Community at 67

Group Overview - Everyone has tough times and we think it'd be great if people just looked out for one another more. Not fixing each other. Not trying to solve anyone's problems. Just being human. Come over to Community at 67 to meet people, socialise, watch a film or just sit and relax in a welcoming and friendly environment. Light refreshments available.

Who is the group for - Open to all and welcomes everyone.

WHEN Tuesdays **TIMES** 12:30pm - 4:30pm

COST FREE **KEY** 

LOCATION Community 67 Centre, 67 Queens Road, Keynsham, BS31 2NW

CONTACT Tel: 07737 742 300 or **Email:** enquiries@community-67.org

Radstock Wellbeing Group - Bath Mind

Group Overview - We are an inclusive and supportive community group encouraging positive mental health through conversation and creative activities, whilst enjoying the delights of the Swallow Cafe! The sessions are supported by Bath Mind staff and volunteers.

Who is the group for - Anyone wanting to improve their wellbeing, particularly those struggling with isolation, depression and anxiety.

WHEN Tuesdays **TIMES** 11:00am - 1:00pm

COST £2 per session **KEY** 

LOCATION Swallow Community Café, St Nicholas Church, Radstock, BA3 3QQ

CONTACT Tel: 07538 113 890 or **Email:** Wellbeing@bathmind.org.uk

Renew Wellbeing Space @ Unit 14 - Welton Baptist Church

Group Overview - A friendly safe space where it's OK not to be OK. Every week we have refreshments to enjoy together plus opportunities to participate in a hobby or interest if you choose to. You can bring your own ideas to share. Our aim is to offer a listening ear, reduce social isolation and support those with emotional or mental health difficulties. Run by Welton Baptist Church.

Who is the group for - Adults (16+) and any accompanying children would need to be supervised.

WHEN	Wednesdays	TIMES	2:00pm - 4:00pm
COST	FREE	KEY	
LOCATION	Unit 14, 14 South Road, Midsomer Norton, BA3 2EZ		
CONTACT	Tel: 01761 410274 or Email: renewwellbeing@weltonchurch.org.uk		

Roots to Health: Animal Care - Bath City Farm

Group Overview - The Animal Care Group supports people to care for the wide variety of animals on the farm (Goats, Pigs, Sheep, Alpaca's, Chickens and more). No experience in animal care required and you will be supported to learn new skills. The group is a supportive and friendly place where you can spend time connecting with others, keeping busy, enjoying nature, learning and supporting the animals.

Who is the group for - Adults experiencing any level of mental health difficulty.

WHEN	Monday or Wednesday	TIMES	10:00am - 3:00pm
COST	FREE (lunch provided)	KEY	
LOCATION	Bath City Farm, Kelston View, Bath, BA2 1NW		
CONTACT	Tel: 01225 481 269 or Email: info@bathcityfarm.org.uk		

Roots to Health: Cooking Group - Bath City Farm

Group Overview - In the cooking group you will be supporting the cook to create a delicious healthy meal for yourself and the other volunteers on the farm. Where possible we use produce grown on the farm and often make cakes or other produce to be sold in the farm shop or café. No experience in cooking required and you will be supported to learn new skills.


Who is the group for - Adults experiencing any level of mental health difficulty.

WHEN	Monday or Wednesday	TIMES	10:00am - 3:00pm
COST	FREE (lunch provided)	KEY	
LOCATION	Bath City Farm, Kelston View, Bath, BA2 1NW		
CONTACT	Tel: 01225 481 269 or Email: info@bathcityfarm.org.uk		

Roots to Health: Growing - Bath City Farm

Group Overview - Roots to Health supports people to care for the gardening needs of the farm. No experience in gardening required and you will be supported to learn new skills. The group is a supportive and friendly place where you can spend time connecting with others, keeping busy, enjoying nature, learning and giving your time to support the beautiful farm site.


Who is the group for - Adults experiencing any level of mental health difficulty.

WHEN	Monday or Wednesday	TIMES	10:00am - 3:00pm
COST	FREE (lunch provided)	KEY	
LOCATION	Bath City Farm, Kelston View, Bath, BA2 1NW		
CONTACT	Tel: 01225 481 269 or Email: info@bathcityfarm.org.uk		

Safe Space - Bath Mind

Group Overview - Safe Space is a peer support group for young people (aged 16-25) to connect and have discussions about their mental health and wellbeing in a safe, supportive place, facilitated by Bath Mind staff and volunteers. There are opportunities to engage in new activities based around the five ways to wellbeing.

Who is the group for - 16-25 year olds looking to connect with others and improve their wellbeing.


WHEN	Mondays	TIMES	5:00pm - 6:30pm
COST	FREE	KEY	
LOCATION	The Bubble, 4-5 Chapel Court, Bath, BA1 1SQ		
CONTACT	Tel: 07538 113 890 or Email: Wellbeing@bathmind.org.uk		

Saturday Club - All Cycle Bath & West

Group Overview - Inclusive cycling sessions using adapted bikes and tricycles on a traffic free cycle circuit.

Please book in advance, via the link allcyclebathandwest.eventbrite.com and get a start time before attending.


Who is the group for - Children, young people and adults who need more support or an induction to enable them to cycle using our range of inclusive bikes / trikes.

WHEN	Saturdays, fortnightly	TIMES	12midday - 1:30pm
COST	£6.00 a session	KEY	
LOCATION	Odd Down Sports Ground Cycle Circuit, Bath, BA2 2PR		
CONTACT	Tel: 07530 263 014 or Email: info@allcyclebathandwest.com		

Saturday Gardening Group - Grow for Life

Group Overview - Join us at the weekend in St Martin's School, Odd Down where we have a number of raised beds that we maintain and use to grow produce for a Community Food Bank. We provide a safe space to grow in confidence, connect with other people, and learn new skills. Our gentle, therapeutic 13-week sessions are practical and accessible to all levels of fitness.

Who is the group for - Adults struggling with low confidence, anxiety, depression or isolation.

WHEN	Saturdays (17/02/24 - 04/05/24)	TIMES	10:00am - 1:00pm
COST	FREE	KEY	
LOCATION	St Martins School, Odd Down, Bath, BA2 2UN		
CONTACT	Tel: Eleanor 07729 906 223		

Sexual Assault Support Group (Monday) - Focus

Group Overview - A free support group for women who have experienced sexual assault at any stage of their life. A place where you can strengthen one another to start or continue recovery. Group led by qualified female counsellors.

Who is the group for - For women 18 years and older

WHEN	Mondays, fortnightly	TIMES	7:00pm - 8:30pm
COST	FREE	KEY	
LOCATION	Focus Counselling, Bath. Contact for more details.		
CONTACT	Tel: 07863 444 009 01225 330 096 Email: office@focusbath.com		

Sexual Assault Support Group (Tuesday) - Focus

Group Overview - A free support group for women who have experienced sexual assault at any stage of their life. A place where you can strengthen one another to start or continue recovery. Group led by qualified female counsellors.


Who is the group for - For women 18 years and older

WHEN	Tuesday, fortnightly	TIMES	10:00am - 11:30am
COST	FREE	KEY	
LOCATION	Focus Counselling, Bath. Contact for more details.		
CONTACT	Tel: 07863 444 009 01225 330 096 Email: office@focusbath.com		

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.somerdaleshed.org 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: info@somerdaleshed.org		

Short Walks - Bathscape

Group Overview - Short walks followed by a cuppa in central Bath. The walks are between 45 minutes and an hour and cover about 1 to 1.5 miles. They are mainly flat and on pavements. The meeting time is 10.30am, contact us for the meeting point, as it's different each week.

Who is the group for - If you want to start increasing your exercise or are recovering from illness, these walks might be just right.

WHEN	Wednesdays	TIMES	10:30am - 11:30am
COST	FREE	KEY	
LOCATION	Various Bath - Royal Victoria Park, Bus Station, Argyle Street		
CONTACT	Tel: Lucy 07816 641 745 or Email: info@bathscape.co.uk		

Sing & Smile (Chilcompton) - Goldies

Group Overview - At Goldies we sing along with the popular and uplifting hits of the 50's onwards, chat, laugh and smile with our friends, you don't have to be able to sing, just love music and good company. We run 7 open access Sing & Smile groups in B&NES. No need to book, just turn up, www.golden-oldies.org.uk

Who is the group for - Everyone is welcome at Goldies but we particularly welcome those aged 65+ who sometimes find themselves feeling isolated.

WHEN	4 th Thursday of each month	TIMES	10:30am-11.30am
COST	£3 voluntary donation	KEY	Contact for venue facilities
LOCATION	Chilcompton Village Hall, Wells Road, Chilcompton, Radstock, BA3		
CONTACT	Tel: 01761 470 006 (M-F, 10am-2pm) Email: events@golden-oldies.org.uk		

Sing & Smile (Keynsham) - Goldies

Group Overview - At Goldies we sing along with the popular and uplifting hits of the 50's onwards, chat, laugh and smile with our friends, you don't have to be able to sing, just love music and good company. We run 7 open access Sing & Smile groups in B&NES. No need to book, just turn up, www.golden-oldies.org.uk

Who is the group for - Everyone is welcome at Goldies but we particularly welcome those aged 65+ who sometimes find themselves feeling isolated.

WHEN	Last Friday of each month	TIMES	2.00pm-3.00pm
COST	£3 voluntary donation	KEY	Contact for venue facilities
LOCATION	The Key Centre, Charlton Road, Keynsham, BS31 2JA		
CONTACT	Tel: 01761 470 006 (M-F, 10am-2pm) Email: events@golden-oldies.org.uk		

Sing & Smile (Larkhall) - Goldies

Group Overview - At Goldies we sing along with the popular and uplifting hits of the 50's onwards, chat, laugh and smile with our friends, you don't have to be able to sing, just love music and good company. We run 7 open access Sing & Smile groups in B&NES. No need to book, just turn up, www.golden-oldies.org.uk

Who is the group for - Everyone is welcome at Goldies but we particularly welcome those aged 65+ who sometimes find themselves feeling isolated.

WHEN	1st Tuesday of each month	TIMES	2.00pm-3.00pm
COST	£3 voluntary donation	KEY	Contact for venue facilities
LOCATION	Hanover Court Community Room, Salisbury Road, Larkhall, Bath BA1		
CONTACT	Tel: 01761 470 006 (M-F, 10am-2pm) Email: events@golden-oldies.org.uk		

Sing & Smile (Southdown) - Goldies

Group Overview - At Goldies we sing along with the popular and uplifting hits of the 50's onwards, chat, laugh and smile with our friends, you don't have to be able to sing, just love music and good company. We run 7 open access Sing & Smile groups in B&NES. No need to book, just turn up, www.golden-oldies.org.uk

Who is the group for - Everyone is welcome at Goldies but we particularly welcome those aged 65+ who sometimes find themselves feeling isolated.

WHEN	3rd Thursday of each month	TIMES	10:45am - 11:45am
COST	£3 voluntary donation	KEY	Contact for venue facilities
LOCATION	Southdown Methodist Church, The Hollow, Bath BA2 1NJ		
CONTACT	Tel: 01761 470 006 (M-F, 10am-2pm) Email: events@golden-oldies.org.uk		

Sing & Smile (Stanton Drew) - Goldies

Group Overview - At Goldies we sing along with the popular and uplifting hits of the 50's onwards, chat, laugh and smile with our friends, you don't have to be able to sing, just love music and good company. We run 7 open access Sing & Smile groups in B&NES. No need to book, just turn up, www.golden-oldies.org.uk

Who is the group for - Everyone is welcome at Goldies but we particularly welcome those aged 65+ who sometimes find themselves feeling isolated.

WHEN	4 th Wednesday of the month	TIMES	11:00am-12.00noon
COST	£3 voluntary donation	KEY	Contact for venue facilities
LOCATION	Stanton Drew Village Hall, 1 Sandy Lane, Stanton Drew BS39 4EL		
CONTACT	Tel: 01761 470 006 (M-F, 10am-2pm) Email: events@golden-oldies.org.uk		

Sing & Smile (Timsbury) - Goldies

Group Overview - At Goldies we sing along with the popular and uplifting hits of the 50's onwards, chat, laugh and smile with our friends, you don't have to be able to sing, just love music and good company. We run 7 open access Sing & Smile groups in B&NES. No need to book, just turn up, www.golden-oldies.org.uk

Who is the group for - Everyone is welcome at Goldies but we particularly welcome those aged 65+ who sometimes find themselves feeling isolated.

WHEN	2 nd Wednesday of each	TIMES	11:00am-12.00noon
COST	£3 voluntary donation	KEY	Contact for venue facilities
LOCATION	Conygre Hall, North Road, Timsbury, BA2 0JQ		
CONTACT	Tel: 01761 470 006 (M-F, 10am-2pm) Email: events@golden-oldies.org.uk		

Sing & Smile (Weston) - Goldies

Group Overview - At Goldies we sing along with the popular and uplifting hits of the 50's onwards, chat, laugh and smile with our friends, you don't have to be able to sing, just love music and good company. We run 7 open access Sing & Smile groups in B&NES. No need to book, just turn up, www.golden-oldies.org.uk


Who is the group for - Everyone is welcome at Goldies but we particularly welcome those aged 65+ who sometimes find themselves feeling isolated.

WHEN	2nd Tuesday of each month	TIMES	2.00pm-3.00pm
COST	£3 voluntary donation	KEY	Contact for venue facilities
LOCATION	At Weston Free Church, High Street, Bath, BA1 4DB		
CONTACT	Tel: 01761 470 006 (M-F, 10am-2pm) Email: events@golden-oldies.org.uk		

Singing for the Brain - Alzheimer's Society

Group Overview - Join our singing group where you can meet new people in a friendly, fun and social environment. Singing improves your brain activity, wellbeing and mood. You don't need to be a good singer to benefit. Join us for fun vocal warm-ups and sing a variety of familiar and new songs in a supported environment. The group is hosted by our skilled, compassionate and experienced group leaders.


Who is the group for - People with dementia, their family and friends

WHEN	1 st & 3 rd Tuesday, monthly	TIMES	2:30pm - 4:00pm
COST	FREE	KEY	
LOCATION	Weston Free Church, Moravian, High Street, Weston, Bath, BA1 4DJ		
CONTACT	Tel: Michele 01174 727 921 or Email: Bath@alzheimers.org.uk		

Singing For Wellbeing - Soundwell

Group Overview - Singing group with particular focus on supporting mental health and wellbeing. Explore singing in a supportive environment and develop confidence in your voice. Exercises to support breath control, posture and vocal technique, easy-to-sing songs and supportive conversations about the music. No previous musical experience needed. Self-referral or referrals from professionals.


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	10:30am - 11:30am
COST	FREE, donations welcome	KEY	
LOCATION	Central Bath		
CONTACT	Chloe: 07423 400 655 or Email: chloe.buttery@soundwell.org.uk		

Smart Recovery - Genesis Trust

Group Overview - Are compulsive or addictive behaviours causing you problems? Do you want to learn about effectively managing your recovery? SMART Recovery is a Programme where we help ourselves and each other recover from any kind of addictive behaviour. Group Discussion and effective tools to help facilitate change.

Who is the group for - Individuals wanting to recover from addictive behaviour; Whether thinking about recovery or looking for support on your journey.

WHEN	Wednesdays (17/01/24 - 27/03/24)	TIMES	3:00pm - 4:30pm
COST	FREE	KEY	
LOCATION	Gateway Centre, Snow Hill, London Road, Bath, BA1 6DH		
CONTACT	Tel: 07458 381 732 or Email: matt@genesistrust.org.uk		

SPACE LGBTQ+ Youth Group - OTR

Group Overview - SPACE is a safe environment that you can be yourself in and get information and support on LGBTQ+ issues. It is a chance to meet and make new friends. We chat, cook, have fun, play games, get involved with local community projects, raise awareness and celebrate key events on LGBTQ+ calendar we also invite guest speakers, go on trips and so much more!

Who is the group for - Young people, age 13-21, who identify as LGBT, Asexual, and /or questioning or unsure of your sexuality and/or gender identity

WHEN Wednesday **TIMES** 7:00pm - 9:00pm

COST FREE **KEY** Contact for details

LOCATION Central Bath. Please contact us for the location.

CONTACT Tel: 01225 312481 or E-mail office@offtherecord-banes.co.uk

Sports Group - Bath Mind

Group Overview - We are a community support group that offers people with ongoing mental health issues the opportunity to engage in gentle physical activities, namely badminton and table tennis. Our goal is to enhance both the physical and mental wellbeing of our members while fostering an enjoyable environment filled with fun games and camaraderie.

Who is the group for - Those interested in gentle badminton and table tennis, looking to improve their mental health and connect with others.

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

COST £2 per session **KEY** 

LOCATION Bath Leisure Centre, North Parade Road, Bath, BA2 4ET

CONTACT Tel: 07538 113 890 or Email: wellbeing@bathmind.org.uk

START Psychoeducation - Trauma Breakthrough

Group Overview - 8-week psychoeducation course, specifically for survivors of trauma and abuse who are looking to understand how and why trauma impacts them in the ways it does and develop some skills to manage their mental health on tough days. If you are interested in joining the group, you will need to be referred by a professional or any support service.

Who is the group for - Survivors of trauma and abuse. 18+ required

WHEN Varies. Run 3-4 times a year. **TIMES** 1.5hrs. Times vary.

COST FREE, donations welcome **KEY** 

LOCATION The Foyer Annex, Dominion Rd, Bath, BA2 1DF



CONTACT Tel: 01225 984 637 or Email: services@traumabreakthrough.org

Talk Club - Bath

Group Overview - How are you? Out of 10? Talk Club is a talking and listening club for men. talkclub.org/clubs/bath

Welcome to a mental fitness community for men.

Who is the group for - Men





WHEN	Mondays, fortnightly	TIMES	7:30pm - 9:30pm
COST	FREE	KEY	 
LOCATION	Sanctuary Barbers, 13 Northgate St, Bath, BA1 5AS		
CONTACT	Email: Bathtalkclub@gmail.com		

Tuesday Twilights - All Cycle Bath & West

Group Overview - Inclusive cycling sessions using adapted bikes and tricycles on a traffic free cycle circuit.

Please book in advance, via the link allcyclebathandwest.eventbrite.com and get a start time before attending. Times vary, 4:00pm - 5:00pm (*April - Nov*)






Who is the group for - Children, young people and adults who need more support or an induction to enable them to cycle using our range of inclusive bikes / trikes.

WHEN	Tuesdays	TIMES	3:30pm - 4:30pm (<i>Feb - March</i>)
COST	£6.00 a session	KEY	   
LOCATION	Odd Down Sports Ground Cycle Circuit, Bath, BA2 2PR		
CONTACT	Tel: 07530 263 014 or Email: info@allcyclebathandwest.com		

Walking Football (Batheaston) - Bath City Foundation

Group Overview - Fun and friendly walking football, played at a leisurely pace. Aimed at over 50's. Bring suitable footwear e.g. football boots/trainers with grip. You will be requested to fill in an essential information form on arrival. All are welcome to attend the session and you can find out more information by accessing the website www.bathcityfoundation.org






Who is the group for - Open age (although aimed at over 50's), male and females welcome, all abilities

WHEN	Wednesdays (April - October)	TIMES	5:30pm - 6:30pm
COST	£3.00	KEY	    
LOCATION	Rhymes Pavilion, Batheaston, Bath, BA1 7NW		
CONTACT	Tel: Geoff 07931 913 445 or Email: geoff@bathcityfoundation.org		

Walking Football (Odd Down) - Bath City Foundation

Group Overview - Fun and friendly football aimed at over 50's. Bring suitable footwear e.g. football boots/trainers with grip. You will be requested to fill in an essential information form on arrival. 1 hour of walking football followed by a free tea/coffee and a chat, occasionally the group organise a breakfast.
Contact Paul@bathcityfoundation.org or geoff@bathcityfoundation.org

Who is the group for - Aimed at over 50's, all abilities and genders welcome.






WHEN	Mondays & Wednesdays	TIMES	10:00am -11:00am
COST	£5.00	KEY	   P  
LOCATION	Odd Down Sports Ground, Chelwood Drive, Bath, BA2 2PR		
CONTACT	Tel: Paul 07931 913 414 or Email: Paul@bathcityfoundation.org		

Wellbeing Café - Radstock Museum

Group Overview - A group to chat and relax, try different craft activities with some games and maybe exercise or a stretch. All positive ideas welcome. Tea/coffee and biscuits included.

Feel free to bring a friend and/or come and make new ones.






Who is the group for - Adult carers

WHEN	2 nd & 4 th Monday, monthly	TIMES	1:00pm - 2:30pm
COST	FREE, donations welcome	KEY	P     
LOCATION	Radstock Museum, Waterloo Road, Radstock, BA3 3EP		
CONTACT	Tel: Helen 07596 424 142 or Email: events@radstockmuseum.co.uk		

Wellbeing Walk (Wednesday) - Bath Mind & Bathscape

Group Overview - Short, gentle walks led by volunteers from Bath Mind and Bathscape. The walk is adapted to a pace that is suitable for the whole group. The walks are a relaxed, social and friendly space for members and an opportunity to increase your physical activity, meet new people or get some fresh air and enjoy nature.

Who is the group for - Those looking to walk with others in the city.

WHEN	1 st Wednesday of the month	TIMES	11:00am - 12:00midday
COST	FREE	KEY	    
LOCATION	Manvers Street Baptist Church car park, Bath, BA1 1JW		
CONTACT	Tel: 07816 641 745 or Email: wellbeing@bathmind.org.uk		

Wellbeing Walk (Thursday) - Bath Mind & Bathscape

Group Overview - Short, gentle walks led by volunteers from Bath Mind and Bathscape. The walk is adapted to a pace that is suitable for the whole group. The walks are a relaxed, social and friendly space for members and an opportunity to increase your physical activity, meet new people or get some fresh air and enjoy nature.

Who is the group for - Those looking to walk with others in nature.

WHEN Thursdays **TIMES** 11:00am - 12:00midday

COST FREE **KEY** 

LOCATION Monksdale Road Allotment Car Park, Bath, BA2 2JD

CONTACT Tel: 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. New course starts on 14th March 2024 and runs for 6 weeks, or you can join on 20th June.

Who is the group for - Anyone wanting to improve their wellbeing. Register online: www.thecommunityfarm.co.uk/wellbeing-courses/wild-steps

WHEN Thursdays **TIMES** 11:00am - 3:00pm

COST FREE **KEY** 

LOCATION The Community Farm, Chew Magna (please follow online directions not satnav)

CONTACT Tel: 01225 913 097 or Email: farming@thecommunityfarm.co.uk

Women's Creative Group - Trauma Breakthrough

Group Overview - We offer a range of creative and expressive methods that can help participants to explore difficult things from the past enabling them to find creative ways forward. Art-making and creative grounding activities can help to access emotions, bodily sensations and unconscious thoughts in a safe and holding space, in a form which can then be used for further reflection.

Who is the group for - Women experiencing long-term emotional, psychological and social difficulties arising from trauma or abuse. 18+ required.

WHEN Wednesdays, term time **TIMES** 10:00am - 12:00midday

COST FREE, donations welcome **KEY** 

LOCATION The Foyer Annex, Dominion Rd, Bath, BA2 1DF

CONTACT Tel: 01225 984 637 or Email: services@traumabreakthrough.org

Woodland People - EcoWild

Group Overview - This is a place where you will enjoy the beauty of the woods in the comfort of the roundhouse, and be supported to reflect on your responses to the CEE, a place where we can experience ourselves as part of a greater living whole, through practices and discussion in the woods.

You need to be in a stable place, managing your own mental health.

Who is the group for - You will be someone who already creates time to be alone in nature as a fundamental part of being alive and well.

WHEN Fridays, monthly **TIMES** 12:00midday - 2:30pm

COST £ scale / pay what you can **KEY**

LOCATION Greyfields Woods, High Littleton, BS39 6XZ

CONTACT **Tel:** Emily Malik 07812 155 659 or **Email:** emily@ecowild.org.uk

Young Mum's Wellbeing Sessions - YCSW

Group Overview - Run by Youth Connect South West (YCSW). The sessions support young mums aged 25 and under to focus on their wellbeing and self-care, whilst their children are looked after at the free creche.

Start day to be confirmed, contact YCSW for more information.

Who is the group for - Young mums aged 25 and under.

WHEN Wednesdays (TBC) **TIMES** 11:00am - 12:00midday

COST FREE **KEY** 

LOCATION Southside Youth & Community Centre, Kelston View, Bath, BA2 1NR

CONTACT **Tel:** 01225 396 980 or **Email:** contact@ycsw.org.uk

Organisations Supporting People in BANES

One-to-one Support

Advocacy	Have a Voice
Befriending / Combating Loneliness	Health & Wellbeing
Bereavement	Housing Support
Counselling	LGBTQ+
Dementia & Parkinson's Support	Mental Health Support - Community
Drugs & Alcohol Support	Mental Health Support - NHS Trust
Eating Disorders & Disordered Eating	Perinatal Support
Employment Related Support	Reading
Ethnic Minority Support	Refugee Support
Family & Friends Support	Senior Citizen Support
Financial Wellbeing	Sexual Health
Food	Veterans & Armed Forces
Funding	Violence, Domestic Violence & Abuse
General Support	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

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 ▶ Mental health issues ▶ Learning difficulties ▶ Physical disabilities ▶ Problems associated with old age ▶ Problems associated with social exclusion or isolation ▶ Gender identity

How to access:

Tel: 03333 447 928 (local rate charge), Mon - Thurs (9:00am - 4:30pm), Fri (9:00am - 4:00pm)

Email: vocas@swanadvocacy.org.uk **Website:** swanadvocacy.org.uk

Befriending / Combating Loneliness

Bath Mind Befriending Service

Bath Mind's Befriending Service is based at the Community Wellbeing Hub and supports adults (16+) needing regular telephone contact if they are feeling lonely or isolated, anxious or have low

mood. Our team of experienced staff are there to listen and offer advice to promote positive health and wellbeing, accessing wider services and communities and building confidence.

How to access: Self or agency referral

Tel: 0300 247 0050 **Website:** www.bathmind.org.uk

Chew Valley & Keynsham Befrienders

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

Provides professional and confidential bereavement support via trained bereavement volunteers. One-to-one support via telephone or Zoom sessions and online bereavement webinars.

How to access:

Helpline: 0808 808 1677 **Email:** bath@cruse.org.uk **Website:** www.cruse.org.uk

Bereavement Support Keynsham

We are here offering those suffering bereavement a safe place to explore their emotions. If you would like a tea/coffee and to talk to one of our trained volunteers or to share your thoughts with others experiencing bereavement, please get in touch. The sessions which are free are not restricted to people who live in Keynsham and Saltford.

How to access: Drop-in sessions, held in the Baptist Church Hall, Keynsham (our support service is not church provided or sponsored):

- Fourth Monday of the month, between 2:00pm - 4:00pm,
- First Wednesday of the month, between 5:30pm - 7:00pm

Tel: 07776 493 221 **E-mail:** bereavementkeynsham@gmail.com

Website: bereavementsupportkeynsham.wordpress.com

Survivors of Bereavement by Suicide (SOBS)

SOBS exists 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 Support Line: 0300 111 5065, 9:00am - 7:00pm, Monday to Thursday.

National email Support Line: email.support@uksobs.org

How to access:

If you'd like to attend the Bath Support Group, please contact us (by email if possible, or text) and we'll arrange a telephone chat to tell you all about the group.

Tel: Ann 07498 179 229 **Email:** bath@uksobs.org **Website:** uksobs.org

Counselling

Bath Mind Counselling Service

Bath Mind offer an affordable counselling service for individuals aged 16+ looking to benefit from talking therapies. Counselling services are offered at two locations in Bath city centre.

How to access: Self-referral

Email: counselling@bathmind.org.uk **Website:** www.bathmind.org.uk

Focus Counselling

Focus Counselling provides 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: Self-referral, call to book your initial assessment (assessments can be done via Zoom, telephone or face-to-face).

Tel: 01225 330 096 **Email:** Office@focusbath.com **Website:** www.focusbath.com

Bath Relate

Relationship counselling service.

How to access:

Tel: 01225 465 593 **Email:** enquiries@relate-avon.org.uk **Website:** www.relate-avon.org.uk

Dementia & Parkinson's 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 face to face, over the phone or in writing. Check our website for updates. If you have questions or concerns about dementia, you can get phone support from a Dementia Support Worker by calling the National Helpline 0333 150 3456.

How to access:

Tel: Local BANES Dementia Support Team on 01174 727921 and leave a message

Email: bath@alzheimers.org.uk **Website:** www.alzheimers.org.uk

Carer's Information & Support Programme (delivered via Zoom), Alzheimer's Society

Get information to help support someone with dementia and look after yourself. Our Carer's Information & Support Programmes are for family, friends and carers of people with dementia. A friend or relative may have recently been diagnosed or have had dementia for some time. Build your support network and find out more information about dementia in BANES. The sessions are run by skilled, compassionate and experienced staff. We run multiple programmes throughout the year. For more information about times and dates, please do get in touch.

How to access: **Email:** crispbswd@alzheimers.org.uk **Website:** www.alzheimers.org.uk

Forget Me Not Club

An inclusive day club for people with dementia or memory problems and those experiencing social isolation. We operate Mon - Fri, 10:00am - 3:00pm. Our aim is to provide a stimulating & safe environment for people with dementia and to support carers to have a respite break. We offer a chance to make friends, a 2-course lunch and refreshments throughout the day, stimulating activities, entertainment, exercise classes and trips, support with personal care and toileting, dementia trained staff, and fully insured service. A charge is made for our service.

How to access:

Tel: Ruth Lane 07958 143 164 **Venue:** Bath City Football Club, Twerton, Bath, BA2 1DB

Parkinson's UK Bath & District Branch

Offers advice, support and social activities to people with Parkinson's, their families and carers. Coffee morning 3rd Saturday of month, 10:30am-12:00midday, The Weston Free Church hall (Moravian), High Street, Weston, Bath, BA1 4DB. Midweek coffee mornings, various days, in Frome, Keynsham, Midsomer Norton, Gurney Slade and Shepton Mallet, plus pub lunches and bowls. All welcome.

How to access:

Email: bathparkinsons@gmail.com **Facebook:** www.facebook.com/PDBathAndDistrict

Website: localsupport.parkinsons.org.uk/provider/bath-and-district-branch

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.

How to access:

Tel: 01225 329 411 **Email:** TheBeehive@dh bath.org.uk **Website:** www.dhi-online.org.uk

Address: St James' Parade, Bath, BA1 1UL

Bath Mind Dual Diagnosis Service

Our Dual Diagnosis Service is provided by Bath Mind in collaboration with Developing Health and Independence (DHI) and supports people who are working on recovery from drug or alcohol use by offering mental health support at the same time.

- A variety of mental health support is offered including:
- emotional support
- support with coping strategies
- signposting for where to get support locally for mental health needs
- support to access local mental health services such as a GP or suitable recovery services

How to access: This service is available for people over the age of 18 and living within B&NES who are already engaging with DHI services. If you would like a referral to this service, let a member of the DHI team know and they will complete a referral with you.

Email: RachelHingston@bathmind.org.uk **Website:** www.bathmind.org.uk

West Country Narcotics Anonymous - Online meetings group

How to access: **Tel:** 0300 999 1212 **Find a group:** ukna.org/meetings/westcountry

Eating Disorders & Disordered Eating

Eating Disorder Support App

The free App provides information, gives support and signposts useful sources of help. It is evidence-informed and co-created with people who have lived experience of eating disorders.

How to access: Free download at www.expertselfcare.com/eating-disorder-support-app/

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 on a Thursday evening (alternating between face-to-face and online sessions).

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:** EDSG@focusbath.com **Website:** www.focusbath.com

SWEDA

We provide support to anyone affected by eating disorders, including their family and friends. We are here to support and listen to you, wherever you are on your journey. Our services include one to one therapeutic support and support groups, which can be accessed via online, telephone and face to face. We also provide parent workshops and training to professionals.

How to access:

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

Talk ED - Let's Talk Eating Disorders

We provide on-going care, emotional support and practical guidance for anyone affected by eating disorders and eating distress. Our support services include 1:2:1 support calls, peer support groups, befriending, first steps to recovery workshops and e-resources.

How to access:

Website: www.talk-ed.org.uk

EATING DISORDER SUPPORT APP

Useful information, self-care tips and links to support - all in one place. **FREE download**

Download on the **App Store** GET IT ON **Google Play**

Employment Related Support

1st Impressions

Bath-based Community Interest Company offering a free service to women to help them make the best first impression at interviews. We provide help in interview techniques as well as clothes, accessories and a styling service to help our clients prepare for their interview day.

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 runs 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

If you want to feel better about your work life. Future Bright could offer you a personal career coach to help you develop and achieve your goals. Whether you want to progress and increase your salary, boost your confidence, change career or even just improve your mindset, having someone in your corner to offer support and guidance can make a huge difference. Future Bright is completely free, impartial and tailored to each individual. The level of support may vary depending on individual circumstances. We can offer the following:

- 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, 9:00am - 5:00pm **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 737 676 **E-mail:** BSWIPS@richmondfellowship.org.uk

Website: www.richmondfellowship.org.uk

Somerset Skills & Learning (SS&L)

Somerset Skills & Learning provides adult education, apprenticeships and traineeships. As well as offering skills and qualifications, we also have 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.

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

Tel: Lucy Hill, Community Partnerships Co-ordinator on 03303 327 997

Email: enquiries@sslcourses.co.uk **Website:** www.sslcourses.co.uk

Skills Bootcamps, Bath Spa University

Skills Bootcamps are short courses of up to 12 weeks that allow you to build up sector-specific skills (i.e. Digital Marketing, Entrepreneurship for Beginners, Immersive Media Essentials) and support you towards employment. They're for adults who want to retrain, pursue a career in a new field or start their own business. These courses are fully funded by the Department for Education

and help you gain skills for life, help support skills demands in your area and ultimately help you take the next step in your career journey.

How to access:

Tel: 01225 875 875 **Email:** shortcourses@bathspa.ac.uk

Website: www.bathspa.ac.uk/courses/short-courses/skills-bootcamps

Women's Work Lab

Support for unemployed mums in receipt of Universal Credit or equivalent benefits to become work ready. Our programs are for mums who are 19yrs+ (no upper age limit) and involve part-time classroom-based training and work placements all run during school hours, in school term time. Programmes include a 12-week programme focussed on building confidence, ambition and employability skills with 4 weeks spent on placement.

Post-programme 1:1 career and coaching support is provided for up to a year.

Our mums may face challenges including domestic abuse, lone parenting, children with SEN or home displacement.

How to access: Contact Sophia **Tel:** 07300 840 732

Email: Sophia@womensworklab.co.uk **Website:** www.womensworklab.co.uk

Ethnic Minority Support

Nilaari

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

BANES Parent Carer Forum

The Parent Carer Forum (PCF) represents the views of the parent carers of children and young people with SEND from birth - 25 years at strategic (and other) meetings within the Local Authority and Integrated Care Boards. The young person does not need a diagnosis. Everyone involved in running the PCFi is a parent carer themselves. We hold events and social gatherings to collect views, share experiences, swap ideas and meet other parent carers who understand. There are weekly cafe style meet-ups, a monthly evening meet and workshops on a wide range of topics affecting parent carers and their children. We also send a monthly newsletter. We have a website and Facebook pages. All our events are free and it is free to join the forum.

Anyone who spends any time caring for a young person with SEND is very welcome to join us.

How to access:

Email: info@banespcf.co.uk **Website:** www.banespcf.co.uk

Carers' Centre

The Carers' Centre provides a community for unpaid carers, with access to trusted information, advice, activities 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 9:00am - 1:00pm and can provide information, advice and support with;

- Changes to your caring role
- Preparing for a Carers Assessment
- Planning for the future and emergencies
- Providing one to one support planning sessions
- Applying for grants

- Helping you to look after your health and wellbeing

The Carers' Centre also offers support and wellbeing activities to young carers (18 years old and below).

How to access:

Tel: 0800 0388 885 (Mon to Fri, 9:00am - 1:00pm) **Email:** support@banescarerscentre.org.uk

Website: www.banescarerscentre.org.uk

Address: The Carers' Centre, Woodlands, Lower Bristol Road, Bath, BA2 9ES

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. 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

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:

Tel: 01225 331 243, Mon to Thurs 9:00am - 5:00pm, Fri 9:00am - 4:00pm

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, Whatsapp or email Ange Owens, Mediation Worker/Housing referrals for BANES young people

Tel: 07966 140 779, Mon-Thurs 9:00am - 5:00pm, Fri 9:00am - 4.30pm

Email: timetotalk@curo-group.co.uk

Financial Wellbeing

Bath Mind Welfare Benefits service

Bath Mind are part of a joint project with Citizens Advice Bath & NE Somerset, advising clients on complex benefit problems. Our clients are advised by our own caseworker.

- Identify what benefits they can claim
- Maximise income via better off calculations
- Fill in benefit forms
- Challenge decisions
- Negotiate with DWP, inc. Job Centre
- Appeal decisions

How to access: Unfortunately, due to the high demand for our service and the complex nature of the work, our caseworker does not take outside referrals. All referrals are taken by Citizens Advice. If you need help with your benefits, please contact Citizens Advice directly.

Freephone: 0808 278 7897 **Website:** www.bathmind.org.uk

Citizens Advice Bath and North East Somerset

Citizens Advice is an independent charity that provides free, expert advice that is impartial, independent and confidential. We help people with multiple, complex issues. Our areas of advice cover benefits, debt, discrimination, employment, family, housing, immigration and more. 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, 9:00am - 8:00pm. **Website:** www.nationaldebtline.org

Food

Action Pantry (an initiative of Mercy in Action)

Providing fresh food and store cupboard essentials to families on low income in and around Bath. As an organisation we are bridging the gap between food producers and supermarkets to ensure surplus food is not wasted to landfill. Action Pantry members pay a nominal weekly sum of £3 - £5 for membership depending on the size of the household. In special circumstances, we may be able to organise deliveries for members living in our local area.

Running alongside Action Pantry is Clothesline, a service providing quality clothing to 5 - 15 year olds. For non-pantry members, a referral must be made by a professional.

How to access:

Referrals can be made by professionals such as social workers, teachers and support workers.

You can download a referral form on our website www.mercyinaction.org.uk/action-pantry

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:** 07512 591 734 (8:30am - 8:00pm)
- **Email:** info@keynsham.foodbank.org.uk
- **Somer Valley area - Tel:** 07729 523 986 **Email:** info@somervalley.foodbank.org.uk

Foodcycle

Come and enjoy company and conversation with others from your local area over a delicious meal, prepared with care by FoodCycle volunteers. Free meals every Wednesday at 7.00pm, Nexus Methodist Chapel, Nelson Place, BA1 5DA. The service is for anyone in the community. We don't ask questions and everyone is welcome. We work within lots of different communities and meet all kinds of people at our projects. Many of our guests include older people, people dealing with mental health issues, those affected by homelessness, low-income families, asylum seekers and refugees, and people who are long-term unemployed.

How to access: No referral needed, just turn up. When arriving please queue along the left-hand side of the building. Doors open 6:45pm

Contact: Alex Hatherly, Area Manager - Southern England & Wales

Tel: 020 77 292775 **Email:** bath@foodcycle.org.uk **Website:** www.foodcycle.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: 7:00am - 10:00am, Lunch: 1:00pm - 2:00pm and Dinner 7:00pm - 8:00pm.

How to access: Clients can self-refer or be referred by professionals.

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

Weston 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 12midday - 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:** westonhub.org.uk

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

Funding

Crisis 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, funeral cost contribution, utility bills, rent arrears, Council Tax arrears, bankruptcy application fees, debt relief order fees, educational courses, counselling/therapy, mentoring and clothing.

How to access:

Referral only. For more information, please visit our website or contact our funding team.

Tel: 01225 486 452 **Email:** grants@stjohnsbath.org.uk **Website:** stjohnsbath.org.uk

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

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 700 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

Address: Share and Repair Shop, 3 York Buildings, George Street, Bath, BA1 2EB

Clothesline, Mercy in Action

Providing free clothing for children, aged 5-15, in families on a low income 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 Mercy in Action, 11 Foxcote Avenue, Peasedown, Bath, BA2 8SF, Mondays & Fridays.

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

Tel: 01761 439512 **Email:** enquiries@mercyinaction.org.uk

Website: www.mercyinaction.org.uk/clothesline

Warm Spaces

More than 20 warm spaces across Bath & North East Somerset are now open and welcoming residents. Warm Spaces offer respect, dignity and warmth and everyone is welcome.

How to access: Find them listed on the Warm Spaces directory on Live Well B&NES:

<https://livewell.bathnes.gov.uk/warm-places-list>

Have A Voice

Healthwatch BANES

We are the independent champion for people who use health and social care services. We're here to make sure that those running services put people at the heart of care. 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 & 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, awareness talks and events. Feel valued, build new skills, improve confidence and develop your CV.

How to access: Contact Jo Woodsford, Local Involvement Co-ordinator

Tel: 07714 174 462 **Email:** j.woodsford@nhs.net

Health & Wellbeing

All Cycle 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 a weekly 'Tuesday Twilight' session and fortnightly Saturday sessions.

How to access: Via referral or informally **Tel:** Chris on 07530 263 014

Email: info@allcyclebathandwest.com **Website:** www.allcyclebathandwest.com

Adult Social Care - First Response

For safeguarding, social care and occupational therapy referrals.

How to access:

Tel: 0300 247 0203 and select option 2

Phone lines are open Monday to Thursday, 8:30am to 5:00pm and Fridays, 8:30am to 4:30pm.

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.

For more information contact us on:

Tel: 01225 310 077 **Email:** vcl.splinkworkerbanes@nhs.net

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

Bath Mind

We are a local and independent mental health charity, working at the heart of the community in Bath & North East Somerset. We are here to support you with your mental health and wellbeing and provide local, life-changing services for all to access. We offer both 1:1 and group services across B&NES.

An overview of Bath Mind Services:

- Wellbeing groups (peer support, photography, art, yoga, theatre, crafting, gardening, cooking)
- Physical activity groups - Badminton, table tennis, football, wellbeing walks
- Young person peer support group (16-25)
- Befriending
- Supported living - Community Support (offering 1:1 support in the home) this is a chargeable service
- The Intensive Outreach Service
- Welfare Benefit Advice Service
- Affordable counselling
- Housing - registered care home and minimum support, plus our crisis accommodation at Orchard House

- Breathing Space - 365 days of evening support for people experiencing or at risk of a mental health crisis
- Public courses provided in Mental Health First Aid, Suicide First Aid and Wellbeing in the Workplace

How to access:

Tel: 0808 175 1369 **Email:** access@bathmind.org.uk **Website:** www.bathmind.org.uk

Community at 67

Volunteer run charity in Keynsham. We work to promote social cohesion, by bringing together different social and generational groups, improving our community and building trust through interaction between community members. This creates a sense of pride in our community and a feeling of belonging. We aim to provide a safe and neutral space for different groups to socialise and increase engagement. We run many events, educational classes and social gatherings.

How to access:

Tel: 01225 312 191 **Email:** enquiries@community-67.org **Website:** www.community-67.org

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, Mon - Fri, 9am - 5pm **Email:** BATHNES.thehub@hrcrgcaregroup.com

Website: communitywellbeinghub.co.uk

EcoWild CIC

Face-to-face outdoor wellbeing sessions for anyone who wants to improve their physical/mental health and is self-managing, or can attend with support if needed. Inspiring nature-based approach to build sense of wellness and develop habits for resilience and self-care. Free-to-access courses held in Waterside Valley, Westfield; Midsomer Norton Town Park; Greyfield Woods; The Community Farm Chew Magna and at Combe Hay Vineyard woodland. Initial support offered for anyone who wants to find out more about the sessions and build confidence to potentially participate; either a phone call or a 1:1 meeting at a mutually convenient location.

How to access:

Self or agency referral - register on the website.

Tel: Emily 07812 155 659 **Email:** emily@ecowild.org.uk **Website:** ecowild.org.uk

Grow for Life

Grow for Life provides therapeutic gardening sessions in and around Bath as well as from the Walled Garden, their base in Newton St. Loe. We provide a safe space to grow in confidence, connect with other people, and learn new skills. When you join a Grow for Life course or session, we help to nurture you so you flourish. Our sessions really improve well-being and benefit you if you are struggling with low confidence, anxiety, depression or isolation. Please enquire for details.

How to access: Contact Eleanor

Tel: 07729 906223 **Email:** info@growforlife.org.uk **Website:** www.growforlife.org.uk

HCRG Care Group

Our wellness service (NHS funded) offers a wide range of FREE health and wellbeing support including: stopping smoking, weight management, healthy families, physical activity and diabetes education support.

We also offer a range of free face-to-face and online wellbeing courses and support.

How to access:

Tel: 0300 247 0050 **Email:** BATHNES.thehub@hrcrgcaregroup.com

Website: bathneshealthandcare.nhs.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

Make A Move

Make A Move is a charity that helps people make positive changes in their lives and improve their mental health using movement, music, art, mindfulness and a range of other creative and therapeutic techniques. We work with older people, young adults with learning disabilities, mothers with postnatal depression and children in schools.

How to access:

Tel: 07595 702 874 **E-mail:** info@makeamove.org.uk **Website:** www.makeamove.org.uk

Off The Record (OTR), Bath and North East Somerset

Off the Record improves the emotional health and wellbeing of young people. We want every young person in B&NES and beyond to be emotionally healthy, confident and empowered in themselves. We provide a range of free services for anyone aged 10-25 living, working or studying in B&NES, including counselling, listening support, youth participation, advocacy, support for care leavers and a LGBTQ+ focused youth group.

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

Tel: 01225 312 481 (Bath Office) **Text:** 07753 891745 (Listening Support)

Email: office@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 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. Please note: we are not able to support people who are in crisis or those who require 1:1 support

Tel: Louise or Sophie on 01225 388 565 **Website:** www.holburne.org

Email: l.campion@holburne.org or s.williams.brown@holburne.org

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 music therapy groups, individual music therapy sessions, open music groups, music groups for unpaid carers, singing groups, outreach sessions, and projects with partner organisations.

How to access: Via referral - please get in touch for more information.

Tel: Chloe Buttery on 0300 365 3400 **Email:** Chloe.buttery@soundwell.org.uk

Website: www.soundwell.org

The Active Way

A range of free activities to increase the health and wellbeing for the people in the Somer Valley. A range of walking, wheeling, and cycling activities:

- Led walking groups
- One to one led walks
- Inclusive cycling sessions
- Adult and family cycle training
- Group led cycle rides

- Bicycle hire
- Creating active lifestyles with online support
- Route sharing, creation and journey planning
- Community grants to support groups to help get people active

How to access: Via referral or self-referral

Tel: 01225 477590 **Email:** info@theactiveway.co.uk **Website:** theactivewaybathnes.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 based charity, the Life Project has a lifelong commitment to people with learning disabilities plus their families and carers. We offer family support, day services, discipleship and worship, and a range of social activities and groups.

How to access: Via referral.

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

The Urban Garden CIC

The aim of the Urban Garden is to help people with mental health issues/other life challenges to gain confidence, improve their wellbeing, and move further towards work and education.

We offer accredited horticulture training for adults on a low income. Our courses will allow you to learn, develop and practise the skills required for progression into the horticultural sector.

We also offer 3–6-month work placements for long term unemployed people looking to work in the horticultural sector or for those that would like to gain more experience in retail.

How to access:

Tel: Sophia Rowe 07877 846 488 **Email:** info@theurbangarden.org.uk

Website: www.theurbangarden.org.uk

Location: The Urban Garden, Marlborough Buildings, Bath BA1 2LZ

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

Travelling Communities Support Service, Julian House

The Travelling Communities Support Service aims to improve the lives of Gypsy, Showpeople, Roma, Boater and Traveller communities across BANES & Wiltshire. The dedicated outreach team provide flexible and holistic 1:2:1 support, tailored to the needs of the individual:

- In person or telephone support to see what you need and how we can help
- Help to access local services such as health appointments
- Liaison with the Canal and Rivers Trust and other relevant agencies

How to access:**Tel:** 01225 354 650 or 07946 200 271**Email:** grtb@julianhouse.org.uk **Website:** www.julianhouse.org.uk**Village Agents, WERN**

Village Agents link people Bath and North East Somerset 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 using the Community Wellbeing Hub online form <https://communitywellbeinghub.co.uk/for-professionals>

Tel: 01275 333 700 **Email:** villageagents@wern.org.uk**Website:** www.wern.org.uk/banes-village-agents**Wellbeing Courses**

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, Mon to Fri 9am - 5pm **Email:** wellbeingcourses@hrcgcaregroup.com**Website:** www.wellbeing-courses.co.uk**Youth Connect Wellbeing Support**

One-to-one wellbeing support for 16 to 19 year olds experiencing mild to moderate mental health issues. This service offers a confidential space for you to offload and learn ways to manage your mental health. It is flexible to your needs but may include weekly wellbeing walks, conversations or positive activities.

How to access: Via our online referral form on our website

Email: wellbeing@ycsw.org.uk **Website:** www.youthconnectsouthwest.org.uk/wellbeing-support**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: 07903 168 674 **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 neighbours 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*).

Outreach BANES

The homeless outreach team is a multi-agency team made up of Julian House, DHI and Avon and Wiltshire Mental Health Partnership NHS Trust (AWP). The outreach team in BANES are out on the streets 5 days a week, ensuring that anyone who has been forced to sleep rough, or is leading a street-based lifestyle, understands the options available to come in. You can expect:

- A visit by staff to where you are sleeping or spending time on the streets
- An offer of accommodation either locally or re-connecting back home
- Information on services that provide food, drug/alcohol treatment, mental health support, internet access, clothes, washing facilities, activities, weekly day centre provision

The staff signpost individuals to the outreach weekly drop-in sessions (Bath One Stop Shop - Tuesday & Thursdays 1pm-3pm), book one to one individual appointments and complete referrals to other services.

How to access:

Tel: 07757 727 016 or **Email:** bathoutreach@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

Petra (Homes for Women)

Petra is a housing project providing supported accommodation (low to medium support) to young mothers and mothers-to-be, aged 16-25 who are homeless or facing risk of homelessness. Our homes provide to prepare mums for independent living. We have a team of trauma informed professionals in house Monday to Friday from 10am to 2pm. They are equipped to provide nurturing and helpful guidance during these most vital early months. Petra homes are safe and

secure, nurturing an environment where mums and babies can build strong and loving attachments.

How to access:

To self-refer or for more information, get in touch through email or telephone. For professionals, please download and complete the online referral form on our website.

Tel: 07425 805 853 **Email:** petra.admin@mercyinaction.org.uk

Website: www.mercyinaction.org.uk/petra-project

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 (BANES)

Bath and North East Somerset (BANES) Floating Support is a short to medium-term service for people with mental health problems 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.

How to access: You will need to make a referral to the Bath and North East Somerset Housing and Support Gateway.

Tel: 01225 422156 **Email:** fsbanes@second-step.co.uk **Website:** www.second-step.co.uk

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: This is a national service that can be accessed by anyone.

Tel: 0300 330 5468, Mon & Fri 8:00pm - 11:00pm **Website:** mindlinetrans.org.uk

Switchboard LGBTQ+

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

How to access:

Tel: 0800 0119 100, 10:00am - 10:00pm, every day

Email: hello@switchboard.lgbt **Website:** switchboard.lgbt

SPACE LGBTQ+ Youth Group - Off The Record (OTR), BANES

OTR offers a range of support to young people aged 10-25 living, working or studying in Bath and North East Somerset who identify as Lesbian, Gay, Bisexual, Trans, Asexual, and /or questioning or unsure of their sexuality and/or gender identity.

How to access:

Tel: 01225 312 481 **Email:** office@offtherecord-banes.co.uk

Website: www.offtherecord-banes.co.uk/space-lgbtq

Mental Health Support - Community

Bath Mind

We are a local and independent mental health charity, working at the heart of the community in Bath & North East Somerset. We are here to support you with your mental health and wellbeing and provide local, life-changing services for all to access. We offer both 1:1 and group services across B&NES.

An overview of Bath Mind Services:

- Wellbeing groups (peer support, photography, art, yoga, theatre, crafting, gardening, cooking)
- Physical activity groups - Badminton, table tennis, football, wellbeing walks
- Young person peer support group (16-25)
- Befriending
- Supported living - Community Support (offering 1:1 support in the home) this is a chargeable service
- The Intensive Outreach Service
- Welfare Benefit Advice Service
- Affordable counselling
- Housing - registered care home and minimum support, plus our Crisis accommodation at Orchard House
- Breathing Space - 365 days of evening support for people experiencing or at risk of a mental health crisis
- Public courses provided in Mental Health First Aid, Suicide First Aid and Wellbeing in the Workplace

How to access:

Tel: 0808 175 1369 **Email:** access@bathmind.org.uk **Website:** www.bathmind.org.uk

Bath Mind Access Community Mental Health

The Access Community Mental Health (ACMH) team helps people to access the correct mental health support for them, and learn more about other services in the local community.

If you need some support with your mental health, ACMH's experienced team will walk alongside you every step of the way. This support includes:

- support to help you to achieve your goals
- discussions around local services for you to try
- encouragement and support to access mental health services such as counselling
- a trained and friendly team member that you can rely on

The ACMH team will also help you to plan your next steps, with a focus on future independence.

How to access: Self-referral or agency

Tel: 0808 175 1369 **Email:** access@bathmind.org.uk **Website:** www.bathmind.org.uk

Bath Mind Community Support Service

Our successful and B&NES accredited Community Support service offers a range of 1:1 interventions including practical assistance to people living in their own homes, helping people live independent and fulfilling lives. The service offers support with building self-confidence, health and wellbeing, daily living skills, budgeting, social connections, housing issues and accessing community facilities. It costs £24.50 per hour.

How to access: Self referral **Email:** wendysteeds@bathmind.org.uk

Website: www.bathmind.org.uk

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

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.

Wellbeing House

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.

The Wellbeing House is staffed 5 days a week, with support available from 10am – 2.30pm, and emergency on-call staff available outside of staffed hours.

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

Aims to help people access support for a range of common mental health problems. Talking therapies provides a service for people registered with a GP in Bath and North East Somerset and offers one-to-one therapy and online or in-person courses.

The three main types of support we offer are:

- self-help resources, for example information leaflets, relaxing audio media and access to the SilverCloud website to help with difficulties such as stress, low mood, anxiety and some long-term physical health conditions, This is an online CBT programme with secure access from a computer, tablet or mobile phone with a login. You can find a range of useful media and links in our self-help resources section.

- courses and workshops which you can attend online.
- one-to-one appointments, assessments and therapy sessions.

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.awp.nhs.uk/our-services/talking-therapies/talking-therapies-banes

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 and support will be given. The advice may be on how to access local community groups, or other self-help advice. If we feel you need more specialist treatment then we will transfer your care into one of the specialist Mental Health services.

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

How to access: Via your GP surgery, Mental health professional 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 experiencing 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 Bath, 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

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, Mon-Fri, 10:00am - 5:00pm (excluding bank holidays)

Email 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

Bath Welcomes Refugees (BWR)

BWR is a small charity which supports refugees and asylum seekers residing in Bath and the surrounding areas. We currently support over 300 families and individuals who had to flee their war torn countries due to conflict. Our activities include resettlement support, ESOL language classes, tutor groups, after school clubs, employability support, monthly social gatherings, donations and fundraising.

How to access:

Email: info@bathwelcomesrefugees.org.uk **Website:** www.bathwelcomesrefugees.org.uk

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 or text 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

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/bathandnortheastsomerset

Bath Ethnic Minority Senior Citizens Association (BEMSCA)

BEMSCA offers services around advocacy, support with Care Act Assessments, support with GP, hospital, health and social care appointments, referrals to partner agencies and joint working with other agencies, outreach visits (in person and via telephone), wellbeing checks, food delivery, warm space, signposting to other agencies, language services, health and wellbeing workshops, transport provisions, day excursions, shared lived experiences (through reading and writing), community events, exercise classes, yoga and arts and crafts sessions, First Step Mental Health Advocacy Service and a new warm space.

Day service activities open to older people from ethnic minority backgrounds.

How to access:

Self-referral or agency referral (via email or telephone). If a referral needs more discussion or a taster day to be arranged, please call and discuss for further information.

Address: BEMSCA at Fairfield house, 2 Kelston Road (via Partis Way) Bath, BA1 3QJ

Tel: 01225 464 165 **Email:** Admin@bemsca.org.uk **Website:** www.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**Goldies Sing & Smile**

Goldies' 'Sing & Smile' sessions take place in a range of local community rooms, church halls and libraries by our dedicated freelance leaders. Goldies recognises the issues of loneliness amongst the increasing older population. It gives vulnerable people a reason to get out, to be with others, laugh, sing out (to popular hits of the 50s, 60s and 70s), and to make new friends.

How to access:**Tel:** 01761 470 006 **Website:** www.golden-oldies.org.uk**Silver Line** (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 offer a varied weekly timetable of good living activities designed to improve mental, physical and emotional wellbeing in over 55's.

How to access:**Tel:** Call the team on 01225 486 401 and press option 6**Email:** goodliving.enquiries@stjohnsbath.org.uk **Website:** www.stjohnsbath.org.uk

Sexual Health

SAFE BANES

Need sexual health advice? This webpage resource has all the latest information on how to access sexual health and relationship services in BANES and advice on 'looking after your sexual health'. You can also access 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: 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.theriversideclinic@nhs.net **Website:** www.ruh.nhs.uk/sexualhealth

Veterans and Armed Forces

SSAFA (Soldiers', Sailors' & Airmen's Families Association)

SSAFA, the Armed Forces charity is a trusted source of support for veterans, serving personnel, and their families in their time of need. We know about the unique demands of service life, whether in the UK or overseas, and we continue to meet the demand for support to enable the entire Armed Forces family to thrive.

SSAFA understands that behind every uniform is a person and we are here for that person and their family, any time they need us and in any way they need us.

How to access: Contact the South West Regional office - no referral necessary.

Tel: 0204 566 9131 **Email:** southwest.region@ssafa.org.uk **Website:** www.ssafa.org.uk

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/Any age

24hr Support Tel: 0117 342 6999 **General Support Tel:** 0117 342 6999

Email: TheBridge@UHBW.nhs.uk **Website:** www.thebridgecanhelp.org.uk

Galop

Galop is the UK's leading specialist LGBT+ anti-violence and abuse charity. Our team has decades of experience in supporting LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse.

How to access:

Tel: 0800 999 5428 **Email:** help@galop.org.uk **Livechat:** www.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. All victim-survivors of sexual violence can use our helpline and e-support services.

Our counselling sessions are offered online or over the telephone, as well as in-person. Clinical staff are undertaking assessments with clients to ensure that they have a safe space within their home to access support. We are a proudly trans inclusive organisation and support all survivors.

How to access:

Survivors (with their prior permission) can be referred to SARSAS by an agency or professional, and can refer themselves, by calling the helpline or using our online form: tinyurl.com/2s3jth9p

Helpline: 0808 801 0456 **E:Support:** support@sarsas.org.uk **Website:** www.sarsas.org.uk

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.

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.

How to access:

Tel: 08081 689 111 **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.

How to access:

Tel: 01225 984 189 **Text:** 07523 506 239 **Email:** info@voicescharity.org

Website: www.voicescharity.org

Unseen

The UK Modern Slavery & Exploitation Helpline operates 24/7, 365 days a year. It is free to use, available in more than 200 languages and confidential. Our expert Helpline Advisers are there for support and advice, not only for victims of modern slavery, but for the public, businesses and statutory agencies like the police, NHS and local government. If you need help, have concerns, or need advice, call us on 08000 121 700.

How to access:

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

Modern Slavery Helpline: 08000 121 700 **Website:** www.modernslaveryhelpline.org

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, Tues, Wed & Thurs 9:00am - 4:00pm,

Email: bathnes.volunteerservices@hrcgcaregroup.com

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

Somer Valley Rediscovered

Volunteering with us is a chance for people in the Somer Valley to improve access and connect people to nature, supporting and enabling positive local action and improving health and wellbeing. Some of the activities we will be offering include land management, habitat surveying, and public engagement. Join us and help Somer Valley Rediscovered conserve this beautiful landscape, steeped in heritage and nature.

Tel: Volunteer Coordinator 01225 477 593 **E-mail:** somervalleyrediscovered@bathnes.gov.uk

Website: somervalleyrediscovered.co.uk

Local & National Helplines

24 hours a day, 365 days a year

Life threatening emergency / crisis	999
NHS 111 Non-emergency medical help & info on local services	111 (press option 2 for mental health crisis)
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
National Suicide Prevention Helpline	0800 689 5652
Rape & Sexual Abuse Support Line	0808 500 2222
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 & social services - Office hours)	0300 2470201
Anxiety UK	03444 775 774
Beat (eating disorders)	0808 801 0677
Carers UK	0808 808 7777
CALM (Campaign Against Living Miserably)	0800 58 58 58
Family Lives (formerly Parentline)	0808 800 2222
Mencap (learning disabilities)	0808 808 1111
Mankind (male victims, domestic abuse)	01823 334 244
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
Saneline	0300 304 7000
Switchboard (LGBTQIA+)	0800 0119 100
Womankind Bristol (women in distress)	0117 916 6461



Breathing Space:

TELEPHONE LINE AND EVENING SUPPORT HUB

bathmind.org.uk/breathingspace



**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 every evening from 17:30- 23:00.

0808 175 1369

BreathingSpace@bathmind.org.uk

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





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