

# The Hope Guide

**Spring 2022**

(Virtual version updated: 19/06/22)

## Support groups and activities in Bath & NE Somerset

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



*'Spring Flowers'* by L.G. - Fresh Art Participant

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



Virtual Hope Guide available at:  
**[www.bridges2wellbeing.co.uk](http://www.bridges2wellbeing.co.uk)**



# Introduction

Hello and welcome to the newly updated Hope Guide - 'Spring 2022' 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 team on **01225 486401** and **press option 6**, or email [goodliving.enquiries@stjohnsbath.org.uk](mailto:goodliving.enquiries@stjohnsbath.org.uk). Activities are also listed on their website: <https://stjohnsbath.org.uk/what-we-do/good-living-activities/>



# First Response Community Support

## Community Wellbeing Hub



The Community Wellbeing Hub offers one number that residents can call to access a range of services and advice that will help you to stay well and support your health and wellbeing. We offer support for :-



**Call 0300 247 0050**

Monday to Friday from 9 am until 5 pm

Alternatively, you can contact us by text: 07870 868368



**CWHBanes@hcrhcaregroup.com**



**communitywellbeinghub.co.uk**



Housing



Feeling isolated, lonely or anxious



Money advice & benefits support



Stopping smoking



Accessing food, transport or medication



Achieving a healthy weight

The Hub is a collaboration between Bath & North East Somerset Council, HCRG Care Group, and many third sector organisation representatives including Age UK, Bath Mind, Citizens Advice, Curo, DHI, 3SG



Keeping active & healthy



Employment issues & advice

## 24/7 Mental Health Response Line

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

**24/7 mental health response line**

**0800 953 1919**

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

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

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

## Live Well BANES

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

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





# Breathing Space:

TELEPHONE LINE AND EVENING SUPPORT HUB

[www.bit.ly/BreathingSpaceBath](http://www.bit.ly/BreathingSpaceBath)



**Calm, safe,  
supportive.**

## EVENING SUPPORT HUB

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



**A trained,  
listening ear.**

## TELEPHONE SUPPORT LINE

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

**01225 983130**

[BreathingSpace@bathmind.org.uk](mailto:BreathingSpace@bathmind.org.uk)

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



## Evening Support Hub

Oasis Church,  
Fountain  
Buildings,  
Bath,  
BA1 5DU.

*(Age 16+, registered  
with a BANES GP)*

## Polish translation

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

Jesli chciałbys porozmawiac z kims w jezyku polskim, zadzwon do Breathing Space. Polski pracownik oddzwoni do Ciebie w uzgodnionym terminie. Mozesz również wysłać do nas email a w jezyku polskim: [breathingspace@bathmind.org.uk](mailto:breathingspace@bathmind.org.uk).

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

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

Group / Activity	Organisation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Venue
1:2:1 Cycling Sessions	Wheels for All		✓						Bath
Active Hope for Our Environment	EcoWild / Creativity Works			✓					High Littleton
Carer Café	Carers Centre		✓						Bath
Carer Café	Carers Centre				✓				Keynsham
Carer Cafe	Carers Centre	✓							Midsomer Norton
Carers Café	AWP / Carers Centre				✓				Bath
Carers Support Group	KS2		✓						Bath
Co Create training and support programme	Creativity Works	Various							Bath
Feel Good Photography	Bath Mind / Creativity Works				✓				Bath
Feel Good Walks	Time Bank Plus		✓						Bath
Food for Thought	Bath Mind				✓				Bath
Fun Football	Bath Mind / Bath City Foundation				✓				Bath
Gardener's Lodge Art Group	Holbourne Museum			✓					Bath
Gardening Group	Somerdale Shed			✓			✓		Keynsham
Get Creative	Creativity Works		✓						Bath
Get Growing	Bath City Farm	✓		✓					Bath
Greenlinks @ Alice Park	Bath Mind		✓						Bath
Greenlinks @ Monksdale Road	Bath Mind		✓		✓				Bath
Greenlinks @ the Potting Shed	Bath Mind			✓					Radstock
Grow and Make	The Community Farm			✓					Chew Magna
Grow for Life	Genesis Trust				✓				Bath
Grow for Life	Grow for Life				✓				Bath
Grow for Life on a Saturday	Grow for Life						✓		Bath
Grow It, Cook It	Bath City Farm	✓			✓				Bath
Homeless Outreach Drop-In Service	Julian House		✓		✓				Bath
Hope Space	Bath Mind		✓						Bath
Hot Flush Disco (Mon)	Independent provider	✓							Bath
Hot Flush Disco (Thurs)	Independent provider				✓				Bath
Keynsham Snap n Stay	Creativity Works/ Bath Mind		✓						Keynsham
Keynsham Snap n Stroll	Creativity Works/ Bath Mind		✓						Keynsham
Lakeside Wellbeing	EcoWild	✓							Chew Magna
Life Course	Genesis Trust		✓		✓				Bath
Make & Mend	Somerdale Shed		✓						Keynsham
Men's Outdoors Group	EcoWild			✓					Midsomer Norton

Group / Activity	Organisation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Venue
Men's Shed	MSN Community Trust		✓			✓			Midsomer Norton
Men's Woodland Project Group	EcoWild			✓					High Littleton
Music & Movement	Make A Move				✓				Bath
Music Open Group	Soundwell Music Therapy Trust					✓			Bath
Music Support for Carers	Soundwell Music Therapy Trust					✓			Bath
Music Therapy	Genesis Trust		✓						Bath
Natural Pathways	Bath City Farm / Bathscape				✓				Bath
Okay Café (age 10-25)	Off The Record					✓			Bath
Old Acorn Barn	The Life Project		✓	✓	✓				Bath
Open Opportunities	Bath Mind	✓		✓					Bath
Parent/Carers Drop In Group	The Life Project		✓						Bath
Radstock Café Group	Bath Mind		✓						Radstock
Safe Space (age 16-25)	Bath Mind				✓				Bath
Saturday Club Cycling Sessions	Wheels for All						✓		Bath
Shedders Group	Somerdale Shed			✓			✓		Keynsham
Short Walks	Bathscape		✓						Bath
Singing For Wellbeing Group	Soundwell Music Therapy Trust				✓				Bath
Twilights Cycling Sessions	Wheels for All		✓						Bath
Walk & Talk	Mental Health Mates							✓	Bristol
Walking Football (Batheaston)	Bath City Football			✓					Bath
Walking Football (Odd Down)	Bath City Football	✓		✓					Bath
Wellbeing Walks	Bath Mind / Bathscape				✓				Bath
Wild Steps	The Community Farm					✓			Chew Magna
Women's Group	Genesis Trust		✓						Bath
Woodland Connect	EcoWild		✓						High Littleton
Writing Space	Creativity Works		✓						Bath
Yoga in Nature	Your Park				✓				Bath

## Group Guide (Face-to-face)



Accessible



Dementia Friendly



Hearing Loop



Food



Refreshments



Toilets



Parking

## 1-1 Cycling Sessions - Wheels for All Bath & West

**Group Overview** - Inclusive 1-1 cycling sessions using adapted bikes and tricycles.

**Please book in advance (via email) and get a start time** from us 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** Tuesday afternoons, weekly **TIMES** 2:45pm - 3:30pm (20mins pp)

**COST** £6.00 a session **KEY**      

**LOCATION** Odd Down Sports Ground Cycle Circuit, Bath, BA2 2PR

**CONTACT** Chris: 07530 263 014 or Email: [chris.revill@cycling.org.uk](mailto:chris.revill@cycling.org.uk)



## Active Hope for our Environment - EcoWild /Creativity Works

**Group Overview** - A pilot project to engage members of the community in varied creative sessions. By taking part you can express your emotions surrounding ecological breakdown using different creative forms, reconnect or develop your relationship with nature, and share, with the aim to reignite hope.

Dates: 18<sup>th</sup> May -29<sup>th</sup> June

**Who is the group for** - For anyone who has been worried about our planet in these uncertain times.

**WHEN** Wednesdays (6 session) **TIMES** 6:00-8:00pm

**COST** FREE / £5 donation **KEY**  

**LOCATION** Greyfield Woods, High Littleton

**CONTACT** Emily Malik: 07812 155 659 or Email: [emily@ecowild.org.uk](mailto:emily@ecowild.org.uk)

## Carer Cafe (Bath) - BANES Carers' Centre

**Group Overview** - Do you look after someone you know? It may be a family or friend that couldn't manage without your help. Meet others in a similar situation that understand the ups and downs of caring, over a relaxing cuppa in Bath.

**Who is the group for** - Adults looking after someone due to old age, illness, disability, mental health problem or an addiction

**WHEN** 2nd & 4th Tuesday, monthly **TIMES** 10:00am - 11:30am

**COST** FREE **KEY**     






**LOCATION** The Carers' Centre, The Woodlands, Lower Bristol Road, Bath, BA2

**CONTACT** Register interest on our website [here](#) or call 0800 0388 885

## Carer Cafe (Keynsham) - BANES Carers' Centre

**Group Overview** - Do you look after a partner, friend or family member in Keynsham? Come together over a lovely cuppa with others in your area. Socialise, share advice and take some dedicated time for you.






**Who is the group for** - Adults looking after someone due to old age, illness, disability, mental health problem or an addiction

<b>WHEN</b>	2 <sup>nd</sup> Thursday of the month	<b>TIMES</b>	2:00pm - 3:30pm
<b>COST</b>	FREE	<b>KEY</b>	    
<b>LOCATION</b>	The Chocolate Quarter, Trajectus Way, Keynsham, Bristol, BS31 2GJ		
<b>CONTACT</b>	Register interest on our website <a href="#">here</a> or call 0800 0388 885		

## Carer Cafe (Midsomer Norton) - BANES Carers' Centre

**Group Overview** - It can be difficult to look after our own health and wellbeing, when caring for someone else. Join a welcoming and supportive space, where you can share advice and enjoy chatting to new friends in Midsomer Norton.







**Who is the group for** - Adults looking after someone due to old age, illness, disability, mental health problem or an addiction

<b>WHEN</b>	1 <sup>st</sup> Monday of every month	<b>TIMES</b>	10:00am - 11:30am
<b>COST</b>	FREE	<b>KEY</b>	    
<b>LOCATION</b>	Mardons Social Club, Nightingale Way, Midsomer Norton, BA3 4NL		
<b>CONTACT</b>	Register interest on our website <a href="#">here</a> or call 0800 0388 885		

## Carer's Cafe - AWP / BANES Carers' Centre

**Group Overview** - New to caring for someone with mental health challenges? Still finding your way? Want a break, a chat or bit of advice? Friendly and welcoming group, facilitated by Lee Rawlings (AWP Involvement Coordinator) Tom (Carer Identification Officer, Carers Centre) and a Clinician from Avon & Wiltshire Mental Health Partnership NHS Trust (usually an Occupational Therapist).

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




<b>WHEN</b>	2 <sup>nd</sup> Thursday of the month	<b>TIMES</b>	10:30am - 12:00pm
<b>COST</b>	FREE	<b>KEY</b>	     
<b>LOCATION</b>	Carers Centre, Woodlands, Lower Bristol Rd, Bath, BA2 9ES		
<b>CONTACT</b>	Lee Rawlings: 07917 210 187 or Email: <a href="mailto:l.rawlings@nhs.net">l.rawlings@nhs.net</a>		



## Carer's Support Group - KS2

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

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

<b>WHEN</b>	2 <sup>nd</sup> Tuesday each month	<b>TIMES</b>	7:00pm - 9:00pm
<b>COST</b>	FREE	<b>KEY</b>	     
<b>LOCATION</b>	Carers Centre, Woodlands, Lower Bristol Rd, Bath, BA2 9ES		
<b>CONTACT</b>	Bev Nottingham: 07817 383 241 or Email: <a href="mailto:hello@KS2bath.org">hello@KS2bath.org</a>		

## Co|Create T&S Programme - Creativity Works

**Group Overview** - Co|Create training and support programme. This is a 6-month programme with a variety of opportunities. During the 6-week facilitated course you will explore your creativity and build your self-confidence. Please contact us via 01761 438 852 or email [stacey@creativityworks.org.uk](mailto:stacey@creativityworks.org.uk) to join.

**Who is the group for** - Woman, lone parents, young person (19-25), people from minoritised ethnicities & people who face physical or mental health challenges.

<b>WHEN</b>	2-3 sessions per week	<b>TIMES</b>	10:00am - 12:30pm
<b>COST</b>	FREE	<b>KEY</b>	  
<b>LOCATION</b>	Southside Youth Centre, Kelston View, Bath BA2 1NR		
<b>CONTACT</b>	Stacey, 01761 438 852 or <a href="mailto:stacey@creativityworks.org.uk">stacey@creativityworks.org.uk</a>		

## Feel Good Photography - Bath Mind/Creativity Works

**Group Overview** - Our small and relaxed group meet at various locations around Bath, take a stroll, enjoy conversations and learn and share photographic ideas. If you have a camera, phone or tablet and want to walk, talk and take pictures, this group is great. No photography experience necessary.

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


<b>WHEN</b>	Thursdays	<b>TIMES</b>	11:00am - 1:00pm
<b>COST</b>	FREE	<b>KEY</b>	Dependent on location
<b>LOCATION</b>	Various locations around Bath and the Museum of Bath Architecture		
<b>CONTACT</b>	Becky: 07538 113 890 or Email: <a href="mailto:Wellbeing@bathmind.org.uk">Wellbeing@bathmind.org.uk</a>		

## Feel Good Walks - Time Bank Plus

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

[www.bathscape.co.uk/activity/feelgood-walks/](http://www.bathscape.co.uk/activity/feelgood-walks/)

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

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

## 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. We are also running a series of nutrition and physical exercise sessions for the over 55's.

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


<b>WHEN</b>	Thursdays and other dates	<b>TIMES</b>	10:30am - 2:00pm
<b>COST</b>	£5.00 and various	<b>KEY</b>	   
<b>LOCATION</b>	Salvation Army, Green Park Road, Bath, BA1 1XE and various		
<b>CONTACT</b>	Anja: 01225 316 199 or Email: <a href="mailto:foodforthought@bathmind.org.uk">foodforthought@bathmind.org.uk</a>		

## Fun Football - Bath Mind / Bath City Foundation

**Group Overview** - Mixed, fun and friendly football, all abilities welcome. Please wear trainers or football boots and wear comfortable clothing. Please also bring a bottle of water with you.

If you're unsure and would like to talk it through with someone first please give Bath Mind a call on: 07970 681 178.

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

<b>WHEN</b>	Thursdays	<b>TIMES</b>	5:30pm - 6:30pm
<b>COST</b>	FREE, contributions welcome	<b>KEY</b>	
<b>LOCATION</b>	Bath recreation ground (behind Bath Sports Centre)		
<b>CONTACT</b>	Ailsae: 07970 681 178 or Email: <a href="mailto:ailsae@bathmind.org.uk">ailsae@bathmind.org.uk</a>		

## Gardener's Lodge Art Group - Holburne Museum

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

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

<b>WHEN</b>	Wednesdays	<b>TIMES</b>	2:00pm - 3:30pm
<b>COST</b>	FREE	<b>KEY</b>	   
<b>LOCATION</b>	Holburne Museum, Great Pulteney Street, Bath, BA2 4DB		
<b>CONTACT</b>	Louise / Catherine: 01225 388 566 or Email: <a href="mailto:l.campion@holburne.org">l.campion@holburne.org</a>		

## Gardening Group - Somerdale Shed

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







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

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

## Get Creative - Creativity Works

**Group Overview** - This friendly, peer-led, art project aims to promote new creative ideas, skills and techniques for people who feel socially isolated and want to support their wellbeing and mental health through creativity. No previous experience necessary. Facilitated by Creativity Works volunteers and occasional visiting artists.







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

<b>WHEN</b>	Tuesdays	<b>TIMES</b>	1:30pm - 3:00pm
<b>COST</b>	FREE	<b>KEY</b>	     
<b>LOCATION</b>	The Hub, Mulberry Way, Mulberry Park, Combe Down, BA2 5BU		
<b>CONTACT</b>	Karen: 07517 110 612 or Email: <a href="mailto:karen@creativityworks.org.uk">karen@creativityworks.org.uk</a>		

## Get Growing! - Bath City Farm

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





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

<b>WHEN</b>	Mondays & Wednesdays	<b>TIMES</b>	10:00am - 3:00pm
<b>COST</b>	FREE	<b>KEY</b>	     
<b>LOCATION</b>	Bath City Farm, Kelston View, Bath, BA2 1NW		
<b>CONTACT</b>	Sara: 01225 481 269 or Email: <a href="mailto:sara@bathcityfarm.org.uk">sara@bathcityfarm.org.uk</a>		

## Greenlinks @ Alice Park - Bath Mind

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





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

<b>WHEN</b>	Tuesdays	<b>TIMES</b>	10:30am - 1:00pm
<b>COST</b>	£2.00 per session	<b>KEY</b>	   
<b>LOCATION</b>	Alice Park Community Garden, Gloucester Road, BA1 7BL		
<b>CONTACT</b>	Tel: 01225 316 199 or Email: <a href="mailto:greenlinks@bathmind.org.uk">greenlinks@bathmind.org.uk</a>		

## Greenlinks @ Monksdale Road - Bath Mind

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

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




<b>WHEN</b>	Tuesdays & Thursdays	<b>TIMES</b>	11:30pm - 2:30pm
<b>COST</b>	£2 per session	<b>KEY</b>	   
<b>LOCATION</b>	Monksdale Road, Bath, BA2 2JD		
<b>CONTACT</b>	Tel: 01225 316 199 or Email: <a href="mailto:greenlinks@bathmind.org.uk">greenlinks@bathmind.org.uk</a>		



## Greenlinks @ the Potting Shed - Bath Mind

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







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

<b>WHEN</b>	Wednesdays	<b>TIMES</b>	10:30am - 1:00pm
<b>COST</b>	£2.00 per session	<b>KEY</b>	  
<b>LOCATION</b>	Ammerdown Kitchen Garden, Ammerdown Park, Radstock, BA3 5SW		
<b>CONTACT</b>	Tel: 01225 316 199 or Email: <a href="mailto:greenlinks@bathmind.org.uk">greenlinks@bathmind.org.uk</a>		

## Grow and Make - Community Farm

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


**Who is the group for** - Those interested in gardening for wellbeing. Register online [www.thecommunityfarm.co.uk/wellbeing-courses/grow-and-make](http://www.thecommunityfarm.co.uk/wellbeing-courses/grow-and-make)

<b>WHEN</b>	Wednesdays, 3 monthly blocks	<b>TIMES</b>	10:00am - 3:00pm
<b>COST</b>	FREE	<b>KEY</b>	     
<b>LOCATION</b>	The Community Farm, Chew Magna (please follow online directions not satnav)		
<b>CONTACT</b>	Ellie: 01225 913 097 Email: <a href="mailto:growandmake@thecommunityfarm.co.uk">growandmake@thecommunityfarm.co.uk</a>		

## Grow for Life - Genesis Trust

**Group Overview** - A mix of horticultural and mindful activities to promote well-being. You will learn new horticultural skills like propagation and will have the opportunity to sow some seasonal vegetables like beetroot, cauliflower, cucumber and carrots, and harvest some that were planted in the spring. Transport provided to location in Newton St Loe. Call for more details.

**Who is the group for** - The course is available to all. The only condition is readiness to engage. Work at your own pace, no previous experience necessary.

<b>WHEN</b>	Thursdays (9 <sup>th</sup> June - 14 <sup>th</sup> July)	<b>TIMES</b>	2:00pm – 4:00pm
<b>COST</b>	FREE	<b>KEY</b>	 
<b>LOCATION</b>	The Gateway Centre, Snow Hill, London Road, Bath, BA1 6DH		
<b>CONTACT</b>	Sue: 07713 864876 or E-mail: <a href="mailto:sue.fourie@genesistrust.org.uk">sue.fourie@genesistrust.org.uk</a>		

## Grow for Life - Grow for Life

**Group Overview** - This group provides an opportunity to enjoy the outdoors, be in nature and do something useful. We meet in different locations in Bath where we restore gardens. No previous experience necessary as you will be supervised at all times. Please bring a drink for the break time. Contact Carey for further information.

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

**WHEN** Thursdays **TIMES** 10:00am – 1:00pm

**COST** Free **KEY**  

**LOCATION** Contact Carey for more details.

**CONTACT** **Carey:** 07729906223 or **Email:** [carey@growforlife.org.uk](mailto:carey@growforlife.org.uk)

## Grow for Life on a Saturday - Grow for Life

**Group Overview** - This group tends and looks after some vegetable beds in St Martin's School in Odd Down. The group will be involved in the whole process of sowing seeds, planting out, watering and harvesting vegetables which can be taken home and eaten! Contact Carey for further information.

**Who is the group for** - Adults suffering from depression and anxiety who would like to improve their wellbeing.

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

**COST** Free **KEY**   

**LOCATION** St Martin's Garden School, Lympsham Grn, Bath, BA2 2UN

**CONTACT** **Carey:** 07729906223 or **Email:** [carey@growforlife.org.uk](mailto:carey@growforlife.org.uk)

## Grow It Cook It - Bath City Farm

**Group Overview** - A friendly gardening and horticulture group providing therapeutic activities with a focus to improve people's mental wellbeing. Wednesday sessions involve more active gardening activities with digging, raking and wheel barrow pushing. Thursday is suitable for people with mobility concerns or who prefer more gentle activities. Wed, 10am - 12pm / Thurs 1pm - 3pm.

**Who is the group for** - People aged 18+ living with mental health. For more information [bathcityfarm.org.uk/whats-on/grow-it-cook-it/](http://bathcityfarm.org.uk/whats-on/grow-it-cook-it/)

**WHEN** Mondays & Thursdays **TIMES** W 10am-12pm / T 1-3pm

**COST** FREE **KEY**      



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

**CONTACT** **Tel:** 01225 481 269 or **Email:** [info@bathcityfarm.org.uk](mailto:info@bathcityfarm.org.uk)

## Homeless Outreach Drop-In Service - Julian House

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




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

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

## Hope Space - Bath Mind

**Group Overview** - An evening group meeting in central Bath in a comfortable and warm setting, for conversation, games, quizzes and fun.



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

<b>WHEN</b>	Tuesdays	<b>TIMES</b>	6:00pm - 8:00pm
<b>COST</b>	£2.00 per session	<b>KEY</b>	  
<b>LOCATION</b>	The Bubble, St John's, Bath		
<b>CONTACT</b>	<b>Becky:</b> 07538 113 890 or <b>Email:</b> <a href="mailto:Wellbeing@bathmind.org.uk">Wellbeing@bathmind.org.uk</a>		

## Hot Flush Disco (Monday)

**Group Overview** - A dance fitness session with emphasis on fun and positivity, and focus on positive body image and supportive peers.



**Who is the group for** - Women going through the menopause

<b>WHEN</b>	Mondays	<b>TIMES</b>	7:30pm - 8:30pm
<b>COST</b>	£7.00, bookable in advance	<b>KEY</b>	 
<b>LOCATION</b>	New Oriel Hall, Larkhall, Bath, BA1 6RA		
<b>CONTACT</b>	<b>Paula Smith:</b> 07946 351 997 or <b>Email:</b> <a href="mailto:paulasmithbath@yahoo.co.uk">paulasmithbath@yahoo.co.uk</a>		

## Hot Flush Disco (Thursday)

**Group Overview** - A dance fitness session with emphasis on fun and positivity, and focus on positive body image and supportive peers.



**Who is the group for** - Women going through the menopause

<b>WHEN</b>	Thursdays	<b>TIMES</b>	6:15pm - 7:15pm
<b>COST</b>	£7.00, bookable in advance	<b>KEY</b>	 
<b>LOCATION</b>	All Saints Centre, High St, Weston Village, BA1 4BX		
<b>CONTACT</b>	Paula Smith: 07946 351 997 or Email: <a href="mailto:paulasmithbath@yahoo.co.uk">paulasmithbath@yahoo.co.uk</a>		

## Keynsham Snap & Stay - Creativity Works/Bath Mind

**Group Overview** - A fun and inspiring group. Provides a creative prompt and shares photography. If you live in Keynsham or close by and you'd like to develop your skills in photography get in touch.





**Who is the group for** - For residents of Keynsham locality, interested in photography for wellbeing. Suitable for anyone less able to walk.

<b>WHEN</b>	Tuesdays, 1 <sup>st</sup> & 3 <sup>rd</sup> of the month	<b>TIMES</b>	10:00am - 12:00pm
<b>COST</b>	FREE	<b>KEY</b>	 
<b>LOCATION</b>	Meet at One Community Trust, 1 The Park, Keynsham, BS31 2BL		
<b>CONTACT</b>	Becky: 07538 113890 or Email: <a href="mailto:karen@creativityworks.org.uk">karen@creativityworks.org.uk</a>		

## Keynsham Snap & Stroll - Creativity Works/Bath Mind

**Group Overview** - Would you like to explore your local community through a lens? Meet others, learn and share photographic ideas and gain confidence in a friendly environment. Bring a camera or phone, appropriate clothing for weather and an open mind. Safe, respectful participation is a priority. Meet new people and enjoy snapping and strolling.

**Who is the group for** - People who would like to improve their wellbeing, walk outdoors and develop their photography skills. No experience necessary.

<b>WHEN</b>	Tuesdays, 2 <sup>nd</sup> & 4 <sup>th</sup> of the month	<b>TIMES</b>	10:00am - 12:00pm
<b>COST</b>	FREE	<b>KEY</b>	   
<b>LOCATION</b>	Meet at Keynsham Memorial Park, explore locations in Keynsham		
<b>CONTACT</b>	Becky: 01225 316 367 or Karen: 07517 110 612		






## Lakeside Wellbeing - EcoWild

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

Book online <https://tinyurl.com/yd3ede8n>



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

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

## Life Course - Genesis Trust

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

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

<b>WHEN</b>	Tues & Thurs (7 <sup>th</sup> June - 4 <sup>th</sup> Aug)	<b>TIMES</b>	11:00am - 1:00pm
<b>COST</b>	FREE	<b>KEY</b>	 
<b>LOCATION</b>	The Gateway Centre, Snow Hill, London Road, Bath, BA1 6DH		
<b>CONTACT</b>	Sue: 07713 864876 or E-mail: <a href="mailto:sue.fourie@genesistrust.org.uk">sue.fourie@genesistrust.org.uk</a>		

## Make & Mend - Somerdale Shed

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




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

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

## Men's Outdoor Group - EcoWild

**Group Overview** - From 11<sup>th</sup> May for 6 weeks, an easy going group for men to get together and feel good outdoors, to get to know the local wildlife and landscape, to make a drink on the fire, share and learn skills, and enjoy the open sky. There will be chance for a short walk (as much as suits you). Each week we will look at different natural materials and ecology. Book online <https://tinyurl.com/bdn79u9u>




**Who is the group for** - Men over 18. Please bring a snack.

<b>WHEN</b>	Wednesdays (6 sessions)	<b>TIMES</b>	6:00pm - 9:00pm
<b>COST</b>	FREE	<b>KEY</b>	  
<b>LOCATION</b>	Welton Manor Farm, Millard's Hill, Midsomer Norton, BA3 2BW		
<b>CONTACT</b>	<b>Nick Hudson:</b> 07768 822340 or <b>Email:</b> <a href="mailto:hello@ecowild.org.uk">hello@ecowild.org.uk</a>		

## 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.

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

## Men's Woodland Project Group - EcoWild

**Group Overview** - For men who are wanting to get out more with other people and enjoy the woods, the fire, to be active (as much as they are able), and notice the wildlife. You can join at any time and we can help you build confidence in attending by visiting you, at or near your home. Dress for the weather and bring a cup/ tea bag for when the kettle boils. Also bring a sandwich / other food for lunch.

**Who is the group for** - Men only, all ages. Visits can also help you to decide if the group is for you. Book online <https://tinyurl.com/yd3ede8n>.







<b>WHEN</b>	Wednesdays	<b>TIMES</b>	10:00am - 1:00pm
<b>COST</b>	FREE	<b>KEY</b>	 
<b>LOCATION</b>	Greyfield Woods, High Littleton, BS39 6YE		
<b>CONTACT</b>	<b>Emily Malik:</b> 07812 155 659 or <b>Email:</b> <a href="mailto:emily@ecowild.org.uk">emily@ecowild.org.uk</a>		

## 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.

Website: [www.makeamove.org.uk](http://www.makeamove.org.uk)



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

<b>WHEN</b>	Thursdays	<b>TIMES</b>	10:30am - 11:30pm
<b>COST</b>	FREE	<b>KEY</b>	     
<b>LOCATION</b>	Weston Free Church, Weston Village, Bath		
<b>CONTACT</b>	Paula Smith: 07946 351 997 or Email: <a href="mailto:admin@makeamove.org.uk">admin@makeamove.org.uk</a>		

## Music Open Group - Soundwell

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



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

<b>WHEN</b>	Fridays, monthly	<b>TIMES</b>	11:00am - 12:00pm
<b>COST</b>	FREE, donations welcome.	<b>KEY</b>	 
<b>LOCATION</b>	Sessions are held in central Bath, or an online option is available.		
<b>CONTACT</b>	Duncan: 07423 400 655 or E-mail: <a href="mailto:Duncan.stagg@soundwell.org.uk">Duncan.stagg@soundwell.org.uk</a>		

## Music Support Group for Carers - Soundwell

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


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

<b>WHEN</b>	Fridays, monthly	<b>TIMES</b>	11:00am - 12:00pm
<b>COST</b>	FREE, donations welcome.	<b>KEY</b>	 
<b>LOCATION</b>	Sessions are held in central Bath, or an online option is available.		
<b>CONTACT</b>	Duncan: 07423 400 655 or E-mail: <a href="mailto:Duncan.stagg@soundwell.org.uk">Duncan.stagg@soundwell.org.uk</a>		

## Music Therapy - Genesis Trust

**Group Overview** - Music therapy helps us to develop communication and social skills, develop self-expression, help manage difficult feelings, and increase awareness of self and others. It can help to manage stress and anxiety as well as build confidence and self-esteem. Experienced and supportive facilitator. Group collaboration and improvisation. A creative, supportive, and safe group.







**Who is the group for** - The course is available to all. No experience necessary and any level of ability welcome (we all have something to offer!)

<b>WHEN</b>	Tuesdays (7 <sup>th</sup> June - 26 <sup>th</sup> July)	<b>TIMES</b>	2:30pm - 4:00pm
<b>COST</b>	FREE	<b>KEY</b>	 
<b>LOCATION</b>	The Gateway Centre, Snow Hill, London Road, Bath, BA1 6DH		
<b>CONTACT</b>	Sue: 07713 864876 or E-mail: <a href="mailto:sue.fourie@genesistrust.org.uk">sue.fourie@genesistrust.org.uk</a>		

## Natural Pathways - Bath City Farm / Bathscape

**Group Overview** - A friendly wildlife conservation group with a focus to improve people's mental wellbeing. Activities include, hedge laying, scything, wildlife identification and surveying. This is a small group aimed at improving low moods or stress through nature based mindfulness. Sessions are led by an experienced members of staff from Avon Wildlife Trust.

**Who is the group for** - Local people aged 18+ living with low mood, depression or stress. <http://bathcityfarm.org.uk/whats-on/natural-pathways/>



<b>WHEN</b>	Thursdays	<b>TIMES</b>	10:00am - 2:30pm
<b>COST</b>	FREE	<b>KEY</b>	     
<b>LOCATION</b>	Bath City Farm, Kelston View, Bath, BA2 1NW		
<b>CONTACT</b>	Tel: 01225 481 269 or Email: <a href="mailto:info@bathcityfarm.org.uk">info@bathcityfarm.org.uk</a>		

## Okay Café - Off The Record

**Group Overview** - Whatever is going on for you, come and join us for a brew. Come meet new people, play some games or if you need some support drop in and chat 1:1 with one of our trained staff.

Facebook: <https://www.facebook.com/groups/OkayCafe/>

**Who is the group for** - The Okay Cafe is a free, social space for all young people under 25.

<b>WHEN</b>	Fridays	<b>TIMES</b>	4:00pm - 6:30pm
<b>COST</b>	FREE	<b>KEY</b>	 
<b>LOCATION</b>	Open House Centre, Manvers Street, BA1 1JW		
<b>CONTACT</b>	Email: Okay Café Co-ordinator <a href="mailto:meganling@offtherecord-banes.co.uk">meganling@offtherecord-banes.co.uk</a>		



## Old Acorn Barn - The Life Project

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

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

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

**COST** £48 per session **KEY**   

**LOCATION** The Old Acorn Barn, Englishcombe Village

**CONTACT** Email: [info@lifeprojectbath.org.uk](mailto: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 & Wednesdays **TIMES** 11:00am - 1:00pm

**COST** £2.00 per session **KEY**    

**LOCATION** Manvers St. Open House, Manvers St, Bath, BA1 1JW





**CONTACT** Becky: 07538 113 890 or Email: [Wellbeing@bathmind.org.uk](mailto:Wellbeing@bathmind.org.uk)

## Parent/Carer Drop-in Group - The Life Project

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

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

**WHEN** Tuesdays - during term time **TIMES** 10:00am - 2:00pm

**COST** FREE (donations for coffee) **KEY**    

**LOCATION** Weston Hub, Penn Hill Road, BA1 4EH

**CONTACT** Email - Fiona Day: [Fiona@lifeprojectbath.org.uk](mailto:Fiona@lifeprojectbath.org.uk)

## Radstock Café Group - Bath Mind

**Group Overview** - A wellbeing group with a focus around arts and crafts (optional), meeting for conversation and engagement in activity to improve wellbeing.

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

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

**COST** £2.00 per session

**KEY**     

**LOCATION** The Swallows Café, Kilmersdon Road, Radstock

**CONTACT** **Becky:** 07538 113 890 or **Email:** [Wellbeing@bathmind.org.uk](mailto:Wellbeing@bathmind.org.uk)

## Safe Space - Bath Mind

**Group Overview** - Monthly face-to-face support group for 16-25 year olds. It is a small, friendly group with attendees sharing experiences and supporting one another with their mental health and wellbeing. There is also a possibility of Youth Counselling and Peer Mentoring as part of this Project.

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

**WHEN** Thursdays, monthly **TIMES** 5:00pm - 6:30pm

**COST** Free

**KEY**  

**LOCATION** Bath City College, Bath

**CONTACT** **Becky:** 07538 113 890 or **Email:** [Wellbeing@bathmind.org.uk](mailto:Wellbeing@bathmind.org.uk)

## Saturday Club Cycling Sessions - Wheels for All

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

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

**WHEN** Saturdays - fortnightly **TIMES** 12:00pm - 1:30pm

**COST** As described above

**KEY**      


**LOCATION** Odd Down Sports Ground Cycle Circuit, Bath, BA2 2PR

**CONTACT** **Chris:** 07530 263 014 or **Email:** [chris.revill@cycling.org.uk](mailto:chris.revill@cycling.org.uk)

## Shedders Group - Somerdale Shed

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



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

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

## Short Walks - Bathscape

**Feel Good Walks** - Our short, gentle walks are social and friendly, and we go at the right pace for the group. The start point varies each week, from either Argyle Street, Pavilion Café Royal Victoria Park or the Bus Station. If you would like to go along to try a walk, get in touch and we'll send you the programme. The walk is no longer than an hour, and reasonably flat.



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

<b>WHEN</b>	Tuesdays	<b>TIMES</b>	10:30am - 11:30am
<b>COST</b>	FREE	<b>KEY</b>	 
<b>LOCATION</b>	Various - Royal Victoria Park or the Bus Station, Bath		
<b>CONTACT</b>	Lucy: 07816 641 745 or Email: <a href="mailto:info@bathscape.co.uk">info@bathscape.co.uk</a>		

## Singing for Wellbeing - Soundwell

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

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

<b>WHEN</b>	Thursdays, fortnightly	<b>TIMES</b>	10:30am - 11:30am
<b>COST</b>	FREE, donations welcome.	<b>KEY</b>	 
<b>LOCATION</b>	Sessions are held in central Bath		
<b>CONTACT</b>	Duncan: 07423 400 655 E-mail: <a href="mailto:Duncan.stagg@soundwell.org.uk">Duncan.stagg@soundwell.org.uk</a>		

## Twilights Cycling Sessions - Wheels for All







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

[www.eventbrite.co.uk/e/wheels-for-all-twilights-tickets-120208353421](http://www.eventbrite.co.uk/e/wheels-for-all-twilights-tickets-120208353421)

Payment on the day via contactless payment.

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

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

<b>WHEN</b>	Tuesdays	<b>TIMES</b>	3:30pm - 4:30pm
<b>COST</b>	As described above	<b>KEY</b>	     
<b>LOCATION</b>	Odd Down Sports Ground Cycle Circuit, Bath, BA2 2PR		
<b>CONTACT</b>	Chris: 07530 263 014 or Email: <a href="mailto:chris.revill@cycling.org.uk">chris.revill@cycling.org.uk</a>		

## Walk & Talk - Mental Health Mates Bristol

**Group Overview** - Mental Health Mates is a peer support group. We meet regularly to walk, connect and share without fear or judgement. You can talk as much or as little as you want. We're here for everyone. Whether you're isolated, lonely or struggling to cope.

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

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



<b>WHEN</b>	Sundays - monthly meet ups	<b>TIMES</b>	Email for details
<b>COST</b>	FREE	<b>KEY</b>	Dependant on location
<b>LOCATION</b>	Walks take place in various locations in Bristol		
<b>CONTACT</b>	Email - Rachel: <a href="mailto:mentalhealthmatesbristol@gmail.com">mentalhealthmatesbristol@gmail.com</a>		

## Walking Football (Batheaston) - Bath City Foundation

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

You will be requested to fill in an essential information form on arrival

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

<b>WHEN</b>	Wednesdays	<b>TIMES</b>	5:30pm - 6:30pm
<b>COST</b>	£3.00 per session	<b>KEY</b>	 
<b>LOCATION</b>	Rhymes Pavilion, Batheaston, Coalpit Road, BA1 7NW		
<b>CONTACT</b>	Geoff: 07970 681 178 or Email: <a href="mailto:geoff@bathcityfoundation.org">geoff@bathcityfoundation.org</a>		






## 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.

**Who is the group for** - Over 50's mixed both female and male participants welcome.


<b>WHEN</b>	Mondays / Wednesdays	<b>TIMES</b>	3:30pm - 4:30pm / 10am - 11am
<b>COST</b>	£5.00 per session	<b>KEY</b>	  
<b>LOCATION</b>	Odd Down Sports Ground, Chelwood Drive, Bath, BA2 2PR		
<b>CONTACT</b>	<b>Geoff:</b> 07970 681 178 or <b>Email:</b> <a href="mailto:geoff@bathcityfoundation.org">geoff@bathcityfoundation.org</a>		

## Wellbeing Walks - Bath Mind / Bathscape

**Group Overview** - Wellbeing walks in the beautiful city of Bath, led by volunteers from Bathscape and Bath Mind. The walk is no longer than an hour, reasonably flat and often wheelchair/buggy accessible. Assistance/guide dogs welcome.

For more information [www.bathscape.co.uk/activity/wellbeing-walks/](http://www.bathscape.co.uk/activity/wellbeing-walks/)

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

<b>WHEN</b>	Thursdays	<b>TIMES</b>	11:00am - 12:00pm
<b>COST</b>	FREE	<b>KEY</b>	
<b>LOCATION</b>	Walks start from Monksdale Road Allotments (BA2 2JD) car park		
<b>CONTACT</b>	<b>Text Lucy:</b> 07816 641 745 or <b>Email:</b> <a href="mailto:info@bathscape.co.uk">info@bathscape.co.uk</a>		







## 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.

6 week block: 4th March - 21st April

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

Register online: [www.thecommunityfarm.co.uk/wellbeing-courses/wild-steps](http://www.thecommunityfarm.co.uk/wellbeing-courses/wild-steps)

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

## Women's Group - Genesis Trust

**Group Overview** - A small, safe and confidential group for women led by an experience facilitator.

*"I love this group, the other women on the course are amazing. For the first time in a long time, I actually want to be somewhere and feel like I fit in. I am sad this is going to end. Thank you so much".*



**Who is the group for** - This course is for women.

<b>WHEN</b>	Tuesdays (7 <sup>th</sup> June - 12 <sup>th</sup> July)	<b>TIMES</b>	3:00pm - 4:00pm
<b>COST</b>	FREE	<b>KEY</b>	
<b>LOCATION</b>	The Gateway Centre, Snow Hill, London Road, Bath, BA1 6DH		
<b>CONTACT</b>	<b>Sue:</b> 07713 864876 or <b>E-mail:</b> <a href="mailto:sue.fourie@genesistrust.org.uk">sue.fourie@genesistrust.org.uk</a>		

## Woodland Connect - Eco Wild

**Group Overview** - Support your physical and mental health using nature. Morning - mindful practice and also a short active practice such as a foraging walk or tree yoga; nature connection and gentle stretching. Discussion & reflection. Afternoon - creative practice, including natural art and craft. No obligation to take part in anything. Book online <https://tinyurl.com/yd3ede8n>.



**Who is the group for** - Anyone who wants to connect with nature, themselves and others in a supportive space. Please bring a mug for hot drinks & packed lunch.

<b>WHEN</b>	Tuesdays (6 sessions)	<b>TIMES</b>	10:00am - 12:00pm & 1-3pm
<b>COST</b>	FREE	<b>KEY</b>	 
<b>LOCATION</b>	Greyfield Woods, High Littleton, BS39 6YE		
<b>CONTACT</b>	<b>Emily Malik:</b> 07812 155 659 or <b>Email:</b> <a href="mailto:emily@ecowild.org.uk">emily@ecowild.org.uk</a>		

## Writing Space - Creativity Works

**Group Overview** - A friendly peer led creative writing project. Each session is led with suggestions to inspire you and playful opportunities to experiment with creative writing. Get in touch if you'd like to attend the sessions, receive the regular newsletter, or both. We meet online and face to face.

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

<b>WHEN</b>	Tuesdays	<b>TIMES</b>	2:00pm - 3:30pm
<b>COST</b>	FREE	<b>KEY</b>	 
<b>LOCATION</b>	Bath Citadel, Green Park, Bath.		
<b>CONTACT</b>	<b>Karen:</b> 07517 110 612 or <b>Email:</b> <a href="mailto:karen@creativityworks.org.uk">karen@creativityworks.org.uk</a>		

## Yoga in Nature - Your Park

**Group Overview** - Join us for FREE outdoor yoga and nature activities in the park. The session will be held outdoors in the park so please come prepared for the weather. Remaining dates: 5th, 12th, 19<sup>th</sup> & 26th May. Please bring a mat if you have one. Registration is essential, click the link below or contact via e-mail. [eventbrite.co.uk/e/free-yoga-in-nature-in-brickfields-park](https://eventbrite.co.uk/e/free-yoga-in-nature-in-brickfields-park).

**Who is the group for** - Residents of BANES.

<b>WHEN</b>	Thursdays	<b>TIMES</b>	12:00pm - 1:00pm
<b>COST</b>	FREE	<b>KEY</b>	
<b>LOCATION</b>	Brickfields Park, 47 King George's Road, Bath, BA2 1BJ		
<b>CONTACT</b>	Mali, our Park Activator <b>Email:</b> <a href="mailto:mali@yourpark.org.uk">mali@yourpark.org.uk</a>		

## Health & Wellbeing Groups & Activities (Online)

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

Group / Activity	Organisation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Platform
Creative Writing	Time Bank Plus				✓				Zoom
Freedom Programme	Julian House	✓							Zoom
Get Creative	Creativity Works		✓						Zoom
Goldies Sing & Smile	Golden Oldies		✓		✓				Website
Safe Space (age 16-25)	Bath Mind				✓				Zoom
Writing Space	Creativity Works		✓						Zoom

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

### Creative Writing - Time Bank Plus

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

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

<b>WHEN</b>	Thursdays	<b>TIMES</b>	10:00am - 11:00am
<b>TO JOIN</b>	Contact Time Bank Plus.		
<b>CONTACT</b>	Email - Viv Talbot: <a href="mailto:timebankplus@gmail.com">timebankplus@gmail.com</a>		

### Freedom Programme - Julian House

**Group Overview** - The Freedom Programme promotes positive changes and recovery for women and their children in a supportive environment. We run the programme 3 times a year on a rolling 12-week course for women who have experienced domestic abuse. The programme is currently being run via Teams and is free of charge.

**Who is the group for** - Female victims of domestic violence and abuse.

<b>WHEN</b>	Every Monday for 12 weeks	<b>TIMES</b>	11:00am - 1:00pm
<b>TO JOIN</b>	Women can self-refer or be referred by a professional working with them.		
<b>CONTACT</b>	Renew Team: 01225 310 899 or Email: <a href="mailto:renew@julianhouse.org.uk">renew@julianhouse.org.uk</a>		

## Get Creative - Creativity Works

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

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

<b>WHEN</b>	Tuesdays	<b>TIMES</b>	1:30pm - 3:00pm
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<b>TO JOIN</b>	Email for details of how to join via Zoom.
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<b>CONTACT</b>	Karen: 07517 110612 or Email: <a href="mailto:karen@creativityworks.org.uk">karen@creativityworks.org.uk</a>
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## Goldies Sing & Smile - Golden-Oldies Charity

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

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

<b>WHEN</b>	Tuesdays and Thursdays	<b>TIMES</b>	11:00am
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<b>TO JOIN</b>	No fee, join us at 11.00am on Tuesdays & Thursdays or watch at your leisure. <a href="http://www.goldieslive.com">www.goldieslive.com</a>
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<b>CONTACT</b>	Tel: 01761 470 006 (M-F 10am-2pm) Email: <a href="mailto:glj@golden-oldies.org.uk">glj@golden-oldies.org.uk</a>
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## Safe Space - Bath Mind

**Group Overview** - An online support group for 16 - 25 year olds. It is a small, friendly group with attendees sharing experiences and supporting one another with their mental health and wellbeing. There is also a possibility of Youth Counselling and Peer Mentoring as part of this Project.

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

<b>WHEN</b>	Thursdays	<b>TIMES</b>	5:00pm - 6:00pm
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<b>TO JOIN</b>	The group meet online via Zoom, contact us for details of how to join. Free of charge.
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<b>CONTACT</b>	Becky Hughesman: 07538 113 890
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## Writing Space - Creativity Works

**Group Overview** - A friendly peer led creative writing project. Each session is led with suggestions to inspire you and playful opportunities to experiment with creative writing. Get in touch if you'd like to attend the sessions, receive the regular newsletter, or both. We meet online and face to face, with face to face sessions taking place at Bath Citadel, Green Park, Bath.

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

<b>WHEN</b>	Tuesdays	<b>TIMES</b>	2:00pm - 3:30pm
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<b>TO JOIN</b>	This group is FREE. Email for details of how to join or sign up online <a href="https://conta.cc/3xzqQTD">https://conta.cc/3xzqQTD</a>
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<b>CONTACT</b>	Karen: 07517 110 612 or Email: <a href="mailto:karen@creativityworks.org.uk">karen@creativityworks.org.uk</a>
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### Elderly support to join an online group



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

**Tel:** 01225 800 372

**Website:** [www.connecting-generations.org.uk](http://www.connecting-generations.org.uk)

# Organisations Supporting People in BANES

## One-to-one Support

[Advocacy](#)

[Befriending / Combating Loneliness](#)

[Bereavement](#)

[Counselling](#)

[Dementia & Parkinson's Support](#)

[Drugs & Alcohol Support](#)

[Eating Disorders](#)

[Employment Related Support](#)

[Ethnic Minority Support](#)

[Family & Friends Support](#)

[Financial Wellbeing](#)

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[General Support](#)

[Have a Voice](#)

[Health & Wellbeing](#)

[Housing Support](#)

[LGBTQ+](#)

[Mental Health Support - Community](#)

[Mental Health Support - NHS Trust](#)

[Perinatal Support](#)

[Reading](#)

[Refugee Support](#)

[Senior Citizen Support](#)

[Sexual Health](#)

[Violence, Domestic Violence & Abuse](#)

[Volunteering](#)

## Advocacy

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

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

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

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

**Tel:** 0300 456 2370 **Email:** [pohwer@pohwer.net](mailto:pohwer@pohwer.net)

**Website:** [www.pohwer.net/bath-and-north-east-somerset](http://www.pohwer.net/bath-and-north-east-somerset)

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

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

This enhanced adult service will be available for:

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

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

**How to access:**

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

**Email:** [vocas@swanadvocacy.org.uk](mailto:vocas@swanadvocacy.org.uk) **Website:** <https://swanadvocacy.org.uk/vocas/>

## Befriending / Combating Loneliness

### Chew Valley & Keynsham Befrienders

We help people in the Keynsham and Chew Valley with mental health/emotional needs. 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](mailto:marydouglasjones@gmail.com) or [bridgets@uwclub.net](mailto:bridgets@uwclub.net)

**Website:** [www.befriender.org.uk](http://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](http://www.ataloss.org)

### Cruse Bereavement Care

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

**How to access:**

**Tel:** 01761 417 250 **Email:** [bath@cruse.org.uk](mailto:bath@cruse.org.uk) **Website:** [www.crusebath.org](http://www.crusebath.org)

### Survivors of Bereavement by Suicide (SOBS)

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

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

**How to access:**

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

**Tel:** Ann - 07498 179 229 **Email:** [bath@uksobs.org](mailto:bath@uksobs.org) **Website:** [uksobs.org/groups/bath-group/](http://uksobs.org/groups/bath-group/)

## Counselling

### Focus Counselling

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

**How to access:**

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

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

**Email:** [Office@focusbath.com](mailto:Office@focusbath.com) **Website:** [www.focusbath.com](http://www.focusbath.com)

### Bath Relate

Relationship counselling service.

**How to access:**

**Tel:** 01225 465 593 **Email:** [bath.relateavon@btconnect.com](mailto:bath.relateavon@btconnect.com)

**Website:** [www.relate-avon.org.uk](http://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. Our Singing for the Brain sessions have recently started again in Weston, Bath if you would like more information or to book a place, please contact using the details below. 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](mailto:bath@alzheimers.org.uk)      **Website:** [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### BANES Dementia Action Alliance

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

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

#### How to access:

**Tel:** 07903 734 610      **Email:** [bathdaa@gmail.com](mailto:bathdaa@gmail.com)      **Website:** [www.dementiafriendlybath.org](http://www.dementiafriendlybath.org)

### Carer's Information & Support Programme (delivered via Zoom)

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](mailto:crispbswd@alzheimers.org.uk)      **Website:** [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### Forget Me Not Club

An inclusive day club for people with dementia or memory problems. We operate Mon - Fri, 10am to 3pm. 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. Please get in touch to find out more.

**How to access:** **Tel:** Ruth Lane 07958 143164

**Venue:** John Reynolds Lounge, Bath City Football Club, Twerton Park, High Street, 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-12:00pm, The Weston Free Church hall (Moravian), High Street, Weston, Bath, BA1 4DB. Midweek coffee mornings, various days, in Frome, Keynsham, Midsomer Norton, Gurney Slade, Stanton Drew and Shepton Mallet, plus pub lunches and bowls. All welcome.

#### How to access:

**Email:** [bathparkinsons@gmail.com](mailto:bathparkinsons@gmail.com)      **Facebook:** [www.facebook.com/PDBathAndDistrict](http://www.facebook.com/PDBathAndDistrict)

**Website:** <https://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@dhibath.org.uk](mailto:TheBeehive@dhibath.org.uk)    **Website:** [www.dhi-online.org.uk](http://www.dhi-online.org.uk)

### West Country Narcotics Anonymous - Online meetings group

#### How to access:

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

## Eating Disorders

### Eating Disorder Support group, Focus Counselling

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

#### How to access:

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

**Tel:** 01225 330 096    **Email:** [office@focusbath.com](mailto:office@focusbath.com)    **Website:** [www.focusbath.com/groups](http://www.focusbath.com/groups)

### Somerset & Wessex Eating Disorder Association (SWEDA)

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

#### How to access:

**Phone:** 01749 343 344    **Email:** [support@swedauk.org](mailto:support@swedauk.org)    **Website:** [www.swedauk.org](http://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](http://www.talk-ed.org.uk)

DOWNLOAD THE NEW  
**EATING DISORDER SUPPORT APP**

The Eating Disorder Support App enables people with disordered eating and eating disorders, and people close to them, to find useful information, self-care tips and links to support.

Free download  
[www.expertselfcare.com/eating-disorder-support-app](http://www.expertselfcare.com/eating-disorder-support-app)

Developed in collaboration between the Bristol Health Partners Eating Disorders Health Information Team (EDHIT) and Expert Self Care, and co-produced with public contributors, topic experts, charities and other partners.

"The eating disorder support app is so amazing. There is so much information, coping strategies, advice for dealing with situations and so much information in the place, and it's so well presented and easy to use. It's a wealth of information in one place that covers so many recovery topics, wellbeing tools, advice for practical things to make and how to take the next step, and also help for loved ones. It's close to a lot of thought and expertise has gone into it. I feel it's unique and it is a one-stop shop for so much information and support!"  
Eating Disorder Service User

Free download: [www.expertselfcare.com/eating-disorder-support-app/](http://www.expertselfcare.com/eating-disorder-support-app/)



## Employment Related Support

### 1<sup>st</sup> Impressions

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

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

**E-mail:** [jane@1stimpressions.org.uk](mailto:jane@1stimpressions.org.uk) **Website:** [1stimpressions.org.uk](http://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](http://www.achieveinbathnes.co.uk) **Email:** [Achieve@BATHNES.GO.UK](mailto: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](mailto:acl@bathcollege.ac.uk) **Website:** [www.bathcollege.ac.uk/ACL](http://www.bathcollege.ac.uk/ACL)

### Clean Slate - Training & Employment

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

**How to access:**

**Tel:** 01225 302 200 **Email:** [bath@cleanslateltd.co.uk](mailto:bath@cleanslateltd.co.uk) **Website:** [www.cleanslateltd.co.uk](http://www.cleanslateltd.co.uk)

### Future Bright - FREE careers coaching service

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

We can offer the following:

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

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

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

**Website:** [www.futurebright.org.uk](http://www.futurebright.org.uk)

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

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

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

**Tel:** 01380 737676 **E-mail:** [wiltshireips@richmondfellowship.org.uk](mailto:wiltshireips@richmondfellowship.org.uk)

**Website:** [www.richmondfellowship.org.uk/services/bath-north-east-somerset-swindon-and-wiltshire-ips-employment-service-avon-wilts/](http://www.richmondfellowship.org.uk/services/bath-north-east-somerset-swindon-and-wiltshire-ips-employment-service-avon-wilts/)

### Somerset Skills & Learning (SS&L)

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

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

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

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

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

**Email:** [lhill@sslcic.co.uk](mailto:lhill@sslcic.co.uk) **Website:** [www.sslcourses.co.uk](http://www.sslcourses.co.uk)

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

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

**How to access:**

**Tel:** 01225 750 924 or 01225 354 650 **Email:** [woew@julianhouse.org.uk](mailto:woew@julianhouse.org.uk)

**Website:** [www.julianhouse.org.uk](http://www.julianhouse.org.uk)

### Women's Work Lab

Support for unemployed mums (in receipt of Universal Credit or equivalent benefits) to become work ready. Our programs involve part-time classroom based training and work placements all during school hours. It includes:

- Bespoke 1:2:1 career coaching
- Skills training with external partners such as Google
- Digital skills update
- Practical career support - CV writing/interview technique/job searching
- Work placement - employers included University Bath, North Bristol NHS Trust, First Steps Bath, Curo, Buro Happold and the Citizens Advice Bureau.

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

**How to access:** Contact Samantha Cuffy **Tel:** 07837716856

**Email:** [Samantha@womensworklab.co.uk](mailto:Samantha@womensworklab.co.uk) **Website:** [www.womensworklab.co.uk](http://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](mailto:nilaari@nilaari.co.uk)   **Website:** [www.nilaari.co.uk](http://www.nilaari.co.uk)

## Family & Friends Support

### Carers' Centre

The Carers' Centre provides a community for unpaid carers, with access to trusted information, advice, breaks and support to help you: maintain or improve your health and wellbeing, take control of your caring role and become connected with others in a similar situation. Our Support Line is open weekdays 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
- Applying for grants
- Helping with employment issues
- Helping you to look after your health and wellbeing
- Support with using technology

**How to access:**

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

**Website:** [www.banescarerscentre.org.uk](http://www.banescarerscentre.org.uk)

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

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

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

**Tel:** 01225 329 411   **Email:** [family@dhi-services.org.uk](mailto: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](mailto:hello@KS2Bath.org)   **Website:** [www.ks2bath.org](http://www.ks2bath.org)

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

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

**How to access:**

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

### Southside

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

**How to access:**

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

**Tel:** 01225 331 243 **Email:** [enquiries@south-side.org.uk](mailto:enquiries@south-side.org.uk) **Website:** [south-side.org.uk](http://south-side.org.uk)

**Time to Talk (Mediation Service) - Curo**

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

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

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

**How to access:**

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

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

**Financial Wellbeing****Citizens Advice Bureau (CAB)**

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

**How to access:**

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

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

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

**Website:** [www.citizensadviceBANES.org.uk](http://www.citizensadviceBANES.org.uk)

**National Debtline**

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

**How to access:** **Tel:** 0808 808 4000, Mon to Fri, 9am - 8pm. **Website:** [www.nationaldebtline.org](http://www.nationaldebtline.org)

**Food****Action Pantry, Mercy in Action**

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

**How to access:**

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

**Tel:** 07874 387 717 **Email:** [actionpantry@mercyinaction.org.uk](mailto: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/](http://www.trusselltrust.org/get-help/find-a-foodbank/)

- **Bath area - Tel:** 01225 463 549 **Email:** [info@bath.foodbank.org.uk](mailto:info@bath.foodbank.org.uk)

- **Keynsham & Saltford area - Tel:** 0117 983 7923 or 07776 493 221 (8:30am-8pm)  
**Email:** [keynshamfoodbank@gmail.com](mailto:keynshamfoodbank@gmail.com)
- **Somer Valley area - Tel:** 07729 523 986 **Email:** [info@somervalley.foodbank.org.uk](mailto: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 7.30pm, Nexus Methodist Church, 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 at the front of the church, in the garden.

**Contact:** Alex Hatherly- South West Regional Co-ordinator

**Tel:** 020 77 292775 **Email:** [bath@foodcycle.org.uk](mailto:bath@foodcycle.org.uk) **Website:** [www.foodcycle.org.uk](http://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: 7am - 10am, Lunch: 1pm - 2pm and Dinner 7pm - 8pm.

**How to access:** This is a direct access service and so clients can self-refer or be referred by professionals.

**Tel:** 01225 311 991 **Email:** [manversstreet@julianhouse.org.uk](mailto:manversstreet@julianhouse.org.uk) **Website:** [www.julianhouse.org.uk](http://www.julianhouse.org.uk)

## Welcome Café and Food Club, Weston Hub

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

**How to access:** Referrals welcome or self-refer.

**Email:** [welcomecafe@allsaintsweston.org.uk](mailto:welcomecafe@allsaintsweston.org.uk) **Website:** <https://westonhub.org.uk>

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

## Funding

### Individual Funding Programme, St John's Foundation

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

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

**Tel:** 01225 486 407 **Email:** [grants@stjohnsbath.org.uk](mailto:grants@stjohnsbath.org.uk)

**Website:** [stjohnsbath.org.uk/what-we-do/funding-support](http://stjohnsbath.org.uk/what-we-do/funding-support)

### Turn2Us

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

**How to access:**

**Helpline:** 0808 802 2000 **Email:** [info@turn2us.org.uk](mailto:info@turn2us.org.uk) **Website:** [www.turn2us.org.uk](http://www.turn2us.org.uk)



## General Support

### 1 BIG Database, BANES

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



**How to access:**

**Website:** [www.bathnes1bd.org.uk](http://www.bathnes1bd.org.uk)

### Bath Library of Things - Share & Repair

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

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

**Tel:** 07486 518 197 **Email:** [hello@shareandrepair.org.uk](mailto:hello@shareandrepair.org.uk) **Website:** [bathlibraryofthings.org.uk](http://bathlibraryofthings.org.uk)

### Clothesline, Mercy in Action

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

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

**Tel:** 01225 443 600 **Email:** [actionpantry@mercyinaction.org.uk](mailto:actionpantry@mercyinaction.org.uk)

**Website:** [www.mercyinaction.org.uk/clothesline](http://www.mercyinaction.org.uk/clothesline)

### Rainbow Resource

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



**How to access:**

**Website:** [www.rainbowresource.org.uk](http://www.rainbowresource.org.uk)

## Have A Voice

### Citizens Panel, HCRG Care Group *(formerly Virgin Care)*

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

**How to access:**

**Email:** [citizenspanel@hcrccaregroup.com](mailto:citizenspanel@hcrccaregroup.com) **Website:** [bathneshealthandcare.nhs.uk/citizenspanel](http://bathneshealthandcare.nhs.uk/citizenspanel)

### Healthwatch BANES

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

**How to access:**

**Tel:** 01225 232 401 **Email:** [info@healthwatchbathnes.co.uk](mailto:info@healthwatchbathnes.co.uk)

**Website:** [www.healthwatchbathnes.co.uk](http://www.healthwatchbathnes.co.uk)

### Service User and Carer Involvement, AWP

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

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

**Tel:** 07917 210 187    **Email:** [l.rawlings@nhs.net](mailto:l.rawlings@nhs.net)

## Health & Wellbeing

### Adult Social Care - First Response

For safeguarding, social care and occupational therapy referrals.

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

### BANES Mental Health & Wellbeing Service

Available to adults in the BANES area with a mental health support need and provided by Virgin Care. The service offers short term support and is provided free of charge.

**How to access:**

Self-referral through the Community Wellbeing Hub, GP's, local mental health teams, BANES Talking Therapies service, local adult health and social care teams and practitioners.

**Tel:** Sue Barrow or Shirley Reynolds on 0300 247 0050

**Email:** [mentalhealth2@hcrqcaregroup.com](mailto:mentalhealth2@hcrqcaregroup.com)

**Website:** <https://bathneshealthandcare.nhs.uk/mental-health-2/>

### BANES Social Prescribing Service

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

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

### Bath City Farm

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

**How to access:**

**Tel:** 01225 481 269    **Email:** [info@bathcityfarm.org.uk](mailto:info@bathcityfarm.org.uk)    **Website:** [www.bathcityfarm.org.uk](http://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](mailto:info@bathscape.co.uk)    **Website:** [www.bathscape.co.uk](http://www.bathscape.co.uk)

### Community Wellbeing Hub

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

**How to access:**

**Tel:** 0300 247 0050 (9am - 5pm, Mon - Fri) **Email:** [CWHBanes@hrcgcaregroup.com](mailto:CWHBanes@hrcgcaregroup.com)  
**Website:** [communitywellbeinghub.co.uk](http://communitywellbeinghub.co.uk)

### **Creativity Works**

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

**How to access:**

**Email:** [philippa@creativityworks.org.uk](mailto:philippa@creativityworks.org.uk) **Website:** [www.creativityworks.org.uk](http://www.creativityworks.org.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 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

**Tel:** Emily 07812 155 659 **Email:** [emily@ecowild.org.uk](mailto:emily@ecowild.org.uk) **Website:** [ecowild.org.uk](http://ecowild.org.uk)

### **Grow for Life**

Grow for Life provides therapeutic gardening sessions on a Thursday morning in the Botanical Gardens in Bath, for adults affected by low confidence, anxiety, depression or isolation.

For those who are secure in their recovery and who have a genuine interest in Horticulture we offer a City and Guilds Practical Horticulture course on a Tuesday and Tree planting in the winter season.

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

**How to access:** Contact Carey Skelton

**Tel:** 07729 906 223 **Email:** [info@growforlife.org.uk](mailto:info@growforlife.org.uk) **Website:** [www.growforlife.org.uk](http://www.growforlife.org.uk)

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

The service provides outreach support to any land-based travellers and boaters in the BANES area to help to reduce the inequalities experienced by individuals within these groups. Support is provided both in person and via telephone to help clients to access local services such as health appointments. The service also liaises with the Canal and Rivers Trust and other relevant agencies to help clients with information relating to their licences and other matters. The service can provide support with financial assistance to access these licences and supporting clients to understand the rules to follow when holding these licences.

Monthly drop-in sessions on the boat to hopefully be resumed soon, contact for more details.

**How to access:**

**Tel:** Sophie Bostock or Alice Young on 07946 200 271 **Email:** [grtb@julianhouse.org.uk](mailto:grtb@julianhouse.org.uk)

**Website:** [www.julianhouse.org.uk](http://www.julianhouse.org.uk)

### **HCRG Care Group** (formally Virgin Care)

Our wellness service offers a wide range of health and wellbeing support including: stopping smoking, weight management, healthy cooking, physical activity and diabetes education support. Please also see details of online courses and support available from the Wellbeing College.

**How to access:**

**Tel:** 0300 247 0050 **Email:** [BATHNES.thehub@hrcgcaregroup.com](mailto:BATHNES.thehub@hrcgcaregroup.com)

**Website:** [bathneshealthandcare.nhs.uk](http://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](http://livewell.bathnes.gov.uk)

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

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

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

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

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

**Tel:** 01225 312 481 **Email:** [OTRsupport@offtherecord-BANES.co.uk](mailto:OTRsupport@offtherecord-BANES.co.uk)

**Website:** [www.offtherecord-BANES.co.uk](http://www.offtherecord-BANES.co.uk)

## Pathways to Wellbeing, Holburne Museum

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

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

**Tel:** Louise or Emma 01225 388 569 **Email:** [l.campion@holburne.org](mailto:l.campion@holburne.org)

**Website:** [www.holburne.org/learning/community-engagement/pathways-to-wellbeing/](http://www.holburne.org/learning/community-engagement/pathways-to-wellbeing/)

## Soundwell Music Therapy

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

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

**Tel:** Claire Kitay or Duncan Stagg on 0300 365 3400

**Email:** [Claire.kitay@soundwell.org.uk](mailto:Claire.kitay@soundwell.org.uk) or [Duncan.stagg@soundwell.org.uk](mailto:Duncan.stagg@soundwell.org.uk)

**Website:** [www.soundwell.org](http://www.soundwell.org)

## St Mungo's - Bridges to Wellbeing Service

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

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

**How to access:**

**Tel:** 07825 115 775 **Email:** [ralph.lillywhite@mungos.org](mailto:ralph.lillywhite@mungos.org) **Website:** [www.bridges2wellbeing.co.uk](http://www.bridges2wellbeing.co.uk)

### **The Community Farm**

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

**How to access:**

**Tel:** 01225 913 097 **Website:** [www.thecommunityfarm.co.uk/](http://www.thecommunityfarm.co.uk/)

**Email:** [farming@thecommunityfarm.co.uk](mailto:farming@thecommunityfarm.co.uk) or [volunteer@thecommunityfarm.co.uk](mailto:volunteer@thecommunityfarm.co.uk)

### **The Life Project, Bath**

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

**How to access:** Via referral.

**Tel:** 07708 217 901 **Email:** [info@lifeprojectbath.org.uk](mailto:info@lifeprojectbath.org.uk) **Website:** [www.lifeprojectbath.org.uk](http://www.lifeprojectbath.org.uk)

### **Time Bank Plus**

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

**How to access:**

**Tel:** 01225 442 813 **Email:** [timebankplus@gmail.com](mailto:timebankplus@gmail.com) **Website:** [www.timebankplus.co.uk](http://www.timebankplus.co.uk)

### **Village Agents, WERN**

Village Agents link people in rural areas with advice and support services for independent living. This free service provides:

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

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

**Tel:** 01275 333 700 **Email:** [villageagents@wern.org.uk](mailto:villageagents@wern.org.uk)

**Website:** [www.wern.org.uk/banes-village-agents](http://www.wern.org.uk/banes-village-agents)

### **Wellbeing College**

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

**How to access:**

**Tel:** 0300 247 0050 (9am - 5pm, Mon to Fri). **Email:** [wellbeingcollege@hcrqcaregroup.com](mailto:wellbeingcollege@hcrqcaregroup.com)

**Website:** [wellbeingcollegeBANES.co.uk](http://wellbeingcollegeBANES.co.uk)



## Wheels For All - Bath & West

Creating cycling opportunities for children, adults and families with a social or health need, a learning, sensory or a physical disability. Based at the Odd Down Sports Ground cycle circuit, we offer inclusive cycling sessions using a wide range of accessible bikes and tricycles. Current service provision is 1-1 cycling support, a weekly 'Tuesday Twilight' session and fortnightly Saturday sessions.

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

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

## Housing Support

### BANES Criminal Justice Supported Housing Service, Julian House

We offer supported housing to people who are prison leavers or are currently engaged in the criminal justice services. We provide person centred and trauma informed support to people to address the underlying issues which has led them to previous offending behaviour. This includes support to access mental health services, primary health care, substance misuse providers, debt and budgeting, gender specific support and employment, work experience, job preparation, skills development, training and volunteering opportunities.

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

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

**Website:** [www.julianhouse.org.uk](http://www.julianhouse.org.uk)

### Emergency Duty Team

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

**How to access:**

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

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

**Website:** [beta.bathnes.gov.uk](http://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:** **Error! Hyperlink reference not valid.**

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

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

### Morning Outreach Service, Julian House

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

**How to access:**

**Contact:** Tracy Frost **Tel:** 07539 080 954 or **Email:** [Tracy.Frost@Julianhouse.org.uk](mailto:Tracy.Frost@Julianhouse.org.uk)

**Website:** [www.julianhouse.org.uk/service/outreach-bnes/](http://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](http://www.peoplelimited.org)

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

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

Support includes:

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

**How to access:** The service is running as normal and can be contacted by phone or email.

**Tel:** 01225 422 156 or **Email:** [info@dhireach.org.uk](mailto:info@dhireach.org.uk)

**Second Step's Floating Support Service**

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

**How to access:**

**Tel:** 01225 750 926 or 01225 750 927 **Email:** [FSBANES@second-step.co.uk](mailto:FSBANES@second-step.co.uk)

**Website:** [www.second-step.co.uk/our-services/our-bath-and-north-east-somerset-services/](http://www.second-step.co.uk/our-services/our-bath-and-north-east-somerset-services/)

## LGBTQ+

**Mindline Trans+**

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

**How to access:**

**Tel:** 0300 330 5468, Mon & Fri 8pm-midnight **Website:** [mindlinetrans.org.uk](http://mindlinetrans.org.uk)

**Switchboard LGBT+**

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

**How to access:**

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

**Email:** [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) (typically replied to within 72 hrs) **Website:** [switchboard.lgbt](http://switchboard.lgbt)

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

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

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

**Tel:** 01225 312 481

**Email:** [space@offtherecord-BANES.co.uk](mailto:space@offtherecord-BANES.co.uk) **Website:** [www.offtherecord-BANES.co.uk](http://www.offtherecord-BANES.co.uk)

## 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 and online groups)
- Physical activity groups - Running, football, wellbeing walks
- Young person group (16-25) including Peer Mentoring, Counselling and Outreach work
- Befriending
- Supported living - Community Support (offering 1:1 support in the home) this is a chargeable service, the Intensive Outreach Service and the Welfare Benefit Advice Service
- Affordable counselling
- Housing - registered care home and minimum support
- 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:** 01225 316199 **Email:** [admin@bathmind.org.uk](mailto:admin@bathmind.org.uk) **Website:** [www.bathmind.org.uk](http://www.bathmind.org.uk)

### Floating Support Service, BANES - St Mungo's

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

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

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

**Email:** [alexandra.stewart@mungos.org](mailto:alexandra.stewart@mungos.org) **Website:** [www.mungos.org](http://www.mungos.org)

### Hub of Hope

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

**How to access:** **Website:** [hubofhope.co.uk](http://hubofhope.co.uk)

### Mental Wealth Academy, Response

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

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

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

[www.response.org.uk/children-young-people/mental-wealth-academy-request-for-service/](http://www.response.org.uk/children-young-people/mental-wealth-academy-request-for-service/)

**Tel:** 01865 397940 **E-mail:** [mentalwealthacademy@response.org.uk](mailto:mentalwealthacademy@response.org.uk)

**Website:** [www.response.org.uk](http://www.response.org.uk)

### **Samaritans, Bath & District**

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

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



### **Self Injury Support**

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

**How to access:**

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

**Helpline:** 0800 800 8088 **Text:** 07537 432 444 **Email:** [tessmail@selfinjurysupport.org.uk](mailto:tessmail@selfinjurysupport.org.uk)

**Website:** [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

### **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.

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

**How to access:**

**Tel:** 01225 310 748 **Email:** [Wellbeing.House@curo-group.co.uk](mailto:Wellbeing.House@curo-group.co.uk)

**Website:** [curo-group.co.uk/independent-lives/the-wellbeing-house](http://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](http://www.awp.nhs.uk)

### BANES Primary Care Talking Therapies Service

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

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

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

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

**Website:** [www.iapt-BANES.awp.nhs.uk](http://www.iapt-BANES.awp.nhs.uk)

### Primary Care Liaison Service (PCLS)

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

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

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

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

### Intensive Service

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

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

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

### Therapies

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

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

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

### Recovery Service

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

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



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

### Early Intervention in Psychosis Team (EI)

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

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

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

### Complex Intervention & Treatment Team (CITT)

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

**Based: Bath Team** - Bath NHS House, Newbridge Hill Bath BA1 3QE

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

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

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

### Acute Hospital Liaison (Royal United Hospital)

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

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

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

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

### Approved Mental Health Professionals Team (AMHP)

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

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

### Patient Advice and Liaison Service (PALS):

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

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

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

**Email:** [awp.pals@nhs.net](mailto:awp.pals@nhs.net)

## Perinatal Support

### Bluebell Care

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

**[www.facebook.com/Bluebellsupportingfamilies](https://www.facebook.com/Bluebellsupportingfamilies)**

**How to access:**

**Tel:** 0117 922 0746    **Email:** [hello@bluebellcare.org.uk](mailto:hello@bluebellcare.org.uk)    **Website:** Error! Hyperlink reference not valid.

### **Dads in Mind**

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

#### **How to access:**

**Email:** [simon@dadsinmind.org](mailto:simon@dadsinmind.org) or [stefan@dadsinmind.org](mailto:stefan@dadsinmind.org)    **Website:** [www.dadsinmind.org](http://www.dadsinmind.org)

**Facebook:** 'Dads in Mind' community group

### **Mothers for Mothers** - Perinatal mental health support

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

#### **How to access:**

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

**Website:** [www.mothersformothers.co.uk](http://www.mothersformothers.co.uk)

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

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

**E-mail support:** [info@pandasfoundation.org.uk](mailto:info@pandasfoundation.org.uk)    **Website:** [www.pandasfoundation.org.uk](http://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](http://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](mailto:bath@readeasy.org.uk)    **Website:** [www.readeasy.org.uk](http://www.readeasy.org.uk)

## **Refugee Support**

### **Red Cross Refugee Support**

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

#### **How to access:**

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

**Email:** [refugeeservicebristol@redcross.org.uk](mailto:refugeeservicebristol@redcross.org.uk)

**Website:** [www.redcross.org.uk/get-help/get-help-as-a-refugee](http://www.redcross.org.uk/get-help/get-help-as-a-refugee)

## Senior Citizen Support

### Age UK BANES

Currently offering:

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

**How to access:**

**Tel:** 01225 466 135    **Email:** [reception@ageukBANES.co.uk](mailto:reception@ageukBANES.co.uk)

**Website:** [www.ageuk.org.uk/bathandnortheastsomerset](http://www.ageuk.org.uk/bathandnortheastsomerset)

### Bath Ethnic Minority Senior Citizens Association (BEMSCA)

Whilst the service is closed the following activities are happening;

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

**How to access:**

**Tel:** 01225 464 165

**Email:** [admin@bemsca.com](mailto:admin@bemsca.com)

**Website:** [bemsca.com](http://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](http://www.connecting-generations.org.uk)

### Silver Line - for people aged 55 and over

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

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

**How to access:**

**Free 24hr Helpline:** 08004 70 80 90

**Website:** [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

### St John's Foundation - Good Living Activities

We offer a varied timetable of weekly activities designed to improve mental, physical and emotional wellbeing in over 55's.

**How to access:**

**Tel:** Call the team on **01225 486401** and press **option 6**

**Email:** [goodliving.enquiries@stjohnsbath.org.uk](mailto:goodliving.enquiries@stjohnsbath.org.uk)    **Website:** [www.stjohnsbath.org.uk](http://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:**

**Website:** [www.safeBANES.com](http://www.safeBANES.com)

### The Riverside Clinic (Contraception and Sexual Health)

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

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

**How to access:** All appointments need to be booked.

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

**Email:** [ruh-tr.sexualhealthclinic@nhs.net](mailto:ruh-tr.sexualhealthclinic@nhs.net) **Website:** [www.ruh.nhs.uk/sexualhealth](http://www.ruh.nhs.uk/sexualhealth)

## Violence, Domestic Violence & Abuse (Confidential Support)

### The Bridge - Sexual Assault Referral Centre (SARC)

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

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

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

**General Support Tel:** 0117 342 6999

**Email:** [ubh-tr.thebridgecanhelp@nhs.net](mailto:ubh-tr.thebridgecanhelp@nhs.net) **Website:** [www.thebridgecanhelp.org.uk](http://www.thebridgecanhelp.org.uk)

### Galop

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

**How to access:**

- LGBT+ Hate Crime Helpline:

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

- National LGBT+ Domestic Abuse Helpline

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

**Email:** [help@galop.org.uk](mailto:help@galop.org.uk)

### Somerset & Avon Rape and Sexual Abuse Support (SARSAS)

SARSAS provide support and signposting to people who have experienced rape or any kind of sexual assault or abuse at any time in their lives. Our services have become non-contact in response to the coronavirus pandemic. All victim-survivors of sexual violence can use our helpline and e-support services and women (with their prior permission) can be referred to SARSAS by an

agency or professional. All counselling sessions are now being offered online or over the telephone where it is safe and appropriate to do so. Clinical staff are undertaking assessments with clients to ensure that they have a safe space within their home to access support.

**How to access:**

**Tel:** 0117 929 9556 (Bristol office) **Email:** [support@sarsas.org.uk](mailto:support@sarsas.org.uk) **Website:** Error! Hyperlink reference not valid.

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

### Survivor Pathway



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

**How to access:** **Website:** [www.survivorpathway.org.uk](http://www.survivorpathway.org.uk)

### Trauma Breakthrough

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

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

**Tel:** Holly, Services Manager 01225 984 637

**Email:** [services@traumabreakthrough.org](mailto:services@traumabreakthrough.org) **Website:** [www.traumabreakthrough.org](http://www.traumabreakthrough.org)

### Victim Support Team (Avon & Somerset)

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

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

**How to access:**

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

**24hr free support line:** 08081 689 111

**24hr free live chat:** [www.victimsupport.org.uk](http://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 420 249 **Email:** [info@voicescharity.org](mailto:info@voicescharity.org) **Website:** [www.voicescharity.org](http://www.voicescharity.org)

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

### Unseen

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

**How to access:**

**Tel:** 0303 040 2888 **Email:** [admin@unseenuk.org](mailto:admin@unseenuk.org) **Website:** [www.unseenuk.org](http://www.unseenuk.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, 9:00am - 4:00pm, Tues, Wed & Thurs

**Email:** [bathnes.volunteerservices@hcrhcaregroup.com](mailto:bathnes.volunteerservices@hcrhcaregroup.com)

**Website:** [bathneshealthandcare.nhs.uk/wellness/community-volunteer-services/](http://bathneshealthandcare.nhs.uk/wellness/community-volunteer-services/)

### **Compassionate Community BANES - Community Connectors**

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

**How to access:**

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

**Email:** [contact@compassioncb.org.uk](mailto:contact@compassioncb.org.uk) **Website:** [www.compassioncb.org.uk/](http://www.compassioncb.org.uk/)

# Free Volunteer Training

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

**Upcoming Training - Book via the Wellbeing College**

Tel: 0300 247 0050 or book online [www.wellbeingcollegebanes.co.uk/Volunteers](https://www.wellbeingcollegebanes.co.uk/Volunteers)



Delivered online, via Zoom

### Safeguarding - Adults & Children

Do you volunteer your time helping others in your community?

If so then someday it might be vital to know how to spot signs of risk, abuse or exploitation, and know what you can do about it.

<https://wellbeingcollegebanes.co.uk/volunteers>

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## Safeguarding training

**2 hour course (plus e-learning)**

Delivered online, via Zoom

### Dates:

Wed 20<sup>th</sup> July, 2:30pm - 4:30pm



Delivered online, via Zoom

### Boundaries training

For volunteers

The course aims to provide:

- Clear understanding of boundaries, including risks around personal disclosure.
- Keeping ourselves and others safe.
- Setting and maintaining healthy boundaries.
- Identifying situations before things go wrong.

<https://wellbeingcollegebanes.co.uk/volunteers>

St Mungo's  
Building Communities  
Rebuilding Lives

## Boundaries training

**2.5 hour course**

Delivered online, via Zoom

### Dates:

Tues 12<sup>th</sup> July, 5:30pm - 7:30pm



*If you are a carer this course is vital to understanding how looking after you helps look after the person you are caring for.*

### Mental health training for non-paid carers

Family, friends, supporters of a loved one with mental health challenges

Developing knowledge, understanding and approaches, to create the best possible environment that supports everyone's emotional and mental wellbeing.

4 sessions, delivered via Zoom

<https://wellbeingcollegebanes.co.uk/volunteers>

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## Mental health training for non-paid carers

**The training consists of 4 sessions**

Delivered online, via Zoom

### Dates:

Thurs 14<sup>th</sup>, 21<sup>st</sup>, & 28<sup>th</sup> July & 4<sup>th</sup> Aug

Times: 1:00pm - 3:30pm

Thurs 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> Nov

Times: 6:00pm - 8:30pm



Additional volunteer training available, includes:

**Become a confident virtual classroom trainer** - Build your confidence, skills and options in delivering training over Zoom.

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

**First aid workshop** - Develop confidence to help someone in a first aid emergency, using the objects that you have around you.

**Group facilitator's toolkit training** - Designed to offer a clear process, tips and useful documents to help people set up and facilitate groups.

**Introduction to supporting people with mental health needs** - Explores the concepts of mental health and wellbeing, how to recognise psychological distress and our reaction to it, be more confident to know what to do to help someone in psychological distress, and discuss ways to look after yourself in your work.

**Managers and co-ordinators reflective practice and peer support** - These group coaching sessions are available upon request, they support wellbeing conversations and can be applied to working with clients.

**Managing challenging situations** - Developed for volunteers who may face challenging situations when volunteering with people one-to-one or in a group situation. The course has been developed by a Mental Health Nurse and Peer Mentoring Coordinator, both experienced trainers.

**Managing your emotions** - Practical ways to manage your emotions, gain insight to how our emotions are helpful to us and the relationship between our thoughts and our emotions.

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

For more information about these course and for upcoming dates,  
Tel: 0300 247 0050 or visit [www.wellbeingcollegebanes.co.uk/Volunteers](http://www.wellbeingcollegebanes.co.uk/Volunteers)

## Free online training from other organisations

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

Psychological First Aid (PFA) is used across the world to support people during emergencies and difficult times. It involves giving practical help, encourages positive coping and gives hope, so that children, young people and their families can feel safe, connected and able to help themselves.

PFA draws on participant's existing abilities to engage and support others. You do not need to be a specialist. Produced by Public Health England.

**How to access:** [www.futurelearn.com/courses/](http://www.futurelearn.com/courses/)

### **Talking about Suicide: Ten Tools (TAS10) - online training FOR ANYONE**

In just 90 minutes, learn ten tools and the confidence to start a conversation with someone you're worried about. You could save their life. TAS10 is delivered live on Zoom, safely and sensitively. It was created by specialists from Olly's Future and Start the Conversation.

**How to access:** [eventbrite.co.uk/e/talking-about-suicide-ten-tools-online-training](https://eventbrite.co.uk/e/talking-about-suicide-ten-tools-online-training)

### **Zero Suicide Prevention Training (E-Learning)**

Free suicide prevention training available to all:

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

**How to access:** [www.zerosuicidealliance.com/training](http://www.zerosuicidealliance.com/training)



# Local & National Helplines

## 24 hours a day, 365 days a year

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

## Crisis Text Support (24hrs)

**In Crisis? Need Support?**  
Text '**SHOUT**' to **85258**

Young people text **YM** to **85258**  
Deaf community text **DEAF** to **85258**

## Additional Support, times vary

<b>Adult Social Care - First Response</b>	0300 2470201 (Social care and social services)
<b>Anxiety UK</b>	03444 775 774
<b>Autism</b> (National Autistic Society)	0808 800 4104
<b>Beat</b> (eating disorders)	0808 801 0677
<b>CALM</b> (men aged 15-35)	0800 58 58 58
<b>Community Wellbeing Hub</b> (local support)	0300 247 0050
<b>Family Lives</b> (formerly Parentline)	0808 800 2222
<b>Mencap</b> (learning disabilities)	0808 808 1111
<b>Mind Infoline</b>	0300 123 3393
<b>National Gambling Helpline</b>	0808 802 0133
<b>National Alzheimer's Society</b>	0333 150 3456
<b>No Panic</b> (panic attacks, OCD and phobias)	0844 967 4848
<b>OCD UK</b>	0333 212 7890
<b>Papyrus Hopeline</b> (under 35)	0800 068 4141
<b>Rape Crisis</b>	0808 802 9999
<b>Rethink</b>	0300 5000 927
<b>Self Injury Helpline</b>	0808 800 8088
<b>Womankind Bristol</b> (in distress, domestic abuse)	0117 916 6461







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**St Mungo's**  
Ending homelessness  
Rebuilding lives

We'd love to hear your thoughts on the Hope Guide, so please let us know if you have any comments or ideas for improvement.

**This guide is for you and we aim to make it as useful as possible.**

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

**Ralph Lillywhite:** 07825 115 775 or **Email:** [ralph.lillywhite@mungos.org](mailto:ralph.lillywhite@mungos.org)

St Mungo's produced this guide in collaboration with local services.