

The Hope Guide

Support Groups & Activities in Bath & NE Somerset

St Mungo's
Ending homelessness
Rebuilding lives

Winter 2019: Edition 9

58 Groups & Activities
One-to-one info and Help in a Hurry!
17 free courses for volunteers



Tranquillity by Will, from the AWP Create project

Groups open to adults who want to improve their wellbeing, feel less socially isolated, or may be affected by mental health issues, substance misuse, or homelessness.

Electronic Hope Guide available at: www.newhopebanes.org

Hello everyone,

Here we are with another Hope Guide, this time its edition number 9. We've received so much good feedback on the Hope Guide, with both people in the community and professionals telling us of its value, so were really happy that AWP and Virgin Care decided to fund a new edition.

This time there are 58 groups listed, some being additions from organisations who are new to the Hope Guide. Also included is information for organisations offering various support, along with a range of free training opportunities available to anyone volunteering in BANES.

We hope that this latest guide will continue to point you in the direction of groups and services which will improve your wellbeing.

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

If you are looking for groups for the over 55's please contact Ricky Bush on 01225 486453 or e-mail ricky.bush@stjohnsbath.org.uk for a copy of the St John's 'What's on for Over 55's' guide.

Group Guide



Accessible



Food



Parking



Toilets



Dementia Friendly

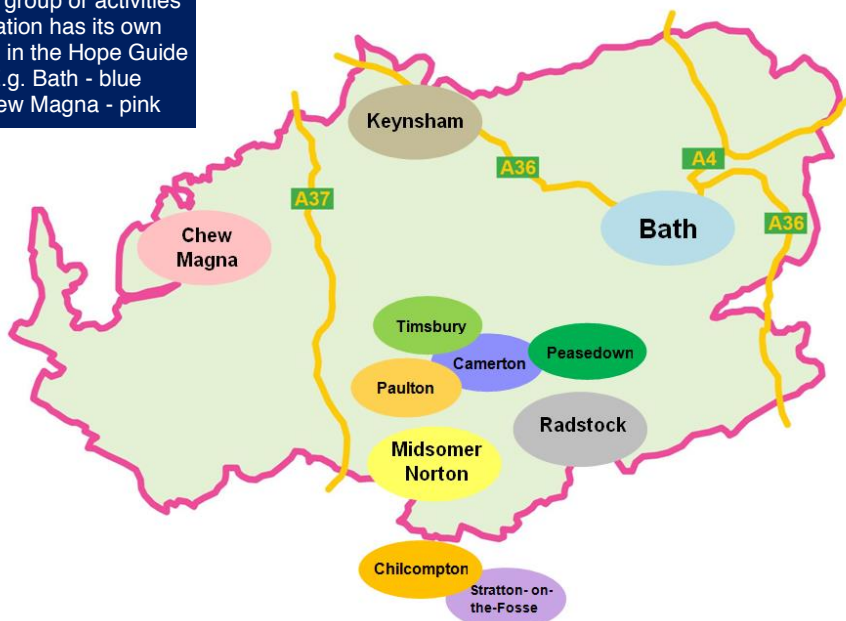


Hearing Loop



Refreshments

Each group or activities location has its own colour in the Hope Guide
E.g. Bath - blue
Chew Magna - pink



**Below is a list of groups and activities in B&NES grouped by day of the week
Within the guide they are in alphabetical order**

Date or Day – not set	Run By	Where	Pg
Food for Thought	Bath Mind	Various	11
Movie Club	Genesis Trust Life Skills	Various	19

Monday	Run By	Where	Pg
Action Pantry	Mercy in Action	Bath	5
'Borrow It'	Time Bank Plus	Bath	7
Clothesline	Mercy in Action	Bath	9
Feathered Friends	Bath City Farm	Bath	10
Get Growing!	Bath City Farm	Bath	14
Greenlinks @ Monksdale Road	Bath Mind	Bath	14
KS2 - Coffee Morning	KS2	Bath	17
Life Skills Art Space	Genesis Trust Life Skills	Bath	17
Open Opportunities	Bath Mind	Bath	20
Twerton Support Cafe	Bath Mind	Bath	23
Upcycle Café	Genesis Trust Life Skills	Batr	24

Tuesday	Run By	Where	Pg
Animation Workshops	Genesis Trust Life Skills	Bath	5
Book Club	Banes Carers Centre	Bath	7
'Borrow It'	Time Bank Plus	Bath	7
Feelgood Walks	Time Bank Plus	Bath	11
Football Group	Bath Mind	Bath	5
Furniture Repair & Restoration Workshop	The Woodworks Project	Bath	12
Gardening	Time Bank Plus	Bath	13
Get Creative	Creativity Works	Bath	13
Greenlinks @ Alice Park	Bath Mind	Bath	14
Hopespace Café	Bath Mind	Bath	15
KS2 - Carer Support Group	KS2	Bath	16
Mens Boccia	Banes Carers Centre	Bath	18
Midsomer Norton Wellbeing Group	Bath Mind	Midsomer Norton	19
Singing for the Brain	Alzheimer's Society	Bath	21
Timsbury Support Café	Bath Mind	Bath	23
Wheels for All Bath & West – Weekly 1-1 sessions	Wheels for All Bath & West	Bath	25
Writing Circle	Genesis Trust Life Skills	Bath	25
Writing Space	Creativity Works	Bath	25

Wednesday	Run By	Where	Pg
Bipolar UK - Bath Group	Bipolar UK	Bath	6
Book Chat	Genesis Trust Lifeline	Bath	7
'Borrow It'	Time Bank Plus	Bath	7
Cafe Xtra	DWP	Bath	8
Faith Group	Genesis Trust Life Skills	Bath	10
Friends in Need	Bath Mind	Bath	12
Fun Division	Bath Mind	Bath	12
Gardener's Lodge Art Group	Holburne Museum	Bath	13
Get Growing!	Bath City Farm	Bath	14
Greenlinks @ Monksdale Road	Bath Mind	Bath	14
Greenlinks @ the Potting Shed	Bath Mind	Bath	15
Kaleidoscope	BANES Carers' Centre	Radstock	16

Keynsham Photo Walkers	Bath Mind & Creativity Works	Keynsham	16
Lunch Club	Time Bank Plus	Bath	17
Make and Bake	Bath City Farm	Bath	18
Singing for the Brain	Alzheimer's Society	West Harptree	21
Southside Food Co-op	Time Bank Plus	Bath	20
Upholstery Workshop	The Woodworks Project	Bath	24

Thursday	Run By	Where	Pg
Bath Music Therapy Group	Soundwell	Bath	6
Drumming Workshop	Genesis Trust Life Skills	Bath	9
Families Also Matter (FAM)	DHI	Bath	10
Foxhill Happy Snappers	Bath Mind & Creativity Works	Bath	11
Furniture Repair & Restoration Workshop	The Woodworks Project	Bath	12
Grow for Life	Grow for Life	Various	15
Mendip Storytelling Circle	Mendip Storytelling Circle	Chewton Mendip	18
Radstock Wellbeing & Loving Life	Bath Mind	Radstock	20
Singing for the Brain	Alzheimer's Society	Various	21

Friday	Run By	Where	Pg
Bath Art Group	Banes Carers Centre	Bath	6
Care & Share Café	AWP & BANES Carers' Centre	Bath	8
Carers' Music Support Group	Soundwell	Bath	8
Faces	BANES Carers' Centre	Bath	9
Open Music Therapy Group	Soundwell	Bath	19
Singing for the Brain	Alzheimer's Society	Bath	21
Stitch Friday	Bath Mind & St. John's Foundation	Bath	23

Saturday	Run By	Where	Pg
Swimming for Ladies	Bath Mind	Bath	21
Wheels for All Bath & West – Saturday Club	Wheels for All Bath & West	Bath	24

Organisations Supporting People in BANES	Pg
Wellbeing Options – Find a service by searching online	26
Advocacy	26
Dementia Support	27
Drug & Alcohol Support	27
Employment Related Support (mental health Support)	27
Family & Friends Support	28
Funding	28
General Support	29
Have a Voice	30
Housing Related Support	30
Mental Health Support – Community	31
Mental Health Support – Avon and Wiltshire Partnership in B&NES	32
Perinatal Support	34
Reading	35
Senior Citizen	35
Virgin Care	37
Violence, Domestic Violence and Abuse	37
Volunteer Training – 15 Free and Open Access Courses	37
Help in a Hurry	43

Action Pantry - Mercy in Action

Group Overview – Partnering with FareShare SW, we receive fresh food that has been rescued from going to landfill and pass it on to families in need. Meat, dairy products, ready meals, fruit and veg are among the foods we are able to share with our members. Limited places.

Who is the group for – Families in need in Bath and the surrounding area.

WHEN	Mondays	TIMES	12.00 – 3.00pm
COST	£3 per week	KEY	  
LOCATION	Jubilee Centre, Lower Bristol Road, Bath BA2 9ES		
CONTACT	Mel King: 01225 443600		

Animation Workshops - Genesis Trust Life Skills

Group Overview – Small groups working with an experienced professional animator, producing short stop motion animation.

Please contact Matt to book a place in advance. Group to start early spring 2020

Who is the group for – Vulnerable adults in recovery and living with mental health issues.

WHEN	Tuesdays	TIMES	2pm-4pm
COST	Suggested donation £2:00	KEY	 
LOCATION	Genesis Life Skills, Gateway Centre, London Road, Bath, BA1 6DH		
CONTACT	Matt: 01225 463549 or matt@genesistrust.org.uk		

Football Group – Bath Mind

Group Overview - Mixed Football, supported by Bath City Football Foundation & peer volunteers. Everyone Welcome.

Who is the group for - Anyone.

WHEN	Tuesdays	TIMES	4.30pm-5.30pm
COST	£2	KEY	   
LOCATION	Bath Leisure Centre, main hall, North Parade Rd, Bath, BA2 4ET		
CONTACT	Tel: 01225 316199		

Bath Art Group - BANES Carers' Centre

Group Overview – Peer Support drop-in. Paint, draw and meet other people in this relaxed and friendly space. No instruction given.

Who is the group for – Carers (anyone looking after someone else, unpaid)

WHEN 2nd & 4th Friday of the Month **TIMES** 10:30am-12:30pm

COST Free **KEY**     

LOCATION Bath Carers' Centre, Lower Bristol Road, Bath, BA1 9ES

CONTACT Tel: 08000 388885 Email: reception@banescarerscentre.org.uk

Bath Music Therapy Group - Soundwell

Group Overview – A Music Therapy Group to help relieve anxiety, depression or other mental health issues and to promote creativity, wellbeing, self-expression and a sense of belonging through the music created. No musical experience needed, tea and coffee provided. **This is a referral only group.**

Who is the group for – Individuals living with high mental health support needs.

WHEN Thursdays from January **TIMES** Afternoon

COST Donation of Choice **KEY**  

LOCATION URC Community Rooms, Grove St, Bath, BA2 4BA

CONTACT Tel: 07958 229333 Email: erin.upbeat@soundwell.org.uk

Bipolar UK - Bath Group

Group Overview – We are a peer support group that meets twice monthly for anyone living with aspects of Bipolar and their friends and family. We provide support and discussion with others in a similar position in a friendly and informal setting.

Who is the group for – The group and twice-monthly meetings are run by and for people affected by Bipolar. Family members, friends and carers are all welcome.

WHEN 1st(lunch)/3rd(eve)Wed of mth **TIMES** 12:30pm-2:30pm / 7pm-9pm

COST £2 donation for refreshments **INFO**   

LOCATION Goodridge Room, United Reform Church, 7 Argyle St, Bath, BA2 4BA

CONTACT Tel: 07534 530340

Book Chat - Genesis Trust Lifeline

Group Overview – A book group opportunity to discuss authors and books that interest you. Bring a book, poem or an article that you enjoy, or has got you thinking and share it with the rest of the group in a relaxed way. Or come to listen and join in discussion.

Who is the group for – Vulnerable Adults and anyone experiencing homelessness.

WHEN	Wednesday (Term time only)	TIMES	10:45am–11:45am
COST	Free	KEY	 
LOCATION	Genesis Life Skills, Gateway Centre, London Road, Bath, BA1 6DH		
CONTACT	Denise or Matt: 01225 463549		

Book Club - BANES Carers' Centre

Group Overview – Read and discuss books, meet other carers and try books that you might not otherwise read. At the end of each meeting you can nominate a book and everyone will vote on the book for next month.

Who is the group for – Carers (anyone looking after someone else, unpaid)

WHEN	Last Tuesday of the month	TIMES	7pm–9pm
COST	Free	KEY	 P  
LOCATION	Bath Carers' Centre, BA1 9ES		
CONTACT	Tel: 08000 388 885 Email: reception@banescarerscentre.org.uk		

'Borrow It' - Time Bank Plus

Group Overview – 'Library' of useful things which can be borrowed by anyone in B&NES. Drop-in to borrow occasional-use items such as DIY tools, gardening equipment, camping items, household equipment or kitchen gadgets. Catalogue of items is available on request.

Call or email for more info or drop in to our office; 86 High Street, Twerton.

Who is the group for – Anyone living in B&NES. You need to register & bring ID when you first join.

WHEN	Mon, Tues & Wed	TIMES	10-4pm (M&W) 10-7pm (T)
COST	Free	KEY	 P 
LOCATION	Twerton		
CONTACT	Tel: 01225 442813 Email: timebankplus@googlemail.com		

Cafe Xtra - DWP

Group Overview – Are you looking for help with issues relating to mental health, money, social activity, or returning to work? Café Xtra could be what you've been waiting for. We aim to provide a relaxed, welcoming environment for those normally anxious about going out or meeting people. With live music, free hair styling and friendly chat you're assured of a warm welcome.

Who is the group for – Anyone looking for help with finance, mental health or benefits or purely coffee and a chat.

WHEN	1 st Wednesday Monthly	TIMES	2:30pm-4:30pm
COST	Free	KEY	    
LOCATION	Sally Ann's Café, Salvation Army, Bath Citadel, Green Park, Bath		
CONTACT	Shaun or Angie 01225 303227/303220		

Care and Share Café - AWP & BANES Carers' Centre

Group Overview – Informal get together for people caring/supporting someone with mental health issues. Helping people find their way, have a break, a chat, a bit of help and advice. Run by the Involvement Coordinator, a clinician (OT) from AWP and a member of staff from the carers centre. A good place to meet and make connections with others people in a similar situation.

Who is the group for – Carers/Supporters of people with mental health issues

WHEN	2 nd Friday of the Month	TIMES	10:30am–12:30pm
COST	Free (Drink Included)	KEY	     
LOCATION	Coffee #1, Riverside, Bath, BA2 3GG		
CONTACT	Lee Rawlings: 07917 210817 or l.rawlings@nhs.net		

Carer's Music Support Group - Soundwell

Group Overview – Alleviate the stress of your caring role and join this supportive, creative music workshop. Connect with other carers musically or take time just for you. Low pressure environment, no musical experience needed.

A referral is not necessary but please book a place in advance.

Who is the group for – Unpaid carers over 18 living in B&NES or people caring for a B&NES resident.

WHEN	3rd Friday of the month	TIMES	10:30am-11:30am
COST	Donation of Choice	KEY	  
LOCATION	URC Community Rooms, Grove St, Bath, BA2 4BA		
CONTACT	Tel: 07958 229333 Email: erin.upbeat@soundwell.org.uk		

Clothesline - Mercy in Action

Group Overview – A resource providing free clothing for children of anyone struggling to make ends meet. Clothes of every kind including school uniform, nightwear, coats, and sportswear. All items are clean, in excellent condition, and many are brand new.

Who is the group for – Parents, carers or professionals in the Bath area who need help ensuring 5-14 year olds are adequately clothed.

WHEN Mondays **TIMES** 12.00pm-3.00pm

COST Free **KEY**   

LOCATION Jubilee Centre, Lower Bristol Road, Bath BA2 9ES

CONTACT Mel King: 01225 443600

Drumming Workshop - Genesis Trust Life Skills

Group Overview – No experience necessary. A great opportunity to join a drumming circle. Led by an experienced Djembe player. We learn to play and listen to each other in a friendly and supportive environment.

Who is the group for – Vulnerable adults living with mental health challenges, and adults in recovery who want to meet new people & improve confidence.

WHEN Thursdays **TIMES** 12pm-13:30pm

COST Free, donation **KEY**  

LOCATION Genesis Life Skills, Gateway Centre, London Road, Bath, BA1 6DH

CONTACT Denise or Matt: 01225 463549

FACES - BANES Carers' Centre

Families with Autistic Children Encouraging Support

Group Overview – A fun, informal support group for carers of children with learning disabilities. Varied activities each month including art, gardening, singing and more.

Who is the group for – Parent carers of children with autism

WHEN 3rd Friday of the month **TIMES** 6pm–7:30pm

COST Free **KEY**   

LOCATION Percy Community Centre, New King Street, Bath, BA1 2BN

CONTACT Tel: 08000 388885 Email: reception@banescarerscentre.org.uk

Faith Group - Genesis Trust Life Skills

Group Overview – Exploring Faith and the Bible to make sense of the ups and downs of life. There are Meditations, discussions and prayer.

Who is the group for – Anyone who struggles with mental health challenges/ homelessness and wants to explore the Christian faith and spirituality.

WHEN	Wednesdays	TIMES	2pm–4pm
COST	Free, donation	KEY	 
LOCATION	Genesis Life Skills, Gateway Centre, London Road, Bath, BA1 6DH		
CONTACT	Denise or Matt: 01225 463549		

Families Also Matter (FAM) - DHI

Group Overview – A weekly group for families & individuals affected by someone else's alcohol or drug use. The group enables people to share experiences, coping strategies and improve understandings of how they can positively support someone who is using substances. Please call before attending the group.

Who is the group for – Anyone who is affected by the substance use of a friend, partner or family member to meet others in a similar situation.

WHEN	Thursdays	TIMES	6pm–7:30pm
COST	Free	KEY	   
LOCATION	The Beehive, Beehive Yard, Bath, BA1 5BD		
CONTACT	Tel: 01225 329 411		

Feathered Friends - Bath City Farm

Group Overview - A sociable chicken keeping/cuddling project for the over 60s. Join a small group of dedicated year-round volunteers to care for our friendly flock. In the warmer months (May-September), we invite groups from local care homes, and individuals living alone or with carers, to join us to meet the chickens. Sessions may also include gentle chicken-keeping & gardening activities.

Who is the group for – The over 60s, particularly those experiencing low mood or social isolation, those living with dementia and their carers.

WHEN	Mondays	TIMES	1:30-4pm
COST	Free	KEY	    
LOCATION	Bath City Farm, Kelston View, Bath, BA2 1NW		
CONTACT	Sarah: 01225 481269 or sarah@bathcityfarm.org.uk		

Feelgood Walks - Time Bank Plus

Group Overview – Gentle walks suitable for all ages and abilities. A chance to meet others, reduce stress, build up your health and fitness and explore the local area. Walks last 40 – 60 minutes and are 1 – 2 miles in length. You are welcome to bring well behaved dogs or children.

Call or email for more info. Or drop in to our office; 86 High Street, Twerton.

Who is the group for – Anyone over the age of 18 (or children accompanied by an adult).

WHEN	Tuesdays	TIMES	2pm-3pm
COST	Free	KEY	  
LOCATION	Starting points in Twerton or Whiteway		
CONTACT	Tel: 01225 442813 Email: timebankplus@googlemail.com		

Food for Thought– Bath Mind

Group Overview – A cooking enterprise for adults of all abilities. Food for Thought supports people who want to learn how to cook, improve skills, eat healthily on a budget and try new dishes. Participants cook as a team and eat together. Food for Thought also supports volunteers to cater for events and gain experience, taking small steps towards employment.

Who is the group for – Any adult who would like to improve their mental and physical wellbeing by being creative with food, socialising and cooking with others.

WHEN	Various courses/workshops	TIMES	Various
COST	Various	KEY	     
LOCATION	Various locations in B&NES		
CONTACT	Judith Green: 01225 316199 or foodforthought@bathmind.org.uk		

Foxhill Happy Snappers – Bath Mind Creativity Works

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

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

WHEN	Thursdays	TIMES	11am–1pm
COST	Free	KEY	   
LOCATION	St Andrews Church, Howthorn Grove, BA2 5QA		
CONTACT	Becky: 01225 316367 or Philippa: 01761 438852		

Friends in Need - Bath Mind

Group Overview – Weekly daytime and fortnightly evening meetings for people who are experiencing low mood or depression and want peer support to help them recover. People benefit from talking with others in an open café environment, making friends and developing coping skills which support recovery.

Monday evening groups meets at various locations. Call for information.

Who is the group for – Any adult who suffers from depression and anxiety affecting their mental health & wellbeing. Disabled access available.

WHEN	Wednesdays	TIMES	12pm-2pm
COST	Free	KEY	   
LOCATION	Manvers St. Open House cafe, Manvers St. Bath, BA1 1JW		
CONTACT	Becky Hughesman: 01225 316367 or Wellbeing@bathmind.org.uk		

Fun Division – Bath Mind

Group Overview – We meet to enjoy live jazz music, getting people out and about, to meet new faces and broaden horizons by creating social situations which are easy to get involved in, with no pressure or expectation. We want to create a relaxed environment that gives people the confidence to engage in opportunities within their local community, all while having some fun along the way.

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

WHEN	Wednesdays (Fortnightly)	TIMES	7pm-9pm
COST	Refreshments/Food	KEY	   
LOCATION	Green Park Brasserie, Green Park Rd, BA1 1JB		
CONTACT	Becky Hughesman: 01225 316367 or Wellbeing@bathmind.org.uk		

Furniture Repair & Restoration Workshop

The Woodworks Project. Group Overview – Make and renovate furniture, which will be sold in our shop. Learn all the woodworking skills needed to produce work of a high standard from our expert tutors. There are no timescales or deadlines to work to and everyone is free to work and learn at a pace that is suitable to them individually. www.thewoodworksproject.com

Who is the group for – Typically those with a physical or mental health condition or recovering from addiction, but open to anyone who feels they would benefit.

WHEN	Tuesday & Thursday	TIMES	9:30am–4:30pm
COST	Call for Details	KEY	   
LOCATION	Units 1-4 Victoria Park Business Centre, Midland Rd, Bath, BA1 3AX		
CONTACT	Tel: 01225 313240 Email: info@thewoodworksproject.com		

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 partner Bath museums. There are a maximum of 10 places. Please apply for a place by contacting us directly or ask your support worker to refer you.

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

WHEN Wednesdays

TIMES 2pm-3:30 pm

COST Free

KEY    

LOCATION The Gardener's Lodge, Sydney Gardens (behind the Museum)

CONTACT Louise Campion: 01225 388566 or l.campion@holburne.org

Gardening - Time Bank Plus

Group Overview – A gardening team helping local residents who are members of the Time Bank to maintain their gardens. Group members work at their own pace and receive training and support from the gardening team leader. Call or email for more info. Or drop in to our office; 86 High Street, Twerton

Who is the group for – Anyone who enjoys gardening. Training is provided. Those wishing to join need to become members of the Time Bank.

WHEN Tuesdays

TIMES 10am–1pm

COST Free

KEY   

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

CONTACT Tel: 01225 442813 Email: timebankplus@googlemail.com

Get Creative - Creativity Works

Group Overview – Exploring creativity and visual arts. This weekly group is an opportunity to meet others, learn and share creative visual arts ideas and gain confidence in a friendly environment. All members plan and run the creative activity. Please note there is no specific mental health support during the group. Safe, respectful participation is a priority.

Who is the group for – People who would like to develop and share their skills in creativity and visual arts.

WHEN Tuesdays

TIMES 1.15pm – 3.15pm

COST £2

KEY       

LOCATION Odd Down – phone to enrol

CONTACT Philippa: 01761 438852 or philippa@creativityworks.org.uk

Get Growing! - Bath City Farm

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

Who is the group for – People suffering from mental health issues. Activities are included to suit all abilities. There is disabled access to the farm.

WHEN	Mondays & Wednesdays	TIMES	10am-3pm
COST	Free	KEY	     
LOCATION	Bath City Farm, Kelston View, Bath, BA2 1NW		
CONTACT	Sara: 01225 481269 or sara@bathcityfarm.org.uk		

Greenlinks @ Alice Park - Bath Mind

Group Overview – Greenlinks @ Alice Park Community Garden is a new opportunity by Bath Mind. Like other Greenlinks groups a horticulturalist is on site to guide participants in a range of practical wellbeing activities. The Community Garden has well established raised beds, fruit trees, a greenhouse, a lock-up, a communal seating area and pond.

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

WHEN	Tuesdays	TIMES	10am-1pm
COST	£2 per session	KEY	     
LOCATION	Alice Park Community Garden, Gloucester Road, BA1 7BL		
CONTACT	Email: carolstone@bathmind.org.uk		

Greenlinks @ Monksdale Road - Bath Mind

Group Overview – A gardening group that meets weekly 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. Food is available on a monthly basis.

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

WHEN	Mondays and Wednesdays	TIMES	12pm–3pm
COST	Free	KEY	    
LOCATION	Monksdale Road, Bath		
CONTACT	Amanda Boston: 01225 316199 AmandaBoston@bathmind.org.uk		

Greenlinks @ the Potting Shed - Bath Mind

Group Overview – We are a small (max 8) friendly group of people who garden socially and work together to improve wellbeing. No experience needed as participants work at their own pace. The group gets involved in local community activities and fundraises to cover their costs.

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

WHEN	Wednesdays	TIMES	11am-2pm
COST	£2.00 per week	KEY	  
LOCATION	Ammerdown kitchen garden, Ammerdown Park, Radstock, BA3 5SW		
CONTACT	Carol Stone: 01225 316199 or CarolStone@bathmind.org.uk		

Grow for Life

Group Overview – Join a weekly, therapeutic gardening session where you will work in groups under the supervision of a gardener. No previous experience or knowledge is required. Drinks and refreshments will be provided. Transport to the different gardens is provided. Please contact for more information.

Who is the group for – People suffering from low confidence/esteem, depression, anxiety and social isolation.

WHEN	Thursdays	TIMES	10am-1pm
COST	Free	KEY	  
LOCATION	Different sites in Bath		
CONTACT	Carey: 07729 906223 or info@growforlife.org.uk.		

Hopespace Café - Bath Mind

Group Overview – Informal gathering in a café atmosphere. Everyone chooses what they want to do. You can chat with others, play chess, draw or simply relax with a good cup of tea or coffee. This is your group to enjoy however you wish in the company of others.

Who is the group for – Anyone who is feeling socially anxious or isolated, looking for a safe space in which to socialise, make new friends in a relaxing environment.

WHEN	Tuesdays	TIMES	6pm - 8:30pm
COST	Free	KEY	    
LOCATION	The Bubble, St John's Hospital, 4/5 Chapel Court, Bath BA1 1SQ		
CONTACT	Becky Hughesman: 01225 316367 or Wellbeing@bathmind.org.uk		

Kaleidoscope - BANES Carers' Centre

Group Overview – A Peer Support drop-in. Paint, draw and meet other people in this relaxed and friendly space. No instruction given.

Who is the group for – Carers (anyone looking after someone else, unpaid)

WHEN	2 nd Wednesday of the month	TIMES	10:30am-12:30pm
COST	Free	KEY	    
LOCATION	Radstock Carers' Centre, 1 Riverside Cottages, Radstock, BA3 3PS		
CONTACT	Tel: 08000 388885 Email: reception@banescarerscentre.org.uk		

Keynsham Snap & Stroll - Bath Mind Creativity Works

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

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

WHEN	Wednesdays	TIMES	10am–12:30pm
COST	Free	KEY	   
LOCATION	Keynsham - venue changes		
CONTACT	Becky: 01225 316367 or Philippa: 01761 438852		

KS2 - Carer Support Group

Supported by AWP & Banes Carers' Centre

Group Overview – We offer peer support and access to information for carers/supporters of someone with a mental health difficulty. We aim to raise carer awareness with mental health organisations and run training for carers to give information and support for the challenges they face.

Who is the group for – Carers/supporters of people with mental health difficulties.

WHEN	2 nd Tuesday each month	TIMES	7pm–9pm
COST	Free	KEY	   
LOCATION	Bath Carers' Centre, Lower Bristol Road, Bath, BA2 9ES		
CONTACT	Tel: 07528 668040		

KS2 - Coffee Morning

Supported by AWP & Banes Carers' Centre

Group Overview – A Drop in Café for carers and friends of people with mental health difficulties. Chat with other people who face similar challenges, who can understand and support you. The first coffee in on us.

Who is the group for – Anyone who supports someone with a mental health condition.

WHEN 4th Monday each month **TIMES** 10:30am–12:30pm

COST Free **KEY**    

LOCATION Green Park Brasserie, Green Park Station, Bath BA1 1JB

CONTACT Tel: 07528 668040

Life Skills Art Space - Genesis Trust Life Skills

Group Overview – We aim to encourage and support people to get involved with art in a relaxed, playful and experimental way. We offer a range of art activities including gallery visits and workshops with the opportunity to take part in exhibitions. We are a friendly and welcoming group who support each other in our creativity, trying new ideas and techniques. Suitable for beginners.

Who is the group for – Vulnerable adults living with mental health challenges and adults in recovery who want to meet new people & improve confidence.

WHEN Mondays **TIMES** 10:45am-11:45am

COST Free (donations welcome) **KEY**  

LOCATION Genesis Life Skills, Gateway Centre, London Road, Bath, BA1 6DH

CONTACT Denise or Matt: 01225 463549

Lunch Club - Time Bank Plus

Group Overview – A friendly, welcoming club with a great atmosphere and plenty of laughter, run by volunteers. We provide a tasty home-cooked 2 course meal with a varied programme of activities, such as quizzes, singalong, games, raffles and armchair exercise. Transport may be available, if needed. Call or email for more info. Or drop in to our office; 86 High Street, Twerton.

Who is the group for – Older people living in Twerton or Whiteway. Volunteers living in the local area are also very welcome.

WHEN Wednesdays **TIMES** 11am-2pm

COST £5 **KEY**    

LOCATION Twerton

CONTACT Tel: 01225 442813 Email: timebankplus@googlemail.com

Make and Bake - Bath City Farm

Group Overview – Volunteers will be supported to do a variety of craft activities. Made products go on sale through our farm shop, at events and fairs to help fund the project. Come and enjoy a relaxed activity as part of a friendly small group, in beautiful surroundings. Be creative, learn new skills, and take pride in producing great gifts.

Who is the group for – People suffering from mental health issues, ideal for people with reduced mobility. There is disabled access to the farm.

WHEN Wednesdays **TIMES** 1:30pm-3:30pm

COST Free **KEY**     

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

CONTACT **Alexia Tel:** 01225 481269 **Email:** alexia@bathcityfarm.org.uk

Men's Boccia - BANES Carers' Centre

Group Overview – A Peer Support drop-in. Join other male carers and enjoy a fun, friendly and spirited team game involving bowls and targets. Suitable for all ages and abilities (seated or standing).

Who is the group for – Male carers (men looking after someone else, unpaid).

WHEN 3rd Tuesday of the month **TIMES** 6pm–7pm

COST Free **KEY**     

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

CONTACT **Tel:** 08000 388885 **Email:** reception@banescarerscentre.org.uk

Mendip Storytelling Circle

Group Overview – All welcome to listen or tell a story; myths, legends, riddles, ballads, modern and ancient tales and more. Please note the evening is an entertainment for adults. Special events including children's events are held at other times. **(Closed July & August)**

Who is the group for – All Welcome.

WHEN 1st Thursday of the month **TIMES** 7:30pm

COST Free **KEY**     

LOCATION Chewton Mendip Village Hall, BA3 4LL

CONTACT **Email:** mendipstorycircle@gmail.com

Midsomer Norton Wellbeing Group - Bath Mind

Group Overview – The Midsomer Norton Community Group is an inclusive and supportive community group, encouraging positive mental health through peer support and creativity. The group engages in different activities, including art, textiles and crafts and is facilitated by Bath Mind.

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

WHEN	Tuesdays	TIMES	11:15am–13:15pm
COST	£2.50	KEY	 
LOCATION	Midsomer Norton Town Hall		
CONTACT	Becky Hughesman: 01225 316367 or Wellbeing@bathmind.org.uk		

Movie Club - Genesis Trust Life Skills

Group Overview – Weekly get together to watch uplifting, fun films.

Who is the group for – Vulnerable adults living with mental health challenges and adults in recovery who want to meet new people and improve their confidence.

WHEN	Phone for details	TIMES	5pm- 7pm
COST	Free	KEY	 
LOCATION	Genesis Life Skills, Gateway Centre, London Road, Bath, BA1 6DH		
CONTACT	Denise or Matt: 01225 463549		

Open Music Therapy Group - Soundwell

Group Overview – An open-access music therapy group to promote creativity, self-expression and wellbeing. Low pressure environment, no musical experience needed.

A referral is not necessary but please book a place in advance.

Who is the group for – Anyone who would like to support their mental health and wellbeing through music.

WHEN	3rd Friday of the Month	TIMES	1pm-2pm
COST	Donation of Choice	KEY	  
LOCATION	URC Community Rooms, Grove St, Bath, BA2 4BA		
CONTACT	Tel: 07958 229333 Email: erin.upbeat@soundwell.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. Activities decided on and arranged by participants and range from wellbeing focused to supporting steps to volunteering and employment.

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

WHEN	Mondays	TIMES	11am-2pm
COST	£3.50 per week	KEY	  
LOCATION	Manvers St. Open House, Manvers St. Bath, BA1 1JW		
CONTACT	Becky Hughesman: 01225 316367 or Wellbeing@bathmind.org.uk		

Radstock Wellbeing & Loving Life - Bath Mind

Group Overview – A weekly social group. Come and enjoy various activities like arts and crafts or just pop along for a cuppa, a chat and some good company. We always like to see new faces and if there's an activity that you're interested in, we'd love to be introduced to it. Feel free to contact us for a bit more information or to arrange a meet up before coming to the group.

Who is the group for – Anyone who wants to get out of the house, make new friends and improve their wellbeing.

WHEN	Thursdays	TIMES	12pm-2pm
COST	£2.00 per session	KEY	   
LOCATION	Radstock Trinity Methodist Church, The Street, BA3 3PL		
CONTACT	Tel: 07526 083306 Email: radstockwallgroup@gmail.com		

Southside Food Co-op - Time Bank Plus

Group Overview – Food co-op volunteers make up and deliver bags of seasonal local produce. Bags must be ordered and paid for in advance and can be collected from the Time Bank office in Twerton on alternate Wednesdays, between 11:30am and 4:00pm. Volunteers are occasionally needed to help with packing bags or delivery.

Who is the group for – Anyone can join and collect their order, but home delivery is only available in South & West Bath. Delivery costs £1.

WHEN	Alternate Wednesdays	TIMES	11:30am-4pm
COST	£3.50 - £6 per bag	KEY	   
LOCATION	South West Bath		
CONTACT	Tel: 01225 442813 Email: timebankplus@googlemail.com		

Singing for the Brain® - Alzheimer's Society

Group Overview - Our Singing for the Brain® sessions use singing and light activity to bring people with dementia together in a friendly and stimulating activity. Support and guidance are provided by our skilled, compassionate and experienced volunteers.

Who is the group for – People with dementia and their carer's.

WHEN	Tuesday	TIMES	2pm-3:30pm
COST	Free	KEY	    
LOCATION	Weston Free Church, High St, Weston, BA1 4DJ		
CONTACT	Andrew: 07484 040 590 or: andrew.hansford@alzheimers.org.uk		
WHEN	Wednesdays	TIMES	10:00am-11:30am
COST	Free	KEY	    
LOCATION	The Wellsway Inn, West Harptree		
CONTACT	Andrew: 07484 040 590 or: andrew.hansford@alzheimers.org.uk		
WHEN	Thursdays (Fortnightly)	TIMES	2pm-3:30pm
COST	Free	KEY	    
LOCATION	Writhlington Village Hall, Manor Rd, Radstock, BA3 3NF		
CONTACT	Andrew: 07484 040 590 or: andrew.hansford@alzheimers.org.uk		
WHEN	Fridays	TIMES	10:00am-11:30am
COST	Free	KEY	    
LOCATION	Peggy Dodd Centre, Summer Lane, Combe Down, Bath, BA2 5JX		
CONTACT	Andrew: 07484 040 590 or: andrew.hansford@alzheimers.org.uk		

Swimming for Ladies - Bath Mind

Group Overview – A social swimming group for ladies & older children. The kids pool will be open for younger children on the last Saturday of every month, at the same time. Everyone Welcome. Working in partnership with Julian House, Bath Mosque and the Syrian community.

Who is the group for – Ladies only.

WHEN	Saturday evenings	TIMES	7pm-8pm
COST	£1 refugee/hp pass. £3 adult	KEY	    
LOCATION	Bath Leisure Centre, main pool, North Parade Rd, Bath, BA2 4ET		
CONTACT	Tel: 01225 316199		



Banes Wellbeing Service

We can help you if...

- You would like to receive information on how to keep yourself or someone else healthy and well
- You would like to access FREE health and wellbeing courses from the **Wellbeing College**
- You would like to access **healthy lifestyle** information about stopping smoking, adult and child weight management, diabetes education and physical activity
- You would like support from **community mental health** services

Call us on **0300 247 02 03** for more information



Go to **www.wellbeingcollegebanes.co.uk** for FREE courses

Or **www.wellbeingoptions.co.uk** for a directory of local services

WELLBEING
Options 

Healthy
lifestyle

Stitch Friday - Bath Mind & St. John's Foundation

Group Overview – Bring colour to your life, meet new people, share ideas, create, relax and have fun with textiles. You learn to expand on using colour and shape, creating beautiful projects e.g. applique bags, pictures using silk thread, textile dolls and felt art. Stitch Friday welcomes people who have any crafting experience, from beginners to the experienced.

Who is the group for – Any adult who would like to improve their mental and physical wellbeing and reduce isolation by being creative and socialising.

WHEN	Fridays	TIMES	10:30am-12:30pm
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COST	£2 per week
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KEY	  
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LOCATION	The Bubble, St. John's Hospital, 4-5 Chapel Court, Bath, BA1 1SQ
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CONTACT	Becky Hughesman: 01225 316367 or Wellbeing@bathmind.org.uk
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Timsbury Support Café - Bath Mind

Group Overview – This group offers support and help for people living in the local area to meet in a friendly and relaxed environment, gaining advice and support to improve their mental health and wellbeing. Our experienced staff will help participants discuss issues and give advice and signposting to other services to help achieve personal goals.

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

WHEN	Every other Tuesday	TIMES	2pm-4pm
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COST	£3.00
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KEY	    
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LOCATION	YMCA North Rd, Timsbury, BA2 0JH
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CONTACT	Becky Hughesman: 01225 316367 or Wellbeing@bathmind.org.uk
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Twerton Support Cafe - Bath Mind

Group Overview – The service offers support and help for people living in the local area to meet in a friendly and relaxed environment to gain advice and support to improve their mental health and wellbeing. Our experienced staff will help participants discuss issues and give advice and signposting to other services to help achieve personal goals.

Who is the group for – Anyone wanting to improve their Wellbeing.

WHEN	Every other Monday	TIMES	3pm-5pm
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COST	£3.00
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KEY	    
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LOCATION	Twerton Village Hall Landseer Rd, Bath BA2 1DX
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CONTACT	Becky Hughesman: 01225 316367 or Wellbeing@bathmind.org.uk
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Upcycle Café - Genesis Trust Life Skills

Group Overview – An opportunity to learn new skills and join the hub of activity by knitting, sewing, mending and upcycling clothes. 'An upscale twist on make do and mend'. Also for the autumn term, Christmas Crafts, arts and craft.

Who is the group for – Vulnerable adults living with mental health challenges and adults in recovery who want to meet new people & improve confidence.

WHEN	Mondays	TIMES	2pm-4pm
COST	Donations welcome	KEY	  
LOCATION	Genesis Life Skills, Gateway Centre, London Road, Bath, BA1 6DH		
CONTACT	Denise or Matt: 01225 463549		

Upholstery Workshop - The Woodworks Project

Group Overview – Learn upholstery in a friendly and supportive group. You will receive all the help and guidance needed to transform chairs using natural materials and traditional techniques. In the process you will develop your practical skills, strength and coordination, with tangible and often satisfying results to show for it.

Who is the group for – Typically those with a physical or mental health condition or recovering from addiction, but open to anyone who feels they would benefit.

WHEN	Wednesdays	TIMES	9:30am–4:30pm
COST	Call for Details	KEY	   
LOCATION	Units 1-4 Victoria Park Business Centre, Midland Rd, Bath, BA1 3AX		
CONTACT	Tel: 01225 313240 Email: info@thewoodworksproject.com		

Wheels for All - Bath & West - Saturday Club

Group Overview – Regular inclusive cycling sessions using adapted bikes and tricycles. From April - November sessions use the Odd Down 1.5k purpose built, traffic free road type cycling circuit. Outdoors (x3 pcm).

See Facebook 'Wheels for all Bath&West' for more details of sessions below.
8 Indoor sessions run during winter (Nov - March 2019/20).

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

WHEN	Saturdays	TIMES	1pm–2:30pm Indoor: 12pm
COST	£4 w/loan bike £3 w/own	KEY	     
LOCATION	Odd Down Cycle Circuit, BA2 2PR. Indoor: Culverhay Sports Centre		
CONTACT	Chris Revill: 07530 263014 or Chris.Revill@Cycling.org.uk		

Wheels for All Bath & West - Weekly 1-1 sessions

Group Overview – Induction & 1-1 sessions: A service to help you with selecting the best bike and type of support for you to enjoy cycling with us.

Who is the group for – People recovering from a stroke, neuro condition or for first time users of our service.

WHEN Tuesday's (some Thursdays) **TIMES** 10.30-16.00 (30 min approx)

COST £7.00 **KEY**    **P**  

LOCATION Odd Down Cycling Circuit, Bath, BA2 2PR

CONTACT **Chris Revill:** 07530 263014 or Chris.Revill@Cycling.org.uk

Writing Circle - Genesis Trust Life Skills

Group Overview – A peer led creative writing group exploring different genres, from poetry to short story writing, in a friendly relaxed environment.

Who is the group for – Vulnerable adults recovering from mental health challenges, wanting to meet in a small group and develop their writing skills.

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

COST Free (donations welcome) **KEY**  

LOCATION Genesis Life Skills, Gateway Centre, London Road, Bath, BA1 6DH

CONTACT **Denise or Matt:** 01225 463549

Writing Space - Creativity Works

Group Overview – A creative writing and poetry group for people who would like to meet others to share ideas and mutual support in the writing process. Sessions are facilitated by group members with support from a volunteer to continue exploring and developing creative writing ideas. Please note there is no specific mental health support during the group and respectful participation is a priority.

Who is the group for – People who would like to develop and share their skills in the creative writing process.

WHEN Tuesdays **TIMES** 1.00pm – 4.00pm

COST £2 **INFO**     

LOCATION Salvation Army, Green Park Road, Bath BA1 1XE

CONTACT **Philippa:** 01761 438852 or philippa@creativityworks.org.uk

ORGANISATIONS SUPPORTING PEOPLE IN BANES

ONE-TO-ONE SUPPORT

WELLBEING OPTIONS

Wellbeing Options is an online resource enabling adults in Bath and NE Somerset to find support in living full and independent lives. We provide information about local care providers, services and activities, along with links to other useful websites and resources. On our site, you'll find what you are looking for, whether it's a lunch or social club near you, services to help you around the home or volunteering opportunities and wellbeing courses.

How to access:

Website: www.wellbeingoptions.co.uk

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. Advocates work in partnership with the people they support. Advocacy promotes social inclusion, equality and social justice.

Complaints Procedure Advocacy (CPA)

Provides information and support to people who want to make a formal complaint to Social Services. Support includes a self-help pack, information on how to make a complaint, help with drafting letters and attending meetings.

How to access:

Tel: 08088 085252 **Email:** cpa@thecareforum.org.uk **Website:** www.thecareforum.org

Mindline Trans+

A confidential, non-judgemental listening service for people who identify as trans, non-binary and their friends, family and allies.

How to access:

Tel: 0300 330 5468 **Website:** www.mindline.org.uk

SEAP - Advocacy for complaints about NHS care in B&NES

Health complaints advocacy is a free, independent advocacy service that can help you make a complaint about any aspect of your NHS care or treatment.

How to access:

Tel: 03304 409000 **Email:** info@seap.org.uk
Website: www.seap.org.uk/services/nhs-complaints-advocacy

Swan Advocacy

Advocates work alongside individuals to help them get the information and services they need in order to improve their own health and wellbeing. Swan focus on aspects of mental health care and treatment. A free, confidential and independent service. Swan Advocacy also provides statutory advocacy support to people who lack capacity to make health and welfare decisions for themselves and those who are subject to the restrictions of the Mental Health Act.

How to access:

Tel: 03333 447928 **Email:** reception@swanadvocacy.org.uk **Website:** www.swanadvocacy.org.uk

DEMENTIA SUPPORT

Dementia Support - Alzheimer's Society

Our dementia support workers offer information and practical guidance to help you understand dementia, cope with day-to-day challenges and prepare for the future. They offer information to people who are worried about their memory and on-going support to people affected by dementia, face to face, over the phone or in writing.

How to access:

Tel: 01225 396678

Email: bath@alzheimers.org.uk

DRUGS & ALCOHOL SUPPORT OVERVIEW

DHI - Developing Health & Independence (The Beehive)

Developing Health and Independence (DHI) is a charity that provides a comprehensive range of services in the Bath area (B&NES) for people who are experiencing social exclusion for reasons such as homelessness, alcohol or drug issues, learning disabilities or emotional difficulties.

At The Beehive 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. We have a daily drop in (10am-4pm) where clients can use the computers, have a hot drink and be in a safe space.

How to access:

Address: The Beehive, Beehive Yard, Walcot Street, Bath, BA1 5BD

Mon, Tues, Fri - 9am - 5 pm Wed & Thurs - 9am - 7pm Sat - 9am - 1pm

Daily drop in 10am - 4pm (Sat - 10am-1pm)

Tel: 01225 329411

Website: www.dhi-online.org.uk

EMPLOYMENT RELATED SUPPORT

Becoming a Big Issue Vendor – The Big Issue & The Big Issue Foundation

An opportunity to sell The Big Issue magazine for anyone in financial crisis, unstable accommodation or homeless. Vendors buy magazine for £1.25 and sell to the public for £2.50. We offer sign-posting, referrals and support all Big Issue vendors with the goal of ending social and financial exclusion. For further details pop into our office Tues - Fri between 9am - 12pm at Green Park Station, The South Vaults.

How to access:

Geo – Tel: 07506 740054

Email: Geo.Leonard@bigissue.com

Chris – Tel: 07771 906495

Email: Chris.Taylor@bigissue.com

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 354660

Email: woew@julianhouse.org.uk

Life Skills – Genesis Trust

The Life Skills project provides accessible and appropriate activity courses for vulnerable adults in Bath. These courses are supplemented by employability skills training and one-to-one mentoring. Life Skills is about boosting the confidence of those who are struggling to cope with life's everyday challenges, providing the first step to re-engage with education and employment.

Based at The Gateway, London road, BA1 6DH

How to access:

Tel: 01225 463549

Email: office@genesistrust.org.uk

FAMILY & FRIENDS SUPPORT

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. We meet on the second Tues of the month, 7:00 - 9:00pm at the Carers Centre, Lower Bristol Road, Bath BA2 9ES. Come along have a coffee and chat, and find out more.

How to access:

Tel: 07528 668040

Website: www.KS2Bath.org

Twitter: @KS2Bath

Southside

We support families dealing with issues that include physical disability, domestic abuse, sexual violence, substance abuse or long-term mental health problems. With our expert support, families can move forward positively. We also support parents whose own negative experience of childhood and schooling is impacting their children. We provide practical and emotional outreach support, including therapeutic and parenting support; plus counselling, therapeutic play and peer-led community hub groups.

How to access:

Address: Meade House, Wedgewood Road, Twerton, Bath BA2 1QN

Monday to Thursday 9:00 am - 5:00 pm & Friday 9:00am – 4:00pm

Tel: 01225 331243

Email: enquiries@south-side.org.uk

Website: www.south-side.org.uk

Time to Talk - Curo

Time to Talk is a free mediation service offered to young people living Bath & NE Somerset who would like some help to try to remain within the family home. We can help to resolve if you are:

- Arguing with your family/guardian
- Aged 16 - 25
- Feeling unheard
- The parent or guardian of a young person
- Having constant family arguments

How to access:

Tel: 07966 140779

Email: timetotalk@curo-group.co.uk

FUNDING

St John's Foundation Individual funding Programme

St John's Foundation can provide funding of up to £1500 for residents of Bath & NE Somerset who have low income. 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.

To apply you will need to make an appointment with an organisation that is registered to make applications to St John's such as Citizens advice or your housing association. You could also ask your Health Professional or another charity.

How to access:

For all enquiries, please contact our funding and impact officers.

Tel: 01225 486407

Email: grants@stjohnsbath.org.uk

GENERAL SUPPORT

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. Working with professional artists, volunteers and wellbeing professionals, we run creative groups in a wide range of art forms including visual arts, creative writing, photography, dance and many more. We support the setup of creative peer led groups in the community. Our work supports events, exhibitions and draws communities together.

How to access:

Tel: 01761 438852 **Email:** philippa@creativityworks.org.uk **Website:** www.creativityworks.org.uk

Holburne Museum - Pathways to Wellbeing

An engagement programme creating opportunities for people who have a lived experience of mental health issues, isolation and homelessness. The programme develops opportunities for creativity, learning and personal and professional development through the different Pathways.

How to access:

Tel: 01225 388566 **Email:** l.campion@holburne.org

Website: www.holburne.org/pathways-to-wellbeing/

My Script – DHI

Providing support in B&NES to address the social, emotional or practical issues which may be affecting your health and wellbeing, from housing and isolation, to managing a long term health condition. Talk to a member of the My Script team who will take the time to listen, understand the issues you face and assess your needs. Followed by up to three sessions to work together on changes and goals you would like to make.

How to access: Self-refer to this service, or access via your GP

Tel: 01225 310077 **Email:** myscript@dhibath.org.uk

Off the Record

Free information, advice and guidance to young people aged 11 – 25, from our friendly team, to help address any issue affecting their lives.

How to access:

Tel: 01225 312 481

Email: OTRsupport@offtherecord-banes.co.uk **Website:** www.offtherecord-B&NES.co.uk

Social Services - Assist Team

For safeguarding, social care and occupational therapy referrals.

How to access:

Tel: 01225 396000 Then press option 2 **Out of hours - Emergency Duty Line:** 01454 615165

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 members may help with or receive gardening, IT advice, lifts, housework, language help, CV advice, leafleting, dog walking, office skills and more. Our 'Borrow It' project is a library of occasional-use things like tools & equipment which people in B&NES can borrow free of charge. Our groups include art, lunch club, guitar, food co-op, walking, allotment, crafts, cookery... your imagination is our limit. For further details, pop into our office, ring, email or check our website.

How to access:

Tel: 01225 442813 **Email:** timebankplus@googlemail.com **Website:** www.timebankplus.co.uk

HAVE A VOICE

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 232401

Email: info@healthwatchbathnes.co.uk

Website: www.healthwatchbathnes.co.uk

HOUSING RELATED SUPPORT

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

How to access:

Website: www.housingsupportgatewaybathnes.org.uk

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

To access support in filling out the online application form please contact REACH

Tel: 01225 422156 or visit the drop-ins as detailed in the Reach entry below

Emergency Duty Team

The 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. They can help with difficulties with children and young people, concern about a child outside your family, acute mental health problems, older people at risk, concerns about a person with a disability and emergency housing advice.

How to access:

Minicom: 01454 618966

Tel: 01454 615165

Times: Monday to Thursday - 5:00 pm - 8:30 am. Friday to Monday - 4:30 pm - 8:30 am

24 hour Saturday, Sunday and Bank Holiday

Website: www.bathnes.gov.uk

Reach Floating Support Service

Overview of 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 or mortgage arrears
- Setting up a new home
- Budgeting effectively
- Accessing employment, training & education
- Specialist outreach service for rough sleepers

Drop-ins:

Bath

B&NES One Stop Shop, Manvers Street, Bath

Monday to Thursday 9.00am - 4.30pm

Friday 9.00am - 4.00pm

Midsomer Norton

Rural Recovery Hub, behind Sainsburys,

High Street, Midsomer Norton

Friday, 9.00am – 4.00pm

The Hollies, High Street, Midsomer Norton

Tuesday, 9.30am – 4.00pm

Keynsham

Keynsham One Stop Shop, Civic Centre,
Market Walk, Keynsham
Monday 9.30am - 4.30pm

How to access:

Attend one of the drop-ins or phone. **Tel:** 01225 422156

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 750926/7

Website: www.second-step.co.uk

Travelling Communities – Julian House

The travelling communities support services aim to improve the lives of Gypsy, Showpeople, Roma, Boater and Traveller communities in Bath and North East Somerset.

As well as working with people on a 1:1 basis, the service runs group events and helps empower people to highlight the health needs of the communities and influence services to ensure that there are trusting relationships and fair access to health and social care for those who need it.

How to access:

Tel: 01225 354650

Email: dawn.rivers@julianhouse.org.uk

MENTAL HEALTH SUPPORT - COMMUNITY

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 481269

Email: info@bathcityfarm.org.uk

Website: www.bathcityfarm.org.uk

Bath Mind

Bath Mind is a local mental health charity working across B&NES. We are here to make sure anyone with a mental health problem has somewhere to turn for advice and support. We offer supported housing, benefits advice, one to one community outreach support, wellbeing support groups and workshops, mental health first aid and wellbeing in the workplace training.

How to access:

Tel: 01225 316199

Email: admin@bathmind.org.uk

Website: www.bathmind.org.uk

Julian House

Julian House offers outreach, accommodation and support to homeless people in Bath. The day centre is open 7 days a week, includes 30 overnight spaces and offers activities and support during the day. The Supported Housing Team manages several more houses, offering support to clients until they move on into independent living. This could be for anyone including those with the following issues: mental health, offending, domestic abuse, substance misuse and long term unemployment. Julian House work with people who often have one or more of these needs.

How to access:

Tel: 01225 354650

Email: nksreception@julianhouse.org.uk

Peer Mentoring Project– St Mungo's & AWP

This project is a partnership between St Mungo's and AWP. We coordinate and support a team of trained volunteer peer mentors, all of whom have experience of living with mental health challenges, bringing empathy & understanding to their role.

The mentors provide weekly 1:1 support in the community for 8-10 weeks, for people who are affected by mental health challenges and have been assessed by AWP. The aim is to help them improve their wellbeing, gain confidence and link with their community to help reduce feelings of isolation. Mentors are also able to share their own 'resilience toolkit' with mentees, if appropriate, to help them build resilience and coping techniques.

To enquire about either becoming a Peer Mentor or accessing the service please see contact details below.

How to access:

Tel: 07736 457670 - Claire Lawrence

Email: c.lawrence@nhs.net

Soundwell Music Therapy Trust

We are the only specialist adult mental health music therapy charity in the UK. We run music therapy and music support groups for mental health service users and unpaid carers. Our experienced therapists work with participants using music and sound to promote wellbeing, change and recovery.

How to access:

Website: www.soundwell.org

St Mungo's – Bridges to Wellbeing Service

Supports other organisations & 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 & coordinating
- 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: 0782 511 5775 **Email:** ralph.lillywhite@mungos.org **Website:** www.newhopebanes.org

Wellbeing House – provided by Curo, in partnership with Virgin Care Ltd

A retreat providing a free 5 day stay (Monday – Friday) where people can enhance their mental health and emotional wellbeing. A supportive restful place to be, promoting self-care and independence. People are supported during their stay in daytime hours, helping them recognise and develop their own strategies for crisis prevention and management. People can return up to 4 times a year if they wish to. Comprehensive information is provided about other available services, with referrals made where appropriate.

How to access our award winning service:

Tel: 03001232466

Email: Wellbeing.House@curo-group.co.uk

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

MENTAL HEALTH SUPPORT

Avon and Wiltshire Partnership (AWP) Statutory Mental Health - in B&NES

Accessing AWP services

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

Tel: 01225 325680

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.

How to access:

Access can be via your GP surgery or you can self-refer

Tel: 01225 675150

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

Primary Care Liaison Service (PCLS)

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

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

How to access:

Via your GP surgery or you can self-refer.

Tel: 01225 371480 **Times:** 8:00 am – 6:00 pm Monday to Friday (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: Lodge, Royal United Hospital, Bath, BA1 3NG

Tel: 01225 362814

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. Bases for the teams are at NHS House, the Hollies and both inpatient wards.

Tel: 01225 371414 **Times:** 9:00 am - 5:00 pm Monday to Friday (excluding bank holidays)

Recovery Service

The team works across two sites, one covering the Bath area and the other NE Somerset. They provide 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 works with each person to reach a point where they can live independently with support from their GP and others. Long term input is also provided for people we place in residential/nursing care hospital placements.

Based:

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

Tel: 01225 731631 **Times:** 9:00 am - 5:00 pm Monday to Friday (excluding bank holidays)

NE Somerset Team - The Swallows, Paulton Memorial Hospital Salisbury Road, Paulton, BS39 7SB

Tel: 01225 675100 **Times:** 9:00 am - 5:00 pm Monday to Friday (excluding bank holidays)

Early Intervention in Psychosis Team

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 362760 **Times:** 9:00 am - 5:00 pm Monday to Friday (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 371411 **Times:** 9:00 am - 5:00 pm Monday to Friday (excluding bank holidays)

Based: NE Somerset Team - The Hollies, High Street, Midsomer Norton BA3

Tel: 01225 396772 **Times:** 9:00 am - 5:00 pm Monday to Friday (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.

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

Tel: 01225 362720 **Times:** 9:00 am - 5:00 pm Monday to Friday (excluding bank holidays)

Service User and Carer Involvement

Empowering 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 the local involvement coordinator – Lee Rawlings

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

Tel: 07917 210187 **Email:** l.rawlings@nhs.net

Patient Advice and Liaison Service (PALS):

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

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

Tel: 01225 362900 or 08000 731778 **Times:** 9:00 am - 5:00 pm Monday to Friday (excluding bank holidays) **Email:** awp.pals@nhs.net

PERINATAL SUPPORT

With the following organisations in partnership with Virgincare Health Visitors and Bright Start Children's Centres.

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.

How to access:

Tel: 0117 922 0746 **Website:** www.bluebellcare.org **Email:** info@bluebellcare.org.uk

Make a Move

Moving On Up - 7 week courses across B&NES using a combination of dance movement therapy and talking to enhance the mental health of mothers.

How to access:

Tel: 07595 702874 **Website:** www.makeamove.org.uk

My Time My Space

Creativity Works, Bath City College, Children's Centres

A creative project for women experiencing low mood or postnatal depression following childbirth. An opportunity to learn new creative skills, meet others in a friendly supportive environment.

How to access:

Tel: Judith Parr - 01225 396660

Email: www.creativityworks.org.uk

Open Space Therapies

Arts-based therapy groups for postnatal mothers. We cover issues such as pregnancy, birth, and how your relationship changes after having a baby.

The sessions are particularly suitable for mothers who have experienced difficult births. The sessions involve group discussions as well as creative activities.

How to access:

Email: Dominibarry@btopenworld.com

READING

Libraries

B&NES runs three core libraries in central Bath, Keynsham and Midsomer Norton. There are also community run libraries. A mobile library visits some other locations. Libraries are free to join and to borrow books. The books are on all subjects and for all ages. There are audio books, DVDs, E Books, online information, activities and events. Wi-Fi and PC's in all core libraries. Just drop in!

How to access:

Tel: 01225 394041

Website: www.bathnes.gov.uk/services/libraries-and-archives

Reading Well - Books on Prescription for Dementia

Books are available in our core libraries for supporting people with dementia, their carer's and relatives. These aim to raise public awareness of the causes and symptoms and help to create dementia friendly communities. Books available from our core libraries provide:

- Dementia & normal ageing information
- Support, following diagnosis
- Practical help for carers
- Suggested therapeutic activities.
- Personal accounts of people's experiences

How to access: **Tel:** 01225 394041

Email: councilconnect@bathnes.gov.uk

Website: www.librarieswest.org.uk for the link to booklist. Free to reserve from any B&NES library.

The Home Library Service

Available to residents of Bath & NE Somerset who are severely restricted in their ability to go out of their home. A member of library staff will visit you to find what you like to read and then introduce you to a volunteer who will bring you books/audio books. The volunteer will come back every few weeks at a time that suits you to exchange your items. It's a free service with no fines or charges.

How to access:

Tel: 01225 477073

Email: june_wentland@bathnes.gov.uk

SENIOR CITIZEN

Ace Neighbours

The ACE Neighbours project aims to reduce feelings of loneliness by encouraging older people to be more active in the community. Those who take part in the project are matched with an older volunteer, they spend the first few weeks getting to know each other, then together they try out

some of the activities going on in Keynsham. If you know someone in Keynsham who would benefit from the project, or are over 60 and would like to volunteer, get in touch.

How to access:

Tel: 0781 7632963

Email: catherine.robinson@stmonicatrust.org.uk

Age Uk B&NES

A local independent charity which offers a wide range of services and activities for older people in Bath, including day centres, home services, information and advice which includes advice on benefits and social care. Also provided are a wealth of activities including walking groups, walking football, tai chi, lunch clubs, book groups and a culture club.

How to access:

Tel: 01225 466135

Email: reception@ageukbanes.co.uk

Website: www.ageuk.org.uk/bathandnortheast Somerset

BEMSCA: Bath Ethnic Minority Senior Citizens Association (BEMSCA)

Providing a voice for the BME community, supporting members and their family and carers with; Translating & interpreting Chinese & Asian languages, arranging care home & hospital support to members & carers, also providing advocacy support. Also, arts and craft activities, organising social, recreational activities, topic talks, outings and outreach. A day service is available at Fairfield House - Mondays and Fridays (other days depending on activities) 10:00 am - 4:00 pm.

How to access:

Tel: 01225 464165

Email: bemsca@btconnect.com

Website: www.bemsca.com

Discounted Film Showings for seniors

This is offered by Picturehouse Bath and The Little Theatre Cinema. For over 60s, the Silver Screen Club provides free tea or filter coffee and biscuits at their weekly Silver Screen shows. Tuesdays & Thursdays at 10:30 am, free membership and tickets are £6.60. Picturehouse Cinemas also have a £1 discount for the retired on all regular showings.

How to access:

Tel: 08719 025747 to join visit the box office or **Website:** www.picturehouses.com

Feel Good Bath (over 60's)

We offer a website with activities, ideas and contact info on ways to be physically and mentally active. This includes exercise, leisure, studying, social activities and volunteering.

How to access:

Website: www.feelgoodbath.co.uk/resources/category/over_60s/17

Hazelmear/Pinelea Day Service - Alzheimer's Society

Our day care and support service provides care and support for people with dementia in a safe and comfortable environment. There's an opportunity to engage in meaningful activities (group or one-to-one). We also provide a midday hot meal and refreshments through the day. Visitors are supported to make informed choices on how they spend their time and are encouraged to maintain independence, but where appropriate, will be supported to attend to their own health and personal care needs.

How to access:

Tel: 01225 396678

Email: bath@alzheimers.org.uk

St John's Foundation

Our varied programme offers physical, creative and wellbeing activities that are fun and sociable. We facilitate these inspiring opportunities for people over 55 to enrich their lives, promote positive ageing and reduce isolation and loneliness. We work in partnership with many organisations which allowing more people to actively engage in their local community and access services they may not always know about.

How to access:

Tel: 01225 486453

Email: Ricky.bush@stjohnsbath.org.uk

VIRGIN CARE

Our wellness service offers a wide range of health & wellbeing support including: stopping smoking, weight management, healthy cooking, physical activity and diabetes education support. We also provide mental health services and the wellbeing college, which delivers a wide range of courses to help people improve their wellbeing and reach their full potential.

How to access:

Tel: 0300 2470203 – Option 1

Website: <http://bathneshealthandcare.nhs.uk>

VIOLENCE, DOMESTIC VIOLENCE AND ABUSE

Confidential Support

SARSAS - Somerset & Avon Rape and Sexual Abuse Support

Confidential specialist support for people who have experienced rape or any kind of sexual assault or abuse in their lives. SARSAS offer free and confidential services across Avon and Somerset, including self-help guides, a helpline, one to one specialist support, counselling & e-support.

How to access:

Freephone: 08088 010456 (Women and girls*) 08088 010464 (Men and boys*) *Self-defined gender identity. Trans and non-binary callers welcome.

Email: support@sarsas.org.uk

Website: www.sarsas.org.uk

The Bridge - Sexual Assault Referral Centre in Bristol - Support for victims of sexual assault.

How to access: **Tel:** 01173 426999

Website: www.thebridgecanhelp.org.uk

Victim Support

Victim Support is an independent charity dedicated to supporting victims of crime and traumatic incidents in England and Wales. Our support services are free, confidential and available to anyone, regardless of whether the crime has been reported or how long ago it happened. We help people feel safer and find the strength to move beyond the impact of crime.

How to access: **Tel:** 0800 168 9111

Website: www.victimsupport.org.uk

Free Volunteer Training

Enabling volunteers to access a wide variety of training opportunities across Bath and NE Somerset

We aim to have as many organisations as possible delivering courses in their specialist areas. If your organisation wants to be involved in providing training, a room or anything else please get in touch.

St Mungo's coordinates volunteer training in the social care sector in Bath & NE Somerset. Courses are open to any volunteer and 424 volunteers from 52 organisations have booked on 22 different types of course so far.

The Volunteer Network and Pass

The volunteer Network is a network of organisations, in the social care sector, who aspire to provide volunteers with a positive experience of volunteer recruitment, training and support. This includes the development of the **Volunteer pass** where volunteers can easily:

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

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

Which training

We recommend that all volunteers attend core training – **Safeguarding, Boundaries and Confidentiality**, going on to attend further training which enables them to have a positive impact as a volunteer, to progress and maintain their wellbeing.

Lived Experience

We are particularly interested in enabling people with lived experience to volunteer.

To book Training

Go to Volunteers page of the;

www.wellbeingcollegebanes.co.uk

Or register only once and get your volunteer pass;

www.volunteepass.org.uk

If the course you want is not currently advertised please call Ralph on 0782 511 5775 to find out when it will next run

Please speak to your volunteer coordinator to ensure the training complements the role and processes where you volunteer.

For more information or to get involved please contact:

Ralph Lillywhite

ralph.lillywhite@mungos.org

Tel: 07825 115 775

Paul Rimmer

paul.rimmer@mungos.org

Core Training

Volunteer Core Training

Delivered by DHI

◆ Aim

That all participants understand their role in relation to professional boundaries and staying safe when working with socially excluded or vulnerable groups or individuals;

◆ What

- Boundaries
- Safeguarding
- Confidentiality
- Personal Safety
- The day also includes an introduction to Drugs and Alcohol and also DHI

A one day course

Boundaries Training

Delivered by St Mungo's

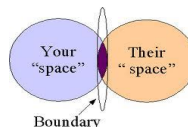
◆ Aim

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

◆ Course Outcomes

- Understand the difference between personal and professional boundaries
- Consider the impact of good and bad boundaries
- Understand how to identify boundary crossing
- Consider the importance of confidentiality
- Know where you can go to raise concerns or gain support

A half day course



Safeguarding Adults and Children

Delivered by St Mungo's

◆ Aim

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

◆ Course Outcomes

By the end of the day participants will:

- Be able to define what adult abuse, child abuse and vulnerable adult abuse is
- Understand the importance of values and attitudes in responding to safeguarding concerns
- Have considered indicators for different types of abuse
- Know what their responsibilities are in relation to safeguarding adults and children
- Apply learning to case studies based on real situations

A half day course



All other Training

Conflict Management

Delivered by Wellbeing College

◆ Aim

A short interactive session for volunteers who may encounter challenging behaviour or situations with clients or vulnerable members of the community.

Delivered by a Registered Mental Health Nurse with over thirty years' experience working with vulnerable individuals and clients in NHS and other social care organisations.

◆ Learning Objectives

- Meet other people in similar roles to you
- Identify the challenging situations you may have come across during your work
- Explore and share strategies to improve our skills and communication styles

A half day course

Connect 5

Delivered by St Mungo's & Creativity Works

◆ Aim

An accessible, evidenced based training that provides participants with skills, competencies and confidence in having conversations about mental health and wellbeing. It gives tools to empower others to take proactive steps to build resilience and look after themselves. Accredited by the Royal Society of Public Health.



◆ Learning Objectives

- Develop your core understanding of mental health, mental wellbeing and how to signpost to local services and resources that will enable individuals to help themselves.
- We don't need to be mental health specialists to support those who are experiencing emotional and mental health problems.

A half day course (day 2 and day 3 – available as required)

Everyday First Aid skills

Delivered by British Red Cross

◆ Aim

To be able to help or respond to someone who is having a medical emergency

◆ Skills to help someone who

- | | |
|---------------------------------------|--|
| - Is bleeding heavily | - Has a burn or scald |
| - Is choking Has a broken bone | - Has a head injury |
| - Is having a heart attack | - Is having a stroke |
| - Is having a seizure (epileptic fit) | - Has eaten or drunk something harmful |

- Has hypothermia
- Is unresponsive and breathing
- Is unresponsive and not breathing/Is unresponsive and not breathing (AED is available)

A half day course

Facilitators Course

Delivered by St Mungo's

◆ Aim

Run your own group with confidence. By improving your skills, knowledge and confidence for everyday life and for jointly facilitating groups.



◆ Learning Objectives

1. **Introductory Session** - Course overview, getting to know each other, dispel fears. What are the skills of a facilitator? We all have talents, skills and competencies.
2. **Communicating with Confidence** - Understand the benefits and barriers to good communication and consider the different tools that can help improve communication.
3. **It's Ok to be Me** - A deeper understanding of the differing gifts we have by virtue of our personalities.
4. **Assertiveness & Managing a Meeting** - Communicating assertively in different situations. Ground rules and confidentiality. Empowering others to express their needs, wishes and possible ways forward.
5. **Public Presentation Skills** - Developing the ability to give a short presentation and give constructive feedback

A five day course, 10am – 3pm

Introduction to Trainer Skills

Delivered by St Mungo's

◆ Aim

Providing a foundation in training design and delivery, for volunteers planning to co-deliver training through the organisation they volunteer for or the Wellbeing College.

◆ Learning Objectives

- Writing the aims and objectives of a course to meet participants needs
- Developing a training plan
- What is good facilitation and the different methods of delivery
- Practice designing and delivering a short session
- Evaluating learning
- What next and supporting each other as you start to deliver training



This two day course aims to give people, the confidence to start training, usually with an experienced trainer.
Please call Ralph on 07825 115 775 to more info.

Lone Working

Delivered by St Mungo's

◆ Aim

A clear understanding of your role in relation to professional boundaries and staying safe.

◆ Learning Objectives

- Know how lone working fits into your role
- Purpose of professional boundaries to ensure personal safety
- How to stay safe when community lone working
- How to manage difficult situations using Dynamic Risk Assessment
- Apply your learning to case studies based on real situations

A half day course

Managing Challenging Situations

Delivered by Wellbeing College

◆ Aim

To enable volunteers to be better able to manage challenging behaviour or situations with clients or vulnerable members of the community.

◆ Learning Objectives

- Meet other people in similar roles to you and identify the challenging situations you may have come across
- Explore and share strategies to improve skills and communication styles

Delivered by a Registered Mental Health Nurse and independent trainer with over thirty years' experience working with vulnerable individuals and clients in NHS and other organisations.

A half day course

Make Every Contact Count (MECC) Delivered by St Mungo's & Wellbeing College

◆ Aim

Public Health England's course supporting participants to have confidence to deliver healthy lifestyle messages, to encourage and support people to change their behaviour, and to direct them to local services that can support them.

◆ Learning Objectives

- Able to have healthy conversations to plant the seed for change
- Improve conversation skills
- Able to ask open questions
- Supporting people to identify and set goals
- Improved ability to achieve goals by SMARTER planning

Delivered over 2 half days



Mental health Awareness

Delivered by Bath Mind

◆ Learning Objectives

- What is mental health, spotting the signs and symptoms
- Exploring the 5 ways to wellbeing; Connect, Be Active, Keep learning, Give, Taking notice
- Responding to, and communicating with someone experiencing mental health difficulties (Using the mental health continuum and the ABC Approach)
- Remaining resilient
- Having sensitive conversations around mental health

A half day course

Peer Mentor Training

Delivered by St Mungo's

◆ Aim

To provide volunteers or anyone wanting to support others by becoming a volunteer mentor or befriender with the confidence, skills and knowledge to support others one-to-one. The course aims to support people who wish to utilise their lived experience to support others.

◆ Course Outcomes

- Day One: Boundaries, safeguarding, confidentiality, lone working, equal opportunities, knowing the organisation you volunteer for
- Day Two: What is 'recovery'? Person-centred planning, Wellbeing development plans, SMART goals, handling criticism, keeping well

If you have any questions about the course or joining the St Mungo's peer mentoring team please call Claire Lawrence on 07736 457 670

This is a 2 day course. We recommend that mentors also attend training on; Lone-working, Respecting difference, Safeguarding; MECC, Conflict management and 5 Ways to wellbeing.



Respecting Difference

Delivered by Bath College

An introduction to Equality & Inclusion

◆ Aim

To introduce the principles of equality, diversity and inclusion and how they relate to volunteering.

◆ Learning Objectives:

- Explain the difference between equality, diversity and inclusion, including; why these are valued by social care organisations
- Be able to describe what are protected characteristics and forms of discrimination
- Identify how you can challenge inappropriate behaviour of clients, staff or other volunteers
- Understand unconscious bias and its impact when volunteering

A half day course



Create Your Wellness Plan (WRAP)

Delivered by Wellbeing College

◆ What

Wellness Recovery Action Planning (WRAP) is a personal guide to daily living.

Explore the Wellness Tools that can support you to take care of your health and wellbeing and help you to understand and cope with life challenges.

◆ In this course you will learn:

- About Triggers & Early signs of being out of balance with your mental health & wellbeing
- How to utilise WRAP to make small changes to manage your health & wellbeing proactively
- Consider how to use the tool with the people you support

A half day course

Suicide Awareness

Delivered by Wellbeing College

◆ What

A new course being developed in collaboration with a mental health nurse and Wellbeing College.

This workshop will identify the reasons why someone might want to end their life and how we can respond.

◆ In this workshop you will:

- Identify the reasons why someone might want to end their life and how we can respond
- Explore the myths and facts about suicidal thoughts.
- Develop the knowledge, skills and confidence to support people in similar situations which they may come across in their volunteering roles.

A half day course

PIE for Carers

Delivered by St Mungo's & KS2 carers group

PIE training aims to help family and friends supporting a loved one with a lived experience of mental health problems. It develops understanding and approaches to create the best possible environment that supports everyone's emotional and mental wellbeing.

◆ The sessions are broken up into four bite size sessions of 3 hours:

1. **Understanding Mental Health Challenges** - An opportunity to explore what it can be like to experience mental health challenges and how mental health needs can impact on people's behaviour
2. **Support people with mental health needs to make changes** - To explore some of the challenges of supporting people to make changes and introduces some techniques for working with change.
3. **Conflict and Crisis** - Reducing and managing conflict and crises with the person you support
4. **Learning, reflecting and support** - To be better able to establish clear boundaries, positive communication & relationships



HELP IN A HURRY

 **24 Hours a day, 365 Days a year**

Life threatening medical emergency	999
NHS 111 service (replaces NHS Direct) Non-emergency medical help & info on local services	111
Accident and Emergency Department RUH, Gate 3, Combe Park. BA1 3NG	01225 824391 or 01225 824007
Social Services Emergency Duty Team	01454 615165
Concerns for someone's Mental Health Statutory mental health services provided by AWP	01225 325680 (main switchboard)
Community and Health Access Team To access social care and social services - Office hours	01225 396000
Samaritans call 24hrs/7 days a week free on	01225 460888 08457 116123
Rape Crisis Helpline	08088 029999
Sane Helpline Support and info to anyone affected by mental illness	03003 047000
Womankind Women in distress, suffering domestic abuse	01179 166461 03454 582914
National Domestic Violence Helpline	08082 000247
National Drugs Helpline	03001 236600
No Panic – anxiety disorder helpline	08449 674848
Family Lives (formerly Parentline) Help you through parenting difficulties	08088 002222
Mind Infoline	03001 233393
Women's Self Injury Helpline	08088 008088



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PLEASE CALL: 01761 411112

E: mail@spectrumformdesign.co.uk

W: www.spectrumformdesign.co.uk

**St Mungo's produces this guide in collaboration with local services,
with funding from Virgin Care and the local mental health trust (AWP)**

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

Tel: 07825 115 775 or e-mail ralph.lillywhite@mungos.org