

The Hope Guide

Autumn/Winter 2024/2025

Support groups and activities in Bath & NE Somerset

124 health and wellbeing groups/activities |
One-to-one organisational support | Local and national helplines



Little Lost Robot CIC Workshop

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



Community Wellbeing Hub

Bath and North East Somerset

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



Bills, benefits & money



Housing advice & support



Healthy lifestyles, keeping active & stopping smoking



Employment, skills & volunteering



Accessing food support



Support for carers



Mental health & wellbeing



Connecting to community groups & courses



Drugs and alcohol support



Home From Hospital



Call 0300 247 0050

Monday to Friday from 9 am until 5 pm



BATHNES.thehub@hrcrgcaregroup.com



communitywellbeinghub.co.uk

Alternatively text: 07870 868368

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

Version: Nov 2023

Introduction

Hello and welcome to the newly updated Hope Guide - 'Autumn/Winter 2024/2025' edition.

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

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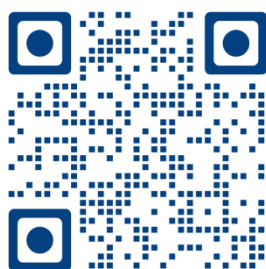
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Over 55's

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

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



**Hope Guide
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This guide has been produced by Carolyn Trippick (*Expert by Experience*), David Hanover (*Bath Mind*) & Jo Woodsford (*Avon & Wiltshire Mental Health Partnership NHS Trust*) and as a collaborative project.

Last updated: 29/10/24

Health and Wellbeing Groups & Activities

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








Group / Activity	Organisation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Venue
Activity Day	BEMSCA					✓			Bath
Art for Everyone	Time Bank Plus		✓						Bath
Badminton & Table Tennis	Bath Mind		✓						Bath
Bereavement Help Point	Dorothy House Hospice	✓							Bath
Bereavement Support Keynsham (Afternoon Group)	Bereavement Support Keynsham	✓							Keynsham
Bereavement Support Keynsham (Evening Group)	Bereavement Support Keynsham			✓					Keynsham
Bereavement Support Group	The Hive, PSJ		✓						PSJ
Bereavement Support Group	The Hive, PSJ				✓				PSJ
Carer Cafe	AWP					✓			Bath
Carer Café - Bath Abbey	Carers Centre			✓					Bath
Carer Café - Combe Down	Carers Centre			✓					Bath
Carer Café - Keynsham	Carers Centre				✓				Keynsham
Carer Café - Larkhall	Carers Centre	✓							Bath
Carer Café - MSN	Carers Centre	✓							MSN
Carer Support Group	KS2 Bath		✓						Bath
Carer Support Group	KS2 Bath				✓				Bath
Christmas Craft	Genesis Trust				✓				Bath
Coffee & Craft	Community at 67			✓					Keynsham
Coffee Connections	Dorothy House Hospice				✓				Bath
Connection Cafes	National Trust					✓			Bath
Craft Group	Somerdale Shed		✓						Keynsham
CRAFTworks	Bath City Farm	✓							Bath
Crafty Minds	Bath Mind	✓							Bath
Creat:ive	Little Lost Robot			✓					Radstock
Creative Psychotherapy Group	Trauma Breakthrough	Contact for details							Bath
Day Service	BEMSCA	✓							Bath
Dementia Voice	Alzheimer's Society				✓				Bath
Drop In	BEMSCA			✓					Bath
Easter Crafts	Genesis Trust				✓				Bath
Eating Disorder Support Group	Focus				✓				Bath
Evening Walking Group	Bathscape	✓							Bath
Feel Good Walks	Time Bank / Bathscape		✓						Bath
Female Survivors Group	Focus	Contact for details							Bath
Food for Thought	Bath Mind	Various, contact for details							Bath
Football Group	Bath Mind / BCF				✓				Bath
Friendship Fridays	MSN Library					✓			MSN
Gardener's Lodge Art Group	Holbourne Museum			✓					Bath
Gardening Group	Somerdale Shed			✓			✓		Keynsham
Greenlinks @ Monksdale	Bath Mind		✓		✓				Bath
Greenlinks @ Potting Shed	Bath Mind			✓					Radstock

Group / Activity	Organisation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Venue
Grow & Make	The Community Farm			✓					Chew Magna
Herb and Nature	Grow for Life		✓						Bath
Hope Space	Bath Mind		✓						Bath
IMAGE Peer-Led Museum Group	Holburne Museum			✓					Bath
Just Play Football	Bath City Foundation		✓						Bath
Knit 2, Share 1	Bath Central Library				✓				Bath
Knit 2, Share 1	MSN Library				✓				MSN
Knitting Group	Genesis Trust					✓			Bath
Lace Making	Keynsham Library				✓				Keynsham
Lakeside Wellbeing	The Community Farm / Ecowild	✓							Chew Magna
LGBT+ Rainbow Dementia Cafe (Online)	Sustainable Communities	✓							Online
Life Course	Sue Fourie		✓		✓				Bath
Local History Club	Radstock Museum	✓							Radstock
M/Others	Little Lost Robot	✓		✓					Radstock
Male Survivors Group	Trauma Breakthrough	Contact for details							Bath
MATES	VOICES				✓				Bath
Memory Club	Radstock Museum		✓						Radstock
Men's Shed	MSN Community Trust		✓			✓			MSN
Men's Social Group	Genesis Trust		✓						Bath
Men's Woodland Project	EcoWild			✓					High Littleton
MEN(D)	Little Lost Robot			✓					Radstock
Mindful Creative Arts	Wellbeing Courses BANES		✓						Bath
Monday Walks for Health & Pleasure	Bathscape	✓							Bath
Music Open Group	Soundwell Music Therapy					✓			Bath
Music Support for Carers	Soundwell Music Therapy					✓			Bath
Natural Pathways	Bath City Farm				✓				Bath
Nature, Craft, Connection	EcoWild				✓				Radstock
Nordic Walking	The Active Way	✓							MSN
Norland Community Sewing Bee	Bath Central Library					✓			Bath
Old Acorn Barn	The Life Project		✓	✓	✓				Bath
Open Opportunities	Bath Mind	✓							Bath
PCF - Batheaston	B&NES Parent Carer Forum (PCF)					✓			Bath
PCF - Clutton	B&NES PCF			✓					Clutton
PCF - Foxhill	B&NES PCF	✓							Bath
PCF - Newbridge	B&NES PCF				✓				Bath
PCF - Southside	B&NES PCF	✓							Bath
Post Natal Depression Support Group	PANDAS			✓					MSN
Psychotherapy Group	Trauma Breakthrough	Contact for details							Bath
Public Living Room	Community at 67		✓						Keynsham
Radstock Wellbeing Group	Bath Mind		✓						Radstock

Group / Activity	Organisation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Venue
Renew Wellbeing Space	Welton Baptist Church			✓					MSN
Roots to Health - Animal Care	Bath City Farm	✓		✓					Bath
Roots to Health - Cooking	Bath City Farm	✓		✓					Bath
Roots to Health - Growing	Bath City Farm	✓		✓					Bath
Safe Space (age 16-25)	Bath Mind	✓							Bath
Saturday Club Cycling	All Cycle Bath & West						✓		Bath
Sexual Assault Support Group	Focus	✓							TBC
Sexual Assault Support Group	Focus		✓						TBC
Short Walks	Bathscape			✓					Bath
Sing & Smile - Chilcompton	Goldies				✓				Chilcompton
Sing & Smile - Keynsham	Goldies					✓			Keynsham
Sing & Smile - Larkhall	Goldies		✓						Bath
Sing & Smile - Southdown	Goldies				✓				Bath
Sing & Smile - Stanton Drew	Goldies			✓					Stanton Drew
Sing & Smile - Timsbury	Goldies			✓					Timsbury
Sing & Smile - Tunley	Goldies			✓					Tunley
Sing & Smile - Westfield	Goldies				✓				Radstock
Singing For The Brain	Alzheimer's Society		✓						Bath
Singing For Wellbeing	Soundwell Music Therapy				✓				Bath
Singing Walks	Somer Valley Rediscovered			✓					MSN
SMART Recovery	Genesis Trust		✓						Bath
Snap n Stroll	The Active Way		✓						Radstock
SOBS Bath Support Group	SOBS			✓					TBC
Social and Therapeutic Session	Grow For Life				✓				Bath
SPACE LGBTQ+ Youth Group	OTR			✓					Bath
START Psychoeducation	Trauma Breakthrough	Contact for details							Bath
Sunday Social	Little Lost Robot							✓	Radstock
Talk Club	Talk Club	✓							Bath
Talk & Yoga	Talk Club	✓			✓				Keynsham
Terminal Illness Support Group	Dorothy House Hospice				✓				Bath
Tuesday Twilights Cycling Sessions	All Cycle Bath & West		✓						Bath
Walking Football (Batheaston)	Bath City Foundation			✓					Bath
Walking Football (Odd Down)	Bath City Foundation	✓		✓					Bath
Wednesday Group	Grow For Life			✓					Bath
Wellbeing Cafe	Radstock Museum	✓							Radstock
Wellbeing Walk	Bath Mind / Bathscape				✓				Bath
Wild Steps	The Community Farm				✓				Chew Magna
Willow Basketry	EcoWild				✓				Radstock
Winter, Nature, Craft, Connection	Somer Valley Rediscovered				✓				Radstock

Group / Activity	Organisation	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Venue
Women's Walking Football (Daytime)	Somer Valley Strikers	✓							Chilcompton
Women's Walking Football (Evening)	Somer Valley Strikers					✓			Chilcompton
Woodland People	EcoWild					✓			High Littleton
Woodworking Group	Somerdale Shed			✓			✓		Keynsham
Woodworking Group	Somerdale Shed		✓						Keynsham

Group Guide

 Accessible	 Dementia Friendly	 Hearing Loop	 Parking
 Food	 Refreshments	 Toilets	







Activity Day - BEMSCA

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

Contact us to find out more about our activity schedule.

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

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

COST £15 BEMSCA membership **KEY**      

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

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

Art for Everyone - Time Bank Plus

Group Overview - This course will offer attendees the opportunity to have a go at different types of art. Whether its drawing or painting you can explore your creativity within a small, friendly and supportive group. Our emphasis is on learning, enjoyment and self-expression. 6 sessions over 6 weeks.

Who is the group for - Age 16+

WHEN Tuesdays (12th Nov - 17th Dec) **TIMES** 10:30am - 12:30pm

COST FREE **KEY** Contact for details

LOCATION Quebec Community Room, Dominion Road, Twerton, BA2 1DJ

CONTACT **Tel:** 01225 442 813 or **Email:** timebankplus@googlemail.com

Badminton & Table Tennis - Bath Mind

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

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

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

COST £2 per session **KEY**   **P**

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





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

Bereavement Help Point - Dorothy House Hospice

Group Overview - A community based drop-in service for any adult who is bereaved. It is a space to meet and talk with others who may be experiencing similar thoughts and feelings in an informal and supportive setting.

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

WHEN Mondays, fortnightly **TIMES** 1:30pm - 3:30pm

COST FREE **KEY**     **P**

LOCATION The Hub, Mulberry Way, Mulberry Park, Combe Down, Bath BA2 5BU

CONTACT **Kieran:** 07562 689 046 **Email:** Kieran.bright@dorothyhouse-hospice.org.uk




Bereavement Support Keynsham

Group Overview - Drop-in session. We are here offering those suffering bereavement a safe place to explore their emotions. If you would like a tea/coffee and to talk to one of our trained volunteers or to share your thoughts with others experiencing bereavement, please get in touch.

Website: bereavementsupportkeynsham.wordpress.com

Who is the group for - Those suffering bereavement, for Keynsham and wider BANES residents

WHEN 4th Monday of the month **TIMES** 2:00pm - 4:00pm

COST FREE **KEY**   **P** 

LOCATION Baptist Church Hall, Keynsham, BS31 1DS *(not church provided or sponsored)*




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

Bereavement Support Keynsham

Group Overview - Drop-in session. We are here offering those suffering bereavement a safe place to explore their emotions. If you would like a tea/coffee and to talk to one of our trained volunteers or to share your thoughts with others experiencing bereavement, please get in touch.

Website: bereavementsupportkeynsham.wordpress.com




Who is the group for - Those suffering bereavement, for Keynsham and wider BANES residents

WHEN	1 st Wednesday of the month	TIMES	5:30pm - 7:00pm
COST	FREE	KEY	  P 
LOCATION	Baptist Church Hall, Keynsham, BS31 1DS <i>(not church provided or sponsored)</i>		
CONTACT	Tel: 07776 493 221 or E-mail: bereavementkeynsham@gmail.com		

Bereavement Support Social Group (Tues) - The Hive

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




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

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

Bereavement Support Social Group (Thurs) - The Hive

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

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


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

Carer Café - AWP

Group Overview - New to caring for someone with mental health challenges? Still finding your way? Want a break, a chat or bit of advice? Friendly and welcoming group, facilitated by Jo Woodsford (AWP Involvement Coordinator) Gillian and Val, (Volunteers with the Carers Centre) and a Clinician from Avon & Wiltshire Mental Health Partnership NHS Trust.

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

WHEN 2nd Friday of the month **TIMES** 10:00am - 12:30pm

COST FREE **KEY** 

LOCATION The Boathouse, Newbridge Road, Bath, BA1 3NB

CONTACT Jo: 07714 174 462 or **Email:** j.woodsford@nhs.net

Carer Café (Bath Abbey) - BANES Carers Centre

Group Overview - Join this carer café in the heart of Bath's historic Abbey! This café offers another opportunity to come together with fellow carers to have fun, socialise and make new friends - in a beautiful and welcoming setting. Plus-ones are welcome too.

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

WHEN 4th Wednesday of the month **TIMES** 10:30am - 12:30pm

COST FREE **KEY** 

LOCATION Bath Abbey Office, 9 Kingston Buildings, Bath, BA1 1 LT


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

Carer Café (Combe Down, Bath) - BANES Carers Centre

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

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

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

COST FREE **KEY** 

LOCATION Glasshouse Academy Pavilion, Bradford Road, Bath, BA2 5BX

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

Carer Cafe (Keynsham) - BANES Carers Centre

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

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

WHEN 4th Thursday of the month **TIMES** 10:30am - 12:30pm

COST FREE **KEY** 

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


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

Carer Café (Larkhall, Bath) - BANES Carers Centre

Group Overview - Come along (either with your loved one or alone) to this vibrant community space and relax with cuppa. You will be able to enjoy the company of others and take some time for you.

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

WHEN 2nd Monday of the month **TIMES** 2:00pm - 4:00pm

COST FREE **KEY** 

LOCATION New Oriel Hall, Brookleaze Buildings, Larkhall, Bath, BA1 6RA


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

Carer Café (MSN) - BANES Carers Centre

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

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

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

COST FREE **KEY** 

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


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

Carer Support Group - KS2 Bath

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

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

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

COST FREE **KEY** 

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


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

Carer Support Group - KS2 Bath

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

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

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

COST FREE **KEY** 

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

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

Christmas Craft - Genesis Trust

Group Overview - A weekly session of Christmas related crafts and making. Materials provided. Led by an experienced facilitator and volunteers. Please contact Matt to sign up and find out more. An opportunity to engage with the community in a safe, friendly space.

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

WHEN Thursdays (7th Nov - 12th Dec) **TIMES** 2:00pm - 4:00pm

COST FREE **KEY** 

LOCATION Genesis on the Canal - access via tow path (behind Widcombe Baptist Church)

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

Coffee & Craft - Community at 67

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

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

WHEN	Wednesdays	TIMES	10:00am - 1:00pm
COST	FREE	KEY	
LOCATION	Community at 67, 67 Queens Road, Keynsham, BS31 2NW		
CONTACT	Email: enquiries@community-67.org		

Coffee Connections - Dorothy House

Group Overview - Support group for people with terminal illness or diagnosis. Come and join other people living with terminal illness or diagnosis. With support from a clinician, we offer a space for you to come and talk to others facing the same issues over refreshments. Come and meet with people who face similar challenges as you and who can understand and support you.

Who is the group for - The group is aimed at people with terminal diagnosis, their families and friends.

WHEN	Thursdays	TIMES	10:00am - 12:00noon
COST	FREE	KEY	
LOCATION	Community at 67, 67 Queens Road, Keynsham, Bristol, BS31 2NW		
CONTACT	Tel: 01225 722 988 or Email: Lynn.Porch@dorothyhouse-hospice.org.uk		

Connection Cafe - National Trust

Group Overview - Connection Cafes are a chance for local people to come together for free tea, coffee and cake, and an interactive activity inspired by Bath Assembly Rooms. You can reserve a space by calling 0344 249 1895 or booking via our website www.nationaltrust.org.uk/visit/bath-bristol/bath-assembly-rooms/events.






Who is the group for - Everyone is welcome to come along. You can come with a friend or on your own to meet other people in the local area.

WHEN	First Friday of the month	TIMES	10:30am - 12:30pm
COST	FREE	KEY	
LOCATION	Bath Assembly Rooms and other local venues		
CONTACT	Katie: 01225 466 414 or Email: www.bathassemblyrooms@nationaltrust.org.uk		

Craft Group - Somerdale Shed

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








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

WHEN	Tuesdays	TIMES	6:30pm - 9:00pm
COST	£10 a month (unlimited sessions)	KEY	    
LOCATION	Somerdale Pavilion, Cross Street, Keynsham, Bristol, BS31 2FW		
CONTACT	Email: info@somerdaleshed.org matt.prosser@blueyonder.co.uk		

CRAFTworks - Bath City Farm

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





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

WHEN	Mondays	TIMES	10am-12:30pm or 1pm-3:30pm
COST	FREE (lunch provided)	KEY	      
LOCATION	Bath City Farm, Kelston View, Bath, BA2 1NW		
CONTACT	Tel: 01225 481 269 or Email: info@bathcityfarm.org.uk		

Crafty Minds - Bath Mind

Group Overview - A weekly session of fun, relaxed crafting, Crafty Minds guide and support group members in a range of mindful crafting activities. The emphasis will be on sharing a safe space and creating together. This is a peer led group supported by Bath Mind volunteers.

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



WHEN	Mondays	TIMES	1:30pm - 3:30pm
COST	£3 per session	KEY	   
LOCATION	The Hive, Peasedown St John, BA2 8DH		
CONTACT	Tel: 07538 113 890 or Email: wellbeing@bathmind.org.uk		

Creative - Little Lost Robot Studios

Group Overview - A weekly safe space for young women aged 14 - 19 years. Make art in a peaceful and supportive environment.

Find out more: www.lostrobot.org/creative


Who is the group for - Young women aged 14 - 19 years.

WHEN	Wednesdays	TIMES	4:30pm - 6:00pm
COST	FREE	KEY	  P
LOCATION	Old Printworks Arts, Waterloo Road, Radstock, BA3 3EP		
CONTACT	Whatsapp: 07449 273 020 or Email: phaedra@lostrobot.org		

Creative Psychotherapy Group - Trauma Breakthrough

Group Overview - This group gives people the ability to process trauma in a shared way without the focus fully on sharing through verbal communication, which can be helpful for those who struggle in traditional group settings. These groups also offer a space where adult survivors of childhood abuse can create, play, make mistakes, make mess, and find their true character.






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

WHEN	Contact for details	TIMES	Contact for details
COST	FREE, donations welcome	KEY	 P
LOCATION	The Foyer Annex, Dominion Rd, Bath, BA2 1DF		
CONTACT	Tel: 01225 984 637 or Email: services@traumabreakthrough.org		

Day Service - BEMSCA

Group Overview - We provide many opportunities for our members to try different activities whilst using the day service: arts and crafts | games such as bingo, chess, dominoes, bridge and mahjong | celebrating cultural festivals | community allotments in the summer months | monthly guest speakers/talks | active activities, i.e. Tai Chi, Yoga, dance | cooked lunch together.


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

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

Dementia Voice - Alzheimer's Society

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


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

WHEN	Once a month - Thursdays	TIMES	3:00pm - 4:00pm
COST	FREE	KEY	
LOCATION	St Johns Almshouses, Combe Park, Bath, BA1 3NF (next to the RUH)		
CONTACT	Elizabeth: 01174 727 921 or Email: bath@alzheimers.org.uk		

Drop In - BEMSCA

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


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

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

Easter Craft - Genesis Trust

Group Overview - A weekly session of Easter related crafts and making. Materials provided. Led by an experienced facilitator and volunteers. Please contact Matt to sign up and find out more. An opportunity to engage with community in a safe, friendly space.

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

WHEN	Thursdays (20 th Feb - 27 th Mar)	TIMES	2:00pm - 4:00pm
COST	FREE	KEY	
LOCATION	Genesis on the Canal - access via tow path (behind Widcombe Baptist Church)		
CONTACT	Matt: 07458 381 732 or Email: matt@genesistrust.org.uk		


Eating Disorder Support Group - Focus

Group Overview - A pro-recovery support group for people experiencing issues around food. We offer a safe and confidential space to open up about your thoughts, feelings and experiences related to eating disorders. Our aim is to create a community of people who can help each other by sharing their similar experiences.

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

www.focusbath.com/support-groups

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

COST FREE, donations welcome **KEY** 

LOCATION Oasis Hub Church, Bath, BA1 5DU

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

Evening Walking Group - Bathscape

Group Overview - Our evening walking group, Good Evening Walkers! Short walks around the local parks, canal and other beautiful city centre spots. You can find out about all our walking groups at bathscape.co.uk/activity/weekly-wellbeing-walking-groups.

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

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

COST FREE **KEY**  **P**

LOCATION Laura Place, Bath, BA2 4BL


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

Feelgood Walks - Bathscape & Time Bank Plus

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

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

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

COST FREE **KEY**  **P**


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

CONTACT Tel: Time Bank on 01225 442 813 or Email: info@bathscape.co.uk

Female Survivors Group - Focus

Group Overview - A trauma-informed safe space for survivors to draw strength from each other and have their experiences acknowledged, reduce feelings of shame and be empowered to start or continue recovery. The group focuses on self-care/self-soothing and grounding strategies, increasing self-esteem and confidence to lead on own recovery/healing. Not therapy but is therapeutically minded.






Who is the group for - Support group for female survivors of sexual violence who are 18 years and above.

WHEN	Contact for details	TIMES	Contact for details
COST	FREE	KEY	
LOCATION	Contact for details		
CONTACT	Tel: 01225 330 096 or Email: office@focusbath.com		

Food for Thought - Bath Mind

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

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

WHEN	Various	TIMES	Dependant on course
COST	Dependant on course	KEY	    
LOCATION	Various locations in and around Bath		
CONTACT	Anja: 07960 621 681 or Email: foodforthought@bathmind.org.uk		

Football Group - Bath Mind / Bath City Foundation

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






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

WHEN	Thursdays	TIMES	5:30pm - 6:30pm
COST	£1 per session	KEY	Contact for details
LOCATION	Bath recreation ground (summer) or indoor venue (winter)		
CONTACT	Tel: 07538 113 890 or Email: wellbeing@bathmind.org.uk		

Friendship Fridays - MSN Library

Group Overview - Drop-in to our relaxed social group for adults. Have a go at a wordsearch, crossword or a board game over a cuppa and a chat.



Who is the group for - Anyone who wants to chat, connect and socialise.

WHEN	Fridays, drop-in session	TIMES	1:30pm - 2:30pm
COST	FREE	KEY	    P 
LOCATION	Midsomer Norton Library, The Hollies, High Street, MSN, BA3 2DP		
CONTACT	Tel: 01225 394 041 or Email: library_events@bathnes.gov.uk		

Gardeners Lodge Art Group - Holburne Museum

Group Overview - A friendly, supported group where you can develop your arts skills, be creative and meet other like-minded people in a safe environment. We work with specialist artists on short creative projects, such as printmaking, ceramics, textile art etc. The group has two intakes each year (April & September) and if offered a place, you can stay in the group for 23 weeks.


Who is the group for - Anyone with lived experience of mild/moderate mental health issues and an interest in creativity. It is not a drop-in group.

WHEN	Wednesdays	TIMES	2:00pm - 3:30pm
COST	FREE	KEY	  P
LOCATION	Holburne Museum, Great Pulteney Street, Bath. BA2 4DB.		
CONTACT	Sophie: 01225 388 565 or Email: s.williams.brown@holburne.org		

Gardening Group - Somerdale Shed

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

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

WHEN	Wednesdays & Saturdays	TIMES	9:30am - 12:00noon
COST	£10 a month (unlimited sessions)	KEY	    P
LOCATION	Somerdale Pavilion, Cross Street, Keynsham, Bristol, BS31 2FW		
CONTACT	Email: info@somerdaleshed.org matt.prosser@blueyonder.co.uk		






Greenlinks @ Monksdale Road - Bath Mind

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

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

Sessions run on Tuesdays 11:30am - 2:30pm & Thursdays 10:00am - 1:00pm





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

WHEN	Tuesdays & Thursdays	TIMES	See above
COST	£2 per session	KEY	    
LOCATION	Monksdale Road, Bath, BA2 2JD		
CONTACT	Tel: 07946 233 146 or Email: greenlinks@bathmind.org.uk		

Greenlinks @ the Potting Shed - Bath Mind

Group Overview - A small friendly group of people who garden socially, grow produce, help with site maintenance and work together in a Victorian walled kitchen garden to improve wellbeing. No experience needed as participants work at their own pace. The group gets involved in local community activities and fundraises to cover their costs.






Who is the group for - Anyone wanting to improve their wellbeing. Due to the location, you would need your own transport.

WHEN	Wednesdays	TIMES	10:30am - 1:00pm
COST	£2 per session	KEY	   
LOCATION	Ammerdown Kitchen Garden, Ammerdown Park, Radstock, BA3 5SW		
CONTACT	Georgia: 07794 746 270 or Email: greenlinks@bathmind.org.uk		

Grow and Make - Community Farm

Group Overview - A Gardening for Wellbeing course, underpinned by the Five Ways to Wellbeing: Give, Take Notice, Connect, Be Active and Keep Learning. Every week you'll learn more about what you can do in the garden. Together, we will nurture and be nurtured by our vegetable patch and forest garden. 12-week course and monthly one-off grow days.

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


WHEN	Wednesdays	TIMES	10:00am - 3:00pm
COST	FREE	KEY	    
LOCATION	The Community Farm, Chew Magna (please follow online directions not satnav)		
CONTACT	Ellie: 07878 922 424 Email: growandmake@thecommunityfarm.co.uk		

Herb & Nature - Grow for Life

Group Overview - Learn how to grow and use different herbs in a non-pressured environment. Half the session involves gardening tasks such as sowing seeds, taking cuttings, and potting up. After a tea break, the second half involves a mindful walk around the park learning about different trees, their benefits and uses. Autumn block 17th Sept. Next block TBC.

Who is the group for - Adults struggling with mental health. The focus is on building confidence, developing social skills and mental health recovery.

WHEN Tuesdays, 9 weeks **TIMES** 10:00am - 1:00pm

COST FREE **KEY**   **P**

LOCATION Royal Victoria Park, Marlborough Lane, Bath, BA1 2NQ




CONTACT **Eleanor:** 07729 906 223 **Email:** info@growforlife.org.uk

Hope Space - Bath Mind

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

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

WHEN Tuesdays **TIMES** 6:00pm - 8:00pm

COST £2 per session **KEY**   

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


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

IMAGE Peer Supported Group - Holburne Museum

Group Overview - IMAGE is a peer-supported creative group (with two intakes each year - April & September) for those interested in developing their creativity alongside other people, sharing skills and supporting one another. Some sessions are led by a specialist artist and in other sessions participants work independently. If offered a place, you can stay in the group for 23 weeks.

Who is the group for - Anyone with mild/moderate mental health issues who is creative and confident to work independently. It is not a drop-in group.

WHEN Wednesday, fortnightly **TIMES** 10:30am - 12:30pm

COST FREE **KEY**   **P**






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

CONTACT **Sophie:** 01225 388 565 or **Email:** s.williams.brown@holburne.org

Just Play Football - Bath City Foundation

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






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

WHEN	Tuesdays	TIMES	7:00pm - 8:00pm
COST	£3 per session	KEY	    
LOCATION	St Martins Garden Primary School, Bath, BA2 2UN (Oct - March)		
CONTACT	Emily: 07931 913 439 or Email: emily@bathcityfoundation.org		

Knit 2, Share 1 - Bath Library

Group Overview - You'll find a woolly welcome for all in this friendly group! This social group welcomes all ages and abilities, so come along to share your skills, learn something new and meet new people. You can bring along your current projects or join us in making welcome blankets for refugees.







Who is the group for - Anyone with an interest in sewing, knitting, crochet or fibre arts.

WHEN	Thursdays, drop-in session	TIMES	10:00am - 12:00noon
COST	FREE	KEY	    
LOCATION	Bath Central Library, 19-23 The Podium, Bath, BA1 5AN		
CONTACT	Tel: 01225 394 041 or Email: library_events@bathnes.cov.uk		

Knit 2, Share 1 - MSN Library

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



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

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

Knitting Group - Genesis Trust

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






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

WHEN	Fridays (13 th Sep - 13 th Dec)	TIMES	9:30am - 11:30am
COST	FREE	KEY	 
LOCATION	Genesis on the Canal - access via tow path (behind Widcombe Baptist Church)		
CONTACT	Matt: 07458 381 732 or Email: matt@genesistrust.org.uk		

Lace Making - Keynsham Library

Group Overview - Bring your own lace making project or learn how to make handmade lace at this relaxed session.






Who is the group for - Everyone

WHEN	Thursdays, drop-in session	TIMES	2:00pm - 4:00pm
COST	FREE	KEY	    
LOCATION	Keynsham Library, Market Walk, Keynsham, BS31 1FS		
CONTACT	Tel: 01225 394 041 or Email: library_events@bathnes.gov.uk		

Lakeside Wellbeing - Community Farm

Group Overview - Therapeutic mindfulness, movement and creativity programme. Run by our longstanding wellbeing partner, Ecowild, this course will support your physical and mental health through nourishing practices for body and mind in a beautiful setting. 6-week course.

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

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

LGBT+ Rainbow Dementia Café - Sustainable Communities

Group Overview - Meet with like-minded others at our online Rainbow Café! We provide national LGBT+ support networks for LGBT+ people living with dementia and LGBT+ carers for those living with dementia.

Website: www.sustainablecommunities.uk


Who is the group for - This group is for LGBT+ people living with dementia and LGBT+ people caring for or supporting people with dementia.

WHEN	Mondays	TIMES	Email for details
COST	FREE	KEY	
LOCATION	Online		
CONTACT	Tel: 07780 748175 or Email: hello@sustainablecommunities.uk		

Life Course - Genesis Trust

Group Overview - This course is aimed at supporting people to 'live well in recovery from addiction or poor mental health', however this really extends to any life controlling issue or lifestyle change you wish to make to improve your life. 4 modules: Self Care; Mind Matters; Healthy Relationships & Life Management. 20 sessions in total. Course dates: Autumn: 3rd Oct - 5th Dec, Winter: Jan - Mar.

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


WHEN	Tuesdays & Thursdays	TIMES	11:00am - 1:00pm
COST	FREE	KEY	
LOCATION	Genesis on the Canal - access via tow path (behind Widcombe Baptist Church)		
CONTACT	Sue: 07713 864 876 or Email: Sue.fourie@genesistrust.org.uk		

Local History Club - Radstock Museum

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

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

Who is the group for - Everyone



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

M/Others - Little Lost Robot Studios

Group Overview - This is dedicated time for parents and carers of preschool aged children, to be yourself, creatively! Whether or not your child is with you, you are welcomed. Our team will make the tea and keep your little ones busy, so adults can have some achievable me-time, making art, with good company.

Find out more: www.lostrobot.org/mothers


Who is the group for - All parents and carers, inclusive of dads, grandparents and any others, who are currently bringing up very young children.

WHEN	Mon & Wed, in term time	TIMES	9:30am - 11:30am
COST	FREE	KEY	  P
LOCATION	Old Printworks Arts, Waterloo Road, Radstock, BA3 3EP		
CONTACT	Email: Phaedra Bolton, Studio Manager phaedra@lostrobot.org		

Male Survivors Group - Trauma Breakthrough

Group Overview - We run a specialist psychotherapy group for male survivors of sexual assault (recent or historic). Our men's group is normally run by two facilitators for up to 8 men and offers a safe space for men to talk through their experiences and the impact with others who understand.




Who is the group for - Men aged 18 and over who have experienced sexual assault, abuse or exploitation, either as adults or children.

WHEN	Contact for details	TIMES	Contact for details
COST	FREE, donations welcome	KEY	 P
LOCATION	Contact for details		
CONTACT	Tel: 01225 984 637 or Email: services@traumabreakthrough.org		

MATES - VOICES

Group Overview - Meeting And Talking Empowering Survivors (MATES) is a social group for women who have left abusive relationships to meet on a weekly basis. The group is shaped by survivors and offers the chance to socialise, inform, encourage and support one another. A place to be yourself, not explain yourself! There are refreshments and a relaxed atmosphere.

Who is the group for - Women who have left abusive relationships






WHEN	Thursdays, term time only	TIMES	12:30am - 2:30pm
COST	FREE	KEY	 P  
LOCATION	Bath - confidential address provided to attendees only.		
CONTACT	Tel: 01225 984 189 or Email: info@voicescharity.org		

Memory Club - Radstock Museum

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

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


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

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

Men's Shed - MSN Community Trust

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

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



WHEN	Tuesdays & Fridays	TIMES	9:30am - 1:00pm
COST	£2 a visit (with £12 per year fee)	KEY	  
LOCATION	Behind the big barn at Farrington Farm Shop, BS39 6UB		
CONTACT	Richard Jordan: 07818 420 685 or Email: 45jordan@gmail.com		

Men's Social Group - Genesis Trust

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

Dates: Autumn: 3rd Sept - 8th Oct | Winter: Feb - Mar.

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

WHEN	Tuesdays	TIMES	3:30pm - 6:30pm
COST	FREE	KEY	 
LOCATION	Genesis on the Canal - access via tow path (behind Widcombe Baptist Church)		
CONTACT	Matt: 07458 381 732 or Email: matt@genesistrust.org.uk		

Men's Woodland Project Group - EcoWild

Group Overview - Join EcoWild practitioner Nick for this half day session in the woods: enjoying each other's company, making the fire, walking for those who want to, and working on small projects around the roundhouse.

Notice the seasons, wildlife and landscape around you, with the support of a friendly and knowledgeable facilitator. Register via <https://ecowild.org.uk/book-now/>

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

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

COST FREE **KEY** **P**

LOCATION Greyfield Woods, High Littleton, BS39 6YE

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


MEN(D) - Little Lost Robot Studios

Group Overview - A free meet up for men. Learning or practising practical skills. Open to all abilities. We are seeking to build a regular drop-in group of males, to spend time in good company, learning and using practical skills to bring derelict waste ground into productive use.

Find out more: www.lostrobot.org/mend

Who is the group for - Men. Aged 14 years and over

WHEN Wednesdays, in term time **TIMES** 10:00am - 2:00pm

COST FREE **KEY**   **P**

LOCATION Old Printworks Arts, Waterloo Road, Radstock, BA3 3EP

CONTACT **Email:** Phaedra Bolton, Studio Manager phaedra@lostrobot.org



Mindful Creative Arts - Wellbeing Courses BANES

Group Overview - Each session begins with a mindfulness exercise to help ground us and move us out of our busy minds, we explore a particular theme of the week and create some exciting, individual art works using paint, ink, clay etc.

6 sessions, over 6 weeks. Find out more at www.wellbeing-courses.co.uk/events

Who is the group for - Everyone 16+, who is curious about getting creative. No expectation to have any experience in art or mindfulness.

WHEN Tuesdays (5th Nov- 10th Dec) **TIMES** 6:30pm - 8:30pm

COST FREE **KEY**  



LOCATION Community Room - Newbridge Court, Newbridge Hill, Bath, BA1 3PS

CONTACT **Tel:** 0300 247 0050 or **Email:** wellbeingcourses@hrcrgcaregroup.com

Monday Walks for Health & Pleasure- Bathscape

Group Overview - We meet at 10.45 at the Treetop Café, ready to leave at 11am. The walk lasts about 90 minutes, there are sometimes hills. We walk around the beautiful park, along the river, or a little further afield. The group often have a cuppa afterwards. You can find out about all our walking groups at www.bathscape.co.uk/activity/weekly-wellbeing-walking-groups.



Who is the group for - People who are happy to walk a little further than our other walking groups, we typically cover two or three miles, at a pace that suits you.

WHEN	Mondays	TIMES	11:00am - 12:30pm
COST	FREE	KEY	 
LOCATION	Treetop Café (formerly Pavilion Café), Royal Victoria Park, BA1 2NR		
CONTACT	Tel: 01225 477 265 or Email: info@bathscape.co.uk		

Music Open Group - Soundwell

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



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

WHEN	Fridays, monthly	TIMES	11:00am - 12:00midday
COST	FREE, donations welcome	KEY	 
LOCATION	Central Bath		
CONTACT	Chloe: 07423 400 655 or Email: chloe.buttery@soundwell.org.uk		

Music Support Group for Carers - Soundwell

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


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

WHEN	Fridays, monthly	TIMES	11:00am - 12:15pm
COST	FREE, donations welcome	KEY	 
LOCATION	Central Bath		
CONTACT	Chloe: 07423 400 655 or Email: chloe.buttery@soundwell.org.uk		

Natural Pathways - Bath City Farm

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


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

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

Nature, Craft, Connection - EcoWild

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


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

WHEN	Thursdays	TIMES	10:00am - 12:00midday
COST	FREE	KEY	
LOCATION	Meet behind Swallow Community Café, Radstock, BA3 3QG		
CONTACT	Emily Malik: 07812 155 659 or Email: emily@ecowild.org.uk		

Nordic Walking - The Active Way

Group Overview - Join one of our 6-week nordic walking courses and learn new skills while increasing your coordination and strength. Doing regular exercise releases endorphins which can help us to feel happy, healthy, and more energised. Find out more online theactivewaybathnes.co.uk/nordic-walking/

Who is the group for - Nordic Walking is suitable for people of all ages and fitness levels.






WHEN	Mondays (28 th Oct - 2 nd 2 Dec)	TIMES	11:30am - 12:30pm
COST	FREE	KEY	
LOCATION	Outside the Somer Centre, Midsomer Norton, BA3 2UH		
CONTACT	Tel: 01225 395 205 or Email: info@theactivewaybathnes.co.uk		

Norland Community Sewing Bee - Bath Library

Group Overview - The Norland Community Sewing Bee is crafting a 12 x 12 ft panel for the Grenfell Memorial Quilt.

Join their weekly stitching sessions where all ages and skill levels are welcome.

Who is the group for - Anyone of any age or ability with an interest in sewing.

WHEN	Fridays, drop-in session	TIMES	10:00am - 12:00noon
COST	FREE	KEY	    
LOCATION	Bath Central Library, 19-23 The Podium, Bath, BA1 5AN		
CONTACT	Tel: 01225 394 041 or Email: library_events@bathnes.cov.uk		

Old Acorn Barn - The Life Project

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





Who is the group for - Adults with learning disabilities.

WHEN	Tues, Weds & Thurs	TIMES	9:30am - 2:30pm
COST	Contact for cost	KEY	Contact for venue facilities
LOCATION	The Old Acorn Barn, Englishcombe Village, Bath, BA2 9DU		
CONTACT	Tel: 07708 217901 or Email: info@lifeprojectbath.org.uk		

Open Opportunities - Bath Mind

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

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

WHEN	Mondays	TIMES	1:00pm - 2:30pm
COST	£2 per session	KEY	   
LOCATION	The Bubble, 4-5 Chapel Court, Bath, BA1 1SQ		
CONTACT	Tel: 07538 113 890 or Email: Wellbeing@bathmind.org.uk		

Parent Carer Forum (Batheaston) - B&NES PCF

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

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

WHEN Fridays **TIMES** 10:00am - 12:00noon

COST FREE **KEY** 

LOCATION Batheaston Village Hall, School Lane, Batheaston, Bath, BA1 7EP


CONTACT Email: support@banespcf.co.uk

Parent Carer Forum (Clutton) - B&NES PCF

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

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

WHEN 1st & 3rd Wednesday, monthly **TIMES** 10:00am - 12:00noon

COST FREE **KEY** 

LOCATION The Soap Bar Café, Upper Bristol Road, Clutton, Bristol, BS39 5TA

CONTACT Email: support@banespcf.co.uk

Parent Carer Forum (Foxhill) - B&NES PCF

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

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

WHEN 2nd & 4th Monday, monthly **TIMES** 10:00am - 12:00noon

COST FREE **KEY** 


LOCATION St Andrew's Community Church, Foxhill, Bath, BA2 5QA

CONTACT Email: support@banespcf.co.uk

Parent Carer Forum (Newbridge) - B&NES PCF

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

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

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

Parent Carer Forum (Southside) - B&NES PCF

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


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

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

Post Natal Depression Support Group - PANDAS

Group Overview - Led by a trained group manager with lived experience, our support groups offer a calm community for parents who are struggling. They provide a safe space for you and your baby, where you can meet other parents, and chat, listen and share your experiences.

Who is the group for - Parents struggling with perinatal mental illness.



WHEN	Wednesdays (term-time only)	TIMES	10:00am - 11:30am
COST	FREE	KEY	
LOCATION	Sally Teall's Holistic Hub, 6 Chesterfield House, MSN, BA3 2DD		
CONTACT	Sally: 07974 820 944 or Email: midsomernortonpandas@outlook.com		

Psychotherapy Group - Trauma Breakthrough

Group Overview - Group therapy allows survivors to journey together, support one another, connect, and learn new ways to communicate, be accountable, and explore emotions in a safe space. Each group is facilitated by experienced therapists and sometimes also a trainee or placement student.

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

WHEN Contact for details **TIMES** Contract for details

COST FREE, donations welcome **KEY**   **P**

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


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

Public Living Room - Community at 67

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

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

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

COST FREE **KEY**     **P**

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




CONTACT **Email:** enquiries@community-67.org

Radstock Wellbeing Group - Bath Mind

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

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

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

COST £2 per session **KEY**     **P**

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

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

Renew Wellbeing Space @ Unit 14 - Welton Baptist Church

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

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

WHEN	Wednesdays	TIMES	2:00pm - 4:00pm
COST	FREE	KEY	
LOCATION	Unit 14, 14 South Road, Midsomer Norton, BA3 2EZ		
CONTACT	Tel: 01761 410 274 or Email: renewwellbeing@weltonchurch.org.uk		

Roots to Health: Animal Care - Bath City Farm

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

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

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

Roots to Health: Cooking Group - Bath City Farm

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


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

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

Roots to Health: Growing - Bath City Farm

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


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

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

Safe Space - Bath Mind

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

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


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

Saturday Club - All Cycle Bath & West

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

Please book in advance, via the link <https://bookwhen.com/allcyclebathwest>, choose your preferred bike (not guaranteed) and pay at time of booking.

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



WHEN	Saturdays, fortnightly	TIMES	12midday - 1:30pm
COST	£8 per session	KEY	
LOCATION	Odd Down Sports Ground Cycle Circuit, Bath, BA2 2PR		
CONTACT	Tel: 07762 985 960 or Email: info@allcyclebathandwest.com		

Sexual Assault Support Group (Monday) - Focus

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

www.focusbath.com/support-groups

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

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

Sexual Assault Support Group (Tuesday) - Focus

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

www.focusbath.com/support-groups



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

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

Short Walks - Bathscape

Group Overview - Short walks followed by a cuppa in central Bath. The walks are between 45 minutes and an hour and cover about 1 to 1.5 miles. They are mainly flat and on pavements. The walk is no longer than an hour. The meeting time is 10.30am, contact us for the meeting point, as it's different each week.

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

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

Sing & Smile (Chilcompton) - Goldies

Group Overview - At Goldies we sing along with the popular and uplifting hits of the 50's onwards, chat, laugh and smile with our friends, you don't have to be able to sing, just love music and good company. We run 8 open access Sing & Smile groups in BANES. No need to book, just turn up, www.golden-oldies.org.uk

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

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

Sing & Smile (Keynsham) - Goldies

Group Overview - At Goldies we sing along with the popular and uplifting hits of the 50's onwards, chat, laugh and smile with our friends, you don't have to be able to sing, just love music and good company. We run 8 open access Sing & Smile groups in BANES. No need to book, just turn up, www.golden-oldies.org.uk

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

WHEN	Last Friday of each month	TIMES	2:00pm - 3:00pm
COST	£3 voluntary donation	KEY	Contact for venue facilities
LOCATION	The Key Centre, Charlton Road, Keynsham, BS31 2JA		
CONTACT	Tel: 01761 470 006 (M-F, 10am-2pm) Email: events@golden-oldies.org.uk		

Sing & Smile (Larkhall) - Goldies

Group Overview - At Goldies we sing along with the popular and uplifting hits of the 50's onwards, chat, laugh and smile with our friends, you don't have to be able to sing, just love music and good company. We run 8 open access Sing & Smile groups in BANES. No need to book, just turn up, www.golden-oldies.org.uk

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

WHEN	1 st Tuesday of each month	TIMES	2:00pm - 3:00pm
COST	£3 voluntary donation	KEY	Contact for venue facilities
LOCATION	Hanover Court Community Room, Salisbury Road, Larkhall, Bath BA1		
CONTACT	Tel: 01761 470 006 (M-F, 10am-2pm) Email: events@golden-oldies.org.uk		

Sing & Smile (Southdown) - Goldies

Group Overview - At Goldies we sing along with the popular and uplifting hits of the 50's onwards, chat, laugh and smile with our friends, you don't have to be able to sing, just love music and good company. We run 8 open access Sing & Smile groups in BANES. No need to book, just turn up, www.golden-oldies.org.uk

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

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

Sing & Smile (Stanton Drew) - Goldies

Group Overview - At Goldies we sing along with the popular and uplifting hits of the 50's onwards, chat, laugh and smile with our friends, you don't have to be able to sing, just love music and good company. We run 8 open access Sing & Smile groups in BANES. No need to book, just turn up, www.golden-oldies.org.uk

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

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

Sing & Smile (Timsbury) - Goldies

Group Overview - At Goldies we sing along with the popular and uplifting hits of the 50's onwards, chat, laugh and smile with our friends, you don't have to be able to sing, just love music and good company. We run 8 open access Sing & Smile groups in BANES. No need to book, just turn up, www.golden-oldies.org.uk

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

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

Sing & Smile (Tunley) - Goldies

Group Overview - At Goldies we sing along with the popular and uplifting hits of the 50's onwards, chat, laugh and smile with our friends, you don't have to be able to sing, just love music and good company. We run 8 open access Sing & Smile groups in BANES. No need to book, just turn up, www.golden-oldies.org.uk

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

WHEN	4 th Wednesday of the month	TIMES	1:15pm - 2:15pm
COST	£3 voluntary donation	KEY	Contact for venue facilities
LOCATION	Tunley Recreation Centre, Bath Road, Tunley, Bath, BA2 0DZ		
CONTACT	Tel: 01761 470 006 (M-F, 10am-2pm) Email: events@golden-oldies.org.uk		

Sing & Smile (Westfield, Radstock) - Goldies

Group Overview - At Goldies we sing along with the popular and uplifting hits of the 50's onwards, chat, laugh and smile with our friends, you don't have to be able to sing, just love music and good company. We run 8 open access Sing & Smile groups in BANES. No need to book, just turn up, www.golden-oldies.org.uk


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

WHEN	2 nd Thursday of the month	TIMES	11:00am - 12.00noon
COST	£3 voluntary donation	KEY	Contact for venue facilities
LOCATION	Trinity Radstock & Westfield Methodist Church, BA3 3UW		
CONTACT	Tel: 01761 470 006 (M-F, 10am-2pm) Email: events@golden-oldies.org.uk		

Singing for the Brain - Alzheimer's Society

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

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



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

Singing For Wellbeing - Soundwell

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

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

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

COST FREE, donations welcome **KEY**  

LOCATION Central Bath


CONTACT **Chloe:** 07423 400 655 or **Email:** chloe.buttery@sdwell.org.uk

Singing Walks - Somer Valley Rediscovered

Group Overview - Join us for a unique, nurturing experience designed to help you connect with your body, voice, and breath through nature and song. "Singing Walks for Wellbeing" blends gentle walking with vocal exercises and traditional folk songs, creating a safe and inclusive environment for all abilities.

Who is the group for - Everyone. Come as you are, and leave feeling refreshed, connected, and uplifted.

WHEN Wednesdays (6th Nov - 11th Dec) **TIMES** 10:30am - 11:30am

COST FREE **KEY**   **P**

LOCATION Somer Centre, Midsomer Norton, Radstock, BA3 2UH



CONTACT **Tel:** 01225 477 731 or **Email:** phoebe_webster@bathnes.gov.uk

SMART Recovery - Genesis Trust

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

Who is the group for - Anyone seeking to gain independence and recovery from addictive behaviour in a supportive group.

WHEN Tuesdays **TIMES** 15:00pm - 16:30pm

COST FREE **KEY**  


LOCATION Genesis on the Canal - access via tow path (behind Widcombe Baptist Church)

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

Snap and Stroll - The Active Way

Group Overview - Led by two experienced photographers, this group go out each week on a themed stroll, capturing the unique and beautiful surroundings of the Somer Valley. An opportunity to meet others, learn photography skills and explore the local area. You don't need any fancy photography equipment; you can use any camera or phone.




Who is the group for - Our friendly wellbeing walking group is open to all, regardless of your level of experience or equipment.

WHEN	Tuesdays	TIMES	2:00pm - 4:00pm
COST	FREE	KEY	 P
LOCATION	Hope House Surgery, 10 Waterloo Road, Radstock, BA3 3EP		
CONTACT	Tel: 01225 395 205 or Email: info@theactivewaybathnes.co.uk		

SOBS Bath Support Group - SOBS

Group Overview - An opportunity for those bereaved by suicide to listen, to share, to ask questions and to connect with others. Our group facilitators have also been bereaved by suicide, so you will be met with understanding. Get in touch to arrange a telephone chat to tell you all about the group.


Who is the group for - SOBS exists to meet the needs and overcome the isolation experienced by people, over 18, who have been bereaved by suicide.

WHEN	3 rd Wednesday of the month	TIMES	6:30pm - 8:30pm
COST	FREE	KEY	   P
LOCATION	Get in touch for more information		
CONTACT	Ann: 07498 179 229 or Email: bath@uksobs.org		

Social & Therapeutic Session - Grow for Life

Group Overview - Take part in a range of horticultural activities including seed sowing, pricking out, planting, watering, harvesting and composting. Learn about "no dig" growing, companion planting and composting. You will work alongside our volunteer mentors who provide a supportive opportunity to talk and build social skills while gardening.

Who is the group for - Adults struggling with mental health.

WHEN	Thursdays, 12 weeks	TIMES	10:30am - 1:30pm
COST	FREE	KEY	 P
LOCATION	Walled Garden, Newton St Loe		
CONTACT	Eleanor: 07729 906 223 or Email: info@growforlife.org.uk		

SPACE LGBTQ+ Youth Group - OTR

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

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

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

COST FREE **KEY** Contact for details

LOCATION Central Bath. Please contact us for the location.


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

START Psychoeducation - Trauma Breakthrough

Group Overview - The 8-week programme offers 90-minute weekly sessions looking at areas such as how the brain responds to trauma, fight/flight/freeze, grounding skills, attachment styles, boundaries, and helps you to develop skills for long-term recovery. Runs roughly 3-4 times a year, usually: Feb-April, May-July, Sept-Nov, and we try to offer 1-2 online versions each year.

Who is the group for - Survivors of trauma and abuse. Adults 18+. Must be referred by a professional or support service.

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

COST FREE, donations welcome **KEY** 

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

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

Sunday Social - Little Lost Robot Studios

Group Overview - Creative activities for multiple age groups. Learn mural painting, sound production and more.

Find out more: <https://lostrobot.org/sunday-social/>

Who is the group for - For ages 13 years to 30.

WHEN Sundays, in term time **TIMES** 2:00pm - 4:00pm

COST FREE **KEY** 

LOCATION Old Printworks Arts, Waterloo Road, Radstock, BA3 3EP

CONTACT **Email**: Liffey Lee, Creative Producer liffey@lostrobot.org



Talk Club - Bath

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

Please check the website for which Mondays the group runs on <https://talkclub.org/clubs/bath/>

Who is the group for - Men

WHEN 2nd & 4th Monday, monthly **TIMES** 7:30pm - 9:30pm

COST FREE **KEY**  

LOCATION Sanctuary Barbers, 13 Northgate St, Bath, BA1 5AS



CONTACT Email: Bathtalkclub@gmail.com

Talk & Yoga - Talk Club, Keynsham

Group Overview - Talk Club is a talking and listening club for men. Talk and Yoga creates a safe space for men to talk and listen by sharing scores out of 10 at the start and end of each class. <https://yogadad.co.uk/classes/yoga-for-men>
Mondays: St John's CofE School, Keynsham, BS31 2NB (7:00pm - 8:00pm)
Thursdays: Two Rivers School, Keynsham, BS31 1GE (7:30pm - 8:30pm)

Who is the group for - Men of all ages and ability levels with beginners actively encouraged to attend.

WHEN Mondays & Thursdays **TIMES** See above

COST FREE 1st class. £8 thereafter. **KEY**  

LOCATION See above



CONTACT Rob: 07890 513 518 or Email: helloyogadad@gmail.com

Terminal Illness Support Group - Dorothy House

Group Overview - The group is an opportunity to connect with other people in a similar situation and chat to our Dorothy House Hospice Care staff and volunteers in an informal setting.

Who is the group for - Anyone affected by a life limiting illness or associated bereavement.

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

COST FREE **KEY**     

LOCATION The Hub, Mulberry Way, Mulberry Park, Combe Down, Bath BA2 5BU





CONTACT Kieran: 07562 689 046 Email: Kieran.bright@dorothyhouse-hospice.org.uk

Tuesday Twilights - All Cycle Bath & West

Group Overview - Inclusive cycling sessions using adapted bikes and tricycles on a traffic free cycle circuit. Please book in advance, via the link <https://bookwhen.com/allcyclebathwest>, choose your preferred bike (not guaranteed) and pay at time of booking.

Times vary, 3:30pm - 4:30pm (Nov-March), 4:00pm - 5:00pm (April-Oct)





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

WHEN	Tuesdays	TIMES	3:30pm - 4:30pm (Nov-March)
COST	£8 per session	KEY	   
LOCATION	Odd Down Sports Ground Cycle Circuit, Bath, BA2 2PR		
CONTACT	Tel: 07762 985 960 or Email: info@allcyclebathandwest.com		

Walking Football (Batheaston) - Bath City Foundation

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





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

WHEN	Wednesdays (April - October)	TIMES	5:30pm - 6:30pm
COST	£3 per session	KEY	   
LOCATION	Rhymes Pavilion, Batheaston, Bath, BA1 7NW		
CONTACT	Geoff: 07931 913 445 or Email: geoff@bathcityfoundation.org		

Walking Football (Odd Down) - Bath City Foundation

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

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

WHEN	Mondays & Wednesdays	TIMES	10:00am -11:00am
COST	£5 per session	KEY	   
LOCATION	Odd Down Sports Ground, Chelwood Drive, Bath, BA2 2PR		
CONTACT	Paul: 07931 913 414 or Email: Paul@bathcityfoundation.org		

Wednesday Group - Grow for Life

Group Overview - An opportunity to gain some experience of what working as a gardener can be like, work as part of a team, build social skills and general confidence through gardening. The gardens we work in are often private gardens of people in crisis who are very grateful for the team's visit. The group works in a range of gardens across Bath as well as our garden and orchard in Newton St Loe.

Who is the group for - Adults suffering with their mental health who enjoy the physical side of gardening.

WHEN Wednesdays **TIMES** 1:00pm - 4:00pm

COST FREE **KEY** 

LOCATION Various gardens across Bath and Newton St Loe

CONTACT **Eleanor:** 07729 906 223 or **Email:** info@growforlife.org.uk


Wellbeing Café - Radstock Museum

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

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

Who is the group for - Adult carers

WHEN 2nd & 4th Monday, monthly **TIMES** 1:00pm - 2:30pm

COST FREE, donations welcome **KEY** 

LOCATION Radstock Museum, Waterloo Road, Radstock, BA3 3EP


CONTACT **Helen:** 07596 424 142 or **Email:** events@radstockmuseum.co.uk

Wellbeing Walk - Bath Mind & Bathscape

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

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

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

COST FREE **KEY** 


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

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

Wild Steps - Community Farm

Group Overview - 6-week course, framed by the 5 Pathways to Nature Connectedness: Contact, Beauty, Emotions, Compassion and Meaning. These sessions allow you to experience relaxation in a safe and supportive space, foster a sense of community and develop greater awareness of how our connectedness to all life benefits our own wellbeing.


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

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

Willow Basketry - EcoWild

Group Overview - Funded by the Somer Valley Rediscovered programme. Learn to weave a willow basket for your enjoyment, and as a skill you can continue after the course. With no pressure to get it right, you will be guided to use willow grown on the Somerset levels to create your own basket. Each will be unique and wonderful. Register online: ecowild.org.uk/book-now


Who is the group for - Those wanting to learn an enjoyable craft and enjoy connecting with others for wellbeing. It may be challenging for those with arthritis.

WHEN	Thursdays	TIMES	1:00pm - 3:00pm
COST	FREE	KEY	
LOCATION	Methodist Church, The Methodist Centre, Radstock, BA3 3PL		
CONTACT	Emily Malik: 07812 155 659 or Email: emily@ecowild.org.uk		

Winter, Nature, Craft, Connection - Somer Valley Rediscovered

Group Overview - The course offers easy practices to engage with nature and to learn more about its plants, animals, and the land around us through natural land skills, crafting / creative activities, mindfulness, sharing inspirations, and wandering in nature. The creative practice will include a variety of nature crafts using materials such as willow, charcoal, wool, and wood.

Who is the group for - Adults of all ages.

WHEN	Thursdays (14 th Nov - 19 th Dec)	TIMES	10:00pm - 12:00noon
COST	FREE	KEY	
LOCATION	Meet at the SWALLOW Community Café, Radstock, BA3 3QG		
CONTACT	Tel: 07812 155 659 or Email: somervalleyrediscovered@bathnes.gov.uk		

Women's Walking Football - Somer Valley Strikers

Group Overview - Always wanted to play football? Wanted to try walking football? Make new friends? Have fun? Get fitter? Friendly inclusive group, meeting on an all-weather pitch.

Find us on Facebook 'Somer Valley Strikers walking football'

Who is the group for - Women aged 35+

WHEN Mondays **TIMES** 7:00pm - 8:00pm

COST FREE **KEY** 

LOCATION Chilcompton Sports, Wells Road, Radstock, BA3 4EY

CONTACT **Email Amanda:** msnlionessesfootball@gmail.com

Women's Walking Football - Somer Valley Strikers

Group Overview - Always wanted to play football? Wanted to try walking football? Make new friends? Have fun? Get fitter? Friendly inclusive group, meeting on an all-weather pitch.

Find us on Facebook 'Somer Valley Strikers walking football'

Who is the group for - Women aged 35+

WHEN Fridays **TIMES** 11:00am - 12:00noon

COST FREE **KEY** 

LOCATION Dragonfly Leisure Centre, Midsomer Norton, BA3 2SY

CONTACT **Email Amanda:** msnlionessesfootball@gmail.com

Woodland People - EcoWild

Group Overview - This is a place where you will enjoy the beauty of the woods in the comfort of the roundhouse, and be supported to reflect on your responses to the CEE, a place where we can experience ourselves as part of a greater living whole, through practices and discussion in the woods. You need to be in a stable place, managing your own mental health. Register at ecowild.org.uk/book-now

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

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

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





LOCATION Greyfield Woods, High Littleton, BS39 6XZ

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

Woodworking Group (Morning) - Somerdale Shed

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






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

WHEN	Wednesdays & Saturdays	TIMES	09:30am - 12:00noon
COST	£10 a month (unlimited sessions)	KEY	    
LOCATION	Somerdale Pavilion, Cross Street, Keynsham, Bristol, BS31 2FW		
CONTACT	Email: info@somerdaleshed.org matt.prosser@blueyonder.co.uk		

Woodworking Group (Evening) - Somerdale Shed

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

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

WHEN	Tuesdays	TIMES	6:30am - 9:00pm
COST	£10 a month (unlimited sessions)	KEY	    
LOCATION	Somerdale Pavilion, Cross Street, Keynsham, Bristol, BS31 2FW		
CONTACT	Email: info@somerdaleshed.org matt.prosser@blueyonder.co.uk		

Organisations Supporting People in BANES

One-to-one Support

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

Advocacy

Advocacy is 'taking action to help people say what they want, secure their rights, represent their interests and obtain a service which they need', The Advocacy Charter.

Advocates work in partnership with the people they support.

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

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

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

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

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

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

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

How to access:

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

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

Befriending / Combating Loneliness

Bath Mind Befriending Service

Bath Mind's Befriending Service is based at the Community Wellbeing Hub and supports adults (16+) needing regular telephone contact if they are feeling lonely or isolated, anxious or have low mood. Our team of experienced staff are there to listen and offer advice to promote positive health and wellbeing, accessing wider services and communities and building confidence.

How to access: Self or agency referral

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

Chew Valley & Keynsham Befrienders

We support individuals and their families, who have mental health problems or are experiencing emotional distress. Those referred are allocated a befriender who visits or phones on a regular basis, at times to suit both the befriender and person visited.

How to access: Self-referral or professional referral.

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

Email: marydouglasjones@gmail.com or bridgets@uwclub.net **Website:** www.befriender.org.uk

Bereavement

AtaLoss

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

How to access: via the website www.ataloss.org

Beside Project

The Beside Project is here to support you when you have lost a loved one to suicide. We offer emotional and practical support to people aged over 16, whether you are a family member, next of kin or a loved one. We are sadly unable to offer support to those who have experienced a historical bereavement by suicide.

How to access:

Tel: You can call Second Step on 0117 909 6630 and ask for a call back from the Beside Project.

Email: beside.project@nhs.net **Website:** www.second-step.co.uk

Cruse Bereavement Support

We help people through one of the most painful times in life - with bereavement support, information and campaigning. We have local branches and support groups.

How to access: Helpline: 0808 808 1677 **Website:** www.cruse.org.uk

Survivors of Bereavement by Suicide (SOBS)

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

How to access:

National Support Line: 0300 111 5065, 9:00am - 7:00pm, every day.

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

Counselling

Bath Mind Counselling Service

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

How to access: Self-referral

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

Focus Counselling

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

How to access: Self-referral, call to book your initial assessment.

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

Bath Relate

Relationship counselling service.

How to access:

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

We Hear You (WHY)

Local people across BANES and Wiltshire who are struggling to cope with the emotional impact of cancer, illness and bereavement, can refer themselves to WHY for specialist counselling support. WHY provide both free and low-cost counselling. For those who cannot afford to pay, each session will be entirely free. If a person can afford to pay, each session will be £15 and this fee will provide a crucial contribution that will enable the charity's long-term survival. Our support will be provided at venues in Frome, Street, Bath, Peasedown St. John, Trowbridge and Chippenham.

How to access:

Tel: 01373 455 255 **Email:** info@wehearyou.org.uk **Website:** www.wehearyou.org.uk

Dementia & Parkinson's Support

Alzheimer's Society

Our dementia support workers offer information and practical guidance to help you understand dementia, cope with day-to-day challenges and prepare for the future. They offer information to people who are worried about their memory and information and support to people affected by dementia, face to face, over the phone or in writing. National Helpline: 0333 150 3456

How to access:

Tel: Local BANES Dementia Support Team on 01174 727 921

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

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

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

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

Forget Me Not Club

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

How to access:

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

LGBTQ+ Dementia Advisory Group

The LGBTQ+ Dementia Advisory Group is a group of individuals who are passionate about improving the lives of all people affected by dementia who identify as LGBTQ+. We offer regular networking opportunities for people, share ideas, disseminate knowledge and best practice on how to support people affected by dementia who identify as LGBTQ+. We also compile helpful resources for people with lived experience of dementia and the people who support them.

How to access:

Email: Lgbtq.dementia@gmail.com **Website:** www.lgbtqdementia.org

Parkinson's UK Bath & District Branch

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

How to access:

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

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

Drugs & Alcohol Support

BANES Drug & Alcohol Service (DHI)

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

How to access:

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

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

West Country Narcotics Anonymous - Online meetings group

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

Eating Disorders & Disordered Eating

Eating Disorder Support App

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

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

EATING DISORDER SUPPORT APP

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

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

SWEDA

SWEDA offers a range of support services for adults with an eating disorder or for those who are supporting someone with an eating disorder. SWEDA is here for everyone, regardless of age, gender or ethnicity.

How to access:

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

Employment Related Support

1st Impressions: Empowering Women Through Style

Bath-based Community Interest Company dedicated to empowering local women through personalized styling services and donated workwear. Our innovative pop-up model brings confidence-boosting support directly to your community.

We offer

- Free, face-to-face styling sessions with volunteer stylists
- Professional clothing and accessories for interviews and important events
- Interview preparation and confidence-building techniques
- Ongoing support throughout your journey

How to access:

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

Achieve in BANES

Achieve works with an accessible network of training providers and partners that offer training, support, and resources to help local residents reach their full potential in the world of work - whether you are already in work or looking to move towards employment.

How to access:

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

Adult Community Learning, Bath College

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

How to access:

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

Cool Ventures

Provides free training, support, and advice to help local people set up and run successful businesses. Support is delivered through a programme of practical webinars covering key topics as well as 1-2-1 sessions.

Tel: 08000 418 293 **Email:** info@coolventures.co.uk **Website:** coolventures.co.uk

Clean Slate - Training & Employment

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

How to access:

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

Employment Plus, The Salvation Army

Provides 1-2-1 tailored support to reduce the barriers for individuals getting back to work. This includes all aspects employability, wellbeing, and lifestyle support, together with further training.

How to access:

Tel: 01225 400 051 **Website:** www.salvationarmy.org.uk/employment-plus

Future Bright

Helps local people develop their skills, increase their income, and progress in their careers. We offer 1-2-1 career coaching to plan residents' next steps and open opportunities for funded training courses and equipment. Future Bright is completely free, impartial and tailored to each individual.

How to access: Self-referral welcome, check eligibility criteria via website or by getting in touch
Tel: 01225 395 555 **Email:** futurebright@bathnes.gov.uk **Website:** www.futurebright.org.uk

Restore Trust

We are a not-for-profit social enterprise working in the South West to provide advice & guidance, skills, qualifications and confidence to people experiencing barriers to accessing training and employment opportunities. Many of our clients have challenging needs in relation to homelessness, mental health problems, drug/alcohol dependency and offending behaviour.

How to access:

Tel: 0117 942 7000 **Email:** info@therestoretrust.org **Website:** therestoretrust.org

Skills Bootcamps, Bath Spa University

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

How to access:

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

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

Sound Production Courses at Old Print Works, Little Lost Robot Studios

Learn basic sound production supported by our professional producers. Free use of our professionally equipped, community sound studio with guidance from our producers to bring to life your ideas and ambitions, in a safe and supported environment. Freedom to try out your ideas, practice and develop your skills on professional grade equipment, with no pressure. Mix, fade, record, edit and compose. Make mixes, original music and soundscapes / soundtracks. For ages 18 - 30 and not in employment, education or training (NEET).

How to access: Online referral form www.lostrobot.org/referral

Email: Phaedra Bolton, Studio Manager phaedra@lostrobot.org

Address: Old Printworks Arts, Radstock, BA3 3EP **Website:** www.lostrobot.org/sound-production

Women's Work Lab

Support for unemployed mums in receipt of Universal Credit or equivalent benefits to become work ready. Our programs are for mums who are 19yrs+ (no upper age limit) and involve part-time classroom-based training and work placements all run during school hours, in school term time. Programmes include a 12-week programme focussed on building confidence, ambition and employability skills with 4 weeks spent on placement. Post-programme 1:1 career and coaching support is provided for up to a year. Our mums may face challenges including domestic abuse, lone parenting, children with SEN or home displacement.

How to access: Contact Sophia on 07300 840 732

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

Ethnic Minority Support

Nilaari

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

How to access:

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

Family & Friends Support

BANES Parent Carer Forum

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

We also now offer support for families on the Neurodevelopmental Assessment Pathway.

We run an ND Support Line Wednesdays 9:00am – 1:00pm and Thursdays 1:00pm – 5:00pm on 01761 502 515 and can be emailed at ndsupport@banespcf.co.uk

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

How to access:

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

Carers' Centre

The Carers' Centre provides a community for unpaid carers, with access to trusted information, advice, activities and support to help you: maintain or improve your health and wellbeing, take control of your caring role and become connected with others in a similar situation. Our Support Line is open weekdays 9:00am – 1:00pm and can provide information, advice and support with:

- Changes to your caring role
- Preparing for a carers assessment
- Planning for the future and emergencies
- Applying for grants
- Providing 1-2-1 support planning sessions
- Helping you to look after your health and wellbeing

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

How to access:

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

Website: www.banescarerscentre.org.uk

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

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

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

How to access:

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

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

KS2

KS2 is a peer support group for carers or supporters of people with mental health difficulties. We know that a lot of carers are left isolated and unsupported, dealing with some challenging situations. We offer support and training from people who understand, information on local mental health services and a chance to get involved and improve the services within mental health.

Please email or telephone with your contact details and we will be in touch with you soon.

How to access:

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

Southside

Southside is there for you whether you are grappling with problems such as domestic abuse, substance abuse, mental health difficulties; or problems with finance and debt, housing issues or concerns related to education and employment. We don't have a magic wand - but based on an

assessment of your needs we can provide a wide range of specific services that aim to give you the tools to make positive change in your life and that of your family.

How to access:

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

Time to Talk (Mediation Service) - Curo

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

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

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

How to access: Text, call, Whatsapp or email Ange Owens, Mediation Worker/Housing referrals for BANES young people

Tel: 07966 140 779 **Email:** timetotalk@curo-group.co.uk

Financial Wellbeing

Citizens Advice Bath and North East Somerset

Citizens Advice is an independent charity that provides free, expert advice that is impartial, independent and confidential. We help people with multiple, complex issues. Our areas of advice cover benefits, debt, discrimination, employment, family, housing, immigration and more.

How to access:

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

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

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

Website: www.citizensadviceBANES.org.uk

National Debtline

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

How to access:

Tel: 0808 808 4000, Mon to Fri, 9:00am - 8:00pm. **Website:** www.nationaldebtline.org

Welfare Benefits Service

Bath Mind are part of a joint project with Citizens Advice BANES, advising clients on complex benefit problems. We can support you to identify what benefits you can claim, how to maximise income via better off calculations, fill in benefit forms, challenge decisions, negotiate with DWP/Job Centre and appeal decisions.

How to access: All referrals are taken by Citizens Advice on 0808 278 7897

Website: www.bathmind.org.uk

Food

Action Pantry (an initiative of Mercy in Action)

Providing fresh food and store cupboard essentials to families on low income in and around Bath. Pantry members pay a small weekly sub for membership, depending on the size of the household. Members select and collect their food on a set day each week. Members must organise their own transportation. On occasion we can provide delivery under exceptional circumstances.

How to access: Referrals can be made by professionals such as social workers, teachers and support workers. Download a referral form on our website www.mercyinaction.org.uk/action-pantry

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

BANES Food Finder - Food Banks, Food Clubs/Pantries & Community Fridges

An online list highlighting food clubs and pantries available in BANES provided by organisations offering affordable food or emergency food parcels for those who meet the qualifying criteria.

How to access:

Website: www.banesfoodfinder.org.uk **Email:** hello@banesfoodfinder.org.uk

Food Banks, The Trussell Trust

Providing emergency food for people in crisis.

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

- **Bath area - Tel:** 01225 463 549 **Email:** info@bath.foodbank.org.uk
- **Keynsham & Saltford area - Tel:** 07512 591 734 (8:30am - 8:00pm)
Email: info@keynsham.foodbank.org.uk
- **Somer Valley area - Tel:** 07729 523 986 **Email:** info@somervalley.foodbank.org.uk

Foodcycle Bath

FoodCycle Bath welcomes anyone to attend as a guest and enjoy a FREE hot meal. No need to book. Just turn up on the day! Free meals every Wednesday, 7:00pm at Walcot Methodist Chapel, Nelson Place, Bath, BA1 5DA. Family friendly. We don't ask questions and everyone is welcome. Pedestrian access is off London Road, please use the footpath to the left of the church from the main road. Enter the church hall through the blue double doors halfway along the path.

How to access:

Tel: 02077 292 775 **Email:** bath@foodcycle.org.uk **Website:** www.foodcycle.org.uk

Manvers Street Hostel Food Provision, Julian House

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

Breakfast: 7:00am - 10:00am | Lunch: 1:00pm - 2:00pm | Dinner 7:00pm - 8:00pm.

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

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

Weston Welcome Café and Food Club, Weston Hub

Providing a cooked lunch and weekly food parcels, mainly for people in the Weston and Newbridge area. Also, free clothes and toiletries. Every Monday from 12midday - 2:00pm. No booking necessary. Lunch is free. Food parcels cost £3 for a family and £2 for an individual.

How to access: Referrals welcome or self-refer.

Email: welcomecafe@allsaintsweston.org.uk **Website:** westonhub.org.uk

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

Funding

Crisis Programme, St John's Foundation

Provides funding support to individuals and families in BANES who are struggling financially. Funding can be awarded for furniture and white goods, removal costs, funeral cost contribution, utility bills, rent arrears, Council Tax arrears, bankruptcy application fees, debt relief order fees, educational courses, counselling/therapy, mentoring and clothing.

How to access: Referral only. For more information visit our website or call our funding team.

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

Turn2Us

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

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

General Support

Bath Library of Things - Share & Repair

The Bath Library of Things contains around 700 useful items that you can borrow for a small affordable fee. Items include DIY equipment, electricals, parties and events equipment, camping and outdoor items, home products, carpet cleaners, pressure washers and travel bags.

How to access: Join as a member, see website for details.

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

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

Clothesline, Mercy in Action

Providing free clothing for children, aged 5-16, in families on a low income or anyone struggling to make ends meet. Clothes of every kind including school uniform, nightwear, coats, sportswear and shoes. All items are clean, in excellent condition, and many are brand new. Nappies, hygiene products and essential homeware are also available. Clothesline can be accessed from Mercy in Action, 11 Foxcote Avenue, Peasedown, Bath, BA2 8SF, Mondays & Fridays.

How to access: Referrals via support workers, health and social care professionals as well as headteachers. **Tel:** 01761 439512 **Email:** enquiries@mercyinaction.org.uk

Website: www.mercyinaction.org.uk/clothesline

Have A Voice

Healthwatch BANES

We are the independent champion for people who use health and social care services. We're here to make sure that those running services put people at the heart of care. Healthwatch want to hear from you about your experiences so that they can inform services and the health and wellbeing board. Their aim is to help create the best local services. Share your stories using their online form for issues, concerns and positive experiences.

How to access:

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

Website: www.healthwatchbathnes.co.uk

Service User & Carer Involvement, AWP

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

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

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

Health & Wellbeing

All Cycle Bath & West

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

How to access: Sign up for sessions through the link on our website.

Tel: Hannah on 07762 985960

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

Adult Social Care - First Response

For safeguarding, social care and occupational therapy referrals.

How to access:

Tel: 0300 247 0203 and select option 2

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

Out of hours - Emergency Duty Line: 01454 615 165

BANES Social Prescribing Service

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

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

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

Bath City Farm

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

How to access:

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

Bathscape Landscape Partnership

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

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

How to access:

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

Bath Mind

We are a local and independent mental health charity, working at the heart of the community. We are here to support you with your mental health and wellbeing and provide local, life-changing services for all to access. We offer both 1:1 and group services across BANES. We also provide courses in Mental Health First Aid, Suicide First Aid and Wellbeing in the Workplace.

How to access:

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

Community at 67

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

How to access:

Email: enquiries@community-67.org **Website:** www.community-67.org

Community Wellbeing Hub

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

How to access:

Tel: 0300 247 0050, Mon - Fri, 9am - 5pm **Email:** BATHNES.thehub@hcrccaregroup.com

Website: communitywellbeinghub.co.uk

EcoWild CIC

Face-to-face outdoor wellbeing sessions for anyone who wants to improve their physical/mental health and is self-managing, or can attend with support if needed. Inspiring nature-based approach to build sense of wellness and develop habits for resilience and self-care. Initial support offered for anyone who wants to find out more about the sessions and build confidence to potentially participate; either a phone call or a 1:1 meeting at a mutually convenient location.

How to access: Self or agency referral.

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

Grow for Life

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

How to access: Contact Eleanor

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

HCRG Care Group

Our wellness service (NHS funded) offers a wide range of FREE health and wellbeing support including: stopping smoking, weight management, healthy families, physical activity and diabetes education support. We also offer a range of free face-to-face and online wellbeing courses and support.

How to access:

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

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

Live Well BANES

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

How to access - Website: <https://livewell.bathnes.gov.uk>

Make A Move

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

How to access:

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

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

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

How to access: Visit our website and complete a short referral form.

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

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

Pathways to Wellbeing, Holburne Museum

A museum-based community engagement programme with art at its heart. It supports people to engage with local heritage and creative art activities, promoting mental health and wellbeing. We run Gardener's Lodge Art Group, a weekly art group working with specialist artists at the Holburne

Museum or other Bath museums. There is also IMAGE, a peer led museum group based at the Holburne Museum. We also run the 'Discover Museums' mentored volunteering course periodically, for people to learn about volunteering in a museum while also creating their own art in response to a museum object of their choice.

How to access: Contact us directly or ask your support worker to refer you. Please note: we are not able to support people who are in crisis or those who require 1:1 support.

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

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

Somer Valley Rediscovered (SVR)

SVR offer a programme of green social prescribing aimed at enhancing mental health, physical health and combatting loneliness. This includes free wellbeing activities, community projects and volunteering opportunities, all within the Somer Valley area.

How to access:

Tel: 01225 477 731 **Email:** somervalleyrediscovered@bathnes.gov.uk

Website: <https://somervalleyrediscovered.co.uk/about/wellbeing>

Soundwell Music Therapy Trust

Soundwell supports adults in the community to promote mental health, wellbeing, change and recovery. We provide a variety of ways to access music therapy, to meet the needs of different people. These include weekly music therapy groups, individual music therapy sessions, open music groups, music groups for unpaid carers, singing groups, outreach sessions, and projects with partner organisations. No musical skills required.

How to access: Self-referral or professional referral.

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

Website: www.soundwell.org

The Active Way

We offer a range of active travel activities (i.e. walking, wheeling, and cycling) to help people in the Somer Valley become more active in their daily lives. This could be to try something new, discover new ways of getting around or setting yourself a goal to replace inactive ways of getting around. We hope we can build confidence, resilience and give everyone the opportunity to try something and meet new people.

How to access: Self-referral or professional referral.

Tel: 01225 477590 **Email:** info@theactiveway.co.uk

Website: <https://theactivewaybathnes.co.uk>

The Community Farm

The Community Farm is a not-for-profit community owned and led organic vegetable farm on the shores of Chew Valley Lake. We invite everyone to join our community whether it's buying a veg box, coming along to our Growing Wellbeing sessions or joining our friendly volunteers.

How to access:

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

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

The Life Project

Bath based charity, the Life Project has a lifelong commitment to people with learning disabilities plus their families and carers. We offer family support, day services, discipleship and worship, and a range of social activities and groups.

How to access: Via referral.

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

The Urban Garden CIC

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

We offer accredited horticulture training for adults on a low income. Our courses will allow you to learn, develop and practise the skills required for progression into the horticultural sector. We also offer 3–6-month work placements for long term unemployed people looking to work in the horticultural sector or for those that would like to gain more experience in retail.

How to access:

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

Website: www.theurbangarden.org.uk

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

Time Bank Plus

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

How to access:

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

Travelling Communities Support Service, Julian House

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

How to access:

Tel: 01225 354 650 or 07946 200 271 **Email:** grtb@julianhouse.org.uk

Website: www.julianhouse.org.uk

Village Agents, WERN

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

This free service provides:

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

How to access: You may self-refer or, with their permission, help family or friends with a referral. Professional referrals also welcome using the Community Wellbeing Hub online form communitywellbeinghub.co.uk/for-professionals

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

Wellbeing Courses

Wellbeing Courses are free and will help you to be more active, build your confidence, learn new skills, manage your overall wellbeing and connect with other people along the way. We support, guide and encourage people to live as well as possible, to manage their own physical and mental health, and to prevent long-term conditions developing in the future.

How to access: Create an account or view our courses online via our website.

Tel: 0300 247 0050, Mon - Fri 9:00am - 5:00pm **Email:** wellbeingcourses@hrcgcaregroup.com

Website: www.wellbeing-courses.co.uk

Youth Connect Wellbeing Support

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

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

Tel: 01225 396 980 **Email:** wellbeing@ycsw.org.uk **Website:** www.youthconnectsouthwest.org.uk

Housing Support

BANES Criminal Justice Supported Housing Service, Julian House

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

How to access: Via the BANES Housing Gateway system with professional referral support or via self-referral. **Tel:** 07903 168 674 **Website:** www.julianhouse.org.uk

Email: supportedhousing@julianhouse.org.uk (not for referrals)

Emergency Duty Team

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

How to access:

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

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

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

Housing Support Gateway

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

How to access:

Website: www.housingsupportgatewaybathnes.org.uk

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

Outreach BANES

The homeless outreach team is a multi-agency team made up of Julian House, DHI and Avon and Wiltshire Mental Health Partnership NHS Trust (AWP). The outreach team in BANES are out on the streets 5 days a week, ensuring that anyone who has been forced to sleep rough, or is leading a street-based lifestyle, understands the options available to come in. The staff signpost individuals to the outreach weekly drop-in sessions (Bath One Stop Shop - Tuesday & Thursdays 1:00pm - 3:00pm), book 1-2-1 individual appointments and complete referrals to other services.

How to access:

Tel: 07757 727 016 or **Email:** bathoutreach@julianhouse.org.uk

Website: www.julianhouse.org.uk

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

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

How to access: **Tel:** 01761 402 687 or 01761 437 215 **Website:** www.peopelimited.org

Petra (Homes for Women)

Petra is a housing project providing supported accommodation (low to medium support) to young mothers and mothers-to-be, aged 16-25 who are homeless or facing risk of homelessness. Our Preparing for Independence Programme usually lasts 6-9 months. It helps mums feel confident that they have all the skills and knowledge they need to run their own home when it's time to move on. We have a team of trauma informed professionals in house Mon - Fri, 10:00am to 2:00pm.

How to access: Self-referral or referral by professional.

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

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

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

Free and confidential service, providing practical and emotional support to people with a housing need to enable them to live independently and develop useful life skills. Reach offers advice on housing, benefits, and managing debts; it can also refer clients to other specialist agencies.

How to access:

Tel: 01225 422 156 **Email:** info@dhireach.org.uk **Website:** www.dhi-online.org.uk

Second Step's Floating Support Service, BANES

BANES Floating Support is a short to medium-term service for people with mental health problems who are either finding it difficult to manage their tenancy and could be at risk of losing their home, or are moving into a new tenancy and need support to do this.

How to access: You will need to make a referral to the BANES Housing and Support Gateway.

Tel: 01225 750 926 **Email:** fsbanes@second-step.co.uk **Website:** www.second-step.co.uk

LGBTQ+

Mindline Trans+

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

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

Tel: 0300 330 5468, Fridays 8:00pm - 11:00pm

Email: mindline@mindinsomerset.org.uk **Website:** <http://mindlinetrans.org.uk/>

Switchboard LGBT+

A one-stop listening service for LGBTQ+ people. Phone, email and Instant Messaging support.

How to access: **Tel:** 0800 0119 100, 10:00am - 10:00pm

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

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

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

How to access:

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

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

United Communities

We are a new charity which seeks to make lives safer for disadvantaged vulnerable or isolated LGBTQ+ people, their friends, families and close communities. We strive to provide free community support and improved safety for LGBTQ+ people across the UK, services include:

- Rainbow Café (LGBT+ services support those living with dementia and their carers)
- Rainbow Friends (LGBT+ befriending support)

- United Hearts (LGBT+ domestic abuse survivors' network)

How to access: Self-referral or professional referral **Tel:** 07780 748 175

Email: hello@unitedcommunities.co.uk **Website:** www.unitedcommunities.co.uk

Mental Health Support - Community

Access Community Mental Health Service

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

This support includes:

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

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

How to access: Self-referral or professional referral.

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

Breathing Space

Evening mental health support for those experiencing crisis or needing to talk. We work with people to de-escalate feelings of crisis and produce a plan to support them.

- Telephone support: Every day 5.30pm - 11:00pm
- Face to face support: Every day 6:00pm - 10.30pm (call by 5pm on the day you wish to attend). Location: Beauford House, Princes Street, BA1 1HL.

We offer a compassionate listening ear and signposting to relevant services.

How to access:

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

Bath Mind

We are a local and independent mental health charity, working at the heart of the community. We are here to support you with your mental health and wellbeing and provide local, life-changing services for all to access. We offer both 1:1 and group services across BANES. We also provide courses in Mental Health First Aid, Suicide First Aid and Wellbeing in the Workplace.

How to access:

Tel: Office: 01225 316 199 | Mental Health Support: 0808 175 1369

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

Community Support Service

Our BANES accredited recovery service provides one-to-one interventions to anyone who needs support due to their mental health or neurodiversity. This can be online or in the home and is tailored to the needs of the individual. Cost is £25 per hour for remote support or £30 per hour for face-to-face support for 6 or more weekly sessions.

How to access: Self referral or referral by a professional **Tel:** Wendy Steeds 07538 113880

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

Hub of Hope

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

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

Intensive Outreach Support Service

The service aims to facilitate a smoother transition from psychiatric care or prevent hospitalisation by offering short-term, intensive support directly in individuals' home. We work closely with individual's mental health team and provide flexible, trauma-informed, person-centred

mental health support. This offer is open to those under the care of Avon & Wiltshire Mental Health Partnership Trust (AWP) residing in BANES. Maximum duration of support is 6 weeks. People can be referred into the service up to 3 times a year.

How to access: This service is only available for referrals via AWP.

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

Orchard House

Our non-medical house based in Midsomer Norton provides 7-10 days' accommodation and support for those in mental health crisis living in the community and those leaving an in-patient setting. Staff work with the individual's mental health team to ensure they have the right support in place for when they leave Orchard House.

How to access: Referral via Avon & Wiltshire Mental Health Partnership Trust (AWP).

Tel: 01761 252 770 **Email:** orchardhouse@bathmind.org.uk **Website:** www.bathmind.org.uk

Samaritans, Bath & District

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

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

Wellbeing House

A safe space providing a free of charge, 7 day stay (Monday - Monday) for people experiencing mental and emotional health difficulties. A place of sanctuary, where people can receive support to help them stabilise themselves, and prevent a deterioration in their mental health and wellbeing. Trained and supportive staff assist and encourage people to recognize their individual strengths and develop their own strategies to prevent mental health deterioration.

How to access: Must be a resident of BANES, or registered with a GP in BANES.

Self-referral or professional referral accepted.

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

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

Mental Health Support - NHS Trust (statutory services)

Avon & Wiltshire Mental Health Partnership NHS Trust (AWP)

Statutory Mental Health - in BANES

Accessing AWP services:

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

Tel: 01225 325 680 **Website:** www.awp.nhs.uk

Acute Hospital Liaison (Royal United Hospital)

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

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

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

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

Approved Mental Health Professionals Team (AMHP)

The AMHP Team are specially trained professionals who co-ordinate and complete assessments under the Mental Health Act for individuals who may have become unwell and require compulsory admission to hospital. Alternatives to hospital will always be considered first and the AMHP team

should only become involved if other less restrictive options have been exhausted and other services have been unable to manage risks presented.

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

BANES Primary Care Talking Therapies Service

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

The three main types of support we offer are:

- Self-help resources, for example information leaflets, relaxing audio media and access to the SilverCloud website to help with difficulties such as stress, low mood, anxiety and some long-term physical health conditions. This is an online CBT programme with secure access from a computer, tablet or mobile phone with a login.
- Courses and workshops which you can attend online.
- One-to-one appointments, assessments and therapy sessions.

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

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

Website: www.awp.nhs.uk/our-services/talking-therapies/talking-therapies-banes

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.

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

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

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

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

Early Intervention in Psychosis Team (EI)

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

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

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

Intensive Service

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

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

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

Patient Advice and Liaison Service (PALS)

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

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

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

Email: awp.pals@nhs.net

Primary Care Liaison Service (PCLS)

Provide specialist mental health advice and assessments which are appropriate to the level of presenting need/risk. Following an assessment, advice and support will be given. The advice may be on how to access local community groups, or other self-help advice. If we feel you need more specialist treatment then we will transfer your care into one of the specialist Mental Health services.

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

How to access: Via your GP surgery, Mental health professional or you can self-refer.

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

Recovery Service

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

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

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

Therapies

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

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

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

Perinatal Support

PANDAS (Post Natal Depression Awareness & Support)

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

How to access: Local support groups available.

Helpline: 0808 1961 776, Mon-Fri, 10:00am - 5:00pm

Email: supportme@pandasfoundation.org.uk **Website:** www.pandasfoundation.org.uk

Reading

Books on Prescription - Reading Well

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

How to access: **Website:** <https://reading-well.org.uk>

Library at Home Service

Library at Home is for BANES residents who aren't able to access their local library services for a number of reasons. We hope that the Library at Home service will help connect our residents to new friends and volunteers through a love of reading, making sure that our residents can access books, regardless of their situation. Volunteers deliver books, phone for a chat, select books for you, or stay for a chat as you work together to get to know one another and share your interests. If you are interested in becoming a Home Library Service volunteer or befriender for our Reading Friends scheme, please contact us on the details below.

How to access: No referral, just get in touch with us.
Tel: 01225 394 041 **Email:** HomeLibraryService@bathnes.gov.uk
Website: <https://beta.bathnes.gov.uk/library-home>

Read Easy

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

How to access: Contact David Hassard, Referrals Networker
Tel: 07976 160 838 **Email:** bath@readeasy.org.uk **Website:** www.readeasy.org.uk

Refugee Support

Bath Welcomes Refugees (BWR)

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

How to access:
Email: info@bathwelcomesrefugees.org.uk **Website:** www.bathwelcomesrefugees.org.uk

Red Cross Refugee Support

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

How to access:
Tel: 0117 941 5040 (We will provide an interpreter if you can't speak English).
Email: refugeeservicebristol@redcross.org.uk **Website:** www.redcross.org.uk

Senior Citizen Support

Age UK BANES

Currently offering:

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

How to access:
Tel: 01225 466 135 **Email:** reception@ageukBANES.co.uk **Website:** www.ageuk.org.uk

Bath Ethnic Minority Senior Citizens Association (BEMSCA)

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

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

How to access: Self-referral or agency referral (via email or telephone).
Address: BEMSCA at Fairfield house, 2 Kelston Road (via Partis Way) Bath, BA1 3QJ
Tel: 01225 464 165 **Email:** Admin@bemsca.org.uk **Website:** www.bemsca.com

Goldies Sing & Smile

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

How to access: Tel: 01761 470 006 **Website:** www.golden-oldies.org.uk

Individual Giving Fund, The Monica Trust

Our aim is to help older people (aged 50 and over) live independently in their own community for as long as possible. The Individual Giving fund can support applicants by offering a monthly payment of £140 for between 3-6 months. The grant is designed to help individuals through a financial crisis and will not affect any other benefits the recipient is receiving. Applicants must meet all our key criteria, get in touch for more information.

Referral: Apply through our website or call our team to arrange for a paper application to be sent.

Tel: Lisa Tayler 0117 949 4003 **E-mail:** info@stmonicatrust.org.uk

Website: www.stmonicatrust.org.uk/charitable-impact/in-the-wider-community

Silver Line (aged 55 and over)

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

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

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

St John's Foundation

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

How to access: Tel: Call the team on 01225 486 401 and press option 6

Email: goodliving.enquiries@stjohnsbath.org.uk **Website:** www.stjohnsbath.org.uk

Sexual Health

SAFE BANES

Need sexual health advice? This webpage resource has all the latest information on how to access sexual health and relationship services in BANES and advice on 'looking after your sexual health'. You can also access information and advice on: free condoms (C-card); contraception; emergency contraception; sexually transmitted infections (STIs); pregnancy; sexual & gender identity; relationships and sexual abuse.

How to access: www.safeBANES.com



The Riverside Clinic (Contraception and Sexual Health)

We offer free, friendly, non-judgemental and confidential testing, treatment and advice for sexually transmitted infections, along with a wide range of contraceptive options, including emergency contraception, contraceptive pills, implants and injections, coils and condoms.

How to access: We see anyone, any age, without the need to see your GP first. You do not need a referral. All appointments need to be booked.

Tel: 01225 826 855 (9:00am - 1:00pm Mon-Thurs or 9:00am - 12noon Fri).

Our receptionists will take your details and a clinician will phone you back.

Email: ruh-tr.the-riverside-clinic@nhs.net **Website:** www.ruh.nhs.uk/sexualhealth

Veterans & Armed Forces

Op COURAGE

AWP is the primary provider of the Op COURAGE Integrated Veterans Mental Health and Wellbeing Service in BANES. This brings together mental health, physical health and wellbeing support. We can support anyone who has served in the UK Armed Forces community regardless of length of time served, rank or reason for leaving. The service can provide comprehensive assessments and offer access to local support. Depending on each individual's circumstances, we may signpost veterans to other local services including non-statutory services to ensure that there is a holistic package in place throughout the pathway.

How to access: Self-referral (by phone or email) or via GP or other health professional.

Tel: 0300 034 9986, 9:00am - 5:00pm, Monday - Friday (excluding bank holidays)

E-mail: mevs.mhm@nhs.net **Website:** www.awp.nhs.uk

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

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

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

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

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

Violence, Domestic Violence & Abuse (Confidential Support)

Galop

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

How to access:

Tel: 0800 999 5428 **Email:** help@galop.org.uk **Livechat:** www.galop.org.uk

Karma Nirvana

We are committed to ending Honour Based Abuse in the UK. If you are at risk, or if you are concerned for someone who is, we are here to listen and to help. We are here for everyone, regardless of age, gender, sexuality or faith.

How to access:

Helpline: 0800 5999 247 **Email:** support@karmanirvana.org.uk

Website: https://karmanirvana.org.uk

Stand Against Racism and Inequality (SARI)

SARI is a Bristol based charity supporting the victims of Hate Crime in our communities and to educate on how to recognise, support and report. We also aim to promote equality and good relations between people with protected characteristics, as defined by law.

How to access:

Tel: 01179 420 060 **Email:** hello@saricharity.org.uk **Website:** www.saricharity.org.uk

Somerset & Avon Rape and Sexual Abuse Support (SARSAS)

SARSAS provide support and signposting to people who have experienced rape or any kind of sexual assault or abuse at any time in their lives. All victim-survivors of sexual violence can use our helpline and e-support services. We are a proudly trans inclusive service and support all survivors.

How to access: Self-referral or professional referral, via phone or online form: tinyurl.com/2s3jth9p

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

Survivor Pathway

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

How to access:

Website: www.survivorpathway.org.uk

The Bridge - Sexual Assault Referral Centre (SARC)

We offer medical care, emotional and psychological support, and practical help to anyone who has been raped or sexually assaulted. We will listen to you even if you find it very difficult to speak. We will believe you. We will explain the help that is available to you and support you to decide what you want to do next. Anyone is able to access our service for support, referrals to other health services and to answer questions. You don't have to report anything to the police.

How to access:

Tel: 0117 342 6999 **Email:** TheBridge@UHBW.nhs.uk **Website:** www.thebridgecanhelp.org.uk

Trauma Breakthrough

We provide support for adult survivors of trauma and abuse, in the form of specialist one-to-one therapy, therapy groups, activity groups, befriending and drop-in support for service-users.

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

Tel: Holly, Services Manager 01225 984 637

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

Unseen

Unseen is a UK charity with its head office in Bristol. We provide safehouses and support in the community for survivors of trafficking and modern slavery. We also run the UK Modern Slavery & Exploitation Helpline providing advice and support to individuals, communities, business, governments, other charities and statutory agencies to stamp out slavery for good.

How to access:

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

Modern Slavery Helpline: 08000 121 700 (*24 hours a day, 365 days a year*). Free to use, available in more than 200 languages and confidential.

Victim Support Team (Avon & Somerset)

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

If you call your local Victim Support team, we'll make sure you get the information and support you need. For practical help we can send you items that might help you feel safer, at no cost to you.

How to access:

Tel: 0300 303 1972 **24hr free support line:** 08081 689 111

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

VOICES

Bath-based domestic abuse charity. VOICES works together with people who have been affected by domestic abuse, whether in the past or more recently, to prevent harm and promote recovery. We aim to help families to recover and thrive. We do this through individual support and advocacy, and a suite of group recovery programmes.

How to access:

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

Website: www.voicescharity.org

Volunteering

BANES Community Volunteer Services

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

Volunteer drop-in session held monthly at Bath, Midsomer Norton and Keynsham Libraries.

How to access:

Tel: 0300 247 0050, Mon, Tues, Wed & Thurs 9:00am - 4:30pm

Email: bathnes.volunteerservices@hrcrgcaregroup.com

Website: <https://bathneshealthandcare.nhs.uk/wellbeingservicebanes>

Somer Valley Rediscovered

Volunteering with us is a chance for people in the Somer Valley to improve access and connect people to nature, supporting and enabling positive local action and improving health and wellbeing. Some of the volunteering opportunities we offer include habitat management, nature watch, river detective and community events.

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

Website: <https://somervalleyrediscovered.co.ukk>

Local & National Helplines

24 hours a day, 365 days a year

Life threatening emergency / crisis	999
NHS 111 - Mental Health Support Mental health crisis support	111 (press option 2)
Accident & Emergency Department, RUH	01225 824 391 or 01225 824 007
Adult Social Care - Emergency Duty Team	01454 615 165
Alcoholics Anonymous	0800 917 7650
Combat Stress (veterans)	0800 138 1619
FRANK (national drugs helpline)	0300 123 6600
National Domestic Abuse Helpline	0808 200 0247
National Suicide Prevention Helpline	0800 689 5652
Rape & Sexual Abuse Support Line	0808 500 2222
Samaritans	Call 116 123 or text 07725 909 090

Crisis Text Support (24hrs)

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

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

Additional Support, times vary

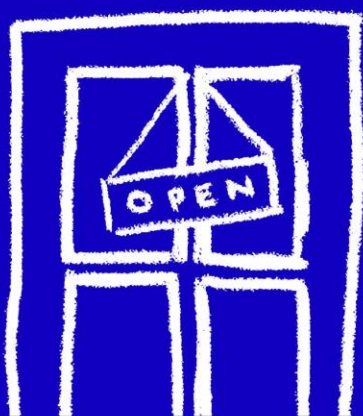
Adult Social Care - First Response (Social care & social services - office hours)	0300 2470201
Anxiety UK	03444 775 774
Beat (eating disorders)	0808 801 0677
Carers UK	0808 808 7777
CALM (Campaign Against Living Miserably)	0800 58 58 58
Family Lives	0808 800 2222
Gingerbread (single parents)	0808 802 0925
Mencap (learning disabilities)	0808 808 1111
Mankind (male victims, domestic abuse)	01823 334 244
Mind Infoline	0300 123 3393
National Gambling Helpline	0808 802 0133
No Panic (panic attacks, OCD and phobias)	0844 967 4848
OCD UK	0333 212 7890
Papyrus Hopeline (under 35)	0800 068 4141
SANEline	0300 304 7000
Switchboard (LGBTQIA+)	0800 0119 100
Womankind Bristol (women in distress)	0117 916 6461



Breathing Space:

TELEPHONE LINE AND EVENING SUPPORT HUB

bathmind.org.uk/breathingspace



**Calm, safe,
supportive.**

EVENING SUPPORT HUB

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



**A trained,
listening ear.**

TELEPHONE SUPPORT LINE

Telephone line open every evening from 17:30- 23:00.

0808 175 1369

BreathingSpace@bathmind.org.uk

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



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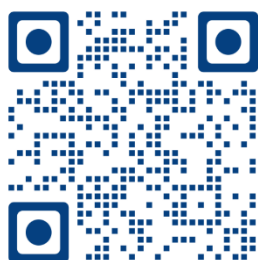
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