

Signposting/resources

Age UK

<http://www.ageuk.org.uk/contact-us/>

- information and advice on a wide range of topics - from benefits and entitlements to care and support
- social activities, including day centres, lunch clubs and befriending services
- home help, including handyperson and gardening schemes
- IT classes and other training
- and many other services - from toe-nail clipping and energy efficiency advice, to dance and exercise classes

Bereavement Support Service (various services)

Bereavement advice centre

0800 634 9494

info@bereavementadvice.org

Brake, those affected by road death, 0808 800 0401

Calm, support for men, 0800 58 58 58

Compass Disability

www.compassdisability.org.uk

Address: Unit 11-12 Belvedere Trading Estate, Taunton, TA1 1BH

Tel: 01823 282823 Monday to Friday 09:00 - 17:00

Email: info@compassdisability.org.uk

"To enable and empower disabled people and carers to have independence, choice and control in their lives".

Compass Disability Services is a customer led organisation and our Board of Trustees, who are elected by our customers, is comprised of at least 80% disabled people. We have adopted the Social Model of Disability as a way of working to remove barriers which exclude disabled people from equality of opportunity.

Our Values and Beliefs

- We promote independence, choice and control
- We support equality of opportunity for all people
- We operate within and promote the Social Model of Disability
- We aim to empower and enable disabled people
- We promote equal access and inclusion to all services and facilities
- We adopt a partnership working approach
- We are a non-campaigning organisation

CSW volunteering

01278 664180

Fibromyalgia

www.ukfibromyalgia.com/fm-support-groups/fm-support-groups.html

Home Treatment Team- Community Mental Health Teams

Foundation House, Taunton – 01823 368398

Glanville House, Bridgwater- 01278 720292

Holly Court, Yeovil- 01935 411605

Bridge Priory Health, Wells- 01749 836722

<https://www.somersetft.nhs.uk/integrated-rehabilitation-service/>

If you live in:

Yeovil, South Petherton, Langport, Chard, Crewkerne, Ilminster, Wincanton, Frome, Shepton Mallet, Wells or Glastonbury

Tel: 0300 323 0028

If you live in:

Taunton, Bridgwater, North Sedgemoor, or West Somerset

Tel: 0300 323 0029

Wellington 01823 668780

The service is available 8.30am – 4.30pm seven days a week but there is a reduced service on the weekend. If you need further help please phone the contact number for your area and listen to the options.

Our integrated rehabilitation service provides rehabilitation after an illness or injury for adults registered with a Somerset GP. We generally see patients with a wide variety of physical and cognitive problems which affect their ability to carry out normal daily activities. Our patients may have health conditions such as Parkinson's disease, multiple sclerosis or other ongoing health problems. We also see frail patients, those living with life limiting illnesses, or those who have had an accident or injury.

We work with our patients in their own homes, where they recover faster and where they prefer to be. We can also support patients who otherwise would be taken in to hospital. We support patients coming home from hospital too so they can recover at home.

Our teams are made up of an occupational therapist, physiotherapists, rehabilitation assistants and pharmacy technicians. All qualified staff are registered with the Health and Care Professions Council and are trained in assessing and managing a range of medical conditions.

If you are referred to our service, we will discuss and assess your health problem. Then we will help you plan your goals for treatment.

How to access our service

We accept referrals from you, your carer, friend or family member, or your GP. You can phone the contact number for your area.

Home adaptations and equipment

If you need home adaptations such as wet room shower or equipment to help with your daily living needs, you can contact:

Social Services Adult Care or telephone: 0300 123 2224

For information about buying your own equipment:

Somerset Community Connect

Somerset Community Connect – equipment and technology

AskSarah – equipment to live independently

Library Memory Group

Weekly mental health and well-being. Shared group reading in Taunton (Mon 11-12.30) and Yeovil (every 1st and 3rd Thursday 11-12.30) library.

Macmillan Somerset

<http://www.macmillan.org.uk/information-and-support/index.html>

0808 808 0000

MIND

0300 123 3393

01823 334906

01823 276892

Mind.org.uk

Booklets based on some of the work they do available on;

Mindfulness, ecotherapy, physical activity and sport, mental wellbeing, depression, anxiety and panic attacks and cope as a carer.

MINDFULNESS

Breathworks

www.themindfulsage.co.uk

Pain Concern

www.painconcern.org.uk

1610

www.1610.org.uk

01823 410227

Activities available- wellness works (for people with a health condition) self-referral or by us/GP. Process involves 3 assessment sessions, health check, individual exercise prescription, free pass before choice of joining.

£23 /month

Cardiac and cancer rehab, aqua sessions, Golden Groups (gentle workouts), disability sessions.

NHS Choices

Nhschoices.co.uk

www.getsefhelp.co.uk/chronicfp.htm

www.nhs.uk/pages/home.aspx

SASP- Somerset Activity and Sports Partnership

SASP is a charitable trust and a member of the nation-wide network of 43 Active Partnership's, sharing a mission of transforming lives through sport and physical activity. Each Active Partnership is independent, governed by a Board of Trustees and funded through Sport England, and grant giving bodies, companies and individuals whom share their mission.

Our vision is to...

"Achieve healthier and happier communities in Somerset through physical activity"

We inspire and enable positive life choices through sport and physical activity and we do this by:

Providing accessible opportunities locally for all ages and abilities.

Supporting clubs, communities, schools and the workforce to embrace physical activity.

Bringing together organisations and partners to plan and create a better environment for change.

<https://www.sasp.co.uk/about>

<https://www.healthysomerset.co.uk/>

Enablement Services/rehabilitation via Somerset county council

Sheffield Pain Service

www.sheffieldpersistentpain.com/

Somerset Active Living

www.somersetactiveliving.org.uk/welcome/

Somerset County Council

<http://www.somerset.gov.uk/adult-social-care/>

Somerset Community Pain Management service

www.somersetpain.co.uk

Somerset Wildlife Trust

<http://www.somersetwildlife.org/index.html>

Volunteering

Somerset Wildlife Trust,

34 Wellington Road,

Taunton,
TA1 5AW
Somerset Wildlife Trust
Callow Rock Offices
Shipham Road
Cheddar
BS27 3DQ

Tel: 01823 652400 Tel: 01823 652400

e-mail: enquiries@somersetwildlife.org

Smoking cessation

<https://www.healthysomerset.co.uk/smokefree/>

<https://www.nhs.uk/live-well/quit-smoking/take-steps-now-to-stop-smoking/>

Symphony

University of the Third Age (in retirement)

£12/year to join

www.u3a.org.uk

020 8466 6139

Walk Well Taunton and Wellington

www.walkwellwithtone.btck.co.uk

contact Alison Cottey 01823 273085

ZING Somerset

Zing Somerset on the Healthy Somerset website.

<https://www.sasp.co.uk/zing-somerset-programmes>

We want to help you stay independent...

Useful contacts:

Age UK Somerset

Information and advice **01823 345613** Toe nail cutting **01823 345610**
www.ageuksomerset.org.uk

My Home My Life - Aster Living Handihelp

0333 400 8299 Email: info@asterliving.co.uk For changes or repairs to your home, making it safer and reducing the risk of falls

NHS 111 service

Phone **111**. The service is available 24 hours a day, 365 days a year

Somerset Direct and adult social care

0300 123 2224 Email: adults@somerset.gov.uk Text Phone: **07781 482858**

Somerset Active Living and Somerset You Can Do

01278 664180 For activities and groups in your area

Useful Websites:

Somerset Choices www.somersetchoices.org.uk provides information on local services, and advice to help you choose the right care and support and stay as independent as you can

Zing www.zingsomerset.co.uk find activities in your local area, set yourself targets, motivate

National Osteoporosis Society www.nos.org.uk for advice on how to keep your bones strong, or if you have osteoporosis

This leaflet has been produced by Somerset County Council Public Health Team

For further copies go to www.healthysomerset.co.uk/resources

To request this document in an alternative format, please contact Somerset County Council



April 2016