

The Hope Guide

Support Groups and Activities in Bath & NE Somerset

May - Sep 2014: Edition 3

48 Groups & Activities

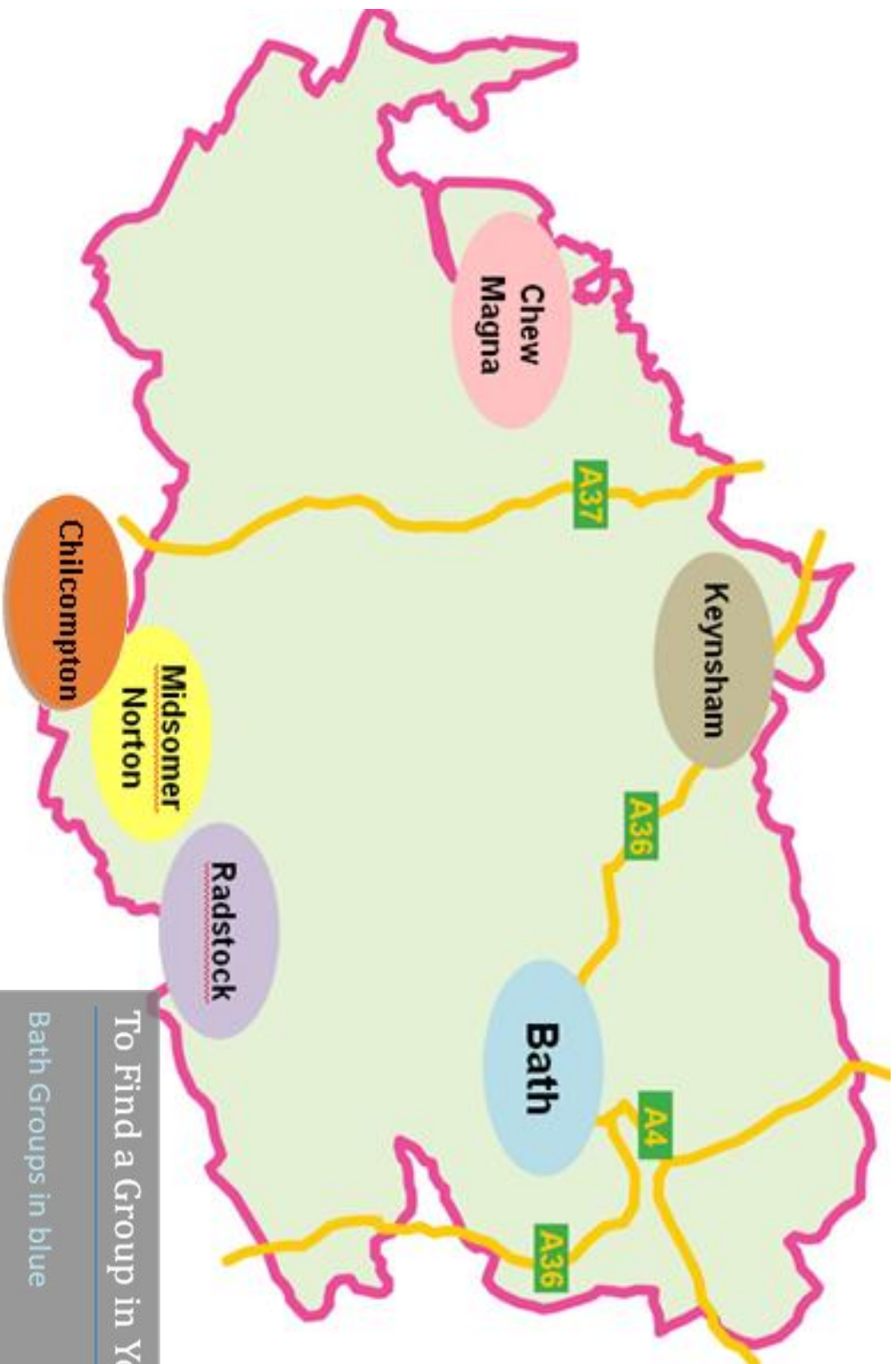
NEW

Now includes info on one-to-one info and Help in a Hurry!



The Hope Guide provides information on groups in Bath and NE Somerset that are run by volunteers, not for profit and statutory organisations.

These groups include people who are socially isolated, are affected by mental health issues, substance misuse or homelessness.



To Find a Group in Your Area

Bath Groups in blue

Radstock Groups in purple

Midsomer Norton Groups in yellow

Chew Magna Groups in pink

Keynsham Groups in tan

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Below is a list of groups and activities in B&NES grouped by day of the week, within the Guide they are in alphabetical order.

Date or Day to be Set	Run By	Where	Pg
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Facilitators Support Group	St Mungo's	Bath	30

Monday	Run By	Where	Pg
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Collage Making	(Volunteer Led)	Bath	09
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Fishing Group	Julian House	Bath	13
Greenlinks	Bath Mind and Sirona Care & Health	Bath	14
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Naad Yoga	Chris Smith	Bath	22
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Tuesday	Run By	Where	Pg
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Indoor 5 A Side Football	Julian House	Bath	15
IT Beginners Course	Julian House	Bath	16
Keep Safe, Keep Sane	Carer Support group	Bath	17
Social Group in Bath	Sirona Care & Health	Bath	25
Writing Space	(Peer led)	Bath	29
Yoga	Yoga teacher	Stratton-on-the Fosse	30

Wednesday	Run By	Where	Pg
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Art at The Gardener's Lodge	Holburne Museum	Bath	05
Bipolar UK (Includes New Evening Group)	(Peer led)	Bath	07
Employability Group	Genesis Trust Life skills	Bath	12
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Mosaic Music Group	Soundwell	Bath	21

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Thursday	Run By	Where	Pg
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Creative Writing Workshop	Julian House	Bath	12
Families Also Matter (FAM)	DHI	Bath	13
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Grow It, Cook It, Share It	Bath City Farm	Bath	15
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Social Group	Sirona Care & Health	Bath	25
Voice Confidence Through Poetry and Shakespeare	(Peer led)	Bath	26
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Friday	Run By	Where	Pg
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Board Games Group	Bath Mind	Bath	07
Chilcompton Friday Club	(Peer led)	Chilcompton	09
Cookery Course	Julian House	Bath	10
Creative Writing	Genesis Trust	Bath	11
Greenlinks	Sirona Care & Health and Bath Mind	Bath	14
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Well Aware

For more information on other organisations, groups and activities in B&NES

Well Aware is a **free** telephone and online health and wellbeing information directory for everyone in B&NES and the surrounding areas. Providing information on health, wellbeing and community groups, organisations, activities and services.

Four ways to use Well Aware

- Go online at www.wellaware.org.uk
- Ask the Well Aware team for help by telephoning (freephone): 0808 808 5252
- Email the Well Aware team at info@wellaware.org.uk
- Write to Well Aware, The Care Forum, The Vassall Centre, Gill Avenue, Bristol BS16 2QQ

To add your group or organisation contact info@wellaware.org.uk or call 0808 808 5252.

5-A-Side Indoor Football: Sirona Care & Health Community Options

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50 Strong - Julian House

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Allotment Group: Sirona Care & Health Community Options

Facilitators Grant Davis Support worker	Group/Course Overview Small friendly allotment site. Aimed for a small group of Adults who wish to have – a therapeutic, learning opportunity.
Day/Date/Time Wednesday 10am – 3pm	Activity Details An opportunity to learn new skills, Develop knowledge around nature and horticulture. Having fun!
Location Leigh House & Westfield Radstock	Who the Group is For Adults who feel isolated, but wish to experience outdoor life on the allotment site. A small friendly environment, with an opportunity to meet others who enjoy the same interest.
Cost Free	How to Join Contact Community Options Team 01225 396033

Art Group at The Gardener's Lodge: The Holburne Museum

Facilitators Louise Campion, Gillian McFarland Boyle, Mary Caron- Courtney and visiting artists	Group/Course Overview The Gardener's Lodge is a friendly and supportive space in which people can develop their arts skills, be creative and meet other people in a safe environment. We get involved art projects and exhibitions in Bath and the local area. We believe that the enjoyment of art can change people's lives!
Day/Date/Time Every Wednesday, 4.00 - 5.30pm	Activity Details A wide range of arts based activities often inspired by visiting exhibitions in the museum - sculpture, drawing, ceramics and much more! Tea and coffee is provided.
Location The Gardener's Lodge, Sydney Gardens (behind the Holburne Museum)	Who the Group is For Anyone who has been affected by homelessness, mental health issues or substance misuse. Age 18+.
Cost Free	How to Join Contact Louise Campion on 01225 388568, Email: l.campion@holburne.org or ask your support worker to refer you. Referrals can also be taken through the Genesis Trust, Julian House, DHI or St Mungos.

Auricular “Acupuncture” - Julian House

Facilitators Fully Trained Volunteers	Group/Course Overview An on-going course run by trained volunteers. Enjoy relaxing ear acupuncture which can be done with tiny pins or magnets along with a relaxation session to restore your sense of harmony, aid stress, anxiety, sleep and coping with drugs or alcohol issues.
Day/Date/Time Thursday 1pm	Activity Detail within a calm and relaxing environment learn relaxation techniques and experience the benefits of acupuncture to the ear.
Location Training Room 55 New King Street Bath	Who the Group is For People who are engaging with agencies in B&NES for support with homelessness, drugs or alcohol issues, mental health or an offending background.
Cost Free	How to Join Contact Claire Lawrence on 01225 354780, Email: clairel@julianhouse.org.uk or ask your support worker to refer you.

Bike Maintenance: Julian House

Facilitators Vinney- support worker	Group/Course Overview Learn how to maintain and fix a bike.
Day/Date/Time Tuesday 2 sessions 10.00 & 1pm	Activity Detail Within the bike workshop learn about the different parts of a bike, the correct tools to use and how to maintain or fix a bike, leading to building your own bike.
Location Bike Workshop, Corn Street	Who the Group is For People who are engaging with agencies in B&NES for support with homelessness, drugs or alcohol issues, mental health or an offending background.
Cost Free	How to Join Contact; Claire Lawrence 01225 354780, clairel@julianhouse.org.uk or ask your support worker to refer you.

Bipolar UK: Bath Group

Facilitators	Group/Course Overview
Charlie, Jeni, Helen Volunteers	We are a peer support group that meets monthly, for anyone living and/or struggling with the symptoms of Bipolar.
Day/Date/Time	Activity Details
First Wed of month, 12:30pm 2:30pm. New Evening group starts 22 nd Jan 7pm – 9pm	Providing support, help, and information-sharing, in a friendly, informal setting. Includes social activities and a library of information. New evening support group starting 22nd Jan.
Location	Who the Group is For
In central Bath – call for more information	The group and monthly meetings are run by and for people affected by Bipolar. Family members, friends, and carers are all also welcome.
Cost	How to Join
£1 donation towards refreshments	Just call a group member on 07534 530340. If your call is not answered please leave a message For more information - www.Bipolaruk.org.uk

Board Games Group: Bath Mind

Facilitators	Group/Course Overview
Judy Ross Bath Mind	An activity based peer support group focused on playing a range of board games.
Day/Date/Time	Activity Details
Every Tuesday 1pm-4pm	
Location	Who the Group is For
Bath Mind, 13 Abbey Church Yard, Bath, BA1 1LY	Anyone who lives with mental distress and has an interest in board games.
Cost	How to Join
Free	Contact Judy Ross on 07539 302852.

Breathing Space

Facilitators	Group/Course Overview
Volunteers group members, visiting artists and volunteers	Breathing Space - a weekly arts and crafts project managed by group members and volunteer facilitator with visiting arts tutors.
Day/Date/Time	Activity Details
Fridays 2.30 - 4.30pm	A (Peer led) group offering support to members through sharing and learning new skills. Members bring ideas to the group and decide on themes and art approaches they would like to cover. A great opportunity make friends in a safe non-judgmental group.
Location	Who the Group is For
@One, Keynsham	A (Peer led) group designed to help people who have found themselves feeling lonely or disconnected and are having problems with anxiety and depression.
Cost	How to Join
£3 contribution per session	To book a place phone Philippa at Creativity Works on 01761 438852 or New Routes telephone on 0117 958 9303 or 0117 958 9309.

Central Bath Music Therapy Group: Soundwell

Facilitators	Group/Course Overview
Soundwell Cathy and Emma	Music Therapy Group.
Day/Date/Time	Activity Details
Weekly Thursdays 11.30 – 12.30	Music Therapy Group to help relieve stress, anxiety and depression – to share problems and difficulties in a safe space without the need to talk and to promote creativity, wellbeing, self-expression and a sense of belonging through the music created.
Location	Who the Group is For
Central United Reformed Church, Grove St, Bath, BA2 4BA Disabled access	Individuals living with any sort of mental distress including those with high mental health support needs, anxiety, stress, depression, unwanted thoughts.No musical experience needed.
Cost	How to Join
Donation towards tea and coffee	Contact Soundwell on 01225 862938 or 07743 714096 or email lisa.otter-barry@soundwell.org.uk .

Chilcompton Friday Club

Facilitators	Group/Course Overview
Volunteers	Coffee club.
Day/Date/Time	Activity Detail
Fridays 10.15 am.– 11.30am.	Coffee/tea and cake served at 10.15am. Members chat and later play cards.
Location	Who the Group is For
Chilcompton village hall.	Anyone can drop in.
Cost	How to Join
£1	Just come along or phone 01761 232774. grahamp@mypostoffice.co.uk

Collage Making

Facilitators	Group/Course Overview
Elizabeth Griffin and Afrel Pounds	Craft afternoon: cutting, sticking, pasting and origami. Making collages in preparation for 21 September 2014, United Nations Peace Day.
Day/Date/Time	Activity Detail
A weekly drop-in group Mondays 2pm – 3.30pm	Bring any lovely cards you have which you think can be added to the collection. No craft experience necessary. DVD which inspired this initiative will be available to watch on YouTube: www.peaceday.org/welcome .
Location	Who the Group is For
Minerva Centre 8 Combe Park Bath BA1 3NP	For all who want peace one day: for more info: www.peaceday.org/welcome .
Cost	How to Join
Free	Contact the Minerva Centre on 01225 315591 or Email: minervacentrebath@hotmail.com .

Computer Drop In: Genesis Trust Life Skills

<p>Facilitators Paul and John Volunteer IT Support</p>	<p>Group/Course Overview Opportunity to access computers and the internet for free, help given if/when you need it.</p>
<p>Day/Date/Time Mondays 2pm-4pm</p>	<p>Activity Details Access the internet for job searches, housing and benefit information or to hone your computer skills with friendly support.</p>
<p>Location Genesis Life Skills, 1-3 James Street, West, Bath. (Disabled Access)</p>	<p>Who the Group is For Vulnerable and marginalised clients who do not have access to the internet or who need support with application forms etc.</p>
<p>Cost Free</p>	<p>How to Join Just drop-in!</p>

Cookery Course: Julian House

<p>Facilitators Claire MO Led Vicky (Volunteer)</p>	<p>Group/Course Overview An 8 week course cooking fresh, seasonal, affordable food, learn about food hygiene, budgeting and healthy eating in a small friendly group.</p>
<p>Day/Date/Time Friday 11.30-13.30</p>	<p>Activity Details Recipes are chosen by the group who work together, sharing tasks to prepare and cook the meal which is then eaten together.</p>
<p>Location Space 2 55 New King Street Bath</p>	<p>Who the Group is For People who are engaging with agencies in B&NES for support with homelessness, drugs or alcohol issues, mental health or an offending background.</p>
<p>Cost Free</p>	<p>How to Join Contact; Claire Lawrence 01225 354780, clairel@julianhouse.org.uk or ask your Support worker to refer you.</p>

Creative Writing for Beginners: Creativity Works

Facilitators TBC	Group/Course Overview A new creative writing project that provides a safe space to meet others and to share and learn creative writing skills.
Day/Date/Time January 2014	Activity Details Group members develop, learn and share new skills in creative writing. The group will be co-facilitated by 2 arts tutors.
Location Central, Bath Disabled access	Who the Group is For The group is for people who are new to creative writing and would like to develop their skills and share ideas. The group is for people who have some experience of mental illness and provides a safe, non-judgemental space to meet others.
Cost Contributions welcome	How to Join Contact Philippa on 01761 438852 or Email philippa@creativityworks.org.uk .

Creative Writing: Genesis Trust

Facilitators Letti Thompson	Group/Course Overview Creative writing.
Day/Date/Time Fridays 11.30-1.30	Activity Detail Exploring different genres from poetry to short stories in a relaxed, informal environment.
Location Genesis Building , James st West	Who the Group is For Anybody suffering from homelessness or mental health problems.
Cost Free	How to Join Register a place with Carey or Denise on 01225 463549.

Creative Writing Workshop: Julian House

Facilitators Gillian - Volunteer	Group/Course Overview A relaxing and informal group giving you the opportunity to explore ideas, discover the power of the written word, inspiring you to write, gaining confidence & self worth
Day/Date/Time Thursdays 1.30pm	Activity Detail Explore different ideas and types of writing within a friendly and supportive group
Location Space 2 55 New King Street	Who the Group is For Clients who are engaging with agencies in B&NES for support with homelessness, drugs or alcohol issues, mental health or an offending background
Cost Free	How to Join contact; Claire Lawrence 01225 354780, clairel@julianhouse.org.uk or ask your support worker to refer you

Employability Group: Genesis Life Skills

Facilitators Carey and Denise	Group/Course Overview Developing or improving skills to help employability.
Day/Date/Time Every Wednesday 1:30-3:30	Activity Detail Projects may change currently photography and editing your photos on computer.
Location Genesis Life Skills room, James Street West, Bath	Who the Group is For Vulnerable adults and anyone who experiences mental health issues.
Cost Varies depending on project, often Free.	How to Join Contact Denise or Carey Bath 01225 463549.

Families Also Matter (FAM): DHI

Facilitators	Group/Course Overview
DHI staff	A weekly group for families and individuals that are affected by someone else's drug use.
Day/Date/Time	Activity Details
Tuesdays 5.30pm to 6.30pm at Midsomer Norton , Thursdays 6.00pm - 7.00pm at Bath	The group enables people to share experiences, coping strategies and improve understandings of how they can positively support someone who is using substances.
Location	Who the Group is For
Midsomer Norton - The Recovery Hub, High Street, BA3 2DP Bath - Project 28, 28 Southgate Street, BA1 1TP	Anyone who is affected by the substance use of a friend, partner or family member to meet others in a similar situation.
Cost	How to Join
Free	To register for this group call 01225 310077 or 07717 853132.

Fishing Group: Julian House

Facilitators	Group/Course Overview
Vinney (Support worker)	Learn how to fish in a small supportive group.
Day/Date/Time	Activity Detail
Monday 9.30	Come along and enjoy some fresh air along the river and learn to fish.
Location	Who the Group is For
Widcombe lock	People who are engaging with agencies in B&NES for support with homelessness, drugs or alcohol issues, mental health or an offending background.
Cost	How to Join
Free	Contact; Claire Lawrence 01225 354780, clairel@julianhouse.org.uk or ask your support worker to refer you.

Gardening Group: Mulberry House (St Mungos)

Facilitators	Group/Course Overview
Pete Hayward & Robyn Williams	A chance to learn about gardening and meet new people at Mulberry and from the local community.
Day/Date/Time	Activity Details
Thursdays 11am-3pm	Learn new skills about garden maintenance and growing food in a relaxed environment.
Location	Who the Group is For
Mulberry House, Weston Park, BA1 4AN Disabled access: but not to all of garden	Anyone who has experienced mental health issues and has an interest in, or would like to learn more, about gardening.
Cost	How to Join
Free	Please contact Robyn Williams for information on referrals robyn.williams@mungos.org 01225 427 644.

Greenlinks: Bath Mind & Sirona Care & Health

Facilitators	Group/Course Overview
Claire, Grant & Amanda	Greenlinks – gardening for leisure and pleasure
Day/Date/Time	Activity Details
Monday and Friday 12.30pm - 3.30pm	Opportunities to develop knowledge around nature and horticulture, nurturing and harvesting produce, learning new skills. Benefits include: developing an interest in outdoor activities and nature to making friends and team working. A peaceful and attractive site with shared shed and poly – tunnel, an environmentally friendly toilet with disabled access.
Location	Who the Group is For
Monksdale Road Bath. BA2 2JF	Anyone affected by mental health issues Gardening Support workers will work with you to find out what you wish to achieve
Cost	How to Join
free	Contact Grant Davis the Support worker at the Community Options Team on 01225 396033.

Grow It, Cook it, Share It: Bath City Farm

Facilitators	Group/Course Overview
Helen Fisher	An environmental project where volunteers can get involved in activities such as animal care, green wood working, learning to cook with own grown produce, gardening on our large allotment, or sowing seeds and potting on in the poly tunnel.
Day/Date/Time	Activity Details
Every Wednesday from 10-12 and Thursdays 10 - 3pm	Friendly group for anyone looking to get involved with positive outdoor activities than help improve physical and mental health. The farm is a beautiful setting with amazing views and lovely gardens and animals.
Location	Who the Group is For
Bath City Farm Kelston View, BA2 1NW Disabled access	The project is for anyone who has suffered mental distress and we have activities to suit all abilities.
Cost	How to Join
Free	Contact Helen Fisher 01225 481269 or helen@bathcityfarm.org.uk www.bathcityfarm.org.uk

Indoor 5 A side Football: Julian House

Facilitators	Group/Course Overview
Vinney support worker	Ongoing 5-a side indoor football group.
Day/Date/Time	Activity Detail
Tuesday 5pm	Fun, fitness and 5-a-side matches with a qualified football coach. Work on your football skills and improve your fitness in this friendly group.
Location	Who the Group is For
Aquaterra, sports centre, North Parade, Bath	People who are engaging with agencies in B&NES for support with homelessness, drugs or alcohol issues, mental health or an offending background.
Cost	How to Join
£1 per session	Contact Claire Lawrence 01225 354780, clairel@julianhouse.org.uk for a referral form or ask your support worker to refer you.

Inspirational Arts and Crafts

Facilitators Tanya McEwan	Group/Course Overview A (Peer led) support group in which people, affected by mental health issues, can learn and socialise with others in the same position. Everybody within the group has a passion for art and helping each other to achieve our goals.
Day/Date/Time Fridays 11:30 to 14:30	Activity Details Group members take part in sketching, acrylic painting and any type of art work that they wish to do. We make calendars, Christmas cards, knitting and patchwork. We sometimes take part in art exhibitions and much more. We have a volunteer art teacher and, at times, we hire professionals. A friendly facilitator/volunteer will help you feel at ease. Come along and see what we're all about.
Location Southdown Methodist Church	Who the Group is For Anyone affected by mental health issues.
Cost £3 which includes refreshments.	How to Join Contact Christine Robinson on 07974004978

IT Beginners Course: Julian House

Facilitators Andy Casework led	Group/Course Overview If you think a "mouse" is an animal and a "keyboard" is a musical instrument then this is the IT course for you, learn the basics to access the things you need.
Day/Date/Time Tuesday 10.30	Activity Details Starting from scratch learn how to use a computer, set up an email, access the internet for benefits information. Home search bidding, job search or just for fun.
Location Space 2 55 New King Street	Who the Group is For People who are engaging with agencies in B&NES for support with homelessness, drugs or alcohol issues, mental health or an offending background.
Cost Free	How to Join Contact; Claire Lawrence 01225 354780, clairel@julianhouse.org.uk or ask your Support worker to refer you.

Keep Safe, Keep Sane: Carer Support Group

Facilitators	Group/Course Overview
Bev and Tanya are members of New Hope and working with St Mungos and the Carers Centre	Keep Safe, Keep Sane - we are a peer support group for carers of people with mental health difficulties.
Day/Date/Time	Activity Details
2 nd Tuesday of each month 7-9 pm	We offer peer support and access to training for carers. We aim to improve relationships and raise carer awareness with statutory mental health organisations.
Location	Who the Group is For
Bath Carers' Centre The Woodlands Lower Bristol Road Bath BA2 9ES	This is a group for any carer of someone with mental health difficulties. It is run by other carers who have an understanding of the challenges that carers face.
Cost	How to Join
Free	Contact us on: Phone number 07528 668040 Twitter: @keepsafekeepsane Website: www.keepsafekeepsane.org

Kitchen Creations: Second Step & Creativity Works

Facilitators	Group/Course Overview
Carol Kenward Debbie Carpenter	A creative group to encourage participants to devise own recipes by experimenting with fresh, local ingredients to create healthy, tasty meals.
Day/Date/Time	Activity detail
Thurs 2.30-4.30pm starting 27 th March 3 rd , 10 th , 24 th April, 8 th , 22 nd May, 5 th , 12 th , 26 th June, 10 th July	Identify tastes, select ingredients, devise recipes within a budget and work as part of a team to create exciting new dishes.
Location	Who the Group is For
St Andrews Community Church, Foxhill, Bath	Suitable for people who are experiencing or are in recovery from anxiety, depression and mental illness.
Cost	How to Join
Free	To book a place call Creativity Works on 01761 438852 or Second Step on 01225 750926

Life Skills Art Group: Genesis

Facilitators Denise Weikert Jaq Hough & Matt Prescott	Group/Course Overview The Genesis Life Skills Art Group aims to encourage and support people to have a go at art in a relaxed, playful and experimental way. We offer a range of art activities including gallery visits and workshops and the opportunity to take part in exhibitions.
Day/Date/Time Mondays 11am – 1pm	Activity Details We are a friendly and welcoming group who support each other in our creativity. There is a wide range of materials available and the opportunity to try out ideas and techniques.
Location Salvation Army James Street West, Bath Disabled access	Who the Group is For The group is for anyone who wants to have a try at doing some art and explore their creative side. We provide a safe and supportive space to meet new people and improve mental wellbeing and confidence. No experience needed, just the willingness to have a go.
Cost Free - Donations welcome	How to Join For more information and application form please contact Denise or Carey on 01225 463549

Make and Bake: Bath City Farm

Facilitators Sarah Neale	Group/Course Overview Volunteers will be supported to do a variety of craft activities such as making candles, spinning wool, baking, making chutneys and jams and much more. Made products go on sale through our farm shop and at craft fairs, farmers' markets and village fetes to fund the project.
Day/Date/Time Wednesdays 1pm - 4pm	Activity Details Relaxed social activity in beautiful surroundings. A friendly small group. A chance for volunteers to express their creativity, learn new skills, socialise with others and take pride in producing great gifts for the public to admire and purchase!
Location Bath City Farm Kelston View, Whiteway, BA2 1NW	Who the Group is For People suffering from mental distress or social isolation, particularly from the Southdown area. Ideal for volunteers with reduced mobility. Disabled access available.
Cost Free	How to Join For more information, to sign up, or to refer a client, contact: Sarah Tel: 01225 481269 e-mail: sarah@bathcityfarm.org.uk

Meditation

Facilitators	Group/Course Overview
Bahai Group	Meditation
Day/Date/Time	Activity Details
Monthly, Sundays 3pm- 4.30pm Mar 9, April 13, More dates tba	Lovely words with music. Come and find inner peace and tranquillity and enjoy the company of others!
Location	Who the Group is For
Minerva Centre, 8 Combe Park, Bath	No prior experience necessary just for those wanting to relax and become more centred in themselves
Cost	How to Join
Free	Contact: Jane O'Hara on 01225 341921

Mendip Storytelling Circle

Facilitators	Group/Course Overview
Martin Horler, Colin Emmett, Terence McCarthaigh,	All welcome to listen or tell a story; myths, legends, riddles, ballads, modern and ancient tales and more.
Day/Date/Time	Activity Detail
7.30 for a prompt start at 8.00 pm first Thursday of the month, Sept through to May	Please note the evening is an entertainment for adults. Special events including children's events are held at other times.
Location	Who the Group is For
The Court Hotel, Chilcompton, BA3 4SA	All welcome
Cost	How to Join
Free	Call 01761 471209 or e-mail mendipstorycircle@gmail.com

Midsomer Norton Music Group: Soundwell

Facilitators	Group/Course Overview
Helen and Bob	Music Therapy Group
Day/Date/Time	Activity Details
Fortnightly 1pm -2.30pm	Music Therapy Group using Song-writing improvisation and recording to help relieve stress, anxiety and depression – and to promote creativity, wellbeing, self-expression and a sense of belonging through the music created.
Location	Who the Group is For
The Old Town Hall, The Island, Midsomer Norton, BA3 2HQ Disabled access	Individuals living with any sort of mental distress, including those with high mental health support needs, anxiety, stress, depression, unwanted thoughts. No musical experience needed.
Cost	How to Join
Free	Contact Soundwell on 01225 862938, 07519 732612 or email lisa.otter-barry@soundwell.org.uk . This is a referral only group.

Mosaic: Bath Mind

Facilitators	Group/Course Overview
Jude King Bath Mind	A weekly social group for friendship and peer support. The focus is on social interaction and activity.
Day/Date/Time	Activity Detail
Every Wednesday 10am-3pm	Members are encouraged to run the group and take decisions around planned activities, trips out and preparing the midday meal.
Location	Who the Group is For
The Riverside Community Centre, York Place, Bath, BA1 6AE	Individuals living with mental distress and a background in any minority ethnic group. Disabled access available.
Cost	How to Join
Free (Optional lunch is £2.50)	Contact Jude King ON 01225 463525, 07553 184120 or Email mosaic@bathmind.org.uk .

Mosaic Music Group: Soundwell

Facilitators	Group/Course Overview
Lisa and Helen	Music Therapy Group.
Day/Date/Time	Activity Details
Once every 6 weeks on Wed, 11am -12 March 5th, April 2nd or 16th, t.b.c., May 28th, July 9th.	Music Therapy Group to help relieve stress, anxiety and depression – and to promote creativity, wellbeing, self-expression and a sense of belonging through the music we create together.
Location	Who the Group is For
The Riverside Community Centre, York Place, Bath, BA1 6AE	Individuals living with mental distress and a background in any minority ethnic group. No musical experience needed. Disabled access available.
Cost	How to Join
Free	Contact Soundwell on 01225 862938 or 0777 852 7954 or email lisa.otter-barry@soundwell.org.uk or Contact Jude King on 01225 463525, 07553 184120 or Email mosaic@bathmind.org.uk .

Monthly Open Music Groups: Soundwell

Facilitators	Group/Course Overview
Helen and Bob	Soundwell Monthly Open Music Groups.
Day/Date/Time	Activity Details
Wednesdays March 19th, April 16th, May 14th, June 11th July 9th.	These groups are open to all in the community who are interested in using music to de-stress, to share a creative experience with others and to support their well-being. This is an opportunity to explore and make music together in a safe and creative space. No musical skills are necessary. There's a wide variety of easily accessible, good quality instruments. A creative approach to general wellbeing.
Location	Who the Group is For
Central United Reformed Church, Grove St Bath BA2 4BA (Disabled Access)	Adults over 18 living in B&NES or caring for a B&NES resident. No musical experience needed.
Cost	How to Join
Donation of Choice	Contact Soundwell on 01225 862938, 07519 732612 or Email lisa.otter-barry@soundwell.org.uk .

Music Support Groups (Carers): Soundwell

Facilitators	Group/Course Overview
Lisa and Bob	Soundwell Music Support Groups for Carers.
Day/Date/Time	Activity Details
Contact Lisa for the dates.	These groups are open to all carers who are interested in using music to de-stress, to share a creative experience with others and to support their well-being.
Location	Who the Group is For
The Old Town Hall, The Island, Midsomer Norton, BA3 2HQ Disabled access	Carers living in B&NES or caring for a B&NES resident. No musical experience needed.
Cost	How to Join
Donation Towards Tea and Coffee	Contact Soundwell on 01225 862938, 0777 852 7954 or Email lisa.otter-barry@soundwell.org.uk .

Naad Yoga

Facilitators	Group/Course Overview
Chris Smith	Naad Yoga
Day/Date/Time	Activity Detail
Monday 10am – 11.30am	A gentle drop in yoga class. No prior experience necessary just for those wanting to relax and become more centred in themselves.
Location	Who the Group is For
Minerva Centre 8 Combe Park Bath	Suitable for people who are experiencing or are in recovery from anxiety, depression and mental health illness in a relaxed and tranquil environment.
Cost	How to Join
£8	Contact Chris on 07721 670325.

Open Minds: Supporting Wellbeing In the Chew Valley

Facilitators	Group/course overview
Greyam Crowl, and Open Minds volunteers	Open Minds is a peer support group for adults with mental illness or who feel socially isolated in the Chew Valley, Radstock and Keynsham areas.
Day/Date/Time	Activity detail
Wednesday 1pm – 2,30pm	The aim the Group is to be Peer led and run by it's members with support from Sirona, with meetings remain relevant to those living in the Chew Valley and surrounding areas. The groups' meetings consist of time to socialise and activities. Including card making, painting and drawing, speakers, coaching, digital photography, healthy lifestyles, Tai Chi and mindfulness.
Location	Who is the group for
Millennium Hall High Street, Chew Magna	Open to all those encountering isolation or with mental health illness and their carers living in Chew Valley, Radstock or Keynsham areas. Including silent sufferer of depression, perhaps having been made redundant, gone through a divorce, recently had a baby and finding it tough or been bereaved. They are feeling isolated or have simply lost confidence.
Cost	How to join
Small charge for beverages	Helena on 07798 818772 Community Options Team 01225 396033

Open Music Group: Genesis Life Skills

Facilitators	Group/Course Overview
Matt	Opportunities to explore and make music together. No musical skills are necessary.
Day/Date/Time	Activity Detail
Every Thursday 3:30-4:30	
Location	Who the Group is For
Bath Abbey Crypt Lifeline	Vulnerable adults, people engaging with Lifeline having support with homelessness, drugs or alcohol issues.
Cost	How to Join
Free	Contact Denise at Life Skills 01225 463549.

Positive Futures

Facilitators	Group/Course Overview
Helena and Tony, both volunteers	Supporting parents with mental illness towards better mental health and happier parenting.
Day/Date/Time	Activity Detail
Friday mornings, 10am to 12 noon	The group is peer led and is therefore free to arrange the activities it is interested in. These include sessions, presentations and discussions concentrating on aspects of parenting and personal development including assertiveness, identity and self-belief. Social activities outside of the group sessions are also arranged for those who would like to join in. Telephone and face-to-face support is available to those who need help to attend, and transport can be arranged where possible.
Location	Who the Group is For
Weston Children's Centre, Penn Hill Road, Bath BA1 4EH	All parents who are affected by mental illness, whatever their background or current circumstances. Parents of children of all ages are welcome to attend the group.
Cost	How to Join
Free	Parents can self-refer to the group. Just contact Helena on 07798 818772, or contact us via the website: http://positivefutures.weebly.com (no www.)

“Resilience”: Julian House

Facilitators	Group/Course Overview
Becci- case work lead Mike - support worker	A 6 week course giving an opportunity to reflect on setbacks, learn more about yourself, develop skills & confidence to lead to a more fulfilling and happier life.
Day/Date/Time	Activity Detail
Wednesday 2pm starts 6/03/14	Various fun activities and discussions within a small supportive group.
Location	Who the Group is For
Training room 55 New King Street	People who are engaging with agencies in B&NES for support with homelessness, drugs or alcohol issues, mental health or an offending background.
Cost	How to Join
Free	Contact; Claire Lawrence 01225 354780, clairel@julianhouse.org.uk or ask your support worker to refer you.

Singing Group: Julian House

Facilitators	Group/Course Overview
Ashley (Volunteer)	A fun, relaxing and informal group giving you the opportunity to explore your musical talent.
Day/Date/Time	Activity Detail
Monday 5pm	Enjoy the opportunity to gain confidence & find your voice and enjoy singing a variety of songs in a friendly group of volunteers, staff and service users.
Location	Who the Group is For
Training room 55 New King Street	People who are engaging with agencies in B&NES for support with homelessness, drugs or alcohol issues, mental health or an offending background.
Cost	How to Join
Free	Contact Claire Lawrence 01225 354780, Email clairel@julianhouse.org.uk or ask your support worker to refer you.

Social Group in Bath: Sirona Care and Health

Facilitators	Group/Course Overview
Sue Hall Grant Davis Support workers	The Social group is very informal. It aims to bring people together who feel socially isolated. The group provides good social networking. We aim to provide a safe environment where people can come along to have a chat / read the papers/ or join in with activities.
Day/Date/Time	Activity Details
Tuesday and Thursday 10.30 am – 2.30pm	The group has regular social and learning opportunities, advice and activities such as quiz's and board games light snack lunches and beverages at low cost.
Location	Who the Group is For
Hayhill Baptist Church Fountain Buildings, Bath	The Group is aimed at Adults who have experienced or experiencing mental ill health ,alongside social isolation.
Cost	How to Join
Small cost for Light lunch / beverages.	Contact office for details and referral form, or ask your care coordinator or G.P. to refer to Community Options Team. Tel: 01225 396033.

Tee Shirt Design and Screen Printing Group: Bath Museums

Facilitators	Group/course overview
Hannah Carding Robyn Williams St Mungo's	Bath Museums are offering a brand new T shirt design and print project. The course is made up of 6 short and friendly two and half hour sessions at the museums.
Day/Date/Time	Activity detail
May 14 th , May 21 st May 28 th at the Holburne museum. June 4 th , June 11 th , June 18 th at the American museum 2.00pm – 4.30pm	Free tours of the museums, get inspired, let our professional artist and screen printer show you how to turn your ideas into great t-shirt designs and learn how to screen print them. Finish the course with your own t-shirt, and extra for your group to sell and make money from. No prior experience needed, you don't have to be an 'artist'. Just come along for fun and be amazed at what you will create. Transport is available for all dates and is free.
Location	Who is the group for
See above	Individual and small groups of service users from mental health groups and organisations in B&NES.
Cost	How to join
Free - Please apply before 20 th April	Please contact Robyn Williams at St Mungos. Email robyn.williams@mungos.org or phone 07739195388.

Voice Confidence Through Poetry and Shakespeare

Facilitators	Group/Course Overview
Lloyd Notice	Voice Confidence Through Poetry and Shakespeare.
Day/Date/Time	Activity Detail
Weekly Mondays 7pm – 9pm	This very experienced actor who has worked with special needs recovery, West End Lion King/RSC actor offers a unique experience for people to connect to their inner strengths and be able to express their creativity through their voice.
Location	Who the Group is For
Minerva Centre 8 Combe Park Bath BA1 3NP	Suitable for people who are experiencing or are in recovery from anxiety, depression and mental health issues and who want to make friends in a relaxed environment and non-judgemental group. Come and enjoy! No experience necessary.
Cost	How to Join
£8	Contact Lloyd on 07949 173034 or Email minervacentrebath@hotmail.com .

Walking Group: Bath

Facilitators	Group/Course Overview
David Woods volunteer	The walking group is made up of people who enjoy walking in a group in and around Bath. The group also travels to interesting places in the South West for walks. We walk between 2 and 4 miles each time.
Day/Date/Time	Activity Details
Mondays 10.30am	We are an informal group who support each other. The walks often finish in a cafe for a bite to eat. Come along and enjoy walking around the historic town of Bath.
Location	Who the Group is For
Outside The Forum, near job centre, Bath, BA1 1UG	Anyone wanting to improve their mental wellbeing, social network and physical health through walking with peers.
Cost	How to Join
Free	Come along on the first Monday of any month For more information Call David on 01225 312009. Call Sunday 6.30pm - 7.30pm to let me know if coming.

Wednesday Walkers

Facilitators	Group/Course Overview
Volunteers	Walking group run by volunteers.
Day/Date/Time	Activity Details
1 st and 3 rd Wednesday of the month. 10.30am	Up to a dozen people walk the footpaths around Chilcompton twice a month, taking an hour or two. On return to the village hall we have tea/coffee and biscuits. By talking as we walk and socialising over refreshments we have met new people and enjoyed their company. Strong shoes or boots are needed and raincoat for wet weather.
Location	Who the Group is For
Chilcompton Village Hall	For anyone who wants to walk 3 or 4 miles. Taking up to 2 hours.
Cost	How to Join
£1 for refreshments	Just turn up or phone first. Contact 01761 232774 or Email grahamp@mypostoffice.co.uk .

Weekly Music Therapy Group: Soundwell

Facilitators	Group/Course Overview
Cathy and Jo-Music Therapists	A weekly, referral only music therapy group.
Day/Date/Time	Activity Detail
Thursdays 11.30-12.30 (referral only)	There's a wide variety of easily accessible, good quality instruments available to explore and make music together as a group. No musical skills are needed. It's a creative approach to general wellbeing and supporting those with mental health issues.
Location	Who the Group is For
Central United Reformed Church, Grove St Bath BA2 4BA (Disabled Access)	Individuals living with any sort of mental distress, including those with high mental health support needs, anxiety, stress, depression, unwanted thoughts. No musical experience needed.
Cost	How to Join
Small donation	Contact Soundwell on 01225 862938, 07519 732612 or Email lisa.otter-barry@soundwell.org.uk .

Wheels for All

Facilitators	Group/course overview
Eugene Kertzman	Wheels for All.
Day/Date/Time	Activity detail
Saturday 11.30am	Inclusive cycling sessions after school and on Saturdays.
Location	Who is the group for
Odd Down Cycle Circuit, Bath	Children, young people and adults who cannot ride two wheel bikes due to disability, lack of confidence, health issues.
Cost	How to join
£3.00 pp with loan bike £2.00 with own bike £5.00 family rate	Contact wheelsforall@bathnes.gov.uk for registration details and to check bike availability

Women's Crafts: Julian House

Facilitators	Group/Course Overview
Claire- casework lead	A relaxing and supportive all females group who are exploring different crafts.
Day/Date/Time	Activity Detail
Wednesdays 1.30pm	Have a go at some different crafts chosen by the group such as sewing, card making and other crafts in a friendly and supportive environment.
Location	Who the Group is For
Space 2 55 New King Street	Clients who are engaging with agencies in B&NES for support with homelessness, drugs or alcohol issues, mental health or an offending background.
Cost	How to Join
Free	Contact Claire Lawrence on 01225 354780 or Email clairel@julianhouse.org.uk or ask your Support worker to refer you.

Writing Space

Facilitators	Group/Course Overview
Group members and artist David Davies and other writers	A creative writing and poetry group for people with experience of writing who would like to meet others to share ideas and mutual support in the writing process. Some sessions will be facilitated by a writer; others will be for the group to continue developing their ideas.
Day/Date/Time	Activity Details
Tuesday afternoons 1–4pm,	A (Peer led) group. These sessions are suitable for experience of writing. Members contribute to the ideas and running of the group. For details of beginners writing course contact Creativity Works (see below).
Location	Who the Group is For
Central Bath	Suitable for people who are experiencing or are in recovery from anxiety, depression and mental health illness.
Cost	How to Join
£2 donation	To book a place contact Philippa at Creativity Works on 01761 438852.

Yoga

Facilitators	Group/Course Overview
Yvonne La Bretoniere	Yoga. A friendly and welcoming group!
Day/Date/Time	Activity Detail
9.45am – 11am Tuesday	Mixed Ability Groups. I can adapt my yoga to suit your needs.
7.00pm – 8.15pm Thursday at Camerton Hall	
6.45pm – 8.00pm Tuesday at Camerton Hall	
Cost	Who the Group is For
Concessions available	Anyone.
How to Join	
	Contact Yvonne. 01761 472143

Facilitators Peer Support: St Mungos

Facilitators	Group/Course Overview
Ralph Lilywhite	Six support (reflective) sessions. One a month for six months, based on an Action Learning model
Day/Date/Time	Activity Details
Once a month	Action Learning is “Essentially facilitated peer-learning and problem solving using a discipline of uninterrupted presentation, open questioning and summary – effectively a form of group coaching”. (The Independent Theatre Council).
Location	Who the Group is For
Bath	Group facilitators who are not paid or paid per session.
Location of six sessions to be decided by group	
Cost	How to Join
Free	If you are interested in a place in the next group contact Ralph on 0782 511 5775 or e-mail rlillywhite@mungos.org .

Support for (Peer led) groups

B&NES Grants

B&NES Supporting Communities Fund - Provided by the B&NES Adult Care, Supporting People and Communities Team to enable local communities to tackle some of the causes of mental ill health, social isolation and distress, and to promote and improve people's mental wellbeing. Grants of between £200 and £2,000 are available for groups. Administered by Quartet www.quartetcf.org.uk.

Wellbeing Grant St Mungo's has been awarded a Health Inequalities Grant by B&NES Council Coming soon, for adults in B&NES, affected by mental health, isolation, homelessness or drug and alcohol issues, includes carers.

Apply for up to £70 to a panel made up of clients, carers and staff, you will need to evidence that the grant has had a positive impact on your wellbeing.

Contact Ralph at rillywhite@mungos.org or call 0782 511 5775.

To search for funding in B&NES - free facility

<http://bathnes.gov.uk/services/neighbourhoods-and-community-safety/community-grants-and-funding>.

Training

St Mungo's courses:

Facilitators course – (Contact re dates)

A six session course to provide volunteers & clients with the skills, knowledge and confidence to facilitate a group or meetings. Course includes:

Communicating with Confidence,	It's Ok to be Me – MBTI
Assertiveness	Open & closed questions

Safeguarding & Protection – Half day (4th June)

Includes: What is abuse The signs of abuse What to do if someone is at risk
Millennium Hall High Street, Chew Magna

Boundaries – Half day (11th June)

Includes: Different types of boundaries Effect of good & bad boundaries
Confidentiality Communicating effectively

Millennium Hall High Street, Chew Magna

First Aid contact re dates

To book or for more info - Ralph Lillywhite - rillywhite@mungos.org Tel: 0782 511 5775

Bath Mind:

Mental Health First Aid Training (two day course)

Teaches techniques to provide help to someone experiencing a mental health problem before professional help is obtained. The course will help participants to support family members, friends, neighbours, colleagues and clients who are experiencing mental distress. Provides participants with insight in to their own mental health and effective ways of maintaining their well-being.

£15 if unemployed or using mental health services, family members or friends who are carers. £180 staff, B&NES charities £90.

For information – Jude King: 01225 316199 or admin@bathmind.org.uk

Next course: 7th & 8th May - Bath, 3rd & 4th July 14 Midsomer Norton

Organisations and groups in B&NES who run and support groups

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, hire the Crater our outdoor performance space www.bathcityfarm.org.uk info@bathcityfarm.org.uk 01225 481269

Bath Mind

We're Bath Mind, the mental health charity.

We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support. We offer supported housing, advocacy, befriending, a social group and one to one support to people from black and ethnic communities and mental health first aid training www.bathmind.org.uk

Bath Museums Community Engagement Project

This Arts Council funded joint project between some of Bath's museums aims to reach non-traditional audiences by consulting and engaging with B&NES community groups on projects rooted in genuine community needs. The museums' collections and sites will be explored in creative, exciting and innovative ways. Long term, sustainable partnerships with community groups are a key objective. Partner museums:

- Bath Preservation Trust (No.1 Royal Crescent, Building of Bath Collection, Herschel Museum of Astronomy, Beckford's Tower)
- The Holburne Museum
- The American Museum

Contact: Polly Andrews, Project Co-ordinator, pandrews@bptrust.org.uk 01225 333895

Creativity Works

"Creativity Works believes that creativity can make a significant difference to people's lives: inspiring, empowering and supporting them to have fun, learn new transferable skills and improve their health and wellbeing. Working with professional artists, volunteers and wellbeing professionals, bespoke projects and courses are created that encourage positive personal and social change. We enable the set up of creative (Peer led) groups and encourage individuals to explore, develop and grow. Our work supports events, draws communities together and enables more people to access the arts and connect with community and culture" For more information phone 01761 438852 or philippa@creativityworks.org.uk www.creativityworks.org.uk

DHI

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

We help people to turn their lives around by tackling both the causes and consequences of social exclusion through practical and emotional support services such as information and advice, supported housing, counselling, activities, and employment/training opportunities.

To get in touch call 01225 329411 or visit our website www.dhi-online.org.uk

“Meeting the needs of the individual, making a difference in the community”.

Genesis Trust

Genesis Trust offers hope for a better future to vulnerable and homeless adults in Bath, providing practical, emotional and spiritual help. A Christian charity, whose core belief is that everyone is equally valuable before God, and deserving of an independent, secure and satisfying lifestyle. We run 9 projects across Bath, offering a progressive approach to helping people meet their needs.

Our 4 key projects, open 5 days a week, are:

- Lifeline Centre; a drop-in centre offering support
- Life Skills; free courses and activities primarily for vulnerable adults
- Wood Works; providing training

Furniture Project; selling donated furniture to those on low incomes

Julian House

Julian House offers services to homeless people in Bath, the refurbished day centre with 19 overnight spaces offering activities and support during the day, supported housing manage 5 houses offering support to clients until they move on into independent living, Henrietta street for clients with learning difficulties and Women’s Services support women who have experienced domestic abuse.

We also offer a range of meaningful activities, having a positive impact on self-confidence, independent living skills and health & wellbeing for clients who engage with support agencies for support with housing, drugs & alcohol, mental health issues or criminality. Contact 01225 354 650.

Keep Safe, Keep Sane

Keep Safe, Keep Sane 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
- A chance to get involved and improve the services within mental health

We meet the second Tuesday of the month, 7-9pm at the new Carers Centre, The Woodlands, Lower Bristol Road, Bath BA2 9ES. Come along have a coffee and chat, and find out more.

www.keepsafekeepsane.org twitter - @keepsafekeepsan tel - 07528 668040

Mulberry House (St Mungos)

Mulberry House (St Mungos) is a supported living service for people with complex mental health needs. We are based in a beautiful Georgian property on the edge of Weston Village, Bath, with gardens, a small orchard and allotment. The house has 8 bedrooms (some with their own kitchen facilities), and 5 self-contained flats. Staff are on duty 24 hours a day.

Clients work closely with individual Support workers based on Recovery Model principles. There are also regular group activities, and clients are encouraged to take part in our Social Enterprise scheme - growing and preparing fresh produce from our allotment.

New Hope

New Hope is for anyone affected by mental health issues. We give a voice to people with lived experience of mental health issues and carers, reducing stigma in mental health and improving services. We raise the issues that are important to service users and carers.

New Hope is a friendly, enthusiastic group of people swapping ideas, supporting each other and most of all making a difference. We work in partnership with and are supported by St Mungos and have worked closely with other organisations on achieving a festival, a what works conference and peer research. Tel – 01225 750 920, newhopeB&NES@gmail.com

Second Step's Floating Support

Second Step's Floating Support service works with people with mental health problems in Bath and North Somerset. We help people who are moving or having problems managing their current accommodation. We support people by focusing on their strengths and helping them grow in confidence and independence. We support people for up to two years and all support is based on the individual, their needs, hopes and aspirations. Our latest statistics show that 94% of people who use our housing support services feel more independent and need less support from us over time. **Call 01225 750926/7 for more information.**

Sirona Care & Health – Community Options

Sirona Care & Health – Community Options. Are a community interest company responsible for the provision of community health and social care services. A Community interest Company means all efforts and resources are used for the benefit of our service users. Community Options aim to offer a confidential and informal service, supporting people who wish to overcome personal and social barriers that they feel are holding them back from pursuing a meaningful and purposeful day. The service is for people who have mental health needs who wish to explore social and therapeutic opportunities within the community.

Soundwell Music Therapy Trust

Soundwell Music Therapy Trust is the only *specialist* adult mental health music therapy charity in the UK. We run music therapy and music support groups for mental health service users and unpaid carers in Wiltshire and B&NES. Our experienced therapists work with participants using music and sound to promote well-being, change and recovery.

Participants feedback: *“...order from chaos...”*

“the music therapy helps me relax...it soothes the soul and the complications of life”

“I felt less stressed which helped me cope with my personal problems”

“The drumming really released something... ..felt as if something was shifting”

www.soundwell.org

Registered Charity 1093992

The Minerva Centre

The Minerva Centre is a holistic centre which can be used for group meetings. Holistic therapy treats the whole person. Google Holistic Therapies Bath for further information. Minerva also offers 1 to 1 appointments in reflexology, aromatherapy and Indian Head Massage for a low cost which is negotiable. In the road of the RUH, forecourt parking for 5 cars.

Contact: Elizabeth: 01225 315591 www.minervacentrebath.co.uk

Email: minervacentrebath@hotmail.com

St Mungo's Building Bridges to Wellbeing

St Mungos Building Bridges to Well Being Works with people affected by low to moderate mental health needs in B&NES. Enabling people to have more independent & fulfilling lives, develop peer support networks & meaningful use of time.

- **Training** – Includes recovery star, safeguarding, boundaries, facilitation & mentoring
- **Grants** – Enabling (Peer led) groups to start and develop
- **Co-delivery of events with volunteers** – WMH festival & What Works Conference
- **Support for New Hope** – To reduce stigma and actively improving local services
- **Support** – One-to-one & group support to people setting up groups, activities

www.mungos.org/services/where_we_work/building_bridges_wellbeing

Wheels for All

deliver an essential service to a wide range of people who otherwise would have not opportunity to cycle or take exercise. It has built up a wealth of knowledge and expertise in filling the gap for many people who, despite wanting to enjoy cycling have been unable. We have trained and experienced staff and volunteers who help individuals and families enjoy being outdoors together and sharing time enjoying our range of specialist and adapted bikes. As well as the Saturday Club we run after school sessions and can design/run bespoke sessions for staff teams, groups and individuals.

One-2-One Support

Advocacy and Befriending

Advocacy is taking action to help people say what they want, secure their rights, represent their interests and obtain services they need. Advocates work in partnership with the people they support and take their side. Advocacy promotes social inclusion, equality and social justice.

Befriending: Many people lose contact with and the support from family and friends. Bath Mind's befriending service aims to establish a one to one supportive relationship between a trained volunteer and someone feeling lonely and isolated.

Bath Mind

Overview: Bath Mind offers free confidential general advocacy for individuals across B&NES. We help with understanding your rights, contacting service partners, attend meetings and tribunals and getting the right information you need.

We also offer a 'listening ear' service with possible follow up to our befriending service.

How to access: Drop in at One Stop Shop on Tuesday and Wednesday mornings and at the Paulton Hub every fortnight. Call us on **01225 464656** or

Email: admin2@bathmind.org.uk Website: www.bathmind.org.uk

Complaints Procedure Advocacy

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

How to access: Freephone: **0808 808 5252**

e-mail: cpa@thecareforum.org.uk website: www.thecareforum.org

SEAP - advocacy for complaints about NHS care

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

How to ask for support: Contact us on **0330 4409000** e-mail: info@seap.org.uk website: www.seap.org.uk/services/nhs-complaints-advocacy/ for information on making a complaint.

SWAN Advocacy

Overview of service: SWAN advocates work alongside individuals to help them get the information and services they need in order to improve their own health and well-being. SWAN focus on aspects of mental health care and treatment. The service is free, confidential and independent.

Swan Advocacy also provides statutory advocacy support to people who lack capacity to make health and welfare decisions for themselves.

How to access: Please contact us on **03333 447 926** or email:

mail@swanadvocacy.org.uk

website: www.swanadvocacy.org.uk

Domestic Violence and Abuse - Confidential support

Southside Family Project

Support and advice for Girls, women and children affected by domestic abuse.

How to access: Meade House, Wedgewood Road, Twerton, Bath BA2 1QN,

Tel: **01225 331 243** 9am - 5pm, Monday to Friday

Victim Support

Telephone support - ALL victims of domestic violence and abuse – men, women, Help you assess the risk posed to you by your abuser and identify your initial support needs. Referrals to agencies who can help, or our volunteers provide you with emotional and practical support. Bristol, 8am - 8pm Mon to Fri

How to access: admin.bristol@victimsupport.org.uk Tel: **0845 45 66 099**

Social Services and Housing - Adult Duty Team

A responsive social work service dealing with urgent referrals and crisis situations. We are a 'first stop shop' for information, advice and signposting to a range of services available for people who are vulnerable to abuse due to age or mental/physical capacity.

How to access: www.bathnes.gov.uk Tel: **01225 477 000**

B&NES Council, Lewis House, Manvers Street, PO Box 3343, Bath BA1 2ZH

Out of hours: Emergency Duty Line: Tel: **01454 615 165** adult_duty@bathnes.gov.uk

Community mental health Support

'Get On And Do it!' DHI

A service to help people in recovery from mental ill health to access training and employment opportunities. Includes : funding for courses, travel costs, business consultancy, tools e.g. work boots and course materials, peer support.

How to access: Contact Helen on 07825 510948 or email - ses@dhi-online.org.uk

Rethink Mental illness

Tailored support to individual's needs. Including: assistance on debts, advice on home security, assistance to move to more appropriate accommodation, information to help avoid social isolation, supporting individuals and carers to develop coping strategies and crisis management plans.

How to access: 01225 767980

website: www.rethink.org

Employment Related Support

Mental Health Work Development Team - Sirona Care & Health

Vocational support service - helping people look at their vocational and employment needs. Vocational Action Plan developed with the service user, information, advice and guidance, support to achieve action plan goals.

Job Retention service - for people in employment and struggling to maintain their job or work life balance. We work with employees and employers to find successful solutions to return to work.

How to access: Tel 01225 396646

Mental Health Reablement Service.

Provide a short term, free service for up to 8 weeks for people in the community with mental health problems. We aim to increase independence and confidence and assist people in working towards their goals and recovery.

How to access: Tel 01225 396357

Referral via a health care professional, including your GP. However please call if you have a mental health need and require guidance and information on accessing appropriate support.

Drugs & Alcohol Support Overview

Support for all forms of legal and illegal drug use for adults and young people experiencing difficulties with their own or a close relative/friends drug or alcohol use.

Services include: advice and information, carers and family groups, education, training and employment support, housing and benefit advice, mutual aid (SMART), outreach, detoxification, BBV screening, testing and inoculations, needle exchange, counselling and group work, prescribing (shared care) etc.

How to access: DHI provides the single point of contact for anyone wishing to access any Adult drug/alcohol treatment service in B&NES.

The Beehive, Beehive Yard, Walcot Street, Bath, BA1 5BD (Mon – Fri 10am – 7pm. Sat 10am – 1pm) or Tel: 01225 329 411.

For young people - Project 28 (DHI) - Tel: 01225 463 344.

General support

New Routes

Enables primary care services to refer patients with social or emotional needs.

Coordinators signpost individuals to bespoke opportunities such as support groups, volunteering organisations, further education classes, library services and exercise groups. Outcomes include decreased social isolation, enhanced self-esteem, skill development, improved mental health and wellbeing.

How to access: 0117 958 9303 or 0117 958 9309 newroutes@thecareforum.org.uk

Off the Record

Provide free information, advice and guidance to young people aged 11 – 25 to help address any issue affecting their lives.

How to access: Any young person can access services by calling our friendly team
Tel: 01225 312481 e- mailing office@offtherecord-B&NES.co.uk Website
www.offtherecord-B&NES.co.uk

Housing related support

B&NES council, supporting people team, funds [housing related services](#) to prevent homelessness and support people to remain independent in their own homes. This includes accommodation and floating/visiting support services.

Go to www.housingsupportgatewaybathnes.org.uk to:

- complete an online support application
- find out about the support services (partners) available
- who can use the service

Emergency Duty Team

If you have had an emergency – you may be at Accident & Emergency, or need accommodation in the middle of the night, such as a Bed & Breakfast or refuge place, Mon - Thurs 5:00pm - 8:30am, Fri 4:30pm - Mon 8:30am, 24 hour Sat – Sun & Bank Holiday

www.bathnes.gov.uk

Minicom: **01454 618 966** Tel: **01454 615 165**

Libra Project - Women's Refuge

Safe and supported short-term accommodation for women and children experiencing domestic violence abuse. PO Box 3979, Bath, BA1 0DH Tel: **01225 354 661**

Next Link - Domestic Violence Services

Safe temporary accommodation for women and children who have experienced domestic abuse. PO Box 4128, Bath BA1 0FW Tel: **01225 466 989**

enquiries@nextlinkhousing.co.uk www.nextlinkhousing.co.uk

9am - 5pm Mon to Fri. In an emergency and out of hours, contact the Police who will contact us

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

Accessing AWP services

This should be done through a health care professional, including your GP. If you have any questions please contact AWP's switchboard on 01225 325680

Primary Care Liaison Service (PCLS)

Provide specialist mental health advice and assessment following a request from a GP or other Health and Social Care professional. Following an assessment the person may be given advice on local services that may assist with their needs, or signposted to a secondary mental health team.

The team delivers some brief interventions; however, on-going work is delivered by other teams.

Based: Hill View Lodge, Royal United Hospital, Bath BA1 3NG (9am – 5pm)

Recovery Service

The Recovery Service provides specialist interventions and support for people with more complex needs and enduring mental health problems. It comprises of three 'Work Streams' or division. Your GP practice will be part of one of these work streams, which includes a dedicated consultant.

Based: Bath NHS House, Newbridge Hill Bath BA1 3QE (9am – 5pm)

Intensive Service

The Intensive Service operates 24/7 and provides emergency assessments (within 4 hours) for people in a mental health crisis /acute need following referral from a health or social care professional. 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: Hill View Lodge, Royal United Hospital, Bath BA1 3NG

Early Intervention in Psychosis Team

Early intervention in psychosis team provides a comprehensive multidisciplinary service to help people from the age of 14 - 35 and their families as early as possible, giving them the best chance of preventing long term problems.

Based: Hill View Lodge, Royal United Hospital, Bath BA1 3NG (9am – 5pm)

Complex Intervention & Treatment Team (CITT)

Works primarily with older people with complex dementia and mental health needs and issues. The team also work with younger adults who have a diagnosis of dementia or a combination of mental health needs and complex physical health needs.

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

Acute Hospital Liaison

Following a referral from a health or social care professional, the team provides specialist mental health advice and assessment to people with mental health needs while in the Royal Unit Hospital.

Based: Hill View Lodge, Royal United Hospital, Bath BA1 3NG (9am – 5pm)

LIFT Psychology

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

To access: <http://lift.awp.nhs.uk/B&NES/> Can be accessed directly and via your GP surgery

Patient Advice and Liaison Service (PALS):

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

To access: Tel: 01249 468261 or 0800 0731778 (9am – 5pm) Email: pals@awp.nhs.uk

Address: AWP, Jenner House, Langley Park, Chippenham, Wiltshire SN15 1GG

Help in a Hurry

During Office Hour (9am-5pm Mon-Fri)

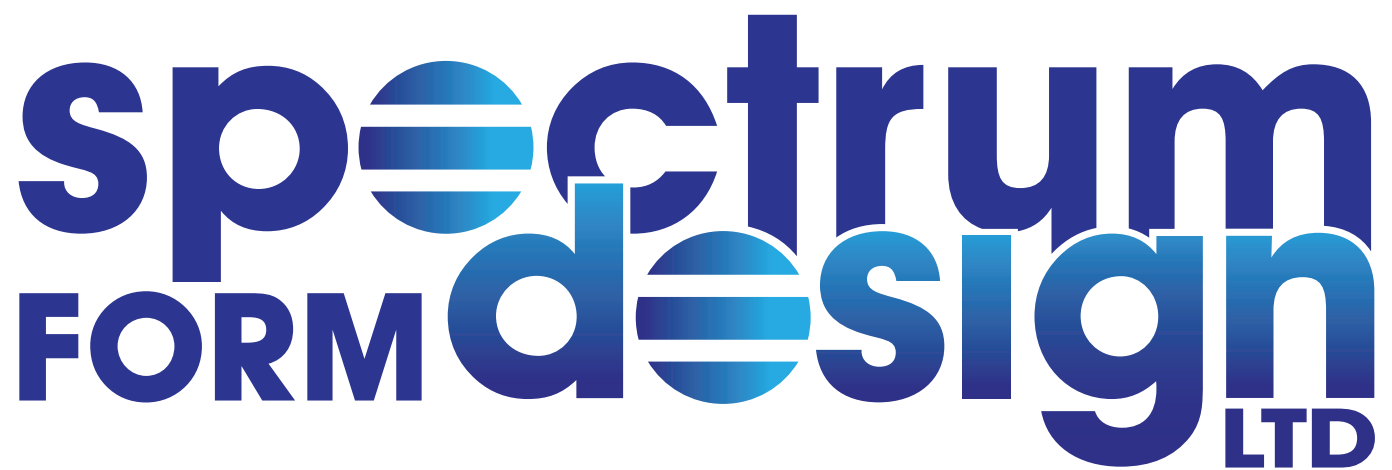
Life threatening medical emergency:	999
Non emergency urgent care:	111
Intensive Service: 24hrs. 7 days a week	01225 362814
NHS Walk-In Centre: Riverside Health Centre, James Street West, Bath, BA1 2BT 8am – 6.30 pm 7 days a week	01225 478811
Accident and Emergency Dept RUH, Gate 3, Combe Park. BA1 3NG	01225 824391 or 01225 824007
Community and Health Access Team for safeguarding adults and social care enquiries	01225 396000

Out of Hours Support (Evenings and Weekends)

Life threatening medical emergency:	999
Non emergency urgent care:	111
Accident and Emergency Dept RUH, Gate 3, Combe Park. BA1 3NG	01225 824391 or 01225 824007
Emergency Duty Team (Out of hours social services referrals):	01454 615 165

Helplines

Samaritans call 24hrs/7 days a week free on	01225 460888 or 08457 909090
Sane 6-11pm every day	0845 7678000
Womankind 10am-12 daily, Tue & Wed 1-3pm, Mon & Tue 8-10pm	0845 4582914
National Domestic Violence Helpline 24hrs/7 days a week	0808 2000247
Survivors UK male rape and sexual abuse Mon & Tue 7-9.30pm Thu 12-2.30pm	08451221201
National Drugs Helpline Call Frank 24hrs/7 days a week	0300 1236600
No panic 10am-10pm Helping you break the chains of anxiety disorders	0800 1388889
Parentline advice & support to anyone concerned for a child, 9am-10pm weekdays, 12-8pm weekends	0800 0282233
Mind 9-6 Mon	0300 123 3393



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TEL: 01761 411112

FAX: 01761 419683

E: mail@spectrumformdesign.co.uk

W: www.spectrumformdesign.co.uk

New Hope and St Mungos produce this guide in collaboration with a steering group made up of people with lived experience and staff from various projects.

To receive a copy of the Hope Guide or add your group text your e-mail or postal address to: 0782 511 5775 or e-mail rlillywhite@mungos.org