



## **Somerset Active Living**

### **Resource Directory** **May 2018**

**CSW You Can Do**  
**Working Together**

If you find any information within this resource incorrect or Out of date please contact Jemma Lawson on 07786 190221

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### Active Living Team

Jemma Lawson  
Volunteer Engagement Advisor  
[jemma.lawson@cswgroup.co.uk](mailto:jemma.lawson@cswgroup.co.uk)  
**07786190221**

CSW You Can Do is able to offer support to Somerset County Council Volunteers working within Active Living. We are also able to help with the recruitment of new volunteers for your Active Living Centre. Alternatively, if you already have any new volunteers who would like to register with CSW You Can Do please contact  
Jemma Lawson

## **Advice and Information**

### **Citizen's Advice Bureau**

Talks on the role of the CAB Bureau, benefits and other entitlements

Mendip

01749 345 394

[manager@mendipcab.org.uk](mailto:manager@mendipcab.org.uk)

Somerset Coast

01278 459009

[sedgemoorcab@yahoo.co.uk](mailto:sedgemoorcab@yahoo.co.uk)

South Somerset

01935 421 167

Taunton Deane

01823 282 235

[advice@tauntoncab.org.uk](mailto:advice@tauntoncab.org.uk)

West Somerset

01643 704 624

[advice@wscab.freerve.co.uk](mailto:advice@wscab.freerve.co.uk)

### **Domestic Abuse Line (DAFFS)**

0800 6949999

[www.somersetsurvivors.org.uk](http://www.somersetsurvivors.org.uk)

### **Somerset Community Care Matters (SCCM)**

Legal advice about NHS, Social Services and Disability Rights

Ray Advards

Northfield House, 51 Staplegrove Road, Taunton, TA1 1DG

01823 282 538

### **Somerset Choices**

Local services and information to help you choice the right care and support

[www.somersetchoices.org.uk](http://www.somersetchoices.org.uk)

### **Somerset Direct**

Presentation about Adult Care Services including pension advice, social care, disabled parking scheme and Active Living etc.

0300 123 2224

### **Village Agents**

Community Council for Somerset  
Victoria House, Victoria Street, Taunton , TA1 3JZ

01823 331222

[www.somersetccc.ork.uk/somerset-village-agents-project](http://www.somersetccc.ork.uk/somerset-village-agents-project)

**Please contact for further details of the Village Agent in your area.**

**Agents based in the villages, they provide information, help and support for vulnerable people.**

### **Advice and Support about Debt**

#### **National Debt Line**

0808 808 4000

#### **Step Change**

step change financial solutions

01132 355310

[www.stepchange.org](http://www.stepchange.org)

### **Aids and Equipment**

#### **Aster Telecare**

Information about Lifeline Equipment

0333 400 8222

#### **Careline South Somerset**

Information about Lifeline Equipment

01935 479815

#### **Dolphin Lifts Western LTD**

Advice about stairlifts

0800 169 3404

### **Millbrook**

Country wide service

Community equipment service, mobility equipment advice, self-assessment tool, equipment for independence at home, enabling equipment.

[0333 003 2407](tel:03330032407)

### **Sedgemoor Lifeline**

Information about Lifeline Equipment

[01278 435776](tel:01278435776)

### **Sutton Stairlifts**

Advice about stairlifts

[0800 999 5432](tel:08009995432)

### **Taunton Deane Helpline**

Information about Lifeline Equipment

[01823 257185](tel:01823257185)

### **Arts and Crafts**

#### **3D Artist**

Talks on design in metal, glass and textile

Caroline Cliffe

South Harp Farm, South Petherton, TA13 5LP

[0771 846 1838](tel:07718461838)

#### **Art Sessions**

Art sessions for over 50s – water colours, acrylic, oil. Hand-made books and crafts, tailor-made sessions plus pencil sketching. Will travel up to 30 miles from Taunton

Linda Hollingshead

[0794 942 47641](tel:079494247641)

[www.lindahollingshead.co.uk](http://www.lindahollingshead.co.uk)

**Hogweed Pottery**

Steven Jenkins

07718 347039

[www.hogweedpottery.com](http://www.hogweedpottery.com)

**Sculpture and other craft workshops**

Richard Langford

01460 77259

[richarddelangford@hotmail.co.uk](mailto:richarddelangford@hotmail.co.uk)

**Sugarcraft**

Making cake decorations from sugar

Rosie Keen

01278 733121

**Willow Weaving Workshops**

Demonstrations, talks and short workshops

Happy to travel up to 20 mile radius of Curry Rival

Sophie Courtier

[01749 870736](tel:01749870736)

**Bugs/Insects/Wildlife**

**Bugfest**

0797 616 9084

[www.bugfest.co.uk](http://www.bugfest.co.uk)

[enquiries@bugfest.co.uk](mailto:enquiries@bugfest.co.uk)

Nick Wadham

01935 433185

0793 084 7748

[nick@bugfest.co.uk](mailto:nick@bugfest.co.uk)

**Digi-pics UK**

Video and talk of swallows over the levels

Neil Clark

01458 443919

0776 864 7982

[www.digipicsuk.net](http://www.digipicsuk.net)

[digipicsuk@live.com](mailto:digipicsuk@live.com)

**Heaven's Gate**

Shirley Garland

01278 683154

**Kingfisher Falconry**

Professional talk with Bird of Prey

07710 978 203

[karen@kingfisherfalconry.co.uk](mailto:karen@kingfisherfalconry.co.uk)

**RSPCA West Hatch Wildlife Rescue Centre**

01823 480156

**Secret World Wildlife Rescue**

Talk about the work of the rescue centre – will bring animals along if requested

01278 783250

**Care Information**

**Bluebird Care**

Mendip 01373 463838

Sedgemoor 01278 488799

South Somerset 01935 584184

Taunton 01823 331194

West Somerset 01643 459199

**Home Instead Senior Care**

Vanessa and Noel Munson

Room E12, Flook House, Bevedere Road, Taunton, TA1 1BT

01823 21121

[www.homeinstead.co.uk/tauntonwestsomerset](http://www.homeinstead.co.uk/tauntonwestsomerset)

**Notaro Homecare**

Domiciliary care service providing health and social care

01934 422800

[www.notarohomecare.co.uk](http://www.notarohomecare.co.uk)

[enquiry@notarohomecare.co.uk](mailto:enquiry@notarohomecare.co.uk)

**Willows**

Care and support service

0800 0902312

**Carers Information**

**Bridgwater College**

Free Care courses for people who are carers in Somerset

01278 455464

[www.bridgwater.ac.uk](http://www.bridgwater.ac.uk)

**Carers Support in Somerset**

Information, advice and emotional support, provides training.

01823 331222

**Carers Voice Somerset**

Deborah de Mornay Penny

07818 523487

[www.carersvoicesomerset.co.uk](http://www.carersvoicesomerset.co.uk)



**Driving Miss Daisy**

**Community Companion Service**

**07498 037413**

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

**Friends of Somerset Carers Network**

Providing support for mental health carers in Somerset. Raise funds to support unpaid carers with loved ones with mental health problems.

Caroline Mead

**01749 836606 /07774 207458**

**[www.somersetcarers.org](http://www.somersetcarers.org)**

**Healthwatch Somerset**

Provide a powerful voice to get the best out of health and social care.

**01823 751403**

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

**Home Instead**

Talks about home care, home safety and much more

**01935 577030**

**Marie Curie**

There for people with terminal illness and their family

**0207 599 7221**

**[www.servicedevelopment@mariecurie.org.uk](mailto:www.servicedevelopment@mariecurie.org.uk)**

**Mi-Guardian**

**Mi-Guardian is a personal alarm service that enables people to retain their independence and continue living in their own home. Worn as a pendant or wristband, Mi-Guardian provides peace of mind by linking the user to vital assistance or friends and family, at the touch of a button**

**0800 130 0011**

**[www.mi-lif](http://www.mi-lif)**

### **Quantock House**

Offering a break for carers supported by Rethink/NHS Somerset/St. Margaret's Hospice. Stay free of charge to carers and family

Caring for Carers, Holford, TA5 1RY

0845 070 8910

[www.st.margarets-hospice.org.uk](http://www.st.margarets-hospice.org.uk)

[crc@st.margarets-hospice.org.uk](mailto:crc@st.margarets-hospice.org.uk)

### **The Care Forum**

Signposting for health problems

The Vassell Centre, Gill Avenue, Fishponds, Bristol, BS16 2QQ

0808 808 5252

[info@wellaware.org.uk](mailto:info@wellaware.org.uk)

[www.wellaware.org.uk](http://www.wellaware.org.uk)

### **Countryside/Travel Talks**

#### **Exmoor National Park**

**Patrick Watts-Mabbot**

0797 372 7469

#### **Friends of Quantock**

History of the Quantock and a guide film on preserving the area for generations to come

01984 656655

[info@friendsofquantock.com](mailto:info@friendsofquantock.com)

#### **Moor to Enjoy**

Exmoor National Park

Lucy McQuillan

01398 322 227

07966 515580

#### **New Zealand/Lundy Island**

A year in the life of a gamekeeper in New Zealand. Slides on gardens and Birds of Lundy Island. 10 miles of local area

Evan Williams

01823 289 194

**Quantock Hills**

**Patrick Watts-Mabbot**

**01823 451 884**

**Gill Redman**

Talks about her travels

**01985 215 062**

**The Splendid Isolation of Tristan da Cunha**

Presentation about Tristan da Cunha Islands, The most isolated community in the world featuring wildlife and the way of life of the remarkable islanders. Richard was a teacher there but he now runs their website and produces their newsletter

Richard Grundy

**01458 223 540**

[www.solomonproject.co.uk](http://www.solomonproject.co.uk)

[enquiries@solomonproject.co.uk](mailto:enquiries@solomonproject.co.uk)

**Travel Talks**

Val Bannister

**01278 459 344**

[valban17@gmail.com](mailto:valban17@gmail.com)

**Wishing for a Well Appeal**

Talk and slides about Kenya

Colin Martin

**01460 240 257**

**Dance**

**Belly Dancing**

Caroline Cliffe

South Harp Farm, South Petherton, TA13 5LP

**0771 846 1838**

**Clog Dancing**

01823 286933

0781 7806164

[sarahrudd1964@gmail.com](mailto:sarahrudd1964@gmail.com)

**Evergreen**

Movement to music.

Jenny Ireland

01373 228934

[irelandjenny59@gmail.com](mailto:irelandjenny59@gmail.com)

**Jolly Movement to Music**

Gill Goodwin

01278 734538

**Laughter Yoga**

Dee Rice

0774 283 1318

[denise.spirit@hotmail.co.uk](mailto:denise.spirit@hotmail.co.uk)

**Line Dancing**

Line Dancing sessions – all abilities welcome at Baptist Church. St Mary Street, Bridgwater

Tuesday 11.00 – 12.00 Chair Dancing

Joan Jay

01278424841

[joanjay100@hotmail.com](mailto:joanjay100@hotmail.com)

**Open Dance 20<sup>th</sup> Century Art and Artists – the Therapeutic value of Creativity**

Angela Wood

01984 639050

[angwood2004@yahoo.co.uk](mailto:angwood2004@yahoo.co.uk)

**Somatics**

Movement to music

Sarah - Taunton Area only

07909 226060

[exploremovementco.uk@gmail.com](mailto:exploremovementco.uk@gmail.com)

## **Emergency Services**

### **Avon and Somerset Constabulary**

Link up with your local Police Community Support Officers for talks on Home Security

[www.avonandsomerset.police.uk](http://www.avonandsomerset.police.uk)

### **Devon and Somerset Fire and Rescue Service**

Fire prevention and safety talks

[firekills@dsfire.gov.uk](mailto:firekills@dsfire.gov.uk)

East Somerset Area

01935 382000

West Somerset Area

01823 365365

### **Somerset Local Authorities Civil Contingencies Unit**

Information to deal with flooding in the Somerset area, who to contact, emergency guide and how to repair your home. Also prevention methods

01823 356804

[civilcontingencies@somerset.gov.uk](mailto:civilcontingencies@somerset.gov.uk)

## **Family History and Genealogy**

### **Dorset and Somerset Family History Society**

Family History workshops and courses

Pat Williams

01749 813741

[pat.williams14@\)02.co.uk](mailto:pat.williams14@)02.co.uk)

### **Genealogy (Family Trees) Mendip area only**

Graham Harris

[graham@dove5plus.com](mailto:graham@dove5plus.com)

## **Food Related**

### **Apetito**

Frozen meals delivered to your door.

Ask for a free taster session for your group

Louise Hall

[Louise.hall@apetito.co.uk](mailto:Louise.hall@apetito.co.uk)

**Cossey Produce**

Fresh Produce delivered to your door. - First box is free

01278 424242

[www.cosseyproduce.co.uk](http://www.cosseyproduce.co.uk)

**Oakhouse Foods**

Delivery of meals direct to your door and kitchen equipment

Pitts Cleave, Tavistock, PL19 0PW

0845 257 1132

**Wiltshire Farm Foods**

Delivery of meals direct to your door

Free taster session and talk

01769 573135

**Asda**

Online shopping

[www.asda.com](http://www.asda.com)

**Morrisons**

Online shopping

[www.groceries.morrisons.com](http://www.groceries.morrisons.com)

**Sainsbury**

Online shopping

[www.sainsbury.co.uk](http://www.sainsbury.co.uk)

**Tesco**

Online shopping

[www.teaco.com/groceries](http://www.teaco.com/groceries)

**Waitrose**

Online shopping

[www.waitrose.com](http://www.waitrose.com)

## **Fuel and Energy**

### **Somerset Energy Bills**

Talk about your energy bills

Louise Evans

Project Development Co-ordinator

07730 760828

### **Somerset Community Oil Scheme**

Saving money on oil heating bills

Victoria House, Victoria Street, Taunton, TA1 3JZ

01823 331222

[www.somerset.org.uk](http://www.somerset.org.uk)

[oil@somersetccc.org.uk](mailto:oil@somersetccc.org.uk)

### **The Centre for Sustainable Energy**

Presentation on how to reduce your home energy bills

0117 934 1400

### **The Home Heating Helpline**

Free national service run by the 6 main energy companies. If you have difficulty paying fuel bills you can get advice on benefits, grants for free home insulation, reduced tariffs and special payment options that the energy suppliers provide

0800 33 66 99

[www.homeheathelpline.org.uk](http://www.homeheathelpline.org.uk)

## **FUNDING ADVICE**

**Below is some useful links to apply for funding for your group.**

[www.access-funds.co.uk](http://www.access-funds.co.uk)

[www.aviva.co.uk/good-thinking/community-fund/](http://www.aviva.co.uk/good-thinking/community-fund/)

[www.biglotteryfund.org.uk/zone/communityFund.aspx](http://www.biglotteryfund.org.uk/zone/communityFund.aspx)

[www.fundraising.co.uk](http://www.fundraising.co.uk)

[www.fundinginformation.org.uk](http://www.fundinginformation.org.uk)

[www.fundingcentral.org.uk](http://www.fundingcentral.org.uk)

[www.governmentfunding.org.uk](http://www.governmentfunding.org.uk)

[www.howtofundraise.org.uk](http://www.howtofundraise.org.uk)

[www.institute-of-fundraising.org.uk](http://www.institute-of-fundraising.org.uk)  
[www.peopleshealthtrust.org/apply-for-funding](http://www.peopleshealthtrust.org/apply-for-funding)  
[www.practicalfundraising.co.uk](http://www.practicalfundraising.co.uk)  
[www.professionalfundraising.co.uk](http://www.professionalfundraising.co.uk)  
[www.sedgemoor.gov.uk/1479](http://www.sedgemoor.gov.uk/1479)  
[www.shapemendiplottery.co.uk](http://www.shapemendiplottery.co.uk)  
[www.somersetcf.org.uk](http://www.somersetcf.org.uk)  
[www.yhg.co.uk/community](http://www.yhg.co.uk/community)  
[www.shapemendiplottery.co.uk/good-causes](http://www.shapemendiplottery.co.uk/good-causes)  
[www.somersetwestlottery.co.uk](http://www.somersetwestlottery.co.uk)  
[www.tesco.com/carrier-bag](http://www.tesco.com/carrier-bag)

Tesco Bags of help

0121 237 5780

**Training and information about applying for grants is available to you through your CSW  
Your Can DO.**

### **General Talks**

#### **Aloe Vera**

Information and light-hearted look at the history of Aloe Vera and it's uses today.

Lottie Dale

01278 684273

07976 218222

[nfo@lottiedale.com](mailto:nfo@lottiedale.com)

#### **Blake Museum, Bridgwater**

When in character, David is Parson Pascal, Rector of Chedzoy at the time of the Battle of Sedgemoor. He can also be Admiral Blake's brother. (Donation to Museum required)

David Debborn

01278 451864

#### **Bridgwater Carnival**

John Dando

01458 833058

#### **British Seaside Piers, City of Bath and Nooks and Crannies of Bristol**

Bob Tinker

0780 135 2741

[tinx400@hotmail.com](mailto:tinx400@hotmail.com)



**Burnham Rescue Hovercraft**

Talk about the Burnham on Sea hovercraft

01278 788614

**By Hook or by Crook**

Informal and humorous talk about gypsies' caravan tales from a Somerset Copper 1934-1959

Brian Phelps

01460 234252

**CLIC Sargent**

Varies talks raising money for CLIC Sargent

Tony Bagwell

01823 253186

**Pete Dayman Johns**

Talks about carry on films, the making of his book and how he met some of the cast.

Pete is also an all-round entertainer, anything from Bingo, Balloon Tennis singalong and much more

01373 465606

**Drama for Occasions**

Drama workshops will make any occasion or event memorable, fun and enriching

Georgina Neilson-Toy

01373 836800

0782 529 3837

[george.toy@btinternet.com](mailto:george.toy@btinternet.com)

**Edwardian Christmas Axbridge Area**

A taste of an Edwardian Christmas will be brought to the group

Mrs Y Bell

01934 732050

**Fans**

Talk on the history of fans

Mary Bouchier

01278 422365

### **Help the Heroes**

Talk with Power Point presentation, short film very interesting talk

Richard Lupton

[richard.lupton@helpforheros.org.uk](mailto:richard.lupton@helpforheros.org.uk)

### **Hotel Inspector**

A talk on being a Hotel Inspector

Richard Stirling

[01823 354549](tel:01823354549)

### **Life in the Theatre**

Talks about treading the boards and the famous people met on the way.

Brian Saunders

[01278 769461](tel:01278769461)

### **Local History**

Talks, Power Point presentations and quizzes on local history in the west of Somerset

Paul Mansfield

[07811 038623](tel:07811038623)

### **Longleat**

Talk about the range of activities provided at Longleat

[01935 844400](tel:01935844400)

### **Makeup Artist for TV Shows**

Talk and demonstration about the makeup used to create realistic injuries for emergency training and TV shows

Ken Burgin

[01761 432292](tel:01761432292)

[ken.burgin@yahoo.co.uk](mailto:ken.burgin@yahoo.co.uk)

### **Memoirs of an Olympian**

Bronze medal for archery in Montreal 1976. Guinness Book Of Records for 9 years, European Champion for 3yrs

Rachel Fenwick

[01823 660182](tel:01823660182)

[racheldm@talktalk.net](mailto:racheldm@talktalk.net)

### **Mother of Pearl**

We bring along and talk about his collection of Mother of Pearl items

Francis Watson

[01460 769987](tel:01460769987)

### **Monkey World**

Talk about the history of the centre and what they are currently doing to support the monkeys in the world

[0800 456600](tel:0800456600)

[apes@monkeyworld.org](mailto:apes@monkeyworld.org)

### **Reminiscence Learning**

Activities and talks from around the world focussed on reminiscence therapy – armchair travel experience

Fiona Mahoney

Reminiscence Learning, The Horizon Centre, Swingbridge, Taunton, TA2 8BY

[01823 323752](tel:01823323752)

[01823 433720](tel:01823433720)

[fiona@reminscencelearning.co.uk](mailto:fiona@reminscencelearning.co.uk)

### **School in a Bag**

School in a Bag was created to help poor, orphaned, vulnerable and disaster-affected children throughout the world. Each School Bag is filled with stationery, learning resources and eating utensils that will enable a child to write, draw, colour, calculate, express themselves and above all learn.

Luke Simon

[01935 849160](tel:01935849160)

[0772 1741 623](tel:07721741623)

[www.schoolinabag.org](http://www.schoolinabag.org)

[luke.simon@schoolinabag.org](mailto:luke.simon@schoolinabag.org)

### **Somerset Film**

Somerset in film, enjoy the sight of Somerset by film

[www.somersetfilm.com](http://www.somersetfilm.com)

### **Somerset Storyteller and Magician**

Give your story feet, let it walk beside you, remind you who you are. Set your story free, tell it, pass it on and let it travel far. Combined with magic

Matthew

[01749 670014](tel:01749670014)

[0752 277 3335](tel:07522773335)

[Matt@storyfeet.com](mailto:Matt@storyfeet.com)

### **South West Heritage Trust**

Fascinating talks on the history of Somerset Fossils and sea life around the coast. We deliver activity-rich sessions of a mileage rate starting at £35 from our Taunton base. Boxes for hire at £45 to be collected from the Somerset Heritage Centre in Taunton. Subjects include 'A Sweet Tooth', 'Keep Calm and Carry On', 'Old Toys and Games' and 'Life on the Farm'.

John French

[01823 347452](tel:01823347452)

[john.french@swheritage.org.uk](mailto:john.french@swheritage.org.uk)

### **The Art of the Magician**

A visual talk suitable for organisations looking for a speaker

Tony Griffith

[01275 835463](tel:01275835463)

[www.tonygriffith.co.uk](http://www.tonygriffith.co.uk)

[tony@tonygriffith.co.uk](mailto:tony@tonygriffith.co.uk)

### **The History of the Teddy Bear**

Talks about the history of Teddy Bears

Denise and Jack Budd

[01278 784 117](tel:01278784117)

[denisebudd425@hotmail.co.uk](mailto:denisebudd425@hotmail.co.uk)

### **The Life of a Royal Marine Guard**

Martin Horler

[01761 437372](tel:01761437372)

[martinfranceshorler@talktalk.net](mailto:martinfranceshorler@talktalk.net)

### **The Mad Hatter**

Demonstration of how to make a mad hatter hat.

Beki Nagle

0754 894 2863

### **The Queens Bodyguard of the Yeomen of the Guards**

Shaun S McCormack

01249 443346

07850 261763

### **Traditional Narrow Boats**

Talk about narrow boats including a demonstration of narrow boat art

Clem and Val Pryer

01823 282390

[val.clem@btinternet.com](mailto:val.clem@btinternet.com)

### **The Wheelyboat Trust Maunsel Lock, North Newton and Clatworthy Reservoir**

Canal boat trips for people with wheelchairs. These boats are self-operated accessible day boats available for hire for the full or part day. Life jackets are provided and an adult must be in charge at all times. Wheelyboats can be used independently by disabled people. Some venues may require an able-bodied companion

Dulverton 01398 371372

Maunsel Lock 01278 663160

Taunton 01984 624658

Yeovil 01935 872389

[www.wheelyboats.org](http://www.wheelyboats.org)

[info@wheelboats.org](mailto:info@wheelboats.org)

### **Women's Institute**

The WI has a comprehensive list of speakers available

01823 284261

Mrs J Blackie

Tuesday, Wednesday and Thursday

### **World War One Speaker**

Steve Williams

01380 870311

07885 758937

[adowwilliams@aol.com](mailto:adowwilliams@aol.com)

### **Health Talks**

**including Alternative Medicine and Healthy Eating**

### **Black Cat Pot Pourri**

Use of berries/buds/herbs from the wild to make pot pourri. Also the use of spices and peel. Gives ideas to make your own mixes for travel pillows, refreshing bags for hospitals and care home patients

Kate Fortlage

01823 333392

### **Brunel Care**

Care and support throughout Somerset providing footcare service as well as daily care

01278 439177

[info@brunelcare.org.uk](mailto:info@brunelcare.org.uk)

### **Contact the Elderly**

Tea Parties for the elderly run by volunteers in their own homes and with volunteer drivers. Usually once a month

Helen Kerr

0800 716543

### **Fibromyalgia Group**

Talk on how to cope with your condition

[www.e-voice.org.uk/fibromyalgia](http://www.e-voice.org.uk/fibromyalgia)

### **First Aid**

First Aid Courses to fit the requirements of your group. You choose the subjects you would like covered from a list. There is no certificate at the end but if it is necessary to have a certificate please talk to Gavin

Gavin Churchill

01823 273712

Red Cross House, Livingstone Way, Taunton, TA2 6BD

### **Herbalism**

Talk about herbalism and how herbs can prevent illness and improve your health. Can also cover reflexology

Liz Lillicrap

01271 882179

[liz@patcholeherbs.co.uk](mailto:liz@patcholeherbs.co.uk)

### **Healthy Eating**

Talks/cooking which can be adapted to different groups i.e. Vegan and Vegetarian. Also does homeopathy

Izzy Sylvester

01984 633550

### **Herbs for Healthwatch**

Kristin Jeffs

01749 6753552

### **NHS Health Trainers**

The NHS Health Trainers can visit your group to look at health related issues, improving your diet, improving your physical activity, weight management groups as well as individual support. They are able to offer free confidential advice to your group members,

Please direct all requests for further information or to make referrals through

[lifestyle.hub@sompar.nhs.uk](mailto:lifestyle.hub@sompar.nhs.uk)

### **Somerset Alzheimer's Society**

Run courses across Dorset and Somerset

Memory cafes are for people with dementia, their families and friends in a relaxed atmosphere including speakers and activities. Refreshments are served throughout the session

Jill Lock

01458 251 5441

[somerset@alzheimers.org.uk](mailto:somerset@alzheimers.org.uk)

### **Somerset Dementia Collection of Books**

This is a specialised collection of books in their bookcase (including books on prescriptions for dementia), in all libraries across Somerset available for extended loan dates to help people understand Alzheimer's disease

[Details from Libraries](#)

### **Somerset Lavender (Mendip Area)**

01373 834893

### **St. Margaret's Hospice**

Talk about the work of the hospice

Mark Flower

0789 461 4282

### **Talking Therapies Service**

Self-referral, they offer a variety of treatment approaches to meet a range of people's emotional needs

0300 323 0033

[www.somersetalkingtherapies.nhs.uk](http://www.somersetalkingtherapies.nhs.uk)

### **The Bowen Technique**

Talk and demonstration about the Bowen Technique-a general non-invasive relaxing treatment which realigns the body and reduces pain

Rhonda Sexton

01643 704417

[www.bowenwithrhonda.co.uk](http://www.bowenwithrhonda.co.uk)

### **Toenail Cutting Service**

Jackie Manning

0845 643 4705

[jackie.manning@ageuksomerset.org.uk](mailto:jackie.manning@ageuksomerset.org.uk)



## **Health and Wellbeing**

### **Fit as a Fiddle/Aging Well Coordinator**

Includes various kinds of fitness activities and free training for Flexercise Volunteers

Dianne Ramsay

0845 6434702

### **Mendip and West Somerset Age UK**

[dianne.ramsay@ageuksomerset.org.uk](mailto:dianne.ramsay@ageuksomerset.org.uk)

### **Sedgemoor**

[Julie.cooper@sedgemoor.gov.uk](mailto:Julie.cooper@sedgemoor.gov.uk)

### **Evergreen**

Movement to music

Jenny Ireland

01373 228934

[Irelandjenny59@gmail.co.uk](mailto:Irelandjenny59@gmail.co.uk)

### **Laura Gifford( Martock)**

Various activities and talks around emotional health and wellbeing

0773 050 8130

[mallen638@msn.com](mailto:mallen638@msn.com)

[thegiffys@btinternet.com](mailto:thegiffys@btinternet.com)

### **Indoor Bowls**

Clarrie Dunbar IBC

Standerwick, Frome

01373 830092

[info@clarrie.co.uk](mailto:info@clarrie.co.uk)

### **Indoor Curling Sessions**

Brian Saunders

01278 769461

### **Organic Rhythm Drumming Workshops**

Drumming workshops for health and wellbeing

Laura-Jane Gronow-Gill

[lotusfountain@yahoo.co.uk](mailto:lotusfountain@yahoo.co.uk)

### **Public Health Promotions Manager Older People**

Carolyn is able to offer support and advice on older people's health issues. She is also the head for Falls Prevention

Carolyn Arscott

[01823 357251](tel:01823357251)

[www.healthysomerset.co.uk/resources/](http://www.healthysomerset.co.uk/resources/)

[carscott@somerset.gov.uk](mailto:carscott@somerset.gov.uk)

### **Rambling Steve**

Music of the 50s, 60s and 70s – rock, country and folk

Steve Sutherland

[01984 633425](tel:01984633425)

### **SASP**

Disability Sports - sports available to all such as boccia, short mat bowls and football

Jen Slade

[01823 653990](tel:01823653990)

[www,sasp.co.uk](http://www.sasp.co.uk)

[jslade@sasp.co.uk](mailto:jslade@sasp.co.uk)

### **Sing Along with Keyboard**

Malcolm Gregory

[01458 223178](tel:01458223178)

### **Singing for the Brain**

Singing for the Brain is a group activity, carefully designed for all people with memory loss and their carers' to receive the many health benefits that are woven into the fun of singing. It is enjoyable, friendly and uplifting giving many people a much needed boost in confidence. All led by a trained facilitator

Jill Lock (Alzheimer's Society)

01458 251541

[someset@alzheimers.org.uk](mailto:someset@alzheimers.org.uk)

### **Singing for Fun and Fitness**

Caroline offers harmony song workshops as a one-off or as a course with breathing, fun warm-ups, rounds, part-songs and sing-along songs from Britain and beyond. Based near Chard but will travel. Charges vary according to distance and length

Caroline Rigby

0755 443 1617

[l.c.rigby@btinternet.com](mailto:l.c.rigby@btinternet.com)

### **Somerset Folk Songs**

A presentation of fun and jolly songs about country life, collected in the region over 100yrs ago by Cecil Sharp

Amanda Boyd

0777 243 1679

### **Tai Chi Instructors**

Clive Barnett – **Mendip area**

[clive\\_barnett@btinternet.com](mailto:clive_barnett@btinternet.com)

01458 833937

Tony Dodd

Grand Master and Senior Consultant

07930 504711

Andy Legat

Instructor and Consultant

07989 530065

### **Mendip and South Somerset areas**

Tai Chi, Qi Gong and Chinese Health Therapy

[www.wushindo.com](http://www.wushindo.com)

[info@wushindo.co.uk](mailto:info@wushindo.co.uk)

Cheryl Mountford - **Sedgemoor Area**

Bubbling Springs Tai-Chi and Qigong

[01278 781544](tel:01278781544)

[0784 0350334](tel:07840350334)

Follow Bubbling Springs on Facebook

[bubbingsprings@hotmail.com](mailto:bubbingsprings@hotmail.com)

### **Yoga**

including chair-based Yoga

[Sharon Mason](#)

[0792 586 4925](tel:07925864925)

Rosie Thomas

Tai Chi Instructor Reiki Master

[01749 670875](tel:01749670875)

[0749 682 2949](tel:07496822949)

### **ZING**

ZING Somerset service combines a lot of work that the Active Lifestyle Officers used to do. Especially for Older People in terms of its Golden Age Olympics, Health Walks and Health Trainer service

[www.zingsomerset.co.uk](http://www.zingsomerset.co.uk)

[email - organiser@zingsomerset.co.uk](mailto:email-organiser@zingsomerset.co.uk)

### **Musical Acts**

#### **Airs and Graces**

Communal singing with instruments

Helen Rose

[01935 822284](tel:01935822284)

#### **Brenny Entertainer**

Professional Vocalist – Country, Irish, Western, 60s, singalong – can be tailor made to suit group

[01458 835109](tel:01458835109)

### **Bright 'n' High**

Professional vocalist- 50 & 60s pop, Rock n roll, Irish Ballads, Country and Wester, 70s and Elvis

01278 661045

[roy.cramer1@virgin.net](mailto:roy.cramer1@virgin.net)

### **Entertainers Golden Oldies**

Singing for fun and a change to hear again those 'Golden Oldies'

Abby Rakes

01761 470006

[abby@golden-oldies.org.uk](mailto:abby@golden-oldies.org.uk)

### **Gramophone Record Memories**

Chris Wall

0796 923 9753

### **Now and Then**

Acoustic Singing Group

Dick Bateman

01225 873474

[Dickbateman1@hotmail.co.uk](mailto:Dickbateman1@hotmail.co.uk)

### **Olive Tree Theatre**

Provide excellent light-hearted musical entertainment, Session is approximately an hour long – 20 well-loved sings present by 2 excellent performers

0752 776 3149

### **Sarah on Accordion and Vocals**

01458 441853

[sarahchant55@yahoo.co.uk](mailto:sarahchant55@yahoo.co.uk)

### **Sara Banda**

A group of recorder players who are also keen to tell the history of the recorder through the ages and the music that has been written for the instrument

01934 732614

01934 520426

### **Take Art – Charity Drama**

[rose@takeart.org](mailto:rose@takeart.org)

[www.takeart.org](http://www.takeart.org)

### **Traditional Jazz**

John Dando

[01458 833058](tel:01458833058)

### **Vela**

Musical Duo Jonathon and Rebecca

0754 953 9137

0754 099 8980

### **Reminiscence**

### **Bakelite Museum**

Patrick Cooke

[0843 116 2344](tel:08431162344)

### **Fashion Reminiscence**

Anthea Nakorn

[0789 728 9810](tel:07897289810)

[grenfell19@hotmail.com](mailto:grenfell19@hotmail.com)

### **Sensory Loss**

- **Assessment of need for people with sensory loss**
- **Specialist equipment**
- **Rehabilitation – advice and information**
- **Referral and signposting to organisations and services for people with sensory loss**
- **Care management of people with sensory loss who have more complex needs**

Somerset Direct

[0845 345 9133](tel:08453459133)

### **Action for Blind People**

Support for people dealing with benefit claims and tax benefits

[01179 537 750](tel:01179537750)

[www.actionforblindpeople.org.uk](http://www.actionforblindpeople.org.uk)

### **Somerset Sight**

Working with people who lack sight but not vision, Somerset Sight also offer a befriending service

01823 333 818

[www.somersetsight.org.uk](http://www.somersetsight.org.uk)

[info@somersetsight.org.uk](mailto:info@somersetsight.org.uk)

### **Talks from Professionals**

#### **Active and In Touch (Frome area only)**

Project reaches out to people who are isolated and alone and invites them to become a member to receive support, befriending and practical help.

Lucia Chadwick

0757 285 4029

[lucia.chadwick@syacd.org](mailto:lucia.chadwick@syacd.org)

### **Age UK**

Information and Advice (including Benefits)

Telephone: 01823 345613

[email: landA@ageuksomerset.org.uk](mailto:landA@ageuksomerset.org.uk)

### **Avon and Somerset Police**

Talks about being safe when in your own home and when you are out. Local Beat Team visit.

[www.avonandsomerset.police.uk/your-area/](http://www.avonandsomerset.police.uk/your-area/)

### **Bee Independent Somerset**

Talks on care and support within your home

0800 069 9944 / 07507 743080

### **Co-op Estate Planning**

Talk to the members or group about planning for the future with your estate

Susanne Furness

0800 110 5221

**Devon and Somerset Fire and Rescue Service**

Advice and talks on home safety

[0800 0502 999](tel:08000502999)

**Dorset and Somerset Air Ambulance**

Talk about the service that they provide and the history of how it all started

[01823 669604](tel:01823669604)

**Independent Age**

Financial and practical support for older people

Tracey Lee

[01275 343832](tel:01275343832)

[tracey.lee@independentage.org](mailto:tracey.lee@independentage.org)

**Keeping the Elderly Independent**

[0755 253 0739](tel:07552530739)

**Pets as Therapy (PAT)**

This is a great chance to meet a PAT dog and hear the history of how it started and what they do in the community to support individuals or groups

[01844 345445](tel:01844345445)

[www.petastherapy.org](http://www.petastherapy.org)

email: [reception @ petastherapy.org](mailto:reception@petastherapy.org)

**RVS Home Library Service**

Talk outlining the home library service and what they can provide for the members of the group, also a short talk about the history of the Royal Voluntary Service

[0300 123 2224](tel:03001232224)

**The Red Cross Home from Hospital Service**

Talk about the service and what they can provide before leaving hospital and once you are home

[01823 273707](tel:01823273707)

**The Samaritans**

Talk and information about the service they provide

[01823 289456](tel:01823289456)



### **St. John Ambulance**

Talk about the history of the service and what they still provide to the community.

01823 345920

email: [info@somseset.sia.org](mailto:info@somseset.sia.org)

### **Training**

#### **Mendip – Family Learning only**

Denise Dyer

Yeovil Skills & Learning Centre, Dolphin House, Yeovil, BA20 1TQ

0774 876 0542

[dcdyer@sslcic.co.uk](mailto:dcdyer@sslcic.co.uk)

#### **Sedgemoor – Bridgwater, Burnham on Sea and Highbridge**

Cherry Hingston

Bridgwater Skills & Learning Centre, Churchill House, Robins Drive, Wylds Road,  
Bridgwater, TA6 4DL

01278 426828

0789 996 1334

[chingston@sslcic.co.uk](mailto:chingston@sslcic.co.uk)

#### **South Somerset – Yeovil, Ilminster Chard**

Andy Norris

Frome College, Bath Centre, Frome, BA11 2HQ

01373 452018

0791 954 0580

[anorris@sslcic.co.uk](mailto:anorris@sslcic.co.uk)

#### **Wells, Shepton Mallet, Glastonbury, Street**

Steph Steadman

Wellington Skills & Learning Centre, 4 Coram's Lane, Wellington TA21 8LL

01823 663000

0774 818 2464

[smsteadman@sslcic.co.uk](mailto:smsteadman@sslcic.co.uk)

**If you require further information from CSW You can Do.**

**Please phone: Jenna Lawson 07786 190 221**

**or email [jemma.lawson@cswgroup.co.uk](mailto:jemma.lawson@cswgroup.co.uk)**

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