

**Somerset Active Living Network**

**Resource Directory**

**JULY 2016**

**Somerset You can Do Services**

**and**

**Somerset Active Living Network**

**Working Together**

*If you find any information within this resource incorrect or*

*out of date please contact Jenny or Vanessa 01278 664180*

*INDEX*

Page: 2 - SYcD Team

Page: 4 - Funding Information

Page: 7 - Talks from Professionals

Page: 10 - General Information

Page: 63 - Health and Well-being– (Keep fit/Exercise/

 Tai Chi)

Page: 43 - Talks – History/Interest/Nature

Page: 51 - Talks - Drama/Theatre

Page: 69 - Musical Acts

Active Living Team

**Peter Wood**

**Service Development Manager**

Peter.wood@somersetyoucando.org

01278 664181

0787 675 8138

**Vanessa Norton**

**Older People’s Service Development Officer**

vanessa.norton@somersetyoucando.org

01278 664180

0758 433 8810

**Jennifer Wood**

**Older People’s Service Development**

**Worker**

**jenny.wood@somersetyoucando.org**

**01278 664180**

0799 078 7640

**Marilyn Stephens**

**Service Development Officer, Older People’s Champion and Sensory Loss**

**marilyn.stephens@somersetyoucando.org**

01278 664180

0770 713 8617

**Lucia Chadwick**

**Development Worker for Active and In Touch**

lucia.chadwick@somersetyoucando.org

01278 664180

0757 285 4029

FUNDING ADVICE

Somerset Community Foundation

Justin Sargent

**01749 344949**

**0776 674 3495**

**www.somersetcf.org.uk**

**justin.sargent@somersetcf.org.uk**

***Advice on funding applications***

Somerset Community Foundation

Jocelyn Blacker

**www.somersetcf.org.uk**

01749 344949

Mobile: 0776 674 3495

*Advice on funding applications and trust transfers*

Websites which offer fundraising help and advice

Some Subscriptions may apply

**www.somersetcf.org.uk**

**www.howtofundraise.org.uk**

**www.practicalfundraising.co.uk**

**www.fundraising.co.uk**

**www.fundinginformation.org uk**

**www.professionalfundraising.co.uk**

**www.access-funds.co.uk**

**www.governmentfuunding.org.uk**

**www.fundingcentral.org.uk**

**www.institute-of-fundraising.org.uk**

*Support and information about applying for grants is available to you through your local Council for Voluntary Services.*

*To access GRANTnet a funding search site, free for all voluntary and community groups in Somerset, apply through the Somerset Voluntary Sector Network* **www.svsn.org.uk**

Somerset Direct

**0300 123 2224**

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

Village Agents

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

**01823 331222**

<http://somersetrcc.org.uk/somerset-village-agents-project/>

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

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

Talks from Professionals

Age Uk Advocacy Services Manager

Sue Came 0845 643 4701

sue.came@ageuksomerset.org.uk

*Advice & Information and Advocacy services*

Age UK Somerset Advice and Information

*Covering: Cheddar/Crewkerne/Frome/Glastonbury/Street/*

*Yeovil/Wells*

Janet Bedell 0845 643 4621

janet.bedell@ageuksomerset.org.uk

Charlie Thorne

0779 960 9957

0845 643 4621

charlie.thorne@ageuksomerset.org.uk

*Covering West Somerset/Taunton/Sedgemoor*

*Angela Prosser*

*North Somerset* ***0845 643 4621***

**Voluntary and Community Service Councils:**

Mendip/Sedgemoor

**Mendip Community Support, 62 High Street,**

**Shepton Mallet, BA4 5AZ**

**01749 346830**

**www.mendipcommunitysupport.org.uk**

**mscsupport@mbzoline.net**

Volunteer Bureau West Somerset

Engage, West Somerset County Council, Alcombe Village Hall, Alcombe, Minehead

 01643 707484

[**www.engagews.org.uk**](http://www.engagews.org.uk) - **katrina@engagenews.org.uk**

Mendip/South Somerset

SSVCA, Unit 5 Yeovil Small Business Centre, Houndstone Business Park, Memorial Road, Yeovil , BA22 8WA

01935 475914 [**www.ssvca.org.uk**](http://www.ssvca.org.uk) **marketing@ssvca.org.uk**

**(Name to be changed shortly as Mendip and South Somerset has almagamated**

Somerset You Can Do

Bryan Mitchell

01278 664182

**Volunteer Service Manager**

bryan.mitchell@somersetyoucando.org

**Peter Wood**

01278 664181

Senior Development Manager

peter.wood@somersetyoucando.org

Somerset You Can Do is able to offer support to Somerset County Council volunteers working within the Active Living Network. The bureau is 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 SYCD please contact your local Volunteer Service Development Officer

GENERAL TALKS:

Library Service – Frome

*A talk about the services available from the library.*

WRVS Home Library Service

Amanda Whitlock

0791 954 0487

*Talk outlining the home library service.*

The Samaritans

*Talk and information about the service.*

01823 289456

Independent Age

Tracey Lee

01275 343832

**tracey.lee@independentage.org**

*Financial and practical support for older people*

Highbridge Furniture Ltd (HFL)

01278 786482 0790 735 6690

**highbridgefurnitureltd@yahoo.co.uk**

WEA Courses for adults across Dorset and Somerset - Learning for Life

Gillian Keniston-Goble

**0792 007 2332**

**gkeniston-goble@wea.org.uk**

*Antiques/Architecture/Art/History/Watercolours/Natural History*

Helping Hands - Paula/Jane

**01278 653936**

**0787 968 0248**

**pjrio236@gmail.com**

**www.pjhelpinghands@googlemail.com**

***No job too big or too small - lady gardener***

The Red Cross Home from Hospital Service

01823 273707 *Talk about the service.*

Active and In Touch – (Frome area only)

Lucia Chadwick

**0757 285 4029**

**Lucia.chadwick@sycd.org**

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

St John Ambulance

01823 345920

**info@somerset.sia.org.uk**

Talks about the courses they provide in aspects of caring and management of cared-for persons.

AIDS AND EQUIPMENT:

Taunton Deane Helpline

*Information about Lifeline Equipment*

Sarah Hill

01823 321239

Sutton Stairlifts

0800 999 5432

In store at Haskins - demonstrations by appointment

 01749 346900

*Covering the south west, this firm supplies reconditioned stair lifts and rental from approximately £52 per month for short to medium needs. Servicing also available if required. Willing to give talks to groups if required.*

Home Aid Technical Partnership - Taunton Deane

01823 356326

01823 356443

Information talk about the service and support available

Somerset Coast Home Improvements Project (SCHIP)

Jackie Blacker

01278 444815

*Talk about the service.*

Care and Repair

01749 345379

***Range of services from repair to rebuild***

Safer Homes in Somerset (Ridgeway)

0845 345 9133

***If you live in Somerset, are over 60 or consider yourself vulnerable to domestic incidents, information and advice about security problems, smoke alarms, repairs and adaptations to your home etc can be provided.***

Aster Living - Home from Hospital

<http://www.somersetmyhomemylife.co.uk/>

Justine Plowright

***01749 832135***

***0771 886 3402***

***Advice for support in your own home following a stay in hospital or following an illness.***

***Aids and adaptions plus benefit checks.***

**ASTER**

<http://www.somersetmyhomemylife.co.uk/>

County wide service

Offering Advice and information on independence, such as housing options and moving on;

home repairs and adaptations; minor adaptations; Home from Hospital;

Handihelp and garden clearance;

keeping warm and well and financial help, such as benefits, grants and charitable help.

**MILLBROOK**

County wide service

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

MONEY MATTERS:

Free Debt Advice

From Yeovil Family Church

**01935 425369**

**office@yeovilfamilychurch.org**

Enham Somerset Direct Payments Services

***Dedicated to transforming people’s lives***

**0845 504 6229**

**directpayments.somerset@enham.org.uk**

[**www.enham.org.uk**](http://www.enham.org.uk)

Wise Money

Ellie Lister

01271 341499 07734 994765

ellie.lister@wisermoney.org.uk

**FUEL/ENERGY:**

The Centre for Sustainable Energy

*Presentation on how to reduce your home energy bills.*

Liz Dagger

01179 341405

**liz.dagger@cse.org.uk**

Somerset Community Oil Scheme

Victoria House, Victoria Street, Taunton, TA1 3JZ

01823 331222

**oil@somersetrcc.org.uk**

**www.somerset.org.uk**

*Saving money on heating oil bills*

The Home Heating Helpline

**0800 33 66 99 www.homeheathelpline.org.uk**

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

WISH (Warmer Homes in Somerset)

Verity Saunders

0117 934 1416

Wessex Resolutions CIC

**01823 461099**

***Home owners and private tenants may be eligible for a 0% loan of up to £500 to buy bulk oil, wood, calor gas, coal, Thermostatic Radiator Valves and room thermostats (including installation) 6 month 0% loan from council***

CARERS INFORMATION:

Friends of Somerset Carers’ Network

Caroline Mead

01749 836606

**caroline.mead@sompar.nhs.uk**

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

Friends InDeed - Alison and Harry Hillis

**01373 303061**

**www.friends-indeed.co.uk**

***Do you need a friend to lend a hand?*** *Wouldn’t it be great to have someone to helping you with life’s little problems? We provide flexible, practical support to help make life a little easier, from getting out and about to help in the garden; from providing support to family carers to walking the dog. We aim to go beyond the routine—to be* ***Friends InDeed***

Carers’ Support in Somerset

**01823 255911**

**www.compasscarers.org.uk**

**info@compasscarers.co.uk**

***Information, advice and emotional support. Provides training***

Somerset Carers’ Support Group

***Support group for carers providing respite on 1st Thursday of every month for carers of younger people.***

David Bobbett

**01278 720238** / **0790 990 6811**

The Care Forum

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

**0808 808 5252**

**info@wellaware.org.uk** **www.wellaware.org.uk**

***Signposting for health problems***

West of Somerset Family and Carer Support Service

Lynda Chatfield

***Stroke Association is a free service to support and provide information to people and their families affected by stroke.***

**Family and Carer Support Coordinator**

**01984 634276**

**0790 895 2740**

**lynda.chatfield@stroke.org.uk**

***and magazines***

The Care Forum

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

**0808 808 5252**

**info@wellaware.org.uk** **www.wellaware.org.uk**

***Signposting for health problems***

St John Ambulance

01823 345920

**info@somerset.sia.org.uk**

Talks about the courses they provide in aspects of caring and management of cared-for persons.

The Red Cross Home from Hospital Service

01823 273707

*Talk about the service.*

Healthwatch Somerset

**01823 751403**

**www.healthwatchsomerset.co.uk**

***Provides a powerful voice to get the best out of health and social care***

Well Aware

**0808 808 5252**

**www.wellaware.org.uk**

***Directory of organisations and groups offering health and wellbeing services and activities.***

Carers’ Café - Queen Camel Memorial Hall

Rev John Davies

**01935 851324**

**john@johndavies.org**

***A monthly event where carers can take time out to share experiences and enjoy meeting new friends in a relaxed, Services available.friendly and cheerful cafe atmosphere. Transport and Sitting***

Bridgwater College

***Free care courses for people who are carers in Somerset***

Gail Burfitt

**01278 455464**

**www.bridgwater.ac.uk**

Quantock House

Caring for Carers, Holford TA5 1RY**0845 070 8910**

**crc@st.margarets-hopice.org.uk**

**www.st.margarets-hospice.org.uk**

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

Marie Curie

Kathy Holland

**0792 053 5531**

***We’re here for people with terminal illness and their family***

Domestic Abuse Line (DAFFS)

0800 6949 999

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

**EMERGENCY SERVICES:**

Avon and Somerset Constabulary

**www.avonandsomerset.police.uk**

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

Devon and Somerset Fire and Rescue Service

Carol Francis

***Fire prevention and safety talks***

01749 334952

**Mike Toop**

**01935 701223/07802 565897**

**mtoop@dsfire.gov.uk**

Fire Safety Helpline (West Somerset area)

01823 365365

Fire Safety Helpline (East Somerset area)

 **01823 365365 (West Somerset area)**

**01935 382000 (East Somerset area)**

**dwilliams@dfire.gov.uk**

*Fire prevention and safety talks* 01392 872200 firekills@dsfire.govuk

*Home Safety booklets and talks if required*

***Somerset You Can Do is able to offer support to Somerset County Council volunteers working within the Active Living Network. The bureau is 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 SYcD please contact your local Volunteer Service Development Officer.***

Air Ambulance

Debbie Birtwisle

**01823 669604**

**debbie.birtwisle@dsairambulance.org.uk**

Somerset Local Authorities’ Civil Contingencies Unit

**01823 356804**

**civilcontingencies@somerset.gov.uk**

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

Citizen’s Advice Bureau

*Talks on the role of the CAB Bureaux, benefits & other entitlements.*

Mendip

01749 345394

manager@mendipcab.org.uk

Taunton Deane

01823 282235

advice@tauntoncab.org.uk

South Somerset

01935 421167

Somerset Coast

01278 459009

sedgemoorcab@yahoo.co.uk

West Somerset

01643 704624

advice@wsab.freeserve.co.uk

 Somerset Community Care Matters (SCCM)

**Ray Advards**

**01823 282538**

**Somerset Sight, Staplegrove Road, Taunton**

***Legal advice about NHS, Social Services and Disability Rights.***

SENSORY LOSS:

Sensory Loss Team

Julie Shorrock

**Somerset Direct 0845 345 9133**

* ***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.***

 Action on Hearing Loss

 Libbie Sheppard & Trish Vallance

**0790 324 6101**

**libbie.sheppard@hearingloss.org.uk**

*Action on hearing loss (previously known as RNID) and how to improve communication with people who are losing their hearing as they get older.*

Mencap Direct

***Advice on advocacy, housing, learning, leisure, Support work***

**0808 808 1111**

**help@mencap.org.uk**

**www.mencapdirect.org.uk**

**Action for Blind People**

**01179 537750**

**www.actionforblindpeople.org.uk**

***Support for people dealing with benefit claims and tax benefits***

Somerset Sight

**01823 333818**

**www.somersetsight.org.uk**

**info@somersetsight.org.uk**

***Working with people who lack sight but not vision***

Deaf Plus

Kate Harwood

(Mendip & South Somerset)

01935 415880 (answerphone)

Arthur Moughton

(Somerset Coast, Taunton Deane & West Somerset)

01884 251958 **0122 544 6555**

**Bath.office@deafplus.org**

**arthur.moughton@deafplus.org**

*This Charity will visit your ALC to check that members’ hearing aids are working. Some minor work may be carried out at the venue. There is no charge.*

***Mobile advisory service travels throughout Somerset, bringing information and advice***

FOOD RELATED:

Food Share - Mo McManus

**01179 542220**

**0797 660 3713**

**mo@foodsharesouthwest.org.uk**

***Surplus food from supermarkets - small delivery charge made -collection will be from a central point (Bridgwater- Enterprise Centre). Someone from food share checks the fridges/temps/chill food on your premises. £10 (approx) for 7 trays of food-rough estimate depends on contents.***

Fare Share South West

**0117954 2220**

**info@faresharesouthwest.org.uk**

***We take good quality in-date food from the food industry that is surplus to their needs and with the help of our fantastic volunteers, we distribute it to hundreds of organisations in the south west that support vulnerable***

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

**Pitts Cleave, Tavistock, PL19 0PW**

**0845 257 1132**

*Delivery of meals direct to your door and kitchen equipment.*

Somerset Food Links

Julie Cook

**cookj@fsmail.net**

*Demonstration of foods available.*

Asda

**www.asda.com**

***On-line shopping***

Health and Wellbeing - Keep fit/Exercise

Fit as a Fiddle/Ageing Well Coordinator

Dianne Ramsay 0845 643 4702

dianne.ramsay@ageuksomerset.org.uk

*including various kinds of fitness activities and free training for Flexercise Volunteers*

For details of Flexercise training and up-dating please contact:

Di Ramsey

Mendip and West Somerset

Age UK

dianne.ramsey@ageuksomerset.org.uk

Julie Cooper

Sedgemoor

julie.cooper@sedgemoor.gov.uk

SASP

Jen Slade 01823 653990

**jslade@sasp.co.uk**

**www.sasp.co.uk**

*Disability Sports—sports available to all such as Boccia, short mat bowls and football*

ZING

The new 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 the Health Trainer service. A link to the website is: [www.zingsomerset.co.uk](http://www.zingsomerset.co.uk)

Lianne Clarke

Senior Active Lifestyle Manager

Taunton Deane, West Somerset, Sedgemoor

LClarke@SASP.co.uk

Jo Smith

Senior Active Lifestyle Manager

South Somerset, Mendip

JSmith@SAPS.co.uk

Taunton Deane: Amy Colwil (Tone Leisure)

South Somerset: Sam Wenden-de-Lira

Catherine Devonshire (Catherine.Devonshire@SouthSomerset.Gov.Uk) (SSDC)

Please contact the persons named above to find out how they can assist your groups as the service has changed slightly and each one carries out a similar but different role.

Tai Chi Instructors

Mendip & South Somerset areas

Tai Chi, Qi Gong and Chinese Health Therapy

info@wushindo.co.uk

www.wushindo.com

Andy Legat

(Instructor and Consultant)

07989 530065

Tony Dodd

(Grand Master and Senior Consultant)

07930 504711

*Andy and Tony are qualified teachers and instructors with the WSDA (Wu Shin Do Association) and WUMA (World United Martial Arts Federation). They teach the following:- T’ai Chi, Qi Gong, Seated Movements, Stress Reduction Techniques, Falls Prevention and other related subjects. They run Workshops, Courses and can provide group and one to one sessions following consultation where and when required.*

Clive Barnett - Mendip area

clive\_barnett@btinternet.com

01458 833937

*Clive is a very experienced marshal arts and Tai Chi instructor. He is a professional instructor at Millfield Preparatory School and has a British Sports Coach Award. Clive’s style of Tai Chi is relaxed and informal and, therefore, very accessible for beginners or the under-confident.*

Cheryl Mountford

Sedgemoor area

Bubbling Springs Tai-Chi and Qigong

01278 781544

Mobile: 0784 035 0334

Follow Bubbling Springs on Facebook

bubblingsprings@hotmail.com

Daniel Gorvett

c/o Gill Brydon 07919 540743

Andrew Blabey

01398 332104

*Mostly Qui Gong, including seated*

Joan Saunders

**endeavour4@talktalk.net**

Various talks, Flexercise. Tai Chi and relaxation

Yoga

 Sharon Mason

0792 586 4925

*Including chair-based Yoga*

Indoor Curling Set for Hire:

Martin Rawles (Victoria Centre, Bridgwater)

01278 422255

Indoor Curling Sessions

Brian Saunders 01278 769461

*Princess Theatre every Thursday £1.50 per session.*

Singing for Fun and Fitness

Caroline Rigby

**l.c.rigby@btinternet.com**075544 31617

*Caroline Rigby 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 (min £60).*

HEALTH

Public Health Promotions Manager

Older People

Carolyn Arscott

01823 357251

**carscott @somerset.gov.uk**

*Carolyn is able to offer support & advice on older peoples health issues. She is also the lead for Falls Prevention and is able to provide the ‘Head Over Heels’ DVD for use within your ALC.*

Vaccine to help protect from Shingles

Details from Doctors Surgeries

*Available for people aged 70 - 79 at present*

Toenail Cutting Service

Jackie Manning

0845 643 4705

jackie.manning@ageuksomerset.org.uk

*British Red Cross*

***Therapeutic care service – massage; nail cutting service***

*Claire*

***01823 273707***

The Red Cross Home from Hospital Service

01823 273707

*Talk about the service.*

Brunel Care

01278 439177

**info@brunelcare.org.uk**

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

Outreach Stroke Nurse

Ian Evans

01460 243000

**Ian.Evans@sompar.nhs.uk**

*Works from South Petherton Hospital*

*Information and talk on the prevention of strokes*

Fibromyalgia Group

**http://e-voice.org.uk/fibromyalgia**

***Talks on how to cope***

**CARE INFORMATION:**

 Home Instead Senior Care

Vanessa and Noel Munson

**Room E12, Flook House, Belvedere Rd, Taunton, TA1 1BT**

01823 211121

**www.homeinstead.co.uk/tauntonwestsomerset**

Tailor-made home care packages (1:1 change of carers only if usual one on holiday), companionship, personal care. Voted No1 by Care Quality Commission.

Notaro Homecare

***Domiciliary care service providing health and social care.***

**01934 422800**

**www.notarohomecare.co.uk**

**enquiry@notarohomecare.co.uk**

**Bluebird Care**

**NHS Health Trainers**

**Lauren Simonite Yeovil/Crewkerne**

**Rebecca Pitchers Williton, Watchet, Minehead**

**Shelia Wright Highbridge & Burnham-on-Sea**

**Shelia Wright Bridgwater, Glastonbury/Street**

**Kelly Dean Taunton**

**Vickie Eva South Somerset (covers Maternity leave)**

**Megan Sheldrake Wellington/Bridgwater/Chard**

**Katy Howe Frome/Shepton Mallet**

**Paula Kedward Taunton**

**Verity Weston Bridgwater**

*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 *or*

*Zing phone 0800 412 5502 or 01460 238254 Visit the following website for further information:*

*zingsomerset.co.uk*

Somerset Alzheimer's Society

Jill Lock

*Somerset Alzheimer's Society run courses for adults across Dorset and Somerset:*

* *learning for life covering many aspects,*
* *culture courses, through our volunteer led network of Branches and Groups, the volunteers and students choose the courses,*

* *community courses that we run for and with the local community groups,*
* *health and well-being courses and*
* *employability courses.*

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

Somerset Dementia Collection of Books

Details from Libraries

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

Alzheimer’s Society Memory Cafes:

|  |  |
| --- | --- |
| **BRIDGWATER (PK)**Victoria Park Community Centre, Victoria Park Drive, TA6 7AS 10.30 - 12.30 | Fridays, fortnightly |
| **CHARD (CS)**English Martyrs Church Hall, 2 East St, TA20 1EP 10.30 - 12.30 | Wednesdays, fortnightly |
| **MINEHEAD (PK)**Methodist Hall, Lower Meadow Rd, Alcombe, TA24 6AN 10.30 - 12.30 | Thursdays, alternate |
| **SHERBORNE (CK)**Catholic Church Hall, Westbury, DT9 3EL10.00 - 12.00 | Thursdays, alternate |
| **STREET (AW)**Street Parish Rooms, 6 Leigh Rd, BA16 0HA 2.30 - 4.30 | Wednesdays, 4th in the month |
| **TAUNTON (CS)**St James Church Hall, St James Street, TA1 1JS 10.30 - 12.30 | Tuesdays, alternate |
| **YEOVIL (L)**Birchfield Community Centre, Birchfield Rd, BA21 5RL 10.30 - 12.30 | Tuesdays, fortnightly |
| **YOUNGER PEOPLE WITH DEMENTIA (L)** | Self-supporting group independently run by people with dementia and their carers - various activities planned throughout the year in different venues in the county. |

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

PK - Paul King (0788 960 4536)

CS - Carol sweeting (0785 092 8905)

CK - Cecilia Keedle- Isack (0786 059 2407)

TM – Teresa Mason 01458 251541

CM – Ceilia McConnell 07850 928906

L - Langport Office (01458 251541)

Reminiscence Learning

Fiona Mahoney

Reminiscence Learning,

The Horizon Centre

Swingbridge

Taunton

TA2 8BY

01823 323752

01823 433720

**fiona@reminiscencelearning.co.uk**

***Activities and talks from around the world focussed on reminiscence therapy—armchair travel experience.***

 General Talks – History/Local Interest/Nature

The Wheelyboat Trust (Maunsel Lock, North Newton and Clatworthy Reservoir, Taunton

**Maunsel Lock - 01278 663160**

**Taunton - 01984 624658**

**Dulverton - 01398 371372**

**Yeovil - 01935 872389**

**info@wheelyboats.org**

**www.wheelynoats.org**

***Canal boat trips for people with wheelchairs. These boats are self-operated accessible day boats available for hire for the full day 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.***

Monkey World

**0800 456600**

**apes@monkeyworld.org**

Pencil Sharpeners

 Lorna Brooks

**01749 671068**

Being Brought Up Afloat

 Jerry Wright

**01278 734584**

Fans

Mary Bouchier

**01278 422365**

Children’s Scrapstore, Taunton

**01823 331515**

**0797 191 6238**

**lisahunt@childrensscrapstore.co.uk**

**www.childrensscrapstoretaunton.co.uk**

***Safe, clean scrap that can be used as a creative resource is collected and stored for the use of members - located at Somerset College, Block B, Wellington Road,***

***Taunton, Ta1 5AX***

**Ken Burgin**

***01761 432292***

***ken.burgin@yahoo,co.uk***

***Talk and demonstration about the make up used to create realistic injuries for emergency service training and TV shows***

Memoirs of an Olympian

 Rachel Fenwick

**01823 660182**

**racheldm@talktalk.net**

*Bronze medal for archery in Montral1976, Guinness Book of Records for 9 years, European Champion for 3 years.*

School in a Bag

 Luke Simon

**01935 849160 0772 1741 623**

**Luke.simon@schoolinabag.org**

**www.schoolinaboag.org**

*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.*

Women’s Institute

Mrs J Blackie

**01823 284261 (Tuesdays, Wednesdays, Thursdays)**

***The WI has a comprehensive list of speakers available.***

Burnham Rescue Hovercraft

**01278 788614**

Edwardian Christmas

Mrs Y Bell

**01934 732050**

*(Axbridge Area)*

The Life of a Royal Marine Guard

 Martin Horler **01761 437372**

**martinfranceshorler@talktalk.net**

The Wonderful World of Glass

Dr Francis Burroughs

**01823 652500**

*Talk about Bristol Blue Glass and sight of some items from his collection - no charge just travel expenses.*

Mother of Pearl

Francis Watson

**01460 76987**

*Will bring along and talk about his collection of Mother of Pearl items.*

‘By Hook or by Crook’

Brian Phelps

**01460 234252**

**Informal and humorous talk about gypsies’ caravan tales from a Somerset copper 1934 - 1959.**

Talk on Being a Hotel Inspector

Richard Stirling

**01823 354549**

Get Set Grow

Jane Sweetman

**0773 475 3788**

**communityfood@tiscali.co.uk**

**www.somersetcommunityfood.org.uk**

*A series of 12 sessions about how to grow food with a Somerset Community Food Trainer. Groups all over Somerset with activities indoors and outdoors to get the best from the space available.*

Get Set Cook - Somerset Community Food

 Jane Sweetman

**01458 830883**

**0773 475 3788**

**communityfood@tiscali.co.uk**

**www.somersetcommunityfood.org.uk**

*Course open to everyone about cooking healthy meals to fit your household budget.*

Fans

Mary Bouchier

**01278 422365**

HISTORY/STATELY HOMES:

Longleat

**01935 844400**

*Talk about the range of activities provided at Longleat*

Talk on British Seaside Piers, City of Bath and Nooks and Crannies of Bristol

Bob Tinker

**0780 135 2741**

**tinx400@hotmail.com**

South West Heritage Trust

 John French

**01823 347452**

**john.french@swheritage.org.uk**

*Fascinating talks on the history of Somerset fossils and sea life around the coast. We deliver activity-rich sessions on 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. Subject include ‘A Sweet Tooth’, ‘Keep Calm and Carry On’, ‘Old Toys and Games’ and ‘Life on the Farm’.*

Traditional Narrow Boats

Clem and Val Pryer

**01823 282390**

**val.clem@btinternet.com**

***Talk about narrow boats including a demonstration of narrow boat art. £35***

Local Interest

Mike Bolton

**01935 427239**

**mbbolton@btinternet.com**

***Various local interest talks***

Local History

Paul Mansfield

**07811 038623**

***Talks, Power Point presentations and quizzes on local history in west Somerset.***

Blake Museum, Bridgwater

David Sebborn

**01278 451864**

***When in character, David is Parson Pascel, Rector of Chedzoy at the time of the battle of Sedgemoor. He can also be Admiral Blake’s brother (donation to museum required).***

The History of the Teddy Bear

Denise and Jack Budd

**01278 784117**

**denisebudd425@hotmail.co.uk**

DRAMA/THEATRE

Somerset Storyteller and Magician

Matthew

**01749 670014**

**0752 277 3335**

**matt@storyfeet.com**

***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.***

Drama for Occasions

Georgina Neilson-Toy

**01373 836800**

**0782 529 3837**

**george.toy@btinternet.com**

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

Life in the Theatre

Brian Saunders

**01278 769461**

***Talks about treading the boards and the famous people met on the way - £35 donation to Jessie May Trust***

CHARITIES:

Help the Heros

Richard Lupton

**rchard.lupton@helpforheros.org.uk**

***Talk with Power Point presentation, short film, very interesting talk. Donation via a collection box.***

Various Talks Raising Money for CLIC Sargent

Tony Bagwell

**01823 253186**

**fading.images@tiscali.co.uk**

Bridgwater Carnival

John Dando

**01458 833058**

Guide Dogs for The Blind

 Margaret Matthews

**01278 451553**

***Talk about puppy training for Guide Dogs for the Blind.***

DANCE:

Clog Dancing

Sarah Rudd

**01823 286933**

**0781 780 6164**

**sarahrudd1964@gmail.com**

Belly Dancing, Craft, Salsa, Gel Pen Pictures

Laura Gifford (Martock)

0773 050 8130

**email: mallen638@msn.com or thegiffys@btinternet.com**

***Various activities and talks around emotional health and wellbeing.***

Joyful Movement to Music

Gill Goodwin

**01278 734538**

Belly Dancing

Carolin Cliffe

**South Harp Farm, South Petherton, TA13 5LP**

**0771 846 1838**

Line Dancing

Joan Jay

**01278 424841**

**joanjay100@hotmail.com**

***Line Dancing sessions £3.50 - all abilities welcome at Baptist Church, St Mary’s Street, Bridgwater***

***Tuesday 11.00 - 12.30*** Chair Dancing

Soo Right

**07914 807796**

**soo@netwworked-learning.com**

***Gentle exercise and stretching with music. Frome and surrounding areas Monday (best day to book).***

Open Dance, 20th Century Art and Artists - the therapeutic Value of Creativity

Angela Wood

**01984 639050**

**angwood2004@yahoo.co.uk**

***West Somerset - £25 + transport***

***Taunton and Bridgwater area £35 + transport***

BUGS/INSECTS/WILDLIFE

Bugfest

**0797 616 9084**

**enquiries @ bugfest.co.uk**

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

Nick Wadham

**01935 433185**

**Mobile: 0793 084 7748**

**nick@bugfest.co.uk**

***Talks and presentations on bugs, reptiles and creepy crawlies. £40 per hour plus 40p per mile***

**Taunton Deane: Taunton Deane, Wellington, West Somerset**

RSPCA West Hatch Wildlife Rescue Centre

01823 480156

Secret World Wildlife Rescue

01278 783250

***Talk about the work of the rescue centre -***

***will bring animals along if requested.***

Somerset Wildlife

Den Bridel

**01823 326937**

Heaven’s Gate Animal Sanctuary

Shirley Garland

**01278 683154**

Digi-pics UK

Neil Clark

**01458 443919 0776 864 7982**

**digipicsuk@live.com**

**www.digipicsuk.net**

***Video and talk of swallows over the levels***

Birds of Prey on Exmoor

George Pile

**01643 831458**

***Will bring birds along.***

COUNTRYSIDE/TRAVEL TALKS:

Exmoor National Park

 Patrick Watts-Mabbot

**0797 372 7469**

Quantock Hills

 Patrick Watts-Mabbot

**01823 451884**

Travel Talks

Val Bannister

**01278 459344**

**email: valban17@gmail.com**

*Easter Island (much more than the ‘big heads’) and Svalbard (walrus, polar bears etc. Fee £30 (for Oxfam) plus 15p per mile from Bridgwater. OK to travel to most of county in the day and about 20 miles in the evening.*

Wishing for a Well Appeal

 Colin Martin

**01460 240257**

***Talk and slides about Kenya***

The Splendid Isolation of Tristan da Cunha

**Richard Grundy**

**01458 223540**

**enquiries@solomonsproject.co.uk**

**www.solomonsproject.co.uk**

***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.***

New Zealand/Lundy Island

 Evan Williams

**01823 289194**

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

Life in the Falklands Islands

Annabel Spencer

**01749 677902**

ART AND CRAFT:

Various Craft Activities

 Shirley Allnutt

**01984 634776**

Art Sessions

Linda Hollingshead

**0794 942 4761**

**www.lindahollingshead.co.uk**

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

Sculpture and other craft workshops

Richard Langford

**01460 77259 (Crewkerne)**

**richarddelangford@hotmail.co.uk**

Willow Weaving and Arts and Crafts

Sarah Meikle 01458 251365

**email: sarah@creative-escape.co.uk**

Willow Weaving Workshops

 Sophie Courtier

**01749 870736**

***Demonstrations, talks and short workshops - happy to travel up to 20 mile radius of Curry Rivel.***

Hogweed Pottery (Studio 3, Blackswan)

Steven Jenkins

**07718 347039**

**www.hogweedpottery.com**

*Pottery and ceramic painting - 10 mile radius local area*

Sugarcraft

Rosie Keen

**01278 733121**

**Making cake decorations from sugar - no fee - just cost of ingredients**

3D Artist

Caroline Cliffe

**South Harp Farm, South Petherton, TA13 5LP**

**0771 846 1838**

***Talks on design in metal, glass and textile***

**FAMILY HISTORY/GENEALOGY:**

Dorset and Somerset Family History Society

Pat Williams

01749 813741

**email: pat.williams14@o2.co.uk**

***Family history workshops and courses***

Genealogy (Family Trees): Mendip area only

Graham Harris

**email: graham@dove5plus.com**

**HEALTH TALKS:**

**FIRST AID**

**Gavin Churchill**

**01823 273712**

**Red Cross House Livingstone Way**

**Taunton TA2 6BD**

First Aid Courses to fit the requirements of your group – you choice 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.

Keeping the Elderly Independent

0755 253 0739

Contact The Elderly

Helen Kerr

0800 716543

Tea parties for the elderly run by volunteers in their own homes and with volunteer drivers

Usually once a month

St Margaret’s Hospice

Mark Flower

0789 461 4282

***Talk about the work of the Hospice***

**ALTERNATIVE MEDICINE:**

Herbalism

Liz Lillicrap

**01271 882179**

**liz@patcholeherbs.co.uk**

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

The Bowen Technique

Rhonda Sexton

**01643 704417**

**www.bowenwithrhonda.co.uk**

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

Herbs for Health

 Kristin Jeffs

**01749 675352**

Bones, Joints and Arthritis

 Carl Smethurst (former physiotherapist)

**01984 639177**

***Tuesdays and Fridays only***

Mind, Body ‘n’ Sole

Sheila Elliot SNHS DipPLT, SAC

0795 0734 4343

01278 238560

***Talk on foot care, demonstration on willing applicants - have a free foot treatment***

West Somerset Dowsers

Kate Fortlage

**01823 333392**

**scriptus@tiscali.co.uk**

*Please contact Kate for details of this talk. She is a very interesting lady who talks about the many ways dowsing can be used in the modern world.*

Black Cat Pot Pourri

Kate Fortlage

**01823 333392**

*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.*

Somerset Lavender (Mendip Area)

**01373 834893**

*Talk and goods to buy*

Naturopathic Doctor

 Sally Horrobin

**01643 707556**

**sally@getnatural.co.uk**

***£80 per session***

Healthy Eating

 Izzy Sylvester

**01984 633550**

***Talks/cooking which can be adapted to different groups Vegan and Vegetarian***

 ***Also does homeopathy***

REMINISCENCE:

Fashion Reminiscence

Anthea Nakorn

**0789 728 9810**

**grenfell19@hotmail.com**

Bakelite Museum, Reminiscences

Patrick Cooke

**0843 116 2344**

**CLOTHES:**

Border Fashions - Mobile Clothes Stall

 Jenny & Tony Charlwood

**01249 813359**

Mobile 0797 949 7791

TRAINING:

**Steph Steadman**

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

**Centre Phone: 01823 663000**

**Mobile: 0774 818 2464**

**smsteadman@sslcic.co.uk**

**Mendip (Community Learning only):**

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

**Andy Norris**

**Frome College, Bath Centre, Frome , BA11 2HQ**

**Centre Phone: 01373 452018**

**Mobile: 0791 954 0580**

**anorris@sslcic.co.uk**

**South Somerset: , Yeovil, Ilminster, Chard**

**Mendip - Family Learning only**

**Denise Dyer**

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

**Centre Phone: 01935 420067**

**Mobile: 0774 876 0542**

**dcdyer@sslcic.co.uk**

**Sedgemoor - Bridgwater, Burnham on Sea, Highbridge**

**Cherry Hingston**

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

**Centre Phone: 01278 426828**

**Mobile: 0789 996 1334**

**chingston@sslcic.co.uk**

MUSICAL ACTS:

**SINGALONG WITH SHELLEY**

**Michele Kaleda**

**07890 418 623**

**Equipment required:** plug point

**Performance length:** 1 hour

**Fee charged:**£60- £80 depending on distance

**Locations:**Local service covering Bath & North East Somerset, Bristol, Mendip, North Somerset, Sedgemoor, South Somerset, Taunton Deane, West Somerset (Somerset).

**Booking notice:** 2/3 days **Days of week:**7 days

Entertainers Golden Oldies:

Abby Rakes

**01761 470006**

**abby@golden-oldies.org.uk**

***Singing for fun and a chance to hear again those ‘Golden Oldies’***

Brenny Entertainer

**01458 835109**

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

Organic Rhythm Drumming Workshops:

Sharon Stone

**0796 661 3724**

***Drumming workshops for health and wellbeing***

Singing for the Brain

Alzheimer’s Society: Jill Lock

01458 251541

**somerset@alzheimers.org.uk**

***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.***

Rambling Steve: Steve Sutherland

**01984 633425**

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

Somerset Folk songs:

Amanda Boyd

**0777 243 1679**

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

***£40 - £50 per session***

**Also Mrs Price’s Parlour**

***Amanda teamed up with Windrose Rural Media Trust to write a new oral history project for the Octagon Theatre.***

[**www.mrspricesparlour.com**](http://www.mrspricesparlour.com)

Sing Along with Keyboard: Malcolm Gregory

**01458 223178**

Folk Singers: Anita and Pete MacNab

**01934 742320**

Traditional Jazz: John Dando

**01458 833058**

Airs and Graces: Helen Rose

**01935 822284 *Communal Singing with instruments***

Vela - Musical Duo: Jonathon and Rebecca

**0754 953 9137**

**0754 099 8980**

Gramophone Record Memories: Chris Wall

**0796 923 9753**

Memories of a ‘Black and White Minstrel’ in the 60s (Talk and Songs)

Ray Budd

**01823 665961**

**ray.budd28@tiscali.co.uk**

Olive Tree Theatre

**0752 776 3149**

*e provide excellent light-hearted musical entertainment. Session is approximately an hour long - 20 well-loved songs presented by 2 excellent performers.*

Berrow Bellringers

Mr Freeman

**01278 794703**

**0780 724 6930**

*Demonstration of campanology and its history - very interesting. A chance to experience hand-bell ringing for yourself too.*

**Take Art - Charity Drama**

**rose@takeart.org**

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

The Art of the Magician

Tony Griffith

**01275 835463**

**www.tonygriffith.co.uk**

**tony@tonygriffith.co.uk**

***£60 per session plus travel***

***A visual talk suitable for organisations looking for speakers***

Now and Then

Acoustic Singing Group

Dick Bateman

Dickbateman1@hotmail.co.uk

01225 873474

**If you require further information from Somerset You can Do,**

**Please phone: 01278 664180 or email: enquiries@somersetyoucando.org**

**SYcD Services is part of Careers South West Ltd Registered in England No. 3029947**

**Registered Office: Tamar Business Park**

**Pennygillam Industrial Estate Launceston PL15 7ED**