

## South Somerset Mind Mission Statement

“South Somerset Mind works towards a society where individuals who have mental health problems are accepted and included. We actively promote better mental health through all our projects and services and have a holistic approach to wellbeing and recovery”.

## Minds National and Local Aims

**Advancing** the views needs and ambitions of people with mental health problems

**Challenging** discrimination and promoting inclusion

**Influencing** policy through campaigning and education

**Inspiring** the development of quality services which reflect expressed need and diversity

**Achieving** equal rights through campaigning and education

## Help us continue the work

You can help us by...

- Volunteering
- Becoming a Trustee
- Monthly giving via standing order
- Becoming a friend or member
- Payroll giving “Pennies
- from heaven scheme”
- Community Fundraising events
- Corporate Sponsorship
- One off giving
- Gift aid
- Leaving a legacy

## South Somerset Mind is funded and Supported by

- Lottery Fund
  - NHS Somerset
  - Somerset Partnership NHS Trust
  - Somerset County Council
  - South Somerset District Council
  - Yarlington Housing Group
  - Various Trusts and private donors
- Please visit our website or contact us directly to find out more.



**A translation of this leaflet is available upon request**

South Somerset Mind is committed to and compliant with standards set through Quality Management in Mind and currently holds level one.  
[www.mind.org.uk](http://www.mind.org.uk)

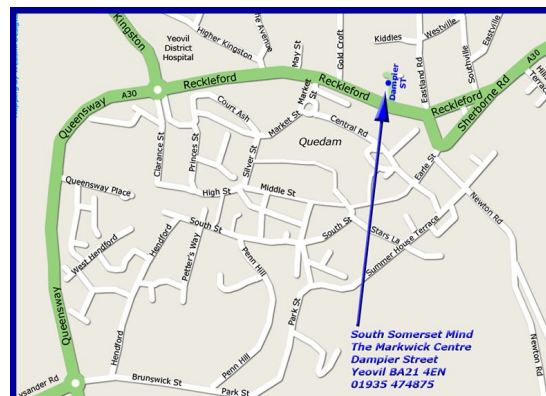
**South Somerset Mind  
The Markwick Centre  
Dampier Street  
Yeovil  
Somerset  
BA21 4EN**

**01935 474875**

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

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

**[info@southsomersetmind.co.uk](mailto:info@southsomersetmind.co.uk)**



**South  
Somerset**

**yarlington**  
building communities



**Wellbeing  
Project**

**Charity No: 1122029 Company No: 05868369**

## The Wellbeing Project...

...is funded by Yarlington Housing Group and delivered by South Somerset Mind to enhance awareness about mental wellbeing.

We will...

- Work with new and existing clients and help them to progress.
- Empower and support people to set up peer support groups.
- Promote healthy lifestyles.
- Increase knowledge of wellbeing by introducing the Five Steps to Mental Wellbeing

### Wellbeing Day

1st Tuesday of the month -Yeovil

### Wellbeing Bus Tour I

3rd Thursday of the month

### Wellbeing Bus Tour II

4th Monday of the month

To find out more about the activities and when the Wellbeing bus is coming to a place near you please phone!

## Mental Wellbeing

### Five Steps to Mental Wellbeing

Evidence suggests that there are five steps we can all take to improve our mental wellbeing. If you approach them with an open mind and try them, you can judge the results yourself.

### Connect...

...with people around you, family, friends.

### Be active...

...take a walk, play football, dance.

### Keep learning...

...sign up for a cooking or IT course.

### Give to others...

...a thank you, a smile, a kind word.

### Take notice...

...of your feelings, thoughts and the world around you.

## How to access the service

Ring to make an appointment with Annie Crossland or Lucy Rekawek on: 01935 474875 or by emailing:

[annie.crossland@southsomersetmind.co.uk](mailto:annie.crossland@southsomersetmind.co.uk)  
[lucy.rekawek@southsomersetmind.co.uk](mailto:lucy.rekawek@southsomersetmind.co.uk)

Visit the centre for our open access community day every Wednesday from 9.30am to 3.30pm

### For more information...

We can send you information by email or post or you can download forms from our website: [www.southsomersetmind.co.uk](http://www.southsomersetmind.co.uk)

- Referral form
- Activity timetable
- Annual events calendar
- Project information
- Training information
- Room hire price list
- Book shop price list

**Everybody Welcome!**