

Wellbeing Project

Funded by Yarlington Housing Group and delivered by South Somerset Mind to enhance awareness of 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

We are organising Wellbeing Days and a Wellbeing Bus Tour to provide information and advice about how to look after your wellbeing, we will also do various **FREE** activities to promote healthy lifestyles.

Wellbeing Day

1st Tuesday of the month –Yeovil from 1pm till 4pm

October: 1) Indian Head Massage wit Angela
2) Tai- Chi with Lucy

November: 1) Pilates with Gil
2) Making Ceramic Bead with Kate

December: 1) Sharing Reading Group with Monica
2) Gold Zumba with Michaela



All the activities will be held at South Somerset Mind
The Markwick Centre, Dampier Street, Yeovil, BA21 4EN
To book your place call Lucy or Annie on 01935 474875

Everybody Welcome!