

West Somerset Inclusion Project
3, Parks Lane, Minehead, TA24 5NU. Tel.01643 708765

Menu of Services

July-Aug 2010

Monday Drop-In, Minehead

10.30am - 1.00pm at The Ark Room, The Parks Baptist Church, Minehead.
For just £1 a week individuals can access a range of activities in a supportive, welcoming environment

Watchet Relaxation Group

Thursdays, 10.00am - 11.20am at Maglands Community Room, Watchet..£2.00 per session. Relaxation with Tracey Roberts, supported by Mind volunteers.
Refreshments 11.00-11.20.
This group will be closed during August, and will re-commence on Thursday 9th September.

One-to-One Support

We can help individuals to build confidence, self-esteem and motivation by offering one-to one listening support sessions, or by accompanying people to appointments or community activities, e.g. shopping, using public transport, educational and recreational activities. This is offered on a 6-8 week basis.

Cooking 4 One

This may recommence in September, please contact the Mnd Office for further details

Allotment Project

We are grateful to Minehead Town Council for allocating us an allotment at Alcombe, in order to offer people the opportunity to grow their own food and get some exercise to improve their well-being.

Meet at the Allotment- Plot 46 at Marshfield Road ,Alcombe on **Wednesdays and Thursday** between 2.00-3.30 pm.Group members will .be able to tend the allotment in their own time. Produce is available at the Monday Drop-In Group.

Relaxation Group at Minehead

Relaxation sessions with Tracey Roberts, supported by Mind.

Monday Evenings 6.00pm-7.30pm at The Parks Baptist Church Lounge.

£2.00 per session, Refreshments included.

This closes for the summer holidays on 19th July, and re-opens on 6th September.

Advice & Information

The Mind office is open for advice and information weekday morning. This includes a range of **free literature** and **free self-help guides**.

Opening times are:

Monday 9.30 am - 11.00 am

Tuesday 9.30 am - 11.00 am

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Thursday 9.30 am - 11.00 am

Friday 9.30 am - 11.00 am

Outreach

Mind Staff at Williton Children's Centre each Tuesday afternoon, 1.30-3.00 during term times, by appointment.

Mind Staff at Washford Village hall on Thursday afternoons' 1.30-3.00 during term times, by appointment.

Advocacy in Mind

Mind's Advocacy service is available by appointment

Please telephone Bethan at the Taunton office on 01823 334906 for further information..

Please do not hesitate to contact me if you have any queries.

Deborah Melmoth

West Somerset Inclusion Project Manager