



JUNE NEWSLETTER

Project Mobile Number: 07539 110 717
Thursday only (10am – 4pm)

Members Meeting – 7th June @ 11.30am

Please come along and join in at today's members meeting.

Zumba Class – 7th June @ 2pm

The members are going to 'attempt' to run their own Zumba class today. The DVD and laughs will be provided — if we can get the technology to cooperate! (This could be repeated again throughout June if it goes well. 😊)

Awareness Training Day on Peer Support – 21st June (Time TBC)

This will be delivered by friend of the project, Becky Marsh.

Anne Reflexology – 28th June @ 10:30

These sessions are always popular so please book for yourself early and on the day to avoid disappointment.

Free Courses for Over 25s

GDFconsultancy.com are offering free courses in Hurdle Making, Coppicing, Pole Lathe and Top bar Beehive making for any EU residents over the age of 25 who are currently unemployed. Let us know if you might be interested.

USEFUL LINKS!!

NHS Health & Well-being Apps

The link contains some great **free** apps/tools that might be of use to you, covering everything from healthy living, mental health, dementia, cancer, support groups etc. - <https://apps.beta.nhs.uk/>

How to measure your impact on well being -

<https://whatworkswellbeing.org/measure/>

What works well for well being, with topics such as Arts/Creative, Sectors, Unemployment, community well-being

<https://www.whatworkswellbeing.org/evidenceresources/>

Follow on Twitter!

South Somerset Mind now have a twitter page, you can follow them via

@SSomersetMind for all the latest news, newsletters,

Yurt Trip – Wednesday 6th June

The mini-bus is planned to leave at 9:30am on this Wednesday 6th June at this the Guild Hall. I *believe* this trip is all booked-up and at full capacity now, so unless you can arrange your own travel or somebody else drops out, any late interest may leave some disappointed? But please feel free to register your interest at the desk anyway.

Healthy Walks

Don't hold him to this, but if the weather's nice and he's able to, Richard may partake in a spot of healthy walking with anyone willing. No promises though!



Tea & Talk – Every Thursday from 2pm

Please come along and have a chat with a cup of tea, every Thursday from 2pm. If you have any ideas you would like to raise tea and talk is a good time!

(It's been suggested we break these up with a fun activity or keep fit routine on occasion, so your enthusiasm or suggestions are welcome!)

Folly Farm – Next Month

Just to give you all an early heads-up, our next visit is planned for the 10th of July.



Weekly Tournaments

The new weekly pool & darts tournaments seem to be going down well! Don't forget to put your name down each week!



We Need Your Ideas

We would like to hear from our members with **NEW** ideas for the New(ish) Year. What interests/hobbies do you have, could this be incorporated into WATCH? Any ideas you have discuss with Julie & Richard and you never know it could soon be happening at WATCH!