



MENTAL HEALTH & WELLBEING DAY SERVICE & COMMUNITY OUTREACH

Improving the Mental Health and Wellbeing of adults
through Empowerment, Support and Hope.

MENTAL HEALTH CREATIVE & WELLBEING WORKSHOPS

We believe creative activities can help develop transferable skills, improve confidence and give people a real sense of achievement. Individuals can build friendships in a safe, supportive environment enabling them to become more connected to their community.

Our programme of workshops and activities is varied and expanding, as we work and consult with our clients to develop a programme that reflects their needs.

We currently offer the following workshops: Pottery, Woodcraft, Creative Activities, Gardening and Wellbeing. For an up to date timetable of our workshops please contact us by telephone or email.

“ I have made a lot of progress. The regular visits help me to manage my anxiety, maintain my achievements and to look forward.”

headsupsomerset.org.uk





MEMORIES WORKSHOPS

Our Memories Workshops not only enable those living with Dementia to spend time with others in a safe, nurturing environment but provide vital respite for carers and families. Our Memories Workshops are held on a Wednesday and Friday every week, 10:00am-3pm. Activities throughout the day are very much based on individual preference and can include but are not limited to; arts and crafts, cooking, spending time in our healing garden, gardening, sharing memories and reminiscing, pottery, woodwork, singing, dancing, flexercise and Tai-Chi. From time to time we run theme days, have specialist musicians and storytellers come into the service to perform and host Silent Disco's.

Heads Up is an integral part of the Wells Dementia Action Alliance who strive to deliver the objectives of the National Dementia Declaration at a local level and support the objectives of the City of Wells, as a Dementia Friendly Community.

“ We aspire to improve the lives of those suffering with Dementia and their Carers, by enabling choice, control and opportunity in a safe and comfortable environment. ”

[01749 670667](tel:01749670667)



“ Heads Up provides a relaxed environment to rely on, in the week you can take time out and have a safe, secure place to spend your time. ”

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OUTREACH SUPPORT

By visiting clients in the community, we are able to provide practical and social support to individuals living with mental health needs, including dementia.

Our Outreach Team understand how independence skills improve a person's self-worth and wellbeing. We support those with Mental Health needs to learn and develop their life skills in order to live more fulfilling lives.

Support can include but is not limited to:

- **Shopping, meal planning and preparation**
- **Promoting physical and mental wellbeing**
- **Accessing community resources and activities**
- **Attending appointments**
- **Social support**
- **Budgeting**
- **Advocacy**
- **Maintaining and managing a tenancy.**

Support can be in your own home or in your local community and can be a one-off visit, providing respite for a particular commitment or it can be more frequent such as weekly or fortnightly. All our staff are highly qualified and experienced, with backgrounds working in the NHS, Social Care and other Mental Health Sectors. They hold recent DBS Check Certificates and receive regular training and supervision.

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OTHER PROJECTS & ACTIVITIES

LEARNING DISABILITIES CREATIVE GROUP

Our creative sessions provide a relaxed, safe space for people to express themselves creatively. We have a wealth of talent and a diverse range of crafts being created in our creative groups including painting, collage, sewing, mosaics, glass painting, felting and clay work.

CARERS GROUPS

Wells Carers Group Drop-In
at The Swan Hotel on the last Wednesday of every month from 10:30-12pm. Meet with others, share experiences over a hot drink, make friends and have some time to yourself. We have visiting speakers and we can give advice about where to access information and services available both locally and nationally.

Heads Up Connect Carers Group
at The Bishops Palace on the second Friday of every month 10:30-12:30pm. Being a carer whether for an adult with dementia, a child with specific physical or cognitive needs or, in fact, for anyone who needs extra care and support in their everyday life, can be lonely and isolating. This group hopes to address some of these issues with a mixture of social and information sessions so that we feel supported by our peers.

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TRAINING & DEVELOPMENT

Working in partnership with training providers, Heads Up is able to offer training opportunities to local individuals, businesses, organisations and carers. Training packages available can be delivered at your place of work or in our training room at Heads Up, Wells. Courses include but are not limited to Mental Health First Aid and Emergency First Aid.

WELLS COMMUNITY SHED (WCS)

WCS is a member of the UK Men's Shed Association. The Shed brings people together to socialise and be creative. It provides space, expertise and facilities for members to pursue hobbies (mainly woodworking). The main theme of WCS is furniture repair and restoration of quality furniture, along with creating projects from scratch.

For more information:
www.wells-mens-shed.uk
07468317217
wellscommunityshed22@gmail.com



ACCESS OUR SERVICE

If you think you could benefit from one or more of our services, please contact your care co-ordinator to discuss your needs and ask them to refer you. Alternatively, if you would like to make a self-referral please contact the office or download a referral form from our website.

We would advise that you visit Heads Up before accessing our services. Please contact the office to arrange an appointment.

Support us by:

- ✓ Spreading the word, tell someone new about Heads Up
- ✓ Donating at headsupsomerset.org.uk
- ✓ Donating quality items such as furniture or materials that we can use in our workshops, up-cycle or sell
- ✓ Fundraising by arranging an event
- ✓ Volunteering
- ✓ Nominating us as your Charity of the Year

Visit headsupsomerset.org.uk for more info.

“ It’s given me **confidence** to believe I can recover and thrive.”





ABOUT US

Heads Up is based in South Horrington, Wells where we provide activity based learning and development workshops for individuals with mental health needs, including adults with dementia, learning disabilities and physical disabilities. In addition to our Day Centre, we have a Community Outreach team that provide support to individuals in their own homes and the local community.

We provide support to enable individuals to establish links to their local community and in particular access information such as education, volunteering and employment opportunities. Our main aims embed and embrace the five ways to wellbeing and are to Connect, Be Active, Take Notice, Keep Learning and Give.

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