# Other community services – signposting list

This list contains information about local services available to support people affected by cancer and life-threatening conditions. Please note that we don’t run these services, or endorse them officially.

## Contents

[Bereavement support](#_Bereavement_support)

[Carers](#_Support_for_carers)

[Children and young people](#_Support_for_children)

[Cost of living support](#costofliving)

[Counselling services](#_Counselling_services)

[Covid-19 support](#_Covid-19_support_services)

[Creative activities](#_Creative_activities)

[Exercise and fitness](#_Exercise_and_fitness)

[General wellbeing, advice and support](#_General_wellbeing,_advice)

[Group support](#_Group_support)

[LGBTQ+ support organisations](#lgbtq)

## General wellbeing, advice and support

Active and in Touch (Frome area)

Our volunteers visit, help and befriend people who have become isolated or out of touch with the community around them.

We can offer ongoing befriending support to anyone who feels isolated or lonely in Frome and the surrounding villages. In addition our Volunteer drivers will help individuals make essential journeys.

Weekly arts/crafts/social/exercise groups – see website for info.

https://www.activeandintouch.org/

### Bath Mind

Counselling, befriending and a range of emotional and practical support, including supporting housing and social groups.

https://www.bathmind.org.uk/

### Wiltshire Mind

Counselling, support groups, information and mental health training.

https://www.wiltshiremind.co.uk/

### Livewell BANES

Information and signposting for a wide range of support services.

https://livewell.bathnes.gov.uk/

Citizen's Advice Bureau
Practical, legal and financial advice. Visit the Citizen's Advice website to find out more. https://www.citizensadvice.org.uk/

### Health Connections Mendip

Directory of wide-ranging sources of support and advice. Social prescribing and health promotion for a wide range of people.

https://healthconnectionsmendip.org/mendip-directory/

### Maggies.org

Our workshops, courses, one-to-one and group support help people to change the way they live with cancer.

We focus on the things that really make a difference, like money worries, help with stress and depression, managing side-effects and relationship and family support. Our support has been shown to improve physical and emotional wellbeing and to help people take control when cancer turns life upside down.

https://www.maggies.org/

Macmillan Cancer Support
If you or someone you care about has been diagnosed with cancer, Macmillan Cancer Support are here to help. Practical and emotional support, telephone buddy scheme, information about cancer types and treatments.

https://www.macmillan.org.uk/

Macmillan RESTORE
RESTORE aims to support people living with cancer related fatigue. It provides information about things you can do to help you cope with fatigue. It can also give you more confidence to manage your fatigue.

https://macmillanrestore.org.uk/

Mind in Somerset
Mind in Somerset's Mindline telephone helpline is open 24 hours a day, 7 days a week on 0800 138 1692 or 01823 276 892. They offer a range of other group and one-to-one support services - visit https://www.mindinsomerset.org.uk/ for more information.

Penny Brohn UK
Bristol area - Bristol-based charity providing holistic care, support and resources for people affected by cancer. https://www.pennybrohn.org.uk/

Samaritans - support 24/7/365 - UK wideWhatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Call 116123 or visit the Samaritan's website for other ways to get in touch. https://www.samaritans.org/

Somerset Recovery College
Somerset Recovery College run a range of free courses aimed at promoting good mental health and enabling coping strategies when life is difficult.

https://somersetrecoverycollege.co.uk/

### Tenovus Cancer Care

Practical and emotional support for people affected by cancer. Nurse-led telephone support, online community and choir and financial advice

https://www.tenovuscancercare.org.uk/support-and-information/get-support

### We Get It - Bath area

Support and information for people in Bath who are dealing with cancer. Come to a workshop, find a local resource or simply meet others who know how you feel. Your experience. Your story. Your life. https://www.wegetit.org.uk/

### Wiltshire Mind

Counselling, befriending and a range of emotional and practical support.

https://www.wiltshiremind.co.uk/

## Counselling services

Bath Mind

https://www.bathmind.org.uk/our-services/counselling/

### Wiltshire Mind

https://www.wiltshiremind.co.uk/wiltshire-mind-here-for-you/adult-counselling/

### BCPC

Low cost counselling in Bath and Bristol

https://www.bcpc.org.uk/find-a-therapist/low-cost-counselling

### Help Counselling

https://www.helpcounselling.co.uk/

Macmillan (Bupa)
Through Bupa, [Macmillan](https://www.macmillan.org.uk/cancer-information-and-support/get-help/emotional-help/bupa-counselling-and-emotional-well-being-support) are offering up to six counselling sessions, free for people living with cancer and struggling emotionally. Within days, people who are eligible can receive specialist, remote support.

https://www.macmillan.org.uk/cancer-information-and-support/get-help/emotional-help/bupa-counselling-and-emotional-well-being-support

The Counselling Directory
If you've found our website but don't live in an area where we operate, The Counselling Directory aims to connect you with professional support, listing professional counsellors and psychotherapists that you can find in your local area.

https://www.counselling-directory.org.uk/

Focus Counselling
Low-cost counselling person-centred counselling in Frome and Bath.

https://www.focusbath.com/

Mind in Somerset
[Mind in Somerset](https://www.mindinsomerset.org.uk/)'s Mindline telephone helpline is open 24 hours a day, 7 days a week on 0800 138 1692 or 01823 276 892. They offer a range of other group and one-to-one support services – visit https://www.mindinsomerset.org.uk/our-services/adult-one-to-one-support/mindline/ for more information.

Wiltshire Mind

https://www.wiltshiremind.co.uk/

## Bereavement support

Bereavement Centre
The Bereavement Centre is a leading bereavement organisation in the South of England, offering face-to-face, telephone, Skype and online support, offering free bereavement support and advice to people in Somerset, Wiltshire and Dorset, through one-to-one work, wellbeing groups and educational workshops. Call 08081 691 922 or visit www.bereavementsupportgroups.co.uk/ for more information

### WAY Widowed and Young

Support and information for those who have lost a partner under 50.

https://www.widowedandyoung.org.uk/

Cruse Bereavement SupportSpeak to Cruse about all aspects of bereavement - available by phone or web chat. Other services available.

https://www.cruse.org.uk/

Dorothy House - Bereavement Help points and support groups

The Bereavement Help Point (BHP) is a community based drop-in service, welcoming anyone who has suffered a bereavement. It’s a space to meet and talk with others who may be experiencing similar thoughts and feelings.

In 2021, Dorothy House joined forces with *Carer Support Wiltshire* to jointly run new Bereavement Help Points in Wiltshire. Together we run BHPs in Devizes, Chippenham and Corsham and Dorothy House runs BHPs in Shepton Mallet and Malmesbury. Trained by Dorothy House, volunteers at *Bereavement Support Keynsham* also now offer group support.

Bereavement Help Points are free with no referral required and no time limit on attendances. Please signpost your patients, their families and carers.

https://www.dorothyhouse.org.uk/what-we-do/groups-and-workshops/bereavement-help-point/

### Marie Curie

https://www.mariecurie.org.uk/help/support/bereavement

### The Harbour (Bristol area)

Free or partially funded counselling for people who have been bereaved or who are facing a life-threatening illness or the life-threatening illness of someone they are close to.

https://the-harbour.org.uk/

### Josephine’s Star

A small charity who offer support to children and families in Somerset who are grieving the loss of someone.

https://www.josephinesstar.org.uk/

National Bereavement ServiceThe National Bereavement Service offers practical and emotional support to guide you through what needs to be done. We can introduce the bereaved to trusted partner organisations in both private and charitable sectors, as well as provide information on the statutory requirements following loss, such as the registration of death and probate.

Brake – road safety charity

Provide support for people bereaved and/or seriously injured by road crashes. They have a victim helpline (0808 800 0401) or email help@brake.org.uk to get support from a caseworker.

Brake | The Road Safety Charity

Scard

Provide online counselling support to those beavered and/or seriously injured by road crashes and incidents. A helpline is available (0345 123 5542) and multiple other services they provide for support (check on website) including legal help and memorial events.

https://www.scard.org.uk

### National Bereavement Alliance

Useful resources for people worried about a loved one who may die before they're able to visit them.

Child Bereavement UK

Advice and support for parents or carers to discuss the possibility of a loved one dying with children and manage their own feelings.

## Support for children and young people

### Bath Mind

https://www.bathmind.org.uk/our-services/support-for-young-people/

### Wiltshire Mind

https://www.wiltshiremind.co.uk/young-peoples-counselling/

### Livewell BANES

Information and signposting for a wide range of services for children and young people.

https://livewell.bathnes.gov.uk/children-and-families

### Family Counselling Trust

Counselling and support for young people and families in Somerset, Dorset and Hampshire.

Our vision is to offer appropriate psychological support at an early stage to every family with a child or adolescent who is experiencing challenging mental health issues.

https://www.familycounsellingtrust.org/

### Feeling Good Teens

Feeling Good Teens is a free app containing audios developed from our NHS-accredited adult Feeling Good app for building mental strength.

Feeling Good Teens is for 10–15-year-olds and supports development of emotional regulation, self-esteem, resilience, and goal-focused motivation.

*Note from Babs: Although it is called Feeling Good Teens – it is actually a 4+ and the design and interface reflect this younger audience. However, the meditations and relaxations are good and still suitable for adolescents. I wouldn’t recommend it to someone over the age of 15 or 16 as it does have a kiddy-ish feel to it.*

https://www.feelinggood.app/feeling-good-teens/

### Somerset Big Tent

Support, counselling, groups and signposting for children and young people – broad criteria.

 https://www.somersetbigtent.org.uk/sbt-services/

### 2BU Somerset

2BU-Somerset provides a specialist support service serving the needs of young lesbian, gay, bisexual, transgender and questioning (LGBTQ+) people aged 11-25 across Somerset.

https://www.2bu-somerset.co.uk/

Purple Elephant - Frome Toy Library:
The Toy Library allows families to borrow from a huge range of toys and games. Become a member for just £20 per family per year (£10 for families on benefits) and you can borrow our toys for FREE!

https://www.purpleelephant.org.uk/

Purple Elephant - Small Steps/Befriending service:
Purple Elephant also run several other services to support families: ‘Small Steps’ can provide you with pre-school parenting advice and signposting. We also have a ‘Befriending’ service (via social worker or schoolteacher referral) for ages 5-12yrs in need of an online buddy-chat once a week.

Get in touch on info@fromechildrensfestival.org or phone 07960 565939

### Family Counselling Trust

A low cost, early intervention counselling service for children, young people and their families in Dorset, Hampshire, Somerset and Wiltshire.

https://www.familycounsellingtrust.org/

### Josephine’s Star

A small charity who offer support to children and families in Somerset who are grieving the loss of someone.

https://www.josephinesstar.org.uk/

## Cost of living support

### Centre for Sustainable Energy

Information and practical support on heating and insulating your home, plus signposting to additional support, hardship fund etc. https://www.cse.org.uk/advice

Citizen's Advice Bureau
Practical, legal and financial advice. Visit the Citizen's Advice website to find out more. https://www.citizensadvice.org.uk/

### Trussell Trust – food bank directory

https://www.trusselltrust.org/get-help/find-a-foodbank/

### Fair Frome

Frome’s food back. Also offers support with baby clothes and equipment and can help with finding furniture etc

### Bath Foodbank

https://bath.foodbank.org.uk/

### West Wilts Storehouse

https://www.communityactionwestwilts.org/storehouse

### Swindon Food Collective

https://www.swindonfoodcollective.org/

## Covid-19 support services

### Hospice UK

Advice for those caring for a dying relative with coronavirus at home.

https://www.hospiceuk.org/information-and-support/i-need-covid-19-advice/caring-someone-dying-covid-19-home

### National Bereavement Alliance

Useful resources for people worried about a loved one who may die before they're able to visit them.

https://nationalbereavementalliance.org.uk/keeping-in-touch-when-someone-is-seriously-ill/

Child Bereavement UK

Advice and support for parents or carers to discuss the possibility of a loved one dying with children and manage their own feelings.

https://www.childbereavementuk.org/when-you-cant-visit-someone-who-is-ill

## Group support

[We Get It](https://www.wegetit.org.uk/) - Bath area
Support and information for people in Bath who are dealing with cancer. Come to a workshop, find a local resource or simply meet others who know how you feel. Your experience. Your story. Your life.

https://www.wegetit.org.uk/

Mind in Somerset
Mind in Somerset's Mindline telephone helpline is open 24 hours a day, 7 days a week on 0800 138 1692 or 01823 276 892. They offer a range of other group and one-to-one support services.

https://www.mindinsomerset.org.uk/

### Breast Cancer Now

Monthly face-to-face support group in Bristol for people with secondary breast cancer. Online groups available.

https://breastcancernow.org/information-support/support-you/living-secondary-breast-cancer-bristol-0

### Dorothy House – community groups

A range of groups for patients, carers and family members, including an allotment group, walking, creative writing and social drop-ins

https://www.dorothyhouse.org.uk/what-we-do/community-groups/

## Support for carers

### BANES Carers Centre

https://www.banescarerscentre.org.uk/ - Bath and North East Somerset

### Carers Support Wiltshire

https://carersupportwiltshire.co.uk/ - Wiltshire

### Somerset Carers

https://somersetcarers.org/ - Somerset

### Dorothy House – community groups

A range of groups for patients, carers and family members, including an allotment group, walking, creative writing and social drop-ins

https://www.dorothyhouse.org.uk/what-we-do/community-groups/

### After Umbrage

After Umbrage - free short breaks in a Devon holiday cottage for unpaid carers of people with terminal or life-limiting conditions

https://afterumbrage.org.uk/

## Creative activities

### Fresh Arts

Fresh Arts run regular therapeutic creative activities. Email fresh.arts@nbt.nhs.uk for more information.

https://creativeshift.org.uk/our-groups

### Somerset Recovery College

Somerset Recovery College run a range of free courses aimed at promoting good mental health and enabling coping strategies when life is difficult.

https://somersetrecoverycollege.co.uk/

## Exercise and fitness

Health Connections Mendip
The team at Health Connections Mendip can offer one-to-one appointments for anyone needing guidance about health and exercise. They also hold a comprehensive database of local exercise activities and support groups, including support for people coping with the impact of a stroke, dementia, COPD or bereavement.

https://healthconnectionsmendip.org/

Mojo Moves - Rare Species
[Mojo Moves](https://www.mojomoves.co.uk/) is a social fitness phenomenon & immersive aerobics dance class brought to you by Rare Species Theatre Company, suitable for all ages and fitness levels. It combines comedy with a proper workout to great music and theme tunes from the 60s, 70s, 80s and 90s. https://www.mojomoves.co.uk/

Move Dance Feel - online dance sessions
Move Dance Feel offer online dance workshops for women affected by cancer on Monday evenings and Friday mornings.

*"As well as supporting general health through the physicality of dance; this experience is all about evoking curiosity, and offering the tools you need to reconnect and reinvent."*

https://www.movedancefeel.com/move-dance-feel-online

### Somerset Recovery College

Somerset Recovery College run a range of free courses aimed at promoting good mental health and enabling coping strategies when life is difficult.

https://somersetrecoverycollege.co.uk/

Women's breast cancer swimming group
A low-cost weekly swimming group, meeting at Kingswood School, Lansdown, Bath on Monday evenings 6.45 to 7.30pm. For more information, email Maggie Nicholson at ken\_nicholson\_uk@yahoo.co.uk.

## LGBTQ+ support organisations

### Live Through This

Live Through This exists to support and advocate for our Lesbian, Gay, Bisexual, Transgender, Intersex and Queer communities when they are affected by cancer.

https://livethroughthis.co.uk/

### 2BU Somerset

2BU-Somerset provides a specialist support service serving the needs of young lesbian, gay, bisexual, transgender and questioning (LGBTQ+) people aged 11-25 across Somerset.

https://www.2bu-somerset.co.uk/