**Activities and Peer Support.**

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| **Organisation** | **Service** | **Contact details** |
| Open Mental Health Locality Hubs | When an individual contacts Open Mental Health for support, they are referred to one of the locality hubs across Somerset. Within these hubs sits a team of professionals who together will discuss which Open Mental Health services are best placed to support a person on an individual basis. | <https://openmentalhealth.org.uk/localities/> |
| WATCH | They provide peer support and activities to isolated adults across Somerset. | <https://watchproject.org.uk/> |
| Ark at Egwood | Land based day service for people of all ages, needs and abilities. | <https://arkategwood.com/> |
| Peer Connections | Peer Connections is a free peer mentoring service that offers support to anyone aged 18+ and living in Somerset who experiences challenges with their mental health. | <https://openmentalhealth.org.uk/individuals/peer-connections/> |
| Peer Support for Individuals | Opportunities to connect with others who have had a similar experience | <https://openmentalhealth.org.uk/individuals/peer-support-for-individuals/> |
| Every Mind Matters | Expert advice and practical tips to help you look after your mental health and wellbeing, so discover what works for you. | [Every Mind Matters | One You (www.nhs.uk)](https://www.nhs.uk/oneyou/every-mind-matters/) |
| SparkIT | Help to improve the health and wellbeing of digitally excluded individuals. Provides loans of IT equipment, IT helpdesk and support in local areas by digital champions | [Spark iT | SPARK (sparksomerset.org.uk).](https://www.sparksomerset.org.uk/spark-it) Tel: 01458 550973 |
| SASP (Somerset Activity & Sports Partnership) | They provide physical activities and sport to increase health and happiness. | <https://www.sasp.co.uk>  01823 653990 |
| MIND Peer Support | They provide activities and peer support throughout Somerset. | <https://www.mindinsomerset.org.uk/our-services/peer-support/> |
| Young Somerset | They offer a range of services to support young people. They provide support to parent carers and a directory of services and support. | <https://www.youngsomerset.org.uk/parentsandcarersinfo> |
| The Reader | Shared reading groups throughout Somerset run by volunteers to bring groups of people together. | <https://www.thereader.org.uk/> |
| Somerset Nature and Wellbeing Opportunities | Directory of activities run by the Somerset Wildlife Trust | <https://www.somersetwildlife.org/somerset-nature-wellbeing-opportunities> |
| Alcoholics Anon Family Group Meetings | Groups throughout the area to support anyone affected by someone else’s drinking. | <https://al-anonuk.org.uk/getting-help/find-a-meeting/?search=2&county=Somerset> |