**Mendip Area**

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| Name | Location | **Longitude and Latitude** | **Time** | **Contact details** | **Notes** |
| The Pod Charity  Young Carers | Roots YMCA, Palmer St, Frome, BA11 1DS. | 51.22997, -2.32215 | The Zone Young Carers group meets in term time on a Wednesday evening from 6-8pm once a fortnight. | [www.thepodcharity.org.uk](http://www.thepodcharity.org.uk)  Mobile 07709 231536 | This charity supports young people and adults with additional needs, young carers and their families. |
| The Pod Charity Workshop | At Colliers Court, Manor Rd Frome. BA11 4BS | 51.22291, -2.32721 | Half Day – 10-12.30 or 12.30 -1pm = £3.  Full day – 10am -3pm =£6 | **Contact Becky to find out more – 07546781615** | The Workshop is a creative group for adults 17+ with additional needs.  Fully accessible venue. |
| The Pod Charity JAMM | Gorehedge Community Room Wesley Slope Frome BA11 1HA | 51.22835, -2.32180 | Just a Monday Meetup Session once a month for parent carers 10am – 12pm | <https://thepodcharity.org.uk/contact-us/> | Contact the Pod charity for further details |
| ASD/Additional Needs Frome Support Group | South Parade Club Frome BA11 1EJ | 51.23028, -2.32398 | Every Thursday 10-12 | uniquefromegroup@gmail.com | Support group for carers and cared for |
| Refreshing Days for Carers | The Ammerdown Centre, Radstock Somerset BA3 5SW | 51.27326, -2.41529 | Courses and events. | [www.ammerdown.org](http://www.ammerdown.org)  01761 433709. | They provide carers wellbeing days. |

**Sedgemoor Area**

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| Name | Location | **Longitude and Latitude** | Time | Contact details | Notes |
| SASP Unbreakable Men | YMCA Bridgwater, Friarn Avenue TA6 3RF | 51.12452, -3.00727 | Wednesdays 1.30 to 2.30pm | SASP Main Office 01823 653990  Email [enquiries@sasp.co.uk](mailto:enquiries@sasp.co.uk)  <https://www.sasp.co.uk/contact> | **Unbreakable Men is all about taking positive action around your physical and mental health.** |
| Rusty Road 2 Recovery | 70-72 St John Street Bridgwater TA6 5HY | 51.12807, -2.99421 | Contact for details. | info@rustyroad2recovery.co.uk | A range of workshops to suit everybody. |

**South Somerset**

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| Name | Location | **Longitude and Latitude** | Time | Contact details | Notes |
| The Balsam Centre | Address: The Balsam Centre, Balsam Park, Wincanton, BA9 9HB | 51.05554, -2.40799 | Various times and dates. | <https://balsamcentre.org.uk/>  Telephone 01963 31842  Email:info@BalsamCentre.org.uk | Their services cover all age groups, and they provide activities and health and wellbeing service. |
| Drop-in Peer Support Group at The Balsam Centre | The Balsam Centre, Balsam Park, Wincanton, BA9 9HB | 51.05554, -2.40799 | Thursdays 6.00pm-8.00pm | <https://balsamcentre.org.uk/>  Telephone 01963 31842  Email:info@BalsamCentre.org.uk | Easy to access adult peer support group for people experiencing mental distress. |

**Taunton and West Somerset**

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| Name | Location | | **Longitude and Latitude** | | Time | Contact details | | Notes |
| Young Somerset Bold and Brave | Bold and Brave shop 14 Riverside Place, Taunton. TA1 1UG | **51.01764, -3.10323** | | | Monday to Friday 9.00am – 5.00pm, Saturday 10.30 – 4.30 pm | <https://www.youngsomerset.org.uk/pages/category/bold-brave>  Call 01278 722100 | | They provide opportunities for young people and the community. |
| Young Somerset Bold and Brave | Bold and Brave Café.  Taunton library, Paul Street Taunton TA1 3XZ | **51.01373, -3.10132** | | Monday to Saturday 9.30am – 3.00pm | | | <https://www.youngsomerset.org.uk/pages/category/bold-brave>  Call 01278 722100 | They provide opportunities for young people and the community |
| Neroche Woodlanders | Young Wood, Badger Street near Staple Fitzpaine, Taunton TA3 5AZ | **50.97132, -3.05660** | | Booking required.  Woodland Wellbeing sessions Tuesdays 10am – 2pm | | | <http://www.nerochewoodlanders.org/woodland-wellbeing.html>  <http://www.nerochewoodlanders.org/book-or-contact.html> | Wellbeing and learning sessions. The sessions are designed to help people who have experienced mental or emotional distress, who feel isolated and need time to reflect. |
| Arts Hub. | Flook House, Taunton. TA1 1BT | **51.02052, -3.10647** | | Wellbeing creative sessions various times and days | | | <https://artshub.uk/>  [info@artshub.uk](mailto:info@artshub.uk) tel 01823 337477 | They run creative wellbeing and therapeutic sessions |
| Thrive  (Together, Hope, Respect, Inclusion, Voices, Equality) | The Brewhouse, Taunton. TA1 1JL | **51.01819, -3.10240** | | Join a friendly, inclusive, diverse meeting space.  Wednesdays 11am – 1pm | | | <https://diversityvoice.org.uk/>  Email communities@diversityvoice.org.uk | They offer support, advice, signposting, wellbeing, socialising, conversation and activities |