

# LOCAL STUFF

## **MIND Burnham & Highbridge Mental Health Drop-In Centre**

Are you one of the 1 in 4 of us that is affected with mental health issues? Or are you supporting someone who is? If so please come along to our free weekly, friendly drop in.

Mental Health Resource Centre is a one stop shop acting as a source information and signposting of various groups clubs and organizations in Burnham, plus a display of Mind's mental health leaflets and booklets.

We also offer a listening ear and support for people affected with mental health issues.

The service aims to ensure that people have access to the right support as early as possible.

## **Peer Support & Wellbeing Group**

***Every fortnight on Wednesday mornings: 10:00 -12:30***

The Princess Theatre & Arts Centre, Princess Street, Burnham on Sea, TA81EH

<http://mindtws.org.uk/highbridge-burnham-mental-health-resource-drop-centre>

## **Yoga On The Levels For All Levels**

Gentle yoga for beginners and improvers or for those returning to yoga or for everyone.

**Lovely | Relaxing | De-Stressing**

We are often combining Yoga and acupressure.

You will go further down the road in understanding and using for yourself certain acupressure points and meridians for general well being as well as doing a yoga practice...we sometime chant...use mudras... and always laugh...

***Hatha Yoga for all abilities...***

***Wednesdays:11:00 - 12:00 | £5.00***

***St Andrews Hall Manor Road, Burnham-on-Sea Manor Road,  
Somerset, TA8 2AS***



## **Smiling Steps | Somerset**

Day activities and 1:1 support for people with learning difficulties &/or disabilities in Somerset.

Our staff have many years of experience working with young adults and adults with:

***Autism | Aspergers | ADHD | Hyperactivity | Down Syndrome | Cystic fibrosis | Cerebral Palsy | other conditions.***

We offer a variety of leisure activities and life skills based on person centred plans and tailored to individual preferences with both group sessions or personalised 1:1 support.

We have group sessions in Bridgwater, Weston-Super-Mare, Worle and are looking to open new sessions in Cheddar, Wells and Taunton.

We work closely with parents, carers and individuals. Some of our services include transportation to & from home to day activities with our minibuses. Our ethos is to provide and promote opportunities for people with learning difficulties &/or disabilities in a safe and secure environment with lots of fun along the way!

***<http://www.smilingsteps.com> | [info@smilingsteps.com](mailto:info@smilingsteps.com)***

## **Burnham-On-Sea Woodturning Club**

Aims to promote interest in, and the development of, the art of woodturning.

Members are encouraged to develop woodturning skills through the regular monthly evening meetings at which professional demonstrators cover topics including health and safety, the use of tools and wood technology, the development of creative/artistic turning, and many other subjects that will help new or experienced woodturners to develop in a friendly and safe environment.

***Evening Club meetings: last Wednesday of each month 18:45 - 21:45***

***Methodist Church Hall, College Street, Burnham-on-sea, TA8 1AS***

Membership: £36 per year [adults] | £55 per year [families] | FREE for 14-18 yr olds.

***<http://www.burnham-on-sea-wtc.co.uk>***

## **Burnham-On-Sea Art Club**

Every Friday at the Community Centre: **10:00 - 13:00**  
**01278784032 | [petenpolly@hotmail.com](mailto:petenpolly@hotmail.com)**

## **Burnham Bereavement Cafe**

***Meets every 3rd Sunday of the month @ St Andrews Church: 16:00.***

The cafe is open to anybody who has been affected by loss and bereavement, and is a safe space to meet with others who share the journey of bereavement. This friendly group offers tea and coffee, cake, and a chance to talk with others who have been, and are experiencing bereavement. Come along to the cafe, a warm welcome awaits you.

***Rev Sharon Eldergill: 07925 089698 for more details***

## **Burnham-on-sea Crisis Support | Home Treatment Teams**

Home Treatment services are provided to people living in the community who require intensive, daily support and who may otherwise be likely to be admitted to in-patient care.

We make an initial assessment to establish each persons needs. This usually takes the form of a face to face meeting with two staff, though this may start with a telephone conversation. Important family members or carers are encouraged to be part of this assessment.

Staff aim to provide intensive home support as an alternative to admission, and also assist earlier discharge by providing intensive home support for a short period after discharge from an in-patient service.

***<http://www.sompar.nhs.uk>***

## **Octopus getset Services**

Octopus, Burnham on Sea is now part of getset Services.

We now work with children, young people and their families from 0 -19 years and up to 25 years, where the young person has a special educational need. We provide services, early help and support where it is needed. Groups, sessions and other activities, including 1:1 family support are run at/from the centres.

Setting routines | Parenting | Budgeting | Employment | Healthy Eating | Managing Behaviour Problems at School | Domestic Violence | Child Development | Coping with Teenagers  
Support with emotional problems for adults & young people | Building relationships  
Help with housing | Volunteering | Children & young people who have additional needs

***getset Octopus, Burnham on Sea, Winchester Road, Burnham on Sea, TA8 1JD  
01278 446771 | [getset-sedgemoor@somerset.gov.uk](mailto:getset-sedgemoor@somerset.gov.uk)***

## **Carers Group | Burnham-on-Sea**

We run a Carers Support Group: **10:00 - 12:00 on the last Tuesday of every month.**

**0800 31 68 600 | [carers@somersetccc.org.uk](mailto:carers@somersetccc.org.uk)  
Burnham Community Centre, Berrow Road, Burnham on Sea, Somerset, TA8 2ET  
<http://somersetcarers.org/eventstraining/carers-support-group-burnham-sea>**

## **2BU Somerset**

If you're a young person living in Somerset you may find that being lesbian, gay, bisexual, transgender or questioning your sexuality or gender identity can be difficult. The 2BU site is here to help give you some answers and some support if you feel you want it.

It's also here to help parents and teachers understand what is going on for LGBT young people.

2BU runs a youth support group for 13 - 18 year olds and it meets each week on a Wednesday. The group covers the county of Somerset and meets in Taunton. We can help with funding public transport costs. It's a great opportunity to meet other young people like you.

There is also a login area of this website that enables young people access to a members area. It lets them communicate in a safe secure area, where group activities and information specific for the group is hosted.

***andrew@2bu-somerset.co.uk | lisa@2bu-somerset.co.uk***  
***<https://www.2bu-somerset.co.uk>***

## **Burnham On Sea & Highbridge Men's SHED Society**

The essence of a Shed is not a building, but the network of relationships between the members.

Here at Burnham Mens Shed our activities involve making, or mending wood (e.g. carpentry, joinery, turning, carving, whittling, marquetry, furniture, renovation) but may include bike repairs, gardening, electronics, tool renovation, boat renovation, IT help, model engineering (model railways, planes) and even building a car. Reclamation, up-cycling, reuse and restoration will feature.

***Tues & Thurs: 9:45 - 12:45 & 13:35 - 16:45***

### **Women's SHEd**

Due to the success of the upholstery course there is now a women's SHEd which will be held on the **3rd Monday of every month**. Many different projects will be tackled from building a bird house to brick laying. The first session was a great success with all participants giving their thoughts for future sessions

***<https://www.burnham-mens-shed.club>***

# Connecting with Nature Offers New Approach to Mental Health

A report published in February 2016 shows that taking part in nature-based activities helps people who are suffering from mental ill-health and can contribute to a reduction in levels of anxiety, stress and depression.

The report, 'A review of nature-based interventions for mental health care' [also called Ecotherapy or Nature Therapy ] suggests making greater use of green care to help people suffering from mental ill-health. The new review was commissioned by Natural England from the University of Essex and Mind, the UK's leading mental health charity.

## Green Time: Nature Therapy for ADHD Children & Adults

'Children with ADHD who play regularly in green play settings have milder symptoms than children who play in built outdoor and indoor settings. This is true for all income groups and for both boys and girls. Interestingly, for hyperactive children, the apparent advantage of green spaces is true only for relatively open green settings.

Conclusions: These and previous findings collectively suggest that it is time for randomised clinical trials testing the impacts of regular exposure to greenspace as a treatment for ADHD.'

***From 2011 study 'Could Exposure to Everyday Green Spaces Help Treat ADHD? Evidence from Children's Play Settings'***

***[<http://onlinelibrary.wiley.com/doi/10.1111/j.1758-0854.2011.01052.x/full>]***

## Ecotherapy

The name given to a wide range of treatment programmes which aim to improve your mental and physical wellbeing through doing outdoor activities in nature. Connecting with nature in this way can have lots of positive health benefits.

***[www.mind.org](http://www.mind.org)***

## Green Spaces near you...

### Apex Leisure & Wildlife Park

A wildlife park with lakes in Burnham On Sea to learn from experience that they can help things to grow, and eat the result in some cases. They also learn from the fact that sometimes things don't work out, but next year you can try again. Covering over 42 acres, Apex Leisure and Wildlife Park offers visitors a chance to relax away from the bustle of Burnham's shopping centre and beach.

#### Gentle walks

A picturesque, gentle walk around the lake is marked out with a level footpath. This should take no more than 40 minutes to complete at a medium pace.

Swans and ducklings at Apex Leisure and Wildlife Park For those who want a longer amble, walk via the tree planting areas to the River Brue then turn right and the path leads along the river to the southern end of Burnham's sea front.

**Small boats** are moored in the river and, if the tide is high (check tide times here) during summer months, it can be interesting to watch them set sail and head downstream to join the River Parrett and the Bristol Channel.

#### Children's Play Area

A traditional style play area is designated for toddlers and juniors which is reflected in the varied items of equipment. This includes swings, a slide, a roundabout, seesaw and a tyre swing. For more adventurous older children and adults there is a trim trail which runs parallel to the footpath around the lake. It has various pieces of keep fit apparatus at intervals along its length.

#### Skate Park

A skate park at Apex is located in the south east, adjacent to the Children's Play Area. It is a floodlit, open access facility which consists of a Quarter Pipe and Fun Box ramps with Grind and Curb rails.

#### BMX Biking

The Burnham Tigers have been leasing a biking area at the edge of Apex Leisure Park for over six years. The club meets on Tuesday and Thursday nights and Saturday afternoons with an annual membership fee required. For details contact Burnham Tigers BMX Club via the Tourist Information Centre on 01278 787852. The track is considered by the British Cycling Federation to be one of the best venues in England for BMXing.

#### Picnic spots

Picnic tables are situated by the car park, or for a more peaceful setting, you can picnic on the grass further into the park. Please remember to place any litter in the bins provided or take it away with you.

#### Radio Controlled Boating

The Radio Controlled Boat Club meets every Wednesday evening during the summer and most Sunday mornings all year round at Apex Leisure Park. Boats include graceful yachts, power boats and trawlers. Competitions are held on a regular basis. Sedgemoor Model Boat Club can be contacted via the Tourist Information Centre **on 01278 787852.**

## **Berrow Sands**

Part of a 6½ mile long sandy beach reaching from Burnham-on-Sea to Brean Down. The shore is fine sand at the top, backed by dunes. Lower down, the beach is deep mud, and signs warn against venturing too far down. Swimming is only allowed for approximately 2 hours either side of high tide - at other times a red flag is flown. The sea is a consistent muddy brown colour, and uninviting. The remains of the Norwegian barque, the SS Nornen, wrecked in 1897, can be seen to the south at low tide.

Behind the dunes is the coast road, with numerous paths across the dunes to the beach. Lifeguards and Beach Wardens patrol in summer. Dogs are allowed at all times, but must be kept under control. Parking is on the sand, and vehicles must adhere to the 15 mph speed limit. Motor cycles and learner drivers are not allowed. The gate onto the beach is open from 09.00 until 20.00 daily.

Facilities here include toilets, drinking water and a pub / restaurant. There are numerous camp sites and holiday parks in the vicinity.