

**Engaging with our communities**

**6** wellbeing walkabouts raising awareness among  
**338** businesses in towns across Somerset

**70** hours spent supporting people seeking asylum at weekly sessions

" Today we felt like humans. You treated us with love, care and respect. We felt like we were important. "  
Attendee, Consultation Event for People Seeking Asylum

More than **100** surveys distributed to displaced people and migrants to learn more about their experiences of mental health services.

Over **100** people signposted into Open Mental Health services



**Physical activities offer**

**Veterans:**

- 30** Bootcamp fitness sessions
- 10** Sports activity sessions
- 3** Conservation days

**People seeking asylum:**

- 4** Half term activity sessions
- 4** Adult's activity sessions
- 2** Health and wellbeing walks
- + sports equipment provided



**Connect** **Give**  
**Take Notice**  
**Be Active** **Keep Learning**

**Five Ways to Wellbeing**

- 13** adapted courses delivered to communities
- 155** people attended Train the Trainer sessions

" I felt very welcomed. Really informative and it was nice to have everything emailed over after each session. "

**Five Ways to Wellbeing course attendee**



**2** laptops provided for asylum seekers to access Talking Therapies online

**15** adults supported by the 'Be Heard' Autism Advocacy Project

- 4** Received practical support with their home lives
- 1** Received social support to access services
- 5** Received support in the work place
- 5** Received support with health and wellbeing appointments

**20** Open Mental Health Champions recruited

- 5** Are fluent in a language other than English
- 2** Are unpaid carers
- 1** Is a wheelchair user
- 1** Has ADHD
- 1** Is partially sighted

