



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

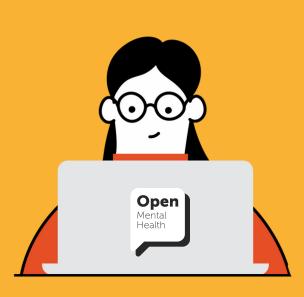


Five Ways to Wellbeing

- adapted courses delivered to communities
 - 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

- 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

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

sparksomerset.org.uk openmentalhealth.org.uk

Diversity Voice culture & community

in partnership with

