



Somerset Association of Local Councils (SALC) are working with Somerset Council Public Health to help support Somerset's city, town and parish Councils to actively engage in and deliver, Community Health & Wellbeing projects locally.

The Community Health & Wellbeing Programme is about us helping you to support your communities to live happier and healthier lives.

Community Health & Wellbeing Grants Awarded

60 Grants from £600 to £35,000

TOTALLING OVER £565,000

48* to individual councils

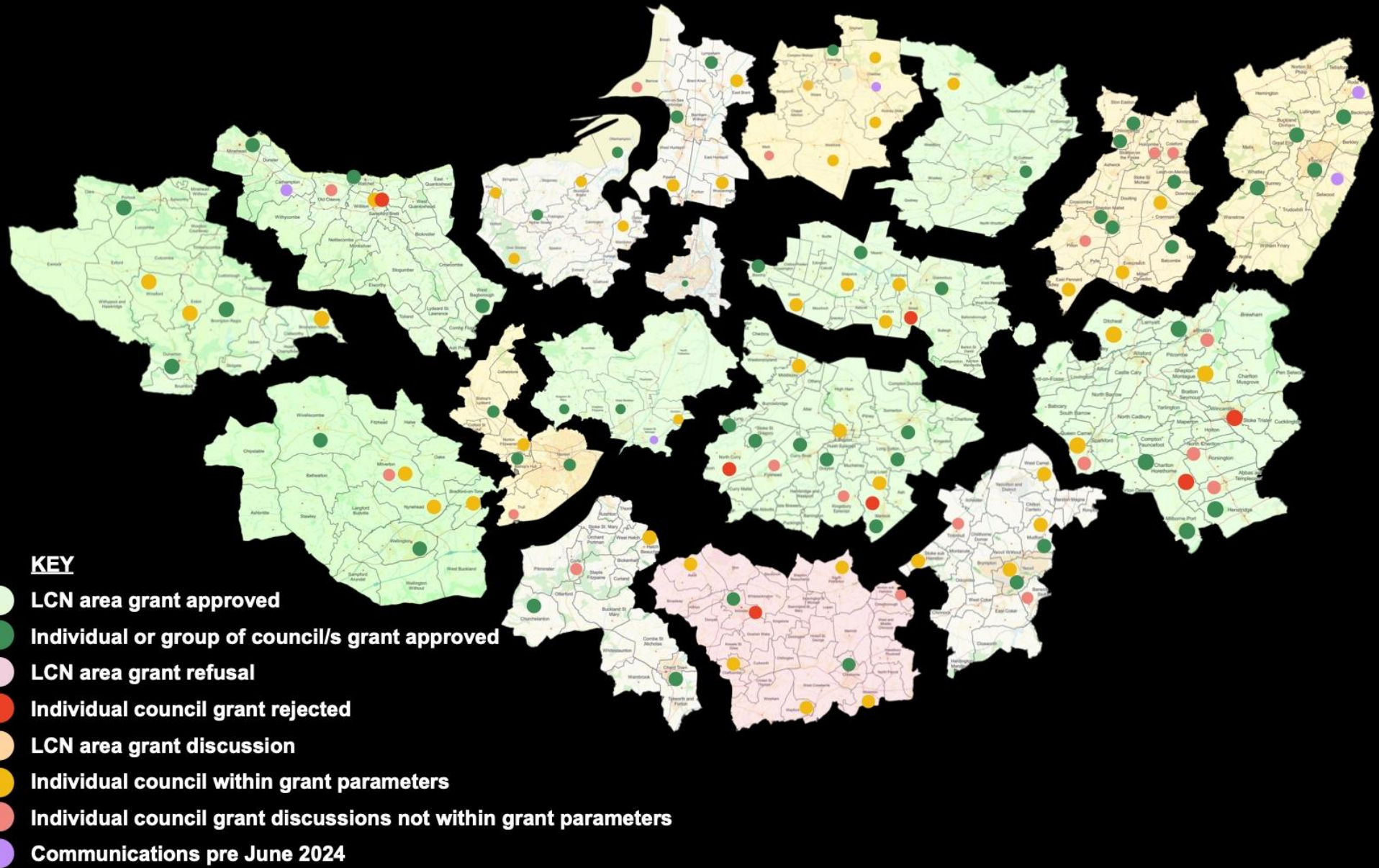
8* to Local Community Networks

- representing 169 separate parishes

Which means well over 50% of Somerset parish, town or city council areas have benefited from Community Health & Wellbeing Grants

(*4 Seed/Scoping grants were awarded followed by project grants)

SALC - Community Health & Wellbeing Mapping May 2025





Young People

Wells & Rural LCN (via Wells City Council) - Rural Youth Provision (scoping)

Hestercombe LCN (via West Monkton Parish Council) - Children & Young People Project

Minehead & Watchet LCN - Children's and Young People Health and Wellbeing Project

South East Somerset LCN - Youth Outreach Project

Bruton Town Council - Youth Provision Enrichment

Minehead Town Council - Stronger Together: A Wellbeing Project for Minehead Middle School

Shepton Mallet Town Council - Youth Consultancy Research Project





HYPE (HESTERCOMBE YOUNG PEOPLE EVOLVING)

BACKGROUND

- **HESTERCOMBE:** 8 Parishes ranging from:
 - **LARGEST:** - North Petherton Town Council : pop.10K + , 2170 <15s
 - 6 x Parish Councils – Broomfield ; Cheddon Fitzpaine; Creech St Michael; Kingston St Mary; Thurloxtan; West Monkton
 - **SMALLEST** : Durston -Parish Meeting –pop. 68, 11<15s
- SALC Community H&W Main Grant towards the HYPE Project
- Match-funded by the LCN's seven councils from their 2025/26 Precept, based on the number of young people under 15 in their parish



Analysis

Sport, food and drink, trips and socialising were top priorities for Yr 6 students at West Monkton primary

The themes identified suggest a strong inclination towards being active, social bonding, and imaginative play beyond traditional clubs



Aims of Project

Understand youth provision across the LCN, the gaps and the barriers to provision (from both YP and Councils) and to hear from our young people about their needs.

Protect the provision already in place.

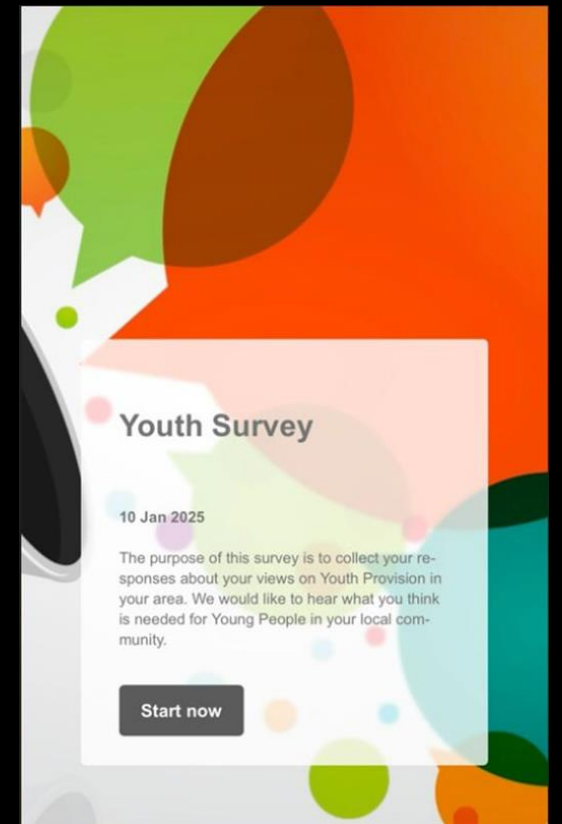
Establish activities young people identify with to gauge their impact and how well they would be supported in practice

To improve the life chances of young people across the LCN, offering them opportunities to build resilience, enjoy informal learning and keep them safe, healthy and well-supported into adulthood.

RESEARCH

The research element of the project to establish young people's needs has included:

- Surveys
- Detached street work
- BoomBox (a youth club in a van)
- Drama sessions in primary schools (Yr 6) with Somerset Youth Theatre



ACTIVITIES

Term time activities being delivered at the hubs:

- Art - Go Create
- Dance – Adosalove
- Multisports – SASP
- Spoken Word / RAP – TYCA

- Boom Box to continue during holidays
- SYT to continue with YR6s in other schools



Outcomes For Our Young People

Offering ALL Young People across the LCN the chance to:

- feel that their voice is heard
- feel a connection to their local community
- have improved social connections with their peers
- participate in a range of activities to broaden horizons
- be physically active
- develop resilience and cope with stressful situations
- achieve their potential through:
 - improved confidence
 - communication & relationship skills
 - planning and problem solving skills
 - mental health and wellbeing
 - positive behaviour including reduced anti-social behaviour.



FINALLY...

The intention is to build a model that will continue to engage young people, based on their expressed needs, which demonstrates positive impact and is sustainable **beyond the life of the SALC grant.**

South East Somerset (SES) Local Community Network Youth Initiative

Judi Morison co chair & Castle Cary Town Council Councillor
with Tim Carty Milborne Port Chair of Council

- SES LCN pilot covering Milborne Port, Wincanton, Bruton & Castle Cary and 35 small parishes in between

First job after getting to know Parish & Town Councils was to undertake a questionnaire about what facilities were in each area

The questionnaire showed that there was a need to address ASB in most areas and a desire to provide young people with meaningful activities

- Gained some funding to undertake a feasibility study in the areas where the need appeared to be greatest - Milborne Port, Wincanton Bruton and Castle Cary

Engaged a youth work provider Youth Connect South West based in Bath but had recently been successfully working in Henstridge Feasibility study area was extended by request from some smaller Parishes. Sparkford & North Cadbury were included Youth Connect produced an extensive report based on their outreach. They talked to young people, their parents and stakeholders.

The reports also included some costed models of delivery to consider

What then?

- So it wasn't easy! The most difficult bit was appointing youth workers!
- Finally the project started in May with a lead experienced senior Youth Worker, a new Youth Worker and an assistant.
- These staff work all areas with differing assistants
- They spent the first few months in the summer undertaking street work then outreach on the sports field from their youth van
- Now they are mostly buildings based running activities such as cooking, games, sport and they are beginning to establish their provision in their areas
- We got there but we aren't complacent and realise that the three year contract will continue to give us challenges and of course sustainability is an issue.

We are extremely grateful to SALC's Health & Well-being fund

Without this funding we would have found it very difficult to commit to a contract for 3 years

The impact of youth work

- Yr 9 young man who is small for his age. Finds it hard to to make appropriate friendships as he is goaded by his peers to misbehave. This has extended to stealing a money donation box from a local charity shop which he was encouraged to do by 'mates'. Lots of issues with school attendance. The police return him home regularly. His language and behaviour (which extended to spitting) were unacceptable. He smokes & drinks alcohol. He never misses youth club where he eats lots of food.
- **He is encouraged to share his issues with youth leaders who talk about the consequences of his behaviour. The leaders feel that they are developing a non-judgemental, trusting relationship that helps him to gain some insight as to the effects of his behaviour.**

Issues that the team is dealing with:

Lack of food - they even take gas cooking ring to cook outside in Wincanton!

Vaping, weed smoking and moped riding underage.

Making young people feel comfortable enough to share information - one young person revealed he is in care in Bridgwater and attends one of our schools

Several young people attending alternative education provision or being home schooled

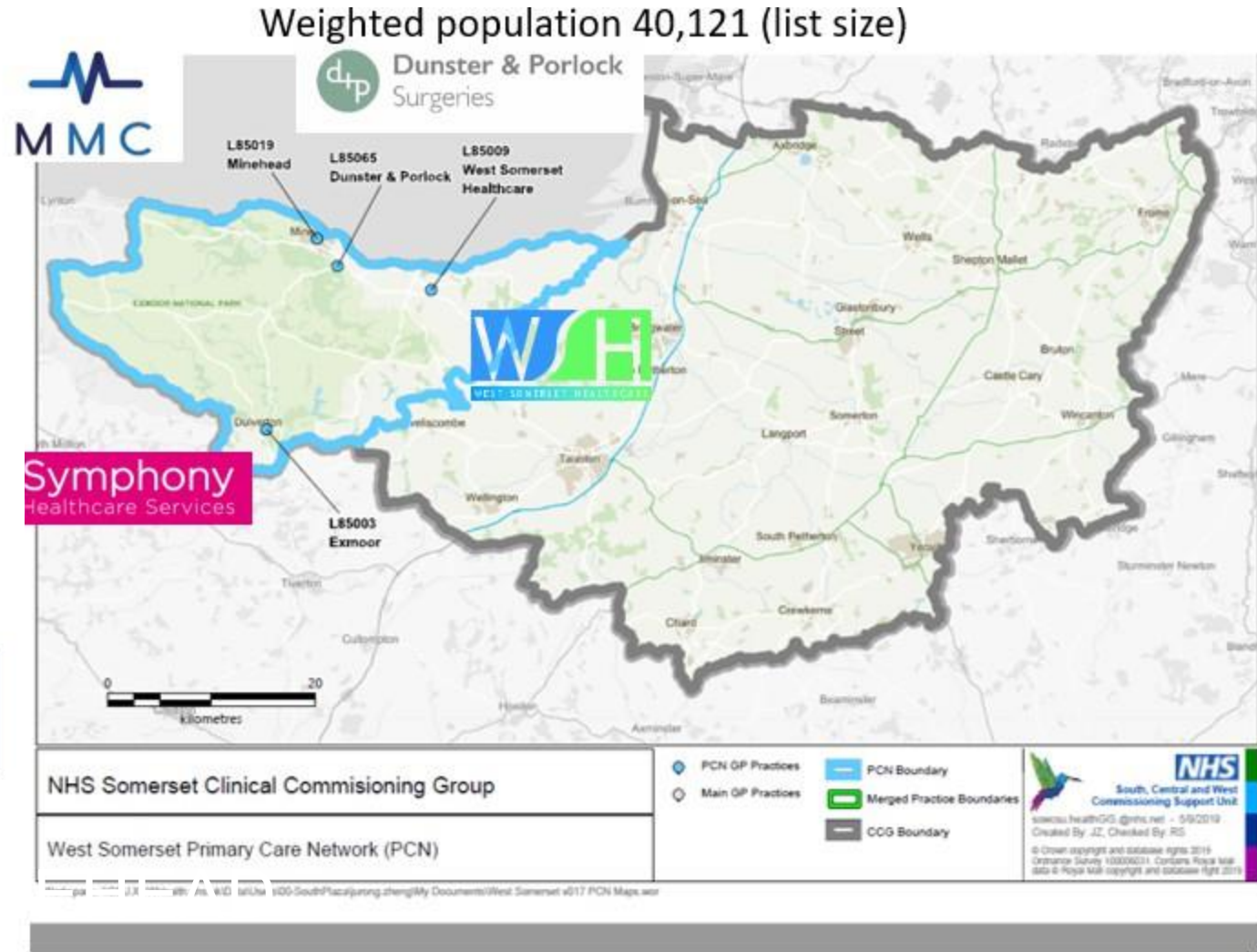
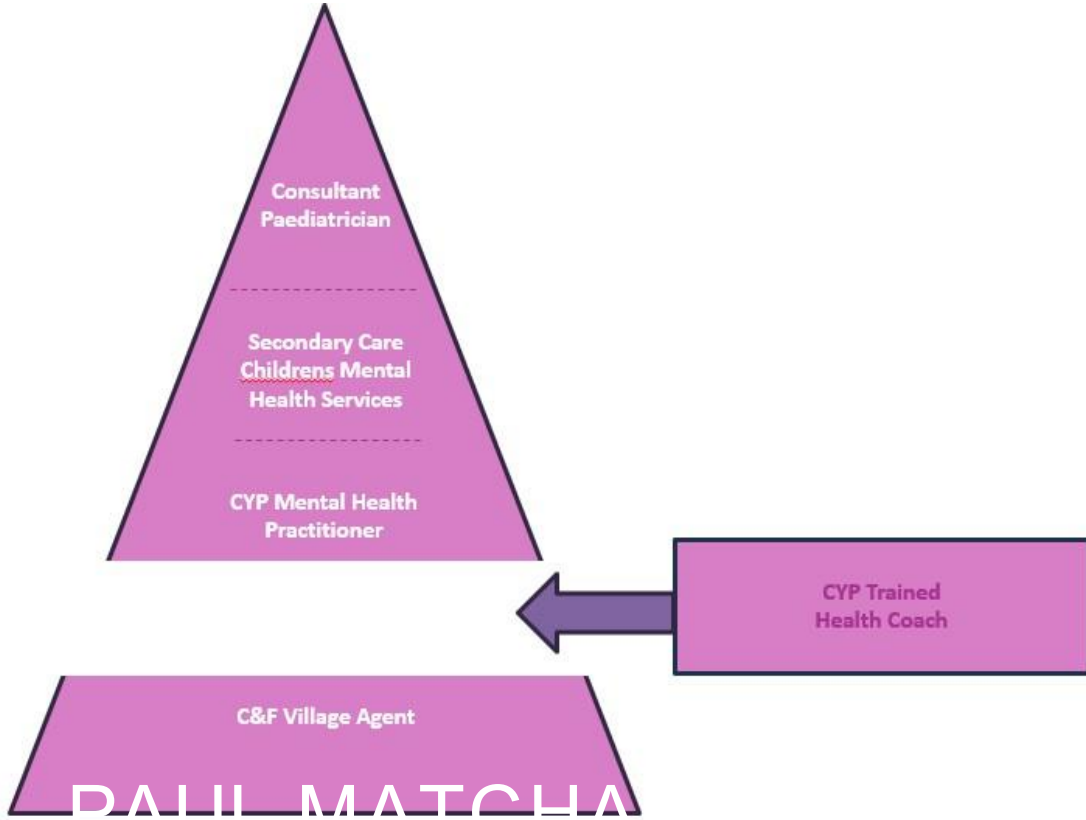
Many young people are neuro-diverse.

What really helps:

Local information from the PCSOs about current ASB issues

Relationships with their Parish/Town Councils - Clerks and Councillors

Sharing publicity and schools being positively on board.





35

REFERRALS

6

AVERAGE NUMBER
OF SESSIONS PER REFER
ALL

1165

NUMBER OF TIMES YOUNG PEOPLE
ENGAGED WITH THE HEALTH COACH
THROUGH UNIVERSAL SETTINGS

PAUL MATCHAM, CEO | MINEHEAD EYE YOUTH SERVICES

CASE STUDY

AGE 14

- Referred due to conflict at home and anger issues
- Used Mindful Emotion Coaching (Hand Model, stress-response education) Built emotional literacy and coping strategies
- Outcomes: improved relationship with mother, better school attendance, enhanced daily wellbeing

CASE STUDY

AGE 11

- Referred after sudden school non-attendance
- Initial sessions combined physical activity +emotional support
- Linked with school staff and professionals for ongoing support
- Outcomes: returned to school, improved confidence, better friendships, increased activity, happier overall



PAUL MATCHAM, CEO | MINEHEAD EYE YOUTH SERVICES



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Community Hubs, Events & Engagement

West Bagborough Parish Council - Enhancing Community Cohesion & Wellbeing

Glastonbury Town Council - St. Dunstan's House
Community Health and Wellbeing Centre and local Mental
Health Wellbeing Support

Meare Parish Council - Meare Spring Community Event

Wellington Town Council - Kings Arms Community Hub

Porlock Parish Council - Porlock Old School Centre
Community Hub

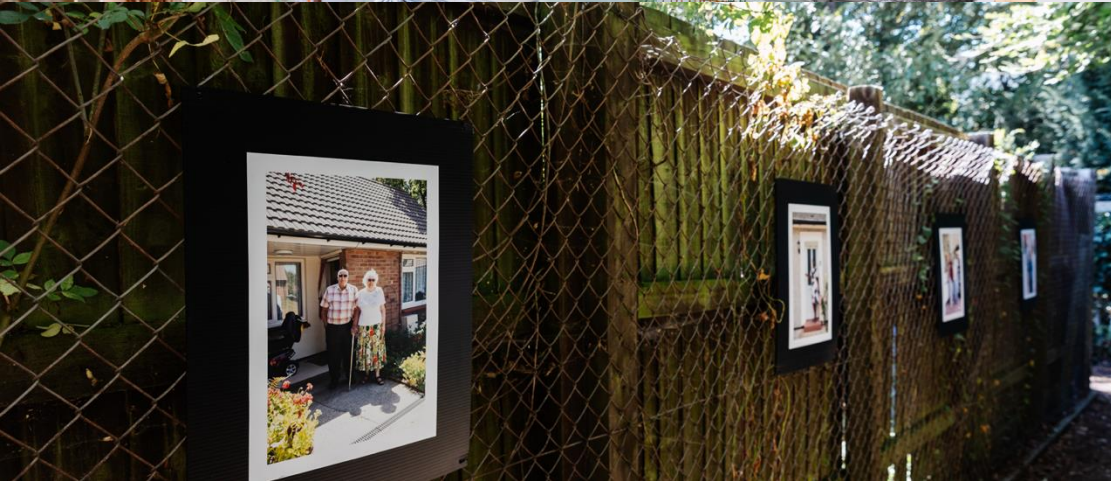
Taunton Town Council - Town of Sanctuary Project

Lympsham Parish Council - Chatty Hour

Somerton Town Council - Community Shed Project

Chilcompton Parish Council - Chilcompton Family Day





Community Plans, Surveys & Information

Frome Town Council - Adventures in Your Neighbourhood in Frome & Chard

Chard Town Council - KIND Information Network Directory (KIND)
Chard: Communities, Connections, Services all in one place.

Chilcompton Parish Council - Health & Wellbeing Survey

Martock Parish Council - Community Support Working Together
Viability Exercise

Charlton Horethorne Parish Council - Community Plan

Beckington Parish Council - Community Plan

Mudford Parish Council - Community Plan

Batcombe Parish Council - Community Plan

Milborne Port Parish Council - Community Projects and Community
Plan for Milborne Port

The Environment, Food & Growing

Bawdrip Parish Council - Bawdrip Community Garden

Henstridge Parish Council - Henstridge Allotment Improvement

Nunney Parish Council - Old Quarry Gardens (OQGs) Zen & Sensory Community Garden Mini Refurbishment

Exmoor LCN (via Dulverton Town Council) - Moorland Foodbank Food Resilience

West Monkton Parish Council - Community Garden Project

Bishops Hull Parish Council - Allotment Project

Crewkerne Town Council - Bincombe Beaches project

Curry Rivel Parish Council - Cookery Skills Project

Leigh on Mendip Parish Council - Green Socialising Spaces

Lyng Parish Council - Community Garden

Churchstanton Parish Council - Sustainable Farming on the Blackdown Hills National Landscape

Stoke St Gregory - Heart of the Village (Stoke St Gregory) Limited Meals

Yeovil Town Council - Allotments for All





Creative Bridgwater: Your Voice in Arts and Heritage

Help shape the future of creativity
and heritage in our town

Bridgwater Town Council is creating a
Cultural Strategy to guide the future of
creativity in the town.

This means better support for music, heritage,
arts, events, workshops, and community spaces.
... and we want to hear from you.



Art, Creativity & Culture

Bridgwater Town Council - Animating
Bridgwater

Otterhampton Parish Council - Otterhampton:
Growing Together

Axbridge Town Council - Axe Vale Arts centre,
Trial Activities and Events

Nether Stowey Parish Council - Village Stories

Brompton Regis - Crafting Connections

Wellington & Wiveliscombe LCN - Together in
Tone – A musical collaboration for Wellbeing

Community & Public Transport + Active Travel

Avalon & Poldens LCN (via Glastonbury Town Council) - *Step, Ride, Thrive*

Drayton Parish Council - Drayton Link Active Travel project

Iminster Town Council - Community Transport Consultation

Bishops Lydeard & Cothelstone Parish Council - Bike Safety Project

Burnham-on-Sea and Highbridge Town Council - Active Travel

Buckland Dinham Parish Council + other parishes - Frome Missing Link - between Selwood Manor and Spring Gardens

Kingston St Mary Parish Council - KSM –Taunton Active Travel Route

St Cuthbert Out Parish Council - Active Travel Community Day (Wells Eco Week)



**STEP, RIDE
THRIVE** ACTIVE
TRAVEL
PROJECT





Physical & Mental Wellbeing

Levels & Moors LCN (via Langport Town Council)
Loneliness Scoping Project (scoping)

Wiveliscombe Town Council
Health and Wellbeing in Wiveliscombe

Dulverton Town Council
Walking Football

Long Sutton Parish Council
Table Tennis and Boules Project

Watchet Town Council
New Community Sports and
Recreational Initiatives in Watchet

What next?

Our grant programme has closed to applications. But Fodo & Lilly are still here to support parish, town and city councils with any projects related to Health & Wellbeing.

We have expertise in a number of fields including:

- Community Plan Development
 - Event Organisation
 - Fundraising
- Developing Connections

AND we have a small amount of funding to help with the above – ideally for smaller parishes.

BUT we're here to work with all councils.

If you need us get in touch

Fodo & Lilly



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