

Enhanced Access South Somerset West PCN

South Somerset West PCN have partnered with Somerset Activity & Sports Partnership (SASP), to deliver free community based physical activity sessions on Saturdays for registered patients.

After a fantastic launch in Somerton this January, we've just wrapped up two more courses in Martock — and the results are looking amazing!



This course has been brilliant and has really given me as great start to improving fitness in a relaxed and sociable group. A key ingredient for the success of this course for me has been Claire's approach, no pressure but lots of encouragement which has spurred me on to keep exercising as well as in the classes. This approach means that the whole class has been motivated to continue their fitness journey which is a real credit to her teaching style. I think that this class is a great springboard to promote community health.

-Alison



"This course has helped me to take more responsibility for my own fitness level and has shown me that I can improve my fitness even at my age."

-Derek



"I left the classes with my mind feeling energised and happy, body feeling toned and more flexible and breathing calmly. It's a great way to improve fitness in a supportive and sociable environment."

-Karen

Active Ageing - Standing



Active Ageing - Seated



of completers
rated this course
5 out of 5



Gary and Stella share their story...

After struggling with weight gain, loss of fitness, and low self-esteem due to osteoarthritis in my knees, I (Stella) found myself giving up activities I loved - like horse riding and long walks. It was frustrating and knocked my confidence, impacting my overall wellbeing. Following knee surgery, I received vital support from NHS physiotherapy, which helped with my recovery.



Since October 2024, I've also been supported by a Health Coach at Church Street Surgery, whose guidance has played a key role in my continued weight loss and motivation. I joined a 6-week programme, funded by the surgery, designed for older adults. It offered chair-based exercises to improve strength, tone, and flexibility. Held in a welcoming community space, the sessions brought together people facing similar challenges. Our trainer Clare was incredibly kind and supportive, celebrating every small achievement and encouraging us to work at our own pace. Her positive energy made me want to keep improving. **Thanks to these classes, I've progressed to standing and floor exercises. My mobility and flexibility have improved significantly.**

Where I once trailed behind my husband (Gary, pictured) on walks, I can now keep pace with him. We both now attend aqua aerobics weekly and feel the benefits, physically and mentally. I'm even back to riding my horses and managing my physical job with greater ease. I've reduced my reliance on pain medication and feel much more like myself again. **These classes have transformed my life, and I'd encourage anyone to give them a go.** There's always time to sit, but while you can move, make the most of it—and continue the effort at home to maintain the progress.

This project continues throughout the year in Stoke-Sub-Hamdon, South Petherton, Crewkerne and Ilchester. Your GP surgery and SASP are committed to providing local movement opportunities for residents to promote independence and wellbeing. For further information, contact:



Becky Bostock - Senior
Project Officer for Health



rbostock@sasp.co.uk



www.sasp.co.uk

