Primary Care Network	Initial
Bridgwater	B
CLICK	C
Frome	F
Mendip	M
North Sedgemoor	NS
South Somerset East	SSE
South Somerset West	SSW
Taunton	T
Taunton Deane West	TDW
Tone Valley	TV
West Mendip	WM
West Somerset	WS
Yeovil	Y



Health Programmes with SASP

OCTOBER 2026

Key

One to One

Paid

Place Based

Group

Free

Home Based

NHS

sasp Somerset Activity & Sports Partnership

A table of SASP programmes focussing on moving more for improved health and wellbeing in Somerset. Programmes are suitable for adults and those living with health conditions.

For more information, please click on the individual programme heading.



Health Programmes with SASP

OCTOBER 2026

Programme	B	C	F	M	NS	SSE	SSW	T	TDW	TV	WM	WS	Y
Enhanced Access		✓					✓		✓		✓	✓	✓
Health & Wellbeing Appointments	✓								✓			✓	
Health & Wellbeing Groups	✓								✓			✓	
Somerset Health Walks	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
In It Together	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Move 2 Independence	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

NHS

sasp Somerset Activity & Sports Partnership

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Health Programmes with SASP

OCTOBER 2026

Programme	B	C	F	M	NS	SSE	SSW	T	TDW	TV	WM	WS	Y
Move to Include	✓							✓					✓
Moving Mums	✓												
Park Yoga (Summer) Yoga (Winter)					✓			✓				✓	
ProActive	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
The Beach Wellness Gym												✓	
Unbreakable Men (in person)	✓						✓	✓	✓			✓	

NHS

sasp Somerset Activity & Sports Partnership



Health Resources with SASP

A list of resources available to adults and those living with health conditions in Somerset.

For more information, please click on the individual programme heading.

Programme	Falls Prevention	Fit for Surgery & Beyond	Love to Pedal	Move More With Bands	Take Time Exercise Videos	Unbreakable Men App	Walk Your Way
Suitable For	All Adults	All Adults	All Adults	All Adults	All Adults	All Adults	All Adults
Setting							
Cost			£				
Group Size							
Important Info	Digital resources, can be printed if required	Digital access required	Digital resource, can also be printed if required	Digital resource, can also be printed if required	Digital access required	Digital access required	Digital videos or mapped booklet of inclusive walks

NHS

sasp Somerset Activity & Sports Partnership