

# Enhanced Access South Somerset West PCN

Somerset Activity & Sports Partnership (SASP), in partnership with South Somerset West PCN, are delivering free community based physical activity sessions on Saturdays for registered patients.

Two successful courses have already been completed in Somerton and Martock. In May and June, courses were taught in the beautiful Stoke-Sub-Hamdon Memorial Hall. Post course, participants reported improved activity levels and confidence.

How much time in an average week do you spend moving in ways that leave you feeling slightly warm and out of breath?



How would you rate your ability (knowledge, skills, and confidence) to manage your own health and wellbeing? (1 not able, 4 very able)



  
"I was blown away when the group gave me some flowers and sung happy birthday to me on my 50<sup>th</sup> birthday. I love teaching the Saturday classes, seeing the group improve, feel better about themselves physically and mentally, and seeing them make friends with other participants. They now have their own what's app group and regularly go for coffee. I think the social connection has been one of the biggest successes."

-Claire (Enhanced Access Instructor)

