

# ENHANCED ACCESS SOUTH SOMERSET WEST PCN

In January 2025, South Somerset West PCN partnered with Somerset Activity & Sports Partnership (SASP), to launch free community based physical activity sessions on Saturdays for their registered patients.

What did participants think of the first two 6x week courses in Somerton ('Meno-Fit' and 'Active Ageing')?



"We all feel we have benefited enormously from it and feel fitter for it. We now also have the knowledge of the exercises which can all easily be done at home and honestly make you feel better."

Jane - Active Ageing Course

"Being able to chat it all through is worth its weight in gold, sometimes you feel like it's just you that's going through it and suffering in silence!"

Madaline - Meno-Fit Course



19 Patients Booked In



80% Completion Rate



92%

of participants post course said they had improved or maintained the amount of time they were moving every week.



84%

said they had improved or maintained their confidence accessing suitable movement opportunities.

This project continues in Martock in March, then 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:



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