



SASP Programme Guide

2025



Enabling active lives for all

SASP PROGRAMME GUIDE



 www.sasp.co.uk

 enquiries@sasp.co.uk

 SASPsomerset

 Somerset Activity & Sports Partnership - SASP

 Somerset Activity and Sports Partnership

 SASP - Somerset Activity & Sports Partnership

Our vision is to...

“Achieve healthier and happier communities in Somerset through physical activity and sport”

We inspire and enable positive life choices through sport and physical activity and we do this by:

- Providing accessible opportunities locally for all ages and abilities, prioritising those who are least active.
- Addressing inequalities and removing barriers to physical activity and sport.
- Supporting clubs, communities, schools and the workforce to embrace physical activity.
- Bringing together organisations and partners to create positive change to enable active lives for all.



 This document provides an overview of programmes/projects and includes links to the website and specific emails for further details. **Hover your mouse over the programme name to go to our website.**

This guide is updated twice annually, please contact Grace for the latest version on gcolman@sasp.co.uk



Somerset Moves
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DISABILITY INCLUSION

 SASP Inclusive Sport

 enquiries@sasp.co.uk



Move to Include



A person with a disability can be nominated (or nominate themselves) to receive support to access a community club or activity based on their interests & needs. Supported by programme connectors.

Fit For Work



A 10 week course for adults with a disability to get ready for employment. Focusing on fitness, functional movement and team sports, to prepare participants physically as well as develop soft skills such as team work, communication, resilience and self management.

Get Active Together



Opportunities for families to take part in activities together, with disabled and non-disabled siblings sharing experiences and having fun together. Takes place through school holidays.



Parallel School Games

This is the inclusive strand to The School Games programme and aims to deliver inclusive school sport opportunities to all young people.



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CHILDREN & YOUNG PEOPLE

COMMUNITY

 enquiries@sasp.co.uk



Jump Start



High quality, trauma informed, young person-centred alternative provision across Somerset. Supporting young people to take steps to a positive future with the support of mentors and community provision.

Connect Somerset Champions



Champions are there to join up public services and connect to the VCFSE sector; improving the efficiency of how these services work together. enabling residents to get the help they need and get it early.

Suicide Prevention



Support for people aged 16-25 years old who are at risk of self-harm and suicide. Our 1-2-1 support provides opportunities to feel more positive about themselves, through providing fun, safe and purposeful environments using sport and physical activity.

Happy Healthy Holidays



Enriching activities provided across Somerset, including food, for children eligible for benefits related free school meals during the school holidays.

 [Happy Healthy Holidays Somerset](#)

 hvh@sasp.co.uk



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CHILDREN & YOUNG PEOPLE



EDUCATION

 enquiries@sasp.co.uk

Create Development Partnership



Training and resources supporting primary schools, to create positive relationships with physical activity for pupils, teachers and families. Delivered through SASP.

 createdevelopment.co.uk

Jump & Thrive



Jump and Thrive is a school support program designed to enhance children's wellbeing, engagement, and self-regulation through physical activity. It offers strategies, training, and resources to help staff foster active and inclusive environments, aiming to improve learning, behavior, and overall wellbeing.

PE & Sport Conference/ Skills For Sport



Training and support for PE teachers and school staff, and students. Skills for Sport programme included to upskill community workforce delivering in schools and at holiday provision.



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EDUCATION

 enquiries@sasp.co.uk



School Games Organisers



This offer includes festivals, competitions, and leadership programmes for children and young people across Somerset. The four areas covered are:

- Sedgemoor & Mendip
- South Somerset
- Taunton & West Somerset

School Rugby Manager



The project seeks to enhance inclusivity and engagement in Rugby Union for young people by addressing perceptions and promoting participation in schools. RFU School Rugby Managers will develop sustainable programs, train staff, provide inclusive opportunities, and facilitate smoother transitions to clubs.

School Streets



Five selected schools will take part in project whereby roads outside a school become a temporary pedestrianised and cycle area during the 'school run'.

Thrive Time



Thrive Time aids schools and providers in offering quality wraparound childcare and enrichment. It fosters inclusive environments for children's development by providing guidance, training, and ongoing support. This structured assistance enhances services, accelerates progress, and ensures sustainable, high-quality care for children, families, and schools.



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 enquiries@sasp.co.uk



The Beach Wellness



A gym facility in Minehead that offers exercise on referral, classes, gym provision and support for local people.

-  The Beach Wellness
-  Beachgym@sasp.co.uk

Clubs 4 All Training



Training to support and upskills sports clubs working with people who have additional barriers to participation. These workshops cover topics such as: Disability awareness, ACE's, trauma & attachment theory, restorative practice & LGBTQ+ awareness.

Safeguarding for Clubs

Through the appointment of a Sport Welfare Officer, SASP are supporting clubs to promote good practice and safe sport for children, young people and adults locally. This assistance can cover many topics including: volunteer roles, meeting safeguarding responsibilities, connecting with other club welfare officers or assisting you to grow your knowledge and skills.



Social Sport

A range of social opportunities for adults to get active. This includes mixed rounders leagues, netball leagues, senior football sessions and other seasonal opportunities.



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Moving Mums



Healthy lifestyle support including resources such as free videos, courses, low cost classes and advice available from SASP for all pregnant women and mums in Sedgemoor.

 [MovingMumsSomerset](#)

In It Together Somerset



Offers physical activity and well-being opportunities to encourage Women of any age (16+) to increase their activity levels. We want to help Women find ways to be active that are right for them, whilst being inclusive and accessible, and giving them the confidence to try something new.

 [In It Together Somerset](#)
 inittogethersomerset.co.uk

Netball Leagues



Spring, Summer & Autumn social netball leagues in Taunton.

 [SASP In It Together Social Netball League](#)



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Park Yoga



Connect to nature with free outdoor yoga sessions every Sunday in Taunton (May - September). Open to people of all ages, backgrounds, and abilities. Indoor provision through October - April.

Unbreakable Men



Raising awareness around Men's Mental Health, and positively impacting men's mental and physical wellbeing through physical activity. Support available through App, community sessions and Facebook.

 Unbreakable Men



Community Engagement - Funding

The Movement Fund, alongside others, is a new funding service offering crowdfunding pledges, grants and resources to enhance physical activity opportunities for individuals and communities in need.

Somerset Coast Place Partnership

Part of Sport England funded initiative, this aims to combat inactivity and promote physical activity in communities with the greatest need. It is one of 80 selected areas in England, covering the region from Porlock to Burnham, including Bridgwater.



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HEALTH & WELLBEING



 **SASP HEALTH & WELLBEING COACHES**

 healthenquiries@sasp.co.uk

Support for people with long term conditions to access physical activity in order to promote and protect their health. SASP have health coaches in the following Primary Care Networks (PCN's):

- Bridgwater
 - ✉ healthandwellbeingBW@sasp.co.uk
- West Somerset
- Taunton Deane West

Groups run by our health coaches to help those with similar needs to access specific support, as well as getting support from others with similar experiences. These include pain management, women's wellness, diabetes, weight management to name a few.

Supporting people through their GP to access free physical activity in order to promote and protect their health, during evenings and/or Saturdays. SASP work with community providers in the following PCN's:

- As above, plus...
- Chard, Ilminster & Langport (CLICK)
- West Mendip



Health & Wellbeing Coaches



Health & Wellbeing Groups



Enhanced Access



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HEALTH & WELLBEING



 healthenquiries@sasp.co.uk

Physical activity on referral supports people living with health conditions to become more active in a safe & structured environment, within their community.

 proactivesomerset.co.uk

 proactive@sasp.co.uk

ProActive



Somerset Health Walks



Walks take place on a regular basis for all ages & abilities lead by trained walk leaders all over Somerset.

 Somerset Health Walks

 walks@sasp.co.uk

Move 2 Independence



Support programme through activators and friends and family for those getting back to living well at home, following discharge from hospital.

 move2independence@sasp.co.uk



Through partnerships with Somerset NHS Foundation Trust and Somerset Integrated Care Board and Primary Care Networks, SASP also offer support with Community Appointment Days, Group Clinics and resources for people to get fitter for surgery as well as life beyond.



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HEALTH & WELLBEING

SELF MANAGEMENT

✉ healthenquiries@sasp.co.uk



Love to Pedal



A chair cycling programme enabling people to cycle whilst riding along to filmed bike rides of Somerset, or favourite TV programmes!

Take Time Videos



Exercise videos which allow everyone to work at their own pace, at any time or place which suits them. The videos include gentle movements which can be adapted as ability and preferences allow.

Falls Prevention Resources



Support that includes resources and videos to reduce falls in adults by improving strength and balance. Includes Stronger 4 Longer and ideas for activities within care settings

Walk YOUR Way



Walking which can be enjoyed in person by visiting our mapped routes using our booklet, or at home with our virtual offer, ideal for those unable to travel or living with health conditions that may be unpredictable.

Move More with Bands

Seated & Standing



A resource providing a great introduction to low impact resistance exercise, improving your strength and balance, and allowing you to work at your own pace. Seated and Standing. Bands not included.

Active Workplaces



Free resources that can be used in the workplace to energise and motivate colleagues to move more. Annual games event delivered in 2 locations, with online challenges available.

🌐 www.saspchallenges.co.uk





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SASP CORE



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Communications & Campaigns

Campaigns to challenge perceptions around physical activity.

Impact & Learning

Internal and external insight, data monitoring and evaluation support and implementation for SASP and Somerset Moves strategy.

Volunteering



Recruiting and managing volunteers across our programmes
Programmes providing volunteering opportunities will have this badge.

Workforce

Upskilling internal staff, and providing external training opportunities for communities and professionals to thrive, often through funding and bursaries. This also includes providing supported internships.

Somerset Moves Strategy



SASP is the strategic lead for delivering the system wide, multi-agency strategy for the development of physical activity and sport across Somerset, alongside other partners.

Safeguarding

SASP is committed to providing safe, enjoyable activities and sporting opportunities for young people and adults at risk across all our programmes.

Equality, Diversity & Inclusion



ED&I is considered the 'golden thread' that runs through every facet of our organisation – our policies and procedures, our communications, and the way we interact.

Pathways to Employment

A structured, work-based supported internship programme for 16 to 24 year olds, providing real life work experience at SASP and other placements.



Somerset Moves Activity Finder



One stop shop for all physical activity opportunities for Somerset residents

