



Somerset Activity and Sports Partnership (SASP) is the Active Partnership for Somerset. Our vision is to create healthier and happier communities in Somerset through physical activity and sport.

A guide for free (*unless noted) countywide programmes and resources to help adults and those living with health conditions stay active and live well.



Somerset Health Walks is a programme of volunteer-led walks. They offer a range of social group walks across the county, catering for different levels and abilities.



Move 2 Independence is a home-based programme supporting people to regain fitness and independence following discharge from hospital.

***Available up to 6 weeks only**



ProActive is Somerset's physical activity on referral scheme. ProActive is a referral-only programme supporting people with health conditions to become more active in community facilities.

***Rates apply**



Enhanced Access provides community-based physical activity opportunities at designated times (typically Saturdays) for registered patients with low-risk health conditions.

***This service is only available with specific GP surgeries in Somerset.**



Walk Your Way offers a downloadable walking route booklet, with walks across the county. You can also join in our virtual walks at home, with a selection of locations.



SASP Health and Wellbeing Coaches offer one to one and group coaching for people wishing to make healthier lifestyle choices.

***Only operates in specific areas of Somerset.**



Somerset Moves Activity Finder is an online tool for all of the physical activity opportunities for Somerset residents as well as professionals and volunteers working with them.



Fit for Surgery is an online resource that provides you with ways to boost your overall fitness and wellbeing in preparation for surgery, as well as life beyond this.



Unbreakable Men takes positive action around men's physical and mental health. Sessions are in-person and online, an app is also available.

**in-person in selected areas only*



Falls Prevention is supported with resources and information to help adults stay strong and steady to prevent falls.



In It Together Somerset offers physical activity and wellbeing opportunities to encourage Females 16 yrs+ to increase movement and confidence.

**Rates apply*



Love To Pedal is a chair cycling offer, using pedal exercisers and a choice of 10-30 minute bike rides, that have been filmed across Somerset to bring it to life!



Move More with Bands offers two resources (seated or standing) developed to support people with resistance exercises using a band, to boost strength and wellbeing.



SASP Take Time is a collection of movement videos to support improved fitness, mobility, strength and wellbeing.



The Beach Wellness in Minehead, West Somerset, is primarily a rehabilitation specialist gym run by SASP. It offers safe, inclusive exercise to those with health conditions. **Rates apply*

Also providing free Beach Yoga on Sunday mornings during the summer months.



Yoga in the Park takes place from May - September. Just turn up, breathe in the fresh air, and move with us.

**Only available in Bridgwater, Burnham-on-Sea and Williton*



Move to Include supports disabled people with their transition into a community sports club or physical activity. Nominations can be made by individuals, professionals or families.

**Currently available in Bridgwater, Taunton and Yeovil*



Park Yoga takes place in Vivary Park from May - September and at The Albermarle Centre from October-April. Just bring a mat!

**Only available in Taunton*



For more information about SASP's health and wellbeing programmes, please get in touch.

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