



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.**



Moving Mums supports families to stay active through pregnancy and parenthood, with inclusive, child-friendly sessions.

***Rates may apply
*Only in Bridgwater**



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.



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.



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.

07305 049840

healthenquiries@sasp.co.uk

www.sasp.co.uk/health

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

*Rates apply



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*Pedals can be purchased



LOVE TO PEDAL

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WHAT WE OFFER



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

This resource details all the programmes and resources we have available to help older adults and those living with health conditions to move more and live longer better.

Fall Prevention Falling at home or outside increases with age. Information along with strength and balance videos are available to raise awareness and help reduce peoples' risk.



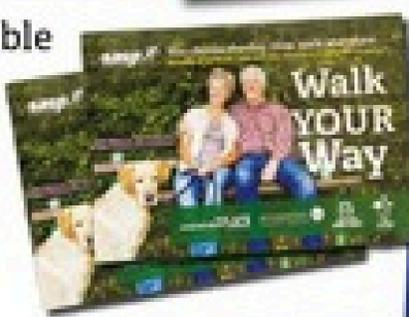
Love to Pedal

Love to Pedal is a chair cycling opportunity using sets of loaned pedal exercisers and a DVD or online bike rides of Somerset to bring the cycling to life!



LOVE TO PEDAL

Walk your Way is a short, adaptable walking offer with a booklet of 10 mapped routes across Somerset. A virtual and DVD option is available for those who wish to participate at home watching filmed walks of Somerset.



SASP Take Time is a collection of online videos from 2 mins to an hour's full body exercise programme with seated and standing options.



Somerset Health Walks is a county programme of volunteer led walks in communities across Somerset, catering for beginners through to more intermediate level walkers.



SOMERSET HEALTH WALKS
#MOVEMORE

Move More Together matches volunteers with older adults who need support with accessing movement opportunities, whether this be at home, outside or in community settings.



Move More with Bands
A seated or standing resource that builds strength and balance through resistance band exercise.



ProActive is the physical activity on referral scheme for Somerset, where health and fitness professionals can refer individuals to accredited facilities to participate in prescribed exercise sessions to support a range of health conditions.



For other activity groups and classes near you, please visit the Somerset Moves Activity Finder: <https://somersetmoves.activityfinder.net/>

For more information about SASP's health and wellbeing programmes, please visit www.sasp.co.uk/things-to-do

Or email healthenquiries@sasp.co.uk or phone 07305 049840.



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.

This guide details all the free, countywide programmes (*unless specified) and resources we have available to help older adults and those living with health conditions to move more and live longer better.

WHAT WE OFFER

Somerset Health Walks is a programme of volunteer-led walks.

The various levels cater for everyone.



Move 2 Independence can support someone with getting back to living well at home, following recent discharge from hospital. Offering movement visits in the home along with a range of activity based resources.



ProActive is Somerset's physical activity on referral scheme. ProActive helps people living with health conditions to become more active in a safe and structured environment.

*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 only operates in specific areas of Somerset.



Move More Together is a programme designed to encourage inactive adults over 50 to move more, through the support of a friendly volunteer.



SASP Health and Wellbeing Coaches support people with long term conditions to access physical activity in order to promote and protect their health.

*This service only operates in specific areas of Somerset.





Falls Prevention

Information, videos and resources to help older adults increase strength and strength, and reduce the risk of falls.



SASP Take Time



A selection of movement videos aimed at people new to exercise, those with limited mobility, specific health issues or painful joints, people who wish to get more active during the working day as well as anyone looking to keep strong, flexible, fit and well.

Move More with Bands

Two resources (seated or standing) developed to support people with resistance exercises using a band to boost strength and wellbeing.



Love To Pedal

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



LOVE TO PEDAL

Walk Your Way

A short, adaptable walking offer with routes mapped across Somerset. A virtual option is available for those who wish to participate at home.



Fit for Surgery

Provides you with ways to boost your overall fitness and wellbeing in preparation for surgery, as well as life beyond this.



SCAN ME

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

Phone Number: M21 mobile
email: healthenq
website: things to do