

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.

Three successful courses have already been completed in Somerton, Martock and Stoke-Sub-Hamdon. In June and July, courses were taught in South Petherton. Post course, participants reported improved activity levels and confidence.



21

Patients Booked In
Standing - 12 / Seated - 9



100%
Completion Rate



I wanted to say how much I'm enjoying it. Each week has been different, and Claire gives plenty of options to make each exercise harder or easier. I have complete faith in her ability to teach me safely and appropriately. I've also found her very approachable, which for me being anxious is really important. Thanks for the opportunity.

-Sarah (Enhanced Access Participant)



After week 3 I managed to walk to the class instead of drive. I've loved meeting new friends and getting out the house at the weekend.

-Enhanced Access Participant



After my mat work, my aches and pains do go away, I've even joined a Pilates class now too!

-Enhanced Access Participant