

## Stay Safe and Happy Holidays from the SDAS Team

Welcome to your client newsletter, dedicated to helping you maintain good health during the holiday season. We've included upcoming events, activities and emergency contacts that can help you stay connected to your community and support network.

Follow us on Facebook, Instagram & Twitter as we will share more events as find them! @sdasdigital



### Taunton

- Monday 18th December to Friday 22nd December. Taunton Open Door (1a Mount Street, TA1 3QB) will be offering festive meals every lunch time. They are offering 'sacks of smiles' - emergency/festive rucksack including over trousers, wind up torches, hand warmers, drinks and treats etc.
- Tuesday 19th December @ 12pm to 2pm, SDAS hub Christmas drop-in for food and refreshments
- Monday 25th December, Christmas Day Dinner, Wellsprings Community Church, call Tiff on 07896677998 [www.wellspringscommunitychurch.org.uk](http://www.wellspringscommunitychurch.org.uk)
- Wednesday 27th December @ 11am to 12.30pm, SDAS PSI Online Session
- Thursday 28th December @ 11am to 12.30pm SDAS Face to face, PSI sessions

### Yeovil

SDAS Christmas Safe Space Drop-ins

- Wed 20th @ 11am to 2pm plus Christmas Carols
- Thurs 21st @ 11am to 2pm plus Christmas Carols
- Fri 23rd @ 11am to 2pm plus Christmas Carols
- Wed 27th @ 11am to 2pm
- Thurs 28th @ 11am to 2pm
- Fri 29th @ 11am to 2pm
- Sat 30th @ 11am to 3pm
- Wednesday 27th December, 11am to 12.30pm, Online Teams PSI sessions
- Thursday 28th December, 11am to 12.30pm Face to face, PSI sessions



### Chard

- FREE Christmas Dinners available for collection. Please call G on 07899298137 to order and arrange collection/delivery.
- FREE Cookery Courses with free cooking equipment e.g., Air Fryers, Slow cookers etc Please call G on 07899298137 to book onto the next available course.
- Thursday 14th December @ 10am – 4pm The Chard WATCH Christmas Party. Quiz, free buffet lunch, music, raffle and also a prize for best fancy dress (if you're feeling brave)! Contact us on 01460 12119 or [info@watchproject.org.uk](mailto:info@watchproject.org.uk) if you have any questions or dietary restrictions. <https://watchproject.org.uk/>
- Thursday 14th December, @ 12 – 2pm. Abri Community Christmas Party Chard Youth Club, with Abri housing Association

### Frome

- 25th December - Big Christmas Get Together. They will be providing a welcoming space with lunch and entertainment for our guests from our local community on Christmas Day at Trinity Church Hall, The Cricket Club and The Key Centre. Register to attend [www.bigchristmasgettogether.org](http://www.bigchristmasgettogether.org)



## Shepton Mallet

- Mondays, Wednesdays, and Fridays from 10am - 1pm Grace Harris House (24 Town Street, Shepton Mallet) is a warm space and offers signposting support and help with job hunting, UC and Housing Benefit.
  - Sat 2nd December, Hot Chocolate and Chat. Join us for a friendly chat, hot chocolate, and light refreshments!
  - Thursday 7th December 5.50pm to 8.30pm Holiday Baking. Join us for a friendly atmosphere and try your hand that making mince pies and decorating cookies. Supplies provided.
  - Wednesday 13th December, 5.30-8.30pm Wrap & Wrap. Bring your holiday presents to wrap and make a Wellness Recovery Action Plan (WRAP)
  - Wednesday 20th December 5.30 - 8.30pm Holiday Party. Wear your most festive holiday outfit and join us for holiday crafts, games. Music and treats!

## Wells

- Mondays, Wednesdays, and Fridays from 10am - 1pm. YMCA Brunel Group - Spencer House in Wells (21 Chamberlain Street) is a warm space and offers signposting support and help with job hunting, UC and Housing Benefit.

## Bridgwater

- Wednesday 6th December, 5.30 -9pm, Nelsons Trust Client pamper evening, 14 Kings Square, Bridgwater, TA6 3DG
- Thursday 14th December, 12-3pm, Nelsons Trust, Client Christmas Lunch, 14 Kings Square, Bridgwater, TA6 3DG

## Taunton Foodbank

- Fri 22nd Dec, Closes at 12pm
- Mon 25th & Tues 26th Closed during bank holidays.
- Wed 27th, Thurs 28 & Fri 29th Dec Open 10am & 12pm
- Mon 1st Jan, Closed
- Tues 2nd Jan, Open again as normal

Food boxes will have Christmas items in, in the weeks leading up to Christmas.

## Wellington Foodbank

- Thurs 21st Dec at 3pm Closes after their session
- Thurs 28th Dec Open between 1 and 3pm
- Mon 1st Jan Closed
- Thurs 4th Jan 1pm to 3pm Open again as normal

## Emergency Contacts

### Crisis Safe Space

If you or someone you know struggles with an out-of-hours mental health crisis this Christmas, book a session with the Crisis Safe Space team. Mindline remains open to offer support every day 24/7.

Somerset  
**Mindline** 0800 138 1692  
Somerset's 24-hour mental health helpline. 01823 276 892

- Fri 22nd Dec, Face-to-face sessions in Glastonbury, Taunton, Yeovil & Bridgwater from 6pm until 11pm
- Sat 23rd Dec to Mon 1st Jan, Remote service available via phone or Zoom - Somerset wide from 6pm until 11pm.
- Tues 2nd Jan, Face-to-face sessions in Glastonbury, Taunton, Yeovil & Bridgwater from 6pm until 11pm

### Shout Text: 85258 Website: <https://giveusashout.org/>

Is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

If you struggle to pick up and ring to ask for help, you can contact Shout via text on the number below. SHOUT will work with you to find ways to help you access the support you have in place as well as other forms of support available to you. They will also contact emergency services or social services if needed.

### Somerset Domestic Abuse Service [www.somersetdomesticabuse.org.uk](http://www.somersetdomesticabuse.org.uk) 0800 6949999 (option 2)

Support for male and female victims, perpetrator course, support for children and young people

Our helplines will be open 9am-1pm Christmas day and bank holidays.

Normal opening hours on other days, help lines available 8am-8pm

