

Support Available Post Pulmonary Rehabilitation



Costs

Please contact the organisations directly to discuss the cost of any sessions.

Psychological Support

Talking Therapies

An NHS service to help support you through difficult times. Please ask your GP for a referral or refer yourself by completing the referral form online.

 www.somersetft.nhs.uk/somerset-talking-therapies

 0300 323 0033

Support Information

Somerset Age UK

Provides good resources and information on exercise classes in: Mendip, North Somerset, Sedgemoor; West Somerset, South Somerset, Taunton and Wellington.

Classes such as: Strong and Steady, Mature Movers, Fun with Exercise, Tai Chi Qui Gong, Flexercise, Men on Mats, Pilates for Men, Movement to Music, and more.

 www.ageuksomerset.org.uk

 01823 345626

 ageingwell@ageuksomerset.org.uk

Baywater Healthcare Home Exercises

Please use the following link to access exercise suggestions after you finish on the Pulmonary Rehabilitation course. We would like you to continue exercising.

 www.baywater.co.uk/prv

Asthma and Lung UK

Advice and support for patients with respiratory conditions. Also look for exercise videos to follow at different levels of ability.

 03000 030 555

Physical Activity in a Gym

ProActive (run by Somerset Activity and Sports Partnership (SASP))

Physical activity on referral scheme in Somerset.

The scheme helps people living with health conditions to become more active in a safe and structured environment. There are special courses similar to the course you have been attending with Baywater Healthcare, and then you progress to exercising independently.

As you have already completed the Pulmonary Rehabilitation course, you may not need to make an appointment with your Healthcare Professional at your local surgery. You may be able to ask at your surgery's reception, and the referral will be sent electronically to your chosen leisure centre.

You can find a list of current leisure providers providing physical activity on referral in Somerset on their website or by contacting ProActive using the details below:

 www.proactivesomerset.co.uk

 01823 653990

 proactive@sasp.co.uk



Physical Activity in a Gym Continued

Mendip area

Frome Leisure Centre

Princess Anne Rd, Frome, BA11 2SA

The referrer needs to quote this number: 6



01373 465446



exreffrome@fusionlifestyle.com

Wells Leisure Centre

Charter Way, Wells, BA5 2FB

The referrer needs to quote this number: 13



01749 670055



exrefwells@fusionlifestyle.com

Frome Fitzone

10 Harris Cl, Frome, BA11 5JY

The referrer needs to quote this number: 5



fromefitzone@gmail.com

Physical Activity in a Gym Continued

Sedgemoor area

Kings Fitness & Leisure

Station Road, Cheddar, BS27 3AQ

The referrer needs to quote this number: 8

 01934 744939

 back2health@kingsfitness.co.uk

Trinity Sports and Leisure

Chilton Street, Bridgwater, TA6 3JA

The referrer needs to quote this number: 11

 01278 429119

 trinity@1610.org.uk

Strode Swimming and Fitness

Strode Swimming Pool, Strode Rd, Street, BA16 0AS

The referrer needs to quote this number: 10

 01458 443918

 exref-strode@fusion-lifestyle.com

Physical Activity in a Gym Continued

South Somerset Area

Bucklers Mead Leisure Centre

Givele Close, Yeovil, BA21 4FE

The referrer needs to quote this number: 2

 01460 77665

 bucklersmead@ledleisure.co.uk

Chard Leisure Centre

Fore St, Chard, TA20 1GR

The referrer needs to quote this number: 3

 01460 315007

 chardreferrals@freedomleisure.co.uk

Crewkerne Aqua Centre

Henhayes, South Street, Crewkerne, TA18 7LZ

The referrer needs to quote this number: 4

 01460 77665

 tom.baker@aquacentre.co.uk

 webquery@aquacentre.co.uk

Goldenstones Leisure Centre

Brunswick Street, Yeovil, BA20 1QZ

The referrer needs to quote this number: 7

 01935 845888

 goldenstonesreferrals@freedomleisure.co.uk

Physical Activity in a Gym Continued

South Somerset Area

Lifestyle Fitness Langport

Wincanton Rd, Huish Episcopi, Langport, TA10 9SS

The referrer needs to quote this number: 9

 01458 251055

 membership.langport@lifestylefitness.co.uk

Westlands Sport & Fitness Centre

Westbourne Close, Yeovil, BA20 2DD

The referrer needs to quote this number: 15

 01935 314652

 westlandsreferrals@freedomleisure.co.uk

Wincanton Sports Centre

West Hill, Wincanton, BA9 9SP

The referrer needs to quote this number: 16

 01963 824400

 wincantonreferrals@freedomleisure.co.uk

Physical Activity in a Gym Continued

Taunton and West Somerset

Beach Wellness

The Avenue, Minehead, TA24 5AP

The referrer needs to quote this number: 1

 01643 709778

 beachgym@sasp.co.uk

Wellington Sports Centre

Corams Lane, Wellington, TA21 8LL

The referrer needs to quote this number: 12

 01823 663010

Wellsprings Leisure Centre

Cheddon Road, Taunton, TA2 7QP

The referrer needs to quote this number: 14

 01823 271271

Wivey Gym

Unit 2C, Ford Road, Wiveliscombe, Taunton, TA4 2RE

The referrer needs to quote this number: 17

 info@wiveygym.co.uk

Physical Activity in a Gym Continued

Taunton and West Somerset

YMCA Health & Wellbeing (Bridgwater)

George Williams Centre, Friarn Avenue, Bridgwater, Somerset, TA6 3RF

The referrer needs to quote this number: 18

 0333 200 1616

 info@ymca-dg.org



Somerset Healthwalks

A free and local social walking scheme for different walking abilities, ranging from beginner on flat ground, through to gentle, moderate and advanced.

For more information, please contact: Georgina Hainsby, Health Walks Co-ordinator:

 07599 654679

 www.sasp.co.uk/health-walks

Somerset Walk Your Way

Choose a walk from one of the mapped-out routes, in different areas in Somerset. Just choose which area you would like to walk in. These walks all have benches and toilet facilities at regular intervals. DVD's available to check routes or to watch the filmed routes to enable bringing the outdoors in.

 www.sasp.co.uk/walk-your-way

 01823 653990

 proactive@sasp.co.uk

Somerset Move More With Bands

Chair or standing exercises using a lightweight exercise band, keeping you strong and balanced to reduce your risk of falling.

 01823 653990

 proactive@sasp.co.uk

SASP Take Time Videos

A collection of exercise videos on the internet, ranging from two mins, to an hour's full body routine, with seated and standing options available to suit all abilities and preferences.

 01823 653990

 proactive@sasp.co.uk

Singing for Lung Health

Sing2breathe

Sing2breathe is a group specifically aimed at singing for lung health. An opportunity to improve your breathing through singing together. Supported by Asthma and Lung Health UK.

Please contact Kate Lynch at the details below to find your nearest group:

 07595 745884

 vocalkate@gmail.com

Men's Shed National Organisation

Open to Men and Women. Members share resources they need to work on projects of their own, in a safe, friendly and inclusive venue.

 www.menssheds.org.uk/

 0300 772 9626



Men's Shed Local Groups

Taunton

Unit 1, Old Engineering Workshops, TA1 1QP

Open 10.30am-3.30pm. 4 Days a week.

Tuesdays and Thursdays (men), Wednesdays (women), Fridays (mixed session).

 01823 971 291

 www.cmist.uk

South Petherton

Cemetery Chapels, TA13 5EQ

Open for both men and women who would like to join them for tea and woodwork.
Open Thursdays from 2.30pm-4.30pm.

 01460 240943

 www.facebook.com/southpethertoncommunityshedproject/

Walton Near Street

Hempitts Farm, Hempitts Road, BA16 9SQ

Mixed sessions for ladies and men.

Opening times: Monday 9.00am-12:30pm, Tuesday and Thursday 9.00am-4.30pm.

By appointment only.

Contact Brian Bastable

 01458 443940

 <https://streetwaltonmensshed.wixsite.com/street-walton-shed>

Men's Shed Local Groups Continued

Bridgewater

The Canal Workshop, Old Taunton Road, TA6 3NS

Opening times: Tuesday, Thursday and Fridays from 10.00am to 3.00pm, except Bank Holidays

 01823 400355

 info.slamshed@gmail.com

 www.slamshed.org/

Wincanton

Somerset, BA9 9HB

Opening times:

Tuesday Owl Box Group: 10.00am-12.30pm

Wednesday Lawnmower Maintenance: 10.00am-12.30pm

Thursday Open Workshop: 10.00am-12.30pm

Balsam Men's Shed

 01963 31842

 www.balsamcentre.org.uk/adult-activities.html#menshed

Weston-Super-Mare

Clarence Park Cricket Pavilion, Walliscote Road, BS23 4AT

This shed is for bereaved men. Research has shown that bereaved men often are not interested in, or comfortable with more traditional forms of bereavement support.

Opening times: Tuesday and Thursday 10.00am-12.00pm

Weston Hospicecare Men in Sheds

 01934 423900

 info@westonhospicecare.org.uk

Men's Shed Local Groups Continued

Shepton Mallet

Barley House (Somerset Care & Repair), Charlton Trading Estate, BA4 5QE

Open times: Tuesday and Wednesday 9.00am-12.00pm. Thursday 2.00pm-5.00pm.

 01934 423900

 www.sheptonshed.org.uk

South Horrington

Upper Breach, South Horrington Village, BA5 3QG

Opening times: Mondays and Fridays 9.00am-1.00pm


 www.wells-mens-shed.uk/community/wellsmens-shed-15138/home/

Burnham On Sea & Highbridge

Pearce Drive, Highbridge TA9 3FU

Opening times: Tuesdays and Thursdays, 9.45am-12.45 and 1.45pm-4.45pm

 bhmenshed@gmail.com

 www.burnhamandhighbridgemensshed.co.uk

Wedmore

Tate House, Valley Line Industrial Park, Wedmore Road, Cheddar, BS27 3EE

A space for Men of all ages and walks of life to come and be part of a supportive community. Contact them for the times.

 www.axevalleymensshed.org/



For more information please contact

Baywater Healthcare

Wulvern House
Electra Way
Crewe
Cheshire
CW1 6GW

Call: 0800 9160625

 BHLTD.pulmonaryrehab@nhs.net

 @BaywaterHealth

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