



Bassetlaw

ACTION

Centre



AUTUMN NEWSLETTER

OCTOBER 2021

A spotlight on our services currently in receipt of grant funding from Bassetlaw Clinical Commissioning Group (BCCG).



We offer the Staying Well Course (a six week self management programme for people with long term conditions) which is being delivered both face to face and through Zoom. The next face to face course is scheduled for 10th January 2022 in Retford. The next virtual course will start on 1st November through Zoom.

The Community Car Scheme is available to anyone unable to make their journey by public transport. This covers health appointments, journeys for vaccines, shopping trips and to visit groups or friends. We also offer



a number of outings on our fully accessible minibus where you can come along and make new friends. Trips coming up include garden centres and Christmas markets.



We are now working more closely with RVS and providing support to their clients when the RVS intervention ends. We have seen huge increase in referrals to our Befriending services from a range of sources and now offer telephone befriending, face to face



befriending and group befriending through our trusted volunteers and have also introduced peer to peer befriending to support people who are feeling lonely or isolated throughout Bassetlaw.



We offer support to self-help groups in Bassetlaw and produce an annual wall chart and directory with over 100 self-help groups and contacts included. Copies are available on our website or can be printed and posted out. Copies are also available in large print.



Providing Independence for Vulnerable Adults is a new exciting area of work which enables us to provide support to those on the edge of crisis and implement a range of support services quickly to get patients back in control and on track to regain independence.



Men Walk Talk aims to help men to better manage their mental health. There is a clear message of "It's OK not to be OK". Walk Talk groups have been set up at Idle Valley and Kings Park in Retford, Langold Lake and at The Canch in Worksop for men to simply get together to go for a walk and have a chat.