

Support Groups in South Somerset

Open to anyone registered at any South Somerset GP practice.

Diabetes

Diabetes Peer Support Group – Preston Grove Medical Centre, Yeovil

Meets on the first Saturday of month, 9.30am -11.00am. 8 Preston Grove, Yeovil, BA20 2BQ Tel 01935 474353

Pre-Diabetes Peer Support Group - Martock Church Street Surgery

Support group for those at risk of developing Type 2 Diabetes. Advice on diet and exercise, and support from other people. Monthly meetings at 2.30pm, call for details. Church Street, Martock, TA12 6JL. Tel 01460 240707.

Weight Loss

Low Carb Good Fat Peer Support group – Ryalls Park Medical Centre, Yeovil

Learn about and discuss the Low Carb way of eating for weight loss, pre-diabetes or diabetes, high blood pressure and general wellbeing. Wednesdays, 6:30pm. New members arrive at 6:15 please. Marsh Lane, Yeovil, BA21 3BA. Tel 01935 434000.

Mental Health

Mental Health Support Group – Penn Hill Surgery, Yeovil

A bi-monthly support group, run by Penn Hill Health Coaches, with speakers on useful topics such as emotional resilience, mindfulness, etc. 6.30-7.30pm, first Monday. Places limited, please call first. Tel 01935 470800 and speak to Jo or Georgie. St. Nicholas Close, Yeovil BA20 1SB.

Mindfulness vs Loneliness Group – Oaklands Surgery, Yeovil

Learn how mindfulness – paying more attention to the present moment, your thoughts and feelings, and being more aware of the world around you - can help tackle isolation and loneliness. Every Friday, 6:30-8pm at Oaklands, Birchfield Road, Yeovil BA21 5RL.

Find other support groups at wellbeingsouthsomerset.org