

A table of SASP programmes focussing on moving more for improved health and wellbeing in Somerset. Programmes are suitable for adults and those living with health conditions.

For more information, please click on the individual programme heading.



Health Programmes with SASP

SEPTEMBER 2025

Programme	Enhanced Access	Health & Wellbeing Appointments	Health & Wellbeing Groups	Somerset Health Walks	In It Together	Move 2 Independence
Areas Available	WM, SSW, C, Y, TDW, WS	B, WS, TDW	B, WS, TDW	Somerset	Somerset	Somerset
Setting						
Suitable For	All Adults	All Adults	All Adults	All Adults	Females 16+	Hospital Discharge up to 6 weeks
Cost						
Group Size						
Important Info		Registered to a GP in the PCNs listed above	For info on courses & locations click here.	Under 18s welcome if accompanied by an adult		Health Professional referral via SPOC Or self-referral

Key

One to One

Group

Free

Paid

Home Based

Place Based



Programmes offered only to patients registered with a GP practice in the PCN



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Programme	Move to Include	Moving Mums	Park Yoga (Summer) Yoga (Winter)	ProActive	The Beach Wellness Gym	Unbreakable Men (In Person)
Areas Available	Bridgwater	Bridgwater	Taunton	Somerset	Minehead	B, SSW, T, TDC, WS,
Setting						
Suitable For	Adults Learning Disabilities	All Adults with children under 5	All Adults	All Adults	All Adults	Mental Health
Cost				Means tested in some PCNs		
Group Size						
Important Info		Buggy walks, LB&T, Funky Circuits, Swimming	Location & cost varies in Summer & Winter	Health professional referral only		

Key B - Bridgwater C - CLICK F - Frome M - Mendip NS - North Sedgmoor SSE - South Somerset East SSW - South Somerset West
 T - Taunton TDW - Taunton Deane West TV - Tone Valley WM - West Mendip WS - West Somerset Y - Yeovil



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Programme	Falls Prevention	Fit for Surgery & Beyond	Love to Pedal	Move More With Bands	Take Time Exercise Videos	Unbreakable Men App	Walk Your Way
Suitable For	All Adults	All Adults	All Adults	All Adults	All Adults	All Adults	All Adults
Setting							
Cost							
Group Size							
Important Info	Digital resources, can be printed if required	Digital access required	Digital resource, can also be printed if required	Digital resource, can also be printed if required	Digital access required	Digital access required	Digital videos or mapped booklet of inclusive walks