



SASP Programme Guide 2026



Enabling active lives for all

SASP PROGRAMME GUIDE



www.sasp.co.uk



enquiries@sasp.co.uk



SASPsomerset



Somerset Activity & Sports Partnership - SASP



Somerset Activity and Sports Partnership



SASP - Somerset Activity & Sports Partnership



Our vision is to...

“Achieve healthier and happier communities in Somerset through physical activity and sport”

We inspire and enable positive life choices through sport and physical activity and we do this by:

- Providing accessible opportunities locally for all ages and abilities, prioritising those who are least active.
- Addressing inequalities and removing barriers to physical activity and sport.
- Supporting clubs, communities, schools and the workforce to embrace physical activity.
- Bringing together organisations and partners to create positive change to enable active lives for all.



This document provides an overview of programmes/projects and includes links to the website and specific emails for further details.
Hover your mouse over the programme name to go to our website.

This guide is updated twice annually, please contact Grace for the latest version on gcolman@sasp.co.uk



Somerset Moves
'Enabling active lives for all'



Enabling active lives for all

DISABILITY INCLUSION

 **SASP Inclusive Sport**

 **enquiries@sasp.co.uk**



Move to Include



A person with a disability can be nominated (or nominate themselves) to receive support to access a community club or activity based on their interests & needs. Supported by programme connectors.

Fit For Work



A 10 week course for adults with a disability to get ready for employment. Focusing on fitness, functional movement and team sports, to prepare participants physically as well as develop softs skills such as team work, communication, resilience and self management.

Get Active Together



Opportunities for families to take part in activities together, with disabled and non-disabled siblings sharing experiences and having fun together. Takes place through school holidays.

Active Buddy



Supports disabled adults to become more active by matching them with a local volunteer buddy who can provide encouragement and support to take part in activities.

Parallel School Games



This is the inclusive strand to The School Games programme and aims to deliver inclusive school sport opportunities to all young people.



Somerset Moves
'Enabling active lives for all'



Enabling active lives for all

CHILDREN & FAMILIES

COMMUNITY SUPPORT

 enquiries@sasp.co.uk



Jump Start



High quality, trauma informed, young person-centred alternative provision across Somerset. Supporting young people to take steps to a positive future with the support of mentors and community provision.

We've Got This



A peer mentoring project helping young people build confidence and feel more positive through support from someone with lived experience.

Day-by-Day



Support for people aged 16-25 years old who are at risk of self-harm and suicide. Our 1-2-1 support provides opportunities to feel more positive about themselves, through providing fun, safe and purposeful environments using sport and physical activity.

Happy Healthy Holidays



Enriching activities provided across Somerset, including food, for children eligible for benefits related free school meals during the school holidays.

 Happy Healthy Holidays Somerset

 hvh@sasp.co.uk

The Armed Forces Family Programme



Uses sport and physical activity to support children and young people from armed forces families to build confidence, wellbeing and resilience.



Somerset Moves
'Enabling active lives for all'



Enabling active lives for all

CHILDREN & FAMILIES

SCHOOL SUPPORT

 enquiries@sasp.co.uk



School Games Organisers



This offer includes festivals, competitions, and leadership programmes for children and young people in school time across Somerset. The four areas covered are:

- Sedgemoor & Mendip
- South Somerset
- Taunton & West Somerset

School Rugby Manager



School Rugby Managers support schools to increase young people's participation in Rugby Union, providing inclusive opportunities, staff training and stronger links into community clubs.

School Support



Training and resources supporting primary schools, to create positive relationships with physical activity for pupils, teachers and families. Delivered through SASP.  createdevelopment.co.uk

Jump & Thrive



School support using physical activity to improve children's wellbeing, engagement and self-regulation. It provides staff with practical strategies, training and resources to create more active and inclusive environments.

Thrive Time



Thrive Time supports schools and providers to deliver high-quality wraparound childcare and enrichment, with guidance, training and ongoing support to create inclusive and sustainable provision.



Enabling active lives for all

COMMUNITY

 enquiries@sasp.co.uk



Netball Leagues



Spring, Summer & Autumn social netball leagues in Taunton.

 [SASP In It Together Social Netball League](#)

Unbreakable Men



Raising awareness of men's mental health and supporting men's physical and mental wellbeing through physical activity, community sessions and online support.

 [Unbreakable Men](#)

Somerset Coastal Place Partnership



Sport England funded, supporting communities to thrive and lead healthier, happier lives, covering the area from Porlock to Burnham-on-Sea, including Bridgwater.

Inclusive Sessions



Friendly, low impact activity sessions for local residents, including people with a disability or long-term health condition, helping them become more active and connect with others.

Social Sport



A range of social opportunities for adults to get active. This includes mixed rounders leagues, netball leagues, senior football sessions and other seasonal opportunities.

Yoga



Supportive yoga sessions across Somerset, including beach, park and winter sessions, as well as specialist group support for people living with and beyond cancer.



Enabling active lives for all

HEALTH & WELLBEING



SASP HEALTH & WELLBEING COACHES



healthenquiries@sasp.co.uk



Health & Wellbeing Coaches



Support for people with long term conditions to access physical activity in order to promote and protect their health. SASP have health coaches in the following Primary Care Networks (PCN's):

- Bridgwater
 - ✉ healthandwellbeingBW@sasp.co.uk
- West Somerset
- Taunton Deane West

Health & Wellbeing Groups



Groups run by our health coaches to help those with similar needs to access specific support, as well as getting support from others with similar experiences. These include pain management, women's wellness, diabetes, weight management to name a few.

Enhanced Access



Supporting people through their GP to access free physical activity in order to promote and protect their health, during evenings and/or Saturdays. SASP work with community providers in the following PCN's:

- As above, plus...
- Chard, Ilminster & Langport (CLICK)
- West Mendip



Somerset Moves
'Enabling active lives for all'



Enabling active lives for all

HEALTH & WELLBEING



healthenquiries@sasp.co.uk



The Beach Wellness



A gym facility in Minehead that offers exercise on referral, classes, gym provision and support for local people.



The Beach Wellness



Beachgym@sasp.co.uk

ProActive



Physical activity on referral supports people living with health conditions to become more active in a safe & structured environment, within their community.



proactivesomerset.co.uk



proactive@sasp.co.uk

Somerset Health Walks



Walks take place on a regular basis for all ages & abilities lead by trained walk leaders all over Somerset.



Somerset Health Walks



walks@sasp.co.uk

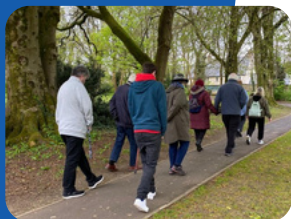
Move 2 Independence



Support programme through activators and friends and family for those getting back to living well at home, following discharge from hospital.



move2independence@sasp.co.uk



Through partnerships with Somerset NHS Foundation Trust and Somerset Integrated Care Board and Primary Care Networks, SASP also offer support with Community Appointment Days, Group Clinics and resources for people to get fitter for surgery as well as life beyond.



Somerset Moves
'Enabling active lives for all'



Enabling active lives for all

HEALTH & WELLBEING

SELF MANAGEMENT



healthenquiries@sasp.co.uk



Love to Pedal



A chair cycling programme enabling people to cycle whilst riding along to filmed bike rides of Somerset, or favourite TV programmes!

Take Time Videos



Exercise videos which allow everyone to work at their own pace, at any time or place which suits them. The videos include gentle movements which can be adapted as ability and preferences allow.

Falls Prevention Resources



Support that includes resources and videos to reduce falls in adults by improving strength and balance. Includes Stronger 4 Longer and ideas for activities within care settings

Walk YOUR Way



Walking which can be enjoyed in person by visiting our mapped routes using our booklet, or at home with our virtual offer, ideal for those unable to travel or living with health conditions that may be unpredictable.

Move More with Bands

Seated & Standing



A resource providing a great introduction to low impact resistance exercise, improving your strength and balance, and allowing you to work at your own pace. Seated and Standing. Bands not included.

Active Workplaces



Free resources that can be used in the workplace to energise and motivate colleagues to move more. Annual games event delivered in 2 locations, with online challenges available.

www.saspchallenges.co.uk



Somerset Moves
'Enabling active lives for all'



Enabling active lives for all

WORKFORCE SUPPORT



enquiries@sasp.co.uk



Clubs 4 All Training



Training to support and upskills sports clubs working with people who have additional barriers to participation. These workshops cover topics such as: Disability awareness, ACE's, trauma & attachment theory, restorative practice & LGBTQ+ awareness.

Safeguarding for Clubs

Through the appointment of a Sport Welfare Officer, SASP are supporting clubs to promote good practice and safe sport for children, young people and adults locally. This assistance can cover many topics including: volunteer roles, meeting safeguarding responsibilities, connecting with other club welfare officers or assisting you to grow your knowledge and skills.

Funding

Offering information and support with crowdfunding and grants, alongside resources to help create more physical activity opportunities for individuals and communities in need.





Enabling active lives for all

SASP CORE



enquiries@sasp.co.uk



Communications & Campaigns

Campaigns to challenge perceptions around physical activity.

Volunteering



Recruiting and managing volunteers across our programmes
Programmes providing volunteering opportunities will have this badge.

Impact & Learning

Internal and external insight, data monitoring and evaluation support and implementation for SASP and Somerset Moves strategy.

Somerset Moves Strategy



SASP is the strategic lead for delivering the system wide, multi-agency strategy for the development of physical activity and sport across Somerset, alongside other partners.

Workforce

Upskilling internal staff, and providing external training opportunities for communities and professionals to thrive, often through funding and bursaries. this also includes providing work experience placements.

Equality, Diversity & Inclusion



ED&I is considered the 'golden thread' that runs through every facet of our organisation – our policies and procedures, our communications, and the way we interact.

Safeguarding

SASP is committed to providing safe, enjoyable activities and sporting opportunities for young people and adults at risk across all our programmes.