



**Somerset Activity and Sports Partnership (SASP) is the Active Partnership for Somerset. Our vision is to create healthier and happier communities in Somerset through physical activity and sport.**

**A guide for free (\*unless noted) countywide programmes and resources to help adults and those living with health conditions stay active and live well.**



**Somerset Health Walks is a programme of volunteer-led walks. They offer a range of social group walks across the county, catering for different levels and abilities.**



**Move 2 Independence is a home-based programme supporting people to regain fitness and independence following discharge from hospital.**

**\*Available up to 6 weeks only**



**ProActive is Somerset's physical activity on referral scheme. ProActive is a referral-only programme supporting people with health conditions to become more active in community facilities.**

**\*Rates apply**



**Enhanced Access provides community-based physical activity opportunities at designated times (typically Saturdays) for registered patients with low-risk health conditions.**

**\*This service is only available with specific GP surgeries in Somerset.**



**Moving Mums supports families to stay active through pregnancy and parenthood, with inclusive, child-friendly sessions.**

**\*Rates may apply  
\*Only in Bridgwater**



**SASP Health and Wellbeing Coaches offer one to one and group coaching for people wishing to make healthier lifestyle choices.**

**\*Only operates in specific areas of Somerset.**



**Somerset Moves Activity Finder is an online tool for all of the physical activity opportunities for Somerset residents as well as professionals and volunteers working with them.**



**Fit for Surgery is an online resource that provides you with ways to boost your overall fitness and wellbeing in preparation for surgery, as well as life beyond this.**



**Unbreakable Men** takes positive action around men's physical and mental health. Sessions are in-person and online, an app is also available.

**\*in-person in selected areas only**



**Falls Prevention** is supported with resources and information to help adults stay strong and steady to prevent falls.



**In It Together Somerset** offers physical activity and wellbeing opportunities to encourage Females 16 yrs+ to increase movement and confidence.

**\*Rates apply**



**Love To Pedal** is a chair cycling offer, using pedal exercisers and a choice of 10-30 minute bike rides, that have been filmed across Somerset to bring it to life!



**Move More with Bands** offers two resources (seated or standing) developed to support people with resistance exercises using a band, to boost strength and wellbeing.



**SASP Take Time** is a collection of movement videos to support improved fitness, mobility, strength and wellbeing.



**The Beach Wellness** in Minehead, West Somerset, is primarily a rehabilitation specialist gym run by SASP. It offers safe, inclusive exercise to those with health conditions. **\*Rates apply**  
Also providing free Beach Yoga on Sunday mornings during the summer months.



**Walk Your Way** offers a downloadable walking route booklet, with walks across the county. You can also join in our virtual walks at home, with a selection of locations.

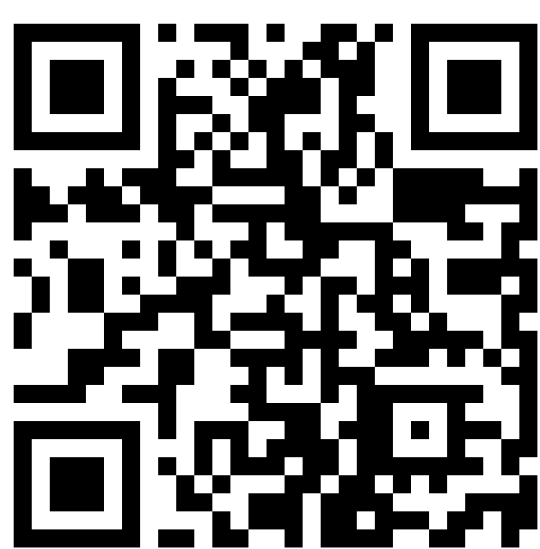


**Move to Include** supports disabled people with their transition into a community sports club or physical activity. Nominations can be made by individuals, professionals or families.  
**\*Currently available in Bridgwater, Taunton and Yeovil**



**Park Yoga** takes place in Vivary Park from May - September and at The Albermarle Centre from October-April. Just bring a mat!

**\*Only available in Taunton**



For more information about SASP's health and wellbeing programmes, please get in touch.

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