

Let's Galvanise Frome

“ Hard times are here for each and every one of us regardless. We once again have to pull together and implement what we learnt from the first lockdown. Remember your five nearest neighbours, remember a lonely or vulnerable friend who may not have a support network until you create it. Remember you are not alone.

Be honest with yourself and check in with yourself too, we're in unprecedented times, so it's ok to feel overwhelmed, underwhelmed, ground down, exhausted and unhappy. But it's also not a cause for guilt if you're sailing through, keep it up!

Prioritise self-care and resting when you need to, doing things that bring you peace or distraction where possible will provide great respite. If you're living in an environment where you feel you can't be your true self or you're feeling unsafe or in danger, please hang in there, this is not forever and please, please seek the support you need. If you're in financial strife or are going hungry or unsure where your next meal is coming from, Fair Frome & Citizens Advice Mendip do the most incredible work supporting the community, they will be happy to see you right.

If you are lonely and need support, Active & In Touch will support you. You need a prescription? Frome Community Drivers are where it is at. And if you don't need any of these? Top stuff! Could you volunteer for one of them?

Local businesses are the spirit of this town. They are a big draw and prop up our local economy but behind every local business are multiple families that exist day to day from that business and they are going to struggle - so please shop local. They are our friends, family and our neighbours and they too need our support so get online and click and collect or do whatever you can where you can.

I am in exactly the same position as everyone else but as we sail our hardships into broken harbours, I hope the land you set foot on after this is firm and dry, with a clear way to a kind road ahead. But until then your community is here. ”

Andy Wrintmore, Deputy Mayor



Frome Town Council 01373 465 757
www.frometowncouncil.gov.uk

Frome Medical Practice 01373 301 301
www.fromemedicalpractice.co.uk

Mendip Health Connections 01373 468 368
healthconnections.mendip.org

Fair Frome 01373 488578
www.fairfrome.org

Frome Community Drivers 07596 591 391
fromecommunitydrivers.org.uk

Active & In Touch 07539 795 261
enquiries@activeandintouch.org

Citizens Advice Mendip 03444 889 623
www.citizensadvicemendip.org.uk

WHY (We Hear You) 01373 455 255
www.wehearyou.org.uk

Samaritans 116 123
samaritans.org

For mental health support:

24 hour Supportline 01823 276892
support@openmentalhealth.org.uk

FrOme
TOWN COUNCIL