

Helping you to help others

Somerset Health and Wellbeing Advisory Network

Now summer is finally here, we look forward to doing more of what we enjoy. We all want to keep illness at bay so that we can carry on enjoying the longer days and better weather. There are some simple things we can all do to look after ourselves, family and friends.

Somerset, along with the rest of the country, is seeing an increase in Covid-19 cases. This is most likely being driven by the effects of Covid-19 restrictions ending and greater social mixing combined with the spread of the BA5 strain of the Omicron variant. The Omicron variant is highly infectious and this new strain appears to be causing some reinfections.

To protect yourself and others please ensure that you are up to date with your Covid-19 vaccinations and boosters. If you're aged 30-49 and have not yet had a Covid jab, or you know anybody that has not yet stepped forward for theirs, please take advantage of the Covid vaccine clinics which are [available across Somerset](#).

Be mindful of those who may be more at risk and continue to:

- Meet outside, or let fresh air in if meeting others indoors
- Wash your hands regularly and thoroughly
- Wear a face covering or mask when in busy, indoor or enclosed spaces

- Cover your nose and mouth if you cough or sneeze

If you have symptoms of a respiratory infection, such as Covid-19, you have a high temperature or do not feel well enough to go to work or carry out normal activities, you are advised to try to stay at home and avoid contact with other people.

Walk In Covid Vaccination Clinics



To help you promote the walk in vaccination sites in your area, we have created a range of social media graphics and posters.

[Click Here for Social Posts & Poster](#)

Sedgemoor

Bridgwater Town Hall, High St, TA6 3BL

Every Friday: *Closed 8th & 15th July

18+ only: 9am - 2pm - Walk in

Children only age 5 - 11: 2:30pm - 5pm

*check [GAJ](#) for specific children's (5+) clinics & times

Appointments now open on [NBS](#).

Sydenham Pantry, Community Hub,
Fairfax Road, Bridgwater, TA6 4HX

Wednesday 20th July: 1pm - 6pm

Bridgwater Community Hospital, Bower

Every Sunday: 9am - 5pm

Children only age 5+: 2:30pm - 5pm

*check [GAJ](#) for specific children's (5+) clinics & times

Hamp Pantry, Grenville House, Rhode Lane, Bridgwater, TA6 6JE

Thursday 7th & 21st July: 1pm - 6pm

Somerset West and Taunton

Tower Vaccination Centre: Tower Road,
Taunton, TA1 4AF

7 days a week: 9am - 6pm

Thursday's: 9am - 7pm

Book a Children only age 5+:

*check [GAJ](#) for specific children's (5+)
clinics & times

Appointments now open on [NBS](#).



Minehead Community Hospital, Luttrell
Way, Minehead, TA24 6DF

Every Tuesday: 8:30am - 7pm

Children only age 5+: 2:30pm - 7pm

*check [GAJ](#) for specific children's (5+)
clinics & times

Wiveliscombe Community Hall, West St,
Wiveliscombe, Taunton, TA4 2JP

Wednesday 20th July: 2pm - 4:30pm

South Somerset

Fleet Air Arm Museum, RNAS Yeovilton,
Ilchester, BA22 8HT

16th, 19th, 21st, 24th, 26th, 28th, 30th

July: 9am - 4:30pm

All vaccinations from age 5+

Chard Leisure Centre, Fore St, Chard,
TA20 1GR

Sat 16th & Sun 17th July: 9am - 5pm

Wellington Community Hospital, Bulford
Lane, Wellington, TA21 8QQ

Every Thursday: 9am - 5pm

Children only age 5+: 2pm - 5pm

*check [GAJ](#) for specific children's (5+)
clinics & times

Wincanton Community Hall, (Verrington
Vaccination Centre) Dancing Lane,
Wincanton, BA9 9DQ

Mon- Fri: 8:30am - 2pm (**18+ only**)

2:30pm - 5:30pm (**5 - 11 only**)

Mendip

Grab a Job - Walk In Clinics

Cheese and Grain, Markey Yard, Justice Lane, Frome. BA11 1BE
Tuesday 14th July: 2pm - 7pm

Local Vaccine Centres

NBS - Appointments



Struggling with bills? Support is available...

Need help with buying food, paying for energy and water bills and other essential household items such as beds and white goods?

The Household Support Fund

Can provide short-term urgent financial help to Somerset residents who are struggling to afford household essentials.



For more information, scan the QR code or visit: bit.ly/SCCSupport22

To apply, you must:

- Live in Somerset
- Be over 16 and living independently of parents/carers
- Not have enough money to cover essentials
- Provide proof of identity:
 - Provide a document showing your Somerset address
 - Provide proof of income (most recent bank statement)



To apply, scan the QR code or visit: bit.ly/SupportFund22

If you don't have any support and need help to apply

Please phone Somerset County Council on **0300 123 2224**. Somerset County Council will help you find an organisation who will help you make an application.



SOMERSET
County Council

Cost of Living Support

The [Household Support Fund](#) provides short-term urgent financial help to Somerset residents who are struggling to afford household essentials.

Please help us get this information to all those who need it, by [downloading and sharing the poster / flyer](#) with your networks. We are encouraging people to print and share the poster / flyer in their venues, or directly with those who need it.

Register For Fund Here

A [Somerset Financial Wellbeing project](#) has launched to support people concerned about money and give people the tools they need to understand and manage their finances better, manage debt, and know where to turn to for help.

SOMERSET FINANCIAL WELL-BEING PROJECT

FREE
INFORMATION, EVENTS & TRAINING FOR SOMERSET RESIDENTS & EMPLOYEES

WWW.WESTCOUNTRY.ORG.UK/SFWP

SOMERSET County Council
Westcountry Savings & Loans
GREAT WESTERN CREDIT UNION
Somerset Community Credit Union
Mendip Community Credit Union

There are FREE events hosted by Engage Somerset with support from Somerset County Council and they will be there to help anyone that needs to find out more about financial well-being and who to turn to for support and advice.

Date: Thursday 14th July 2022

Time: 10am - 2pm

Cost: FREE

Venue: Castle Hotel, Taunton TA1 1NF

Date: Friday 8th July 2022

Time: 11am - 3pm

Cost: FREE

Venue: Churchfield School, Burnham Road, Highbridge, Somerset TA9 3JF

Somerset Financial Well-Being Project

SCC Newsroom Press Release

Get help to buy food and milk with the NHS Healthy Start scheme.

Check if you're eligible and apply online at:
www.healthystart.nhs.uk

NHS

Healthy Start Vouchers

Those who are pregnant and young families can get help to buy healthy food, milk and vitamins, as part the NHS scheme [Healthy Start](#).

There are a range of [resources available for practitioners to help promote the scheme](#). Please share the link below with your networks for more information on how to apply

for the scheme.

[Click Here to Apply](#)

[Click Here For Resources](#)

Free Holiday Activities with Meals this Summer

Places are now available for children across Somerset, aged 5 to 16 years old, who are eligible for benefit-related free school meals. This year's summer programme is jam-packed with fun activities ranging from sports to crafts, music, theatre, games and more.

To book a summer activity, parents need to have received a unique booking code from their child's school or referrer. Parents will not be able to make a booking without this code. You will also need to set up a **Playwaze account** if you haven't booked an activity before.

Please contact SASP's helpline on **01823 653992** (open Monday to Friday 9am - 1pm) or email hhh@sasp.co.uk for any support.



[Booking Now Open](#)

[Playwaze](#)

[Information](#)



SCC are asking Somerset businesses to [join the SME Wellbeing Pledge](#), to organise and encourage green workplace wellbeing initiatives.

The SME wellbeing project [includes training opportunities](#) and is being delivered by New Leaf Life Design to help sole traders and SMEs in Somerset. The focus is on supporting those who have been impacted by Covid, through the virus itself, experience of lockdown or the impact of the recession.

Becky Wright, project co-ordinator, said, *"It would be so exciting to really put Somerset on the map as the wellbeing capital of the UK. When we look after our own wellbeing and those we work with it benefits our customers, supply chains and the wider community - it's a win, win."*


To sign our pledge for workplace well-being [click here](#). Please share widely.


[New Leaf Latest Blog](#)


[For More Information](#)


[Join SME's Pledge](#)


Village Agents [Talking Cafes](#) through July:


 Watch [LIVE](#) every Wednesday at 1pm and ask questions in the comments for instant answers!

 6 July: [Re-engage](#) UK Reducing loneliness and isolation for older LGBTQ+ people

 13 July: [Westcountry Savings and Loans](#) Helping and signposting people who are in financial difficulties

 20 July: [Travel Somerset](#) THINKTRAVEL new website helping people access public transport with a new useful journey planner

 28 July: [GamCare](#) Support and awareness training for Women and young people gambling and gaming – hidden dangers

 Want to take part and SHOUT about the organisation or community project you are passionate about? Contact christineb@somersetccc.org.uk or message the Talking Cafe page!

[Click Here For Downloadable Poster](#)

[Talking Cafes - Village Agents](#)

Please share with your contacts that you think would benefit. If you would like to take part in a future Talking Cafe live please get in touch with Chrissy Brewers christineb@somersetccc.org.uk or Hannah Burbedge hannah@somersetccc.org.uk



[Stronger4Longer Website](#)

New Stronger 4 Longer Campaign

Somerset Activity and Sports Partnership (SASP) have launched a new [Stronger 4 Longer campaign](#), encouraging people aged 50 to 65 to build strength through everyday movement to enable them to stay well, feel younger and protect their future health.

The [Stronger 4 Longer website](#) provides facts and information on why strength building is particularly important for 50-65 year olds. As we age, our muscles naturally get weaker. A sedentary lifestyle can speed this up, and since the Covid-19 pandemic hit, the UK working population has never been less active. Over time, an inactive lifestyle can dramatically increase the risk of falls and associated injuries later in life.

The campaign will be promoted across Somerset on social media, in local newspapers and in public spaces such as GP surgeries, libraries and public transport. Please share the resources and information widely with your networks.

Suicide Alertness Courses

Public Health in conjunction with Every Life Matters has launched a series of online 3.5-hour suicide alertness courses and 90-minute suicide awareness courses that will run throughout the next 12 months.



The aim is to reduce the stigma attached to suicide, increase understanding of when someone is at risk of suicide, raise awareness of how to practically support someone, and the range of services and resources available for people in our communities experiencing suicidal thoughts.

Please share this information within your teams and wider communities. As we go forward more course dates will be added. Please appreciate that due to anticipated demand we cannot accept multiple applications on to one course from any one department or organisation.

Full Details & To Book

We want to hear from you

Your feedback is valuable to us and we'd like to receive more from you and your communities. Information on issues you are spotting locally will help us to reduce barriers to accessing healthcare. **Use the button below to give us your details and we'll give you a call back.**



Get in Touch



Local Helplines

Mendip District Council call 0300 303 8588

Sedgemoor District Council call 0300 303 7800

South Somerset District Council call 01935 462462

Somerset West and Taunton Council call 0300 304 8000

Somerset County Council call 0300 123 22224

Helping you to help others

Resources and Further Information:

For the latest local information as well as digital resources, posters and flyers please visit: <https://www.somerset.gov.uk/coronavirus/>

For information and resources on staying healthy happy and safe at the time please visit: <https://www.healthysomerset.co.uk/covid-19/>

You have received this Health and Wellbeing newsletter from Somerset County Council as you are currently part of the Health and Wellbeing Advisory Network. If you no longer wish to receive this newsletter, [click here to unsubscribe](#)



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