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**Helping you to help others**

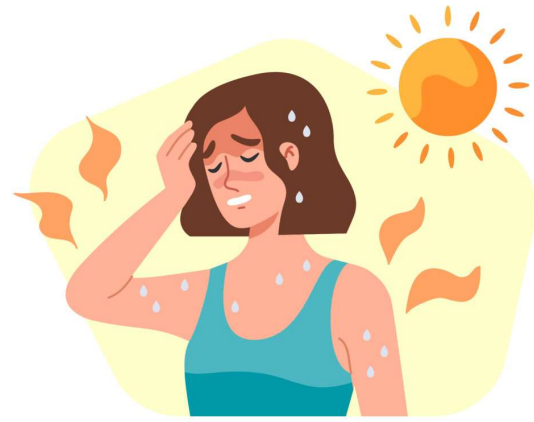
# **Somerset Health and Wellbeing Advisory Network**

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# Protecting yourself and others during the heatwave

With temperatures again set to exceed 30C this weekend, please remind your networks to keep an eye out for themselves, vulnerable family, friends and neighbours. [The UK Health Security Agency \(UKHSA\)](#) has issued a [Level 3 Heat Health Warning](#) for the South West.

 UK Health Security Agency



It's important to protect yourself and others from too much sun or heat, to carry water when travelling, and to think of those, such as young children or older people, who may feel the heat more than others.

If you are concerned about someone's health and well-being because of the heat call the NHS 111 service. If someone develops heatstroke with rapid heart rate, shallow quick breathing, high temperature, cramps and possibly dry skin it is a medical emergency and an ambulance should be called using 999.

More information on the [common signs and symptoms](#) of heat exhaustion and heatstroke are available on [NHS.UK](#).

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# Wildfire Prevention

Somerset County Council have teamed up with [Devon and Somerset Fire and Rescue](#) to raise awareness of the risk of wildfires on heathland and forests during the soaring summer temperatures.

[Wildfire advice for people living in rural areas | Devon and Somerset Fire and Rescue Service \(dsfire.gov.uk\)](#)



Most [wildfires](#) are started by human behaviour – a [BBQ](#), campfire, discarded cigarette, or glass lying on dry ground magnifying the sun's rays. They can also sometimes start due to a [bonfire](#) (which was intended to be controlled) getting out of control.

The risk of wildfires is high at the moment, please share the below information with your networks to help reduce the risk:

- Please don't have bonfires, BBQs or campfires in the countryside, or on any grassland during this very dry weather. [Bonfire safety | Devon and Somerset Fire and Rescue Service \(dsfire.gov.uk\)](#)
- If you're a smoker, please take extreme care with how you put out your cigarettes and dispose of them.
- Don't leave litter, and pick it up if you see it. Don't leave it to someone else. Discarded litter, in particular glass bottles, pose a fire risk when the sun's rays are magnified through it.
- Wildfires are more frequent this time of year. Find out [how you can prevent wildfires](#).

Wildfire Safety Advice

Concerned about wildfire risk in your area

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## 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 NEW Social Posts & Poster](#)

## Sedgemoor

**Bridgwater Town Hall**, High St, TA6 3BL  
**Every Friday: 18+ only:** 9am-2pm-Walk in  
(closed Friday 26 August)

**Children only age 5 - 11:** 2:30pm - 5pm  
\*check [GAJ](#) for specific children's (5+) clinics & times

**Appointments now open on [NBS](#).**

**Bridgwater Community Hospital**, Bower  
**Every Sunday:** 9am - 5pm

**Children only age 5+:** 2:30pm - 5pm  
\*check [GAJ](#) for specific children's (5+) clinics & times

## Somerset West and Taunton

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

**7 days a week:** 9am - 6pm

\*Thursdays 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 - 6pm

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

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

**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

## South Somerset

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

**Every Tuesday and Thursday / Saturday**

**13 and 27 August:** 9am - 4:30pm

All vaccinations from age 5+

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

**Monday, Wednesday, Friday:** 8:30am -  
2pm (**18+ only**)

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

[Local Vaccine Centres](#)

[Grab a Jab](#)

[NBS - Appointments](#)





# Children's Immunisations

During the summer holidays, Somerset's School Aged Immunisation Nursing Team (SAINT) are inviting any young person who is outstanding a vaccination, including home educated pupils to come along to one of the community clinics over the summer holiday.

Venues / Dates / Times

The clinics are taking place across Somerset in hospitals, schools and community centres. SAINT will be delivering **1st and 2nd HPV vaccinations to year 8, 9 and 10 aged students and Men ACWY/DTP to year 9 and 10 aged students.**

SAINT will send out a letter to the parents /carers / guardians of all those eligible, including looked after children. Parents can also book by ringing the main office on 0300 323 0032 or by emailing the team on [somersetsaint@somersetft.nhs.uk](mailto:somersetsaint@somersetft.nhs.uk).

**[Please click here to download and view times](#) and locations of the clinics – please note, you must have a pre-booked appointment to attend.**

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## Somerset Moves Physical Activity strategy

On **Thursday, 29th September 2022** from **9.30 to 12** the **[Somerset Moves Physical Activity strategy](#)** launches. The morning will showcase the strategy, bringing it to life with peoples stories, and videos. The event will be held in person at Somerset Cricket County Ground and we would love to welcome you there.

### *Somerset Moves Launch Thursday 29th September*

*The strategy for the development of physical activity and sport across Somerset 2022- 2030*

*Everyone has a role to play in Somerset Moves; people, communities, and organisations, from every sector and place across the county, pulling together with a shared goal to help people move more and improve their lives in the process.*

*Please join us for the launch of the strategy*



*When: 10am – 12 noon*

*Where: The Long Room,  
Somerset County Cricket Ground,  
Taunton, TA1 1JT*

*Tea, coffee and pastries available and a chance to network with partners*

*A formal invite will be sent in due course*



[Click Here To Book A Place](#)

**The launch is for everyone; voluntary, operational, strategic and everyone in between**

so do please share this with your networks. It takes all of us to help change our cultures, environments and attitudes to ones that encourage moving more across our county. Please do come and support the event where possible.

We are encouraging individuals to bring their organisational banners to the launch to advertise their part in the system and advertise their network support to Enable Active Lives for All.

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## Move More Together

Somerset Activity and Sports Partnership (SASP) has launched their [Move More Together](#), a programme designed to encourage inactive adults over 50 to become more active. Participants will be matched with a volunteer who they will meet with regularly on a one-to-one basis, and who will support them to take their first steps towards being more active and enjoying a healthy lifestyle.



[More Information](#)

Since the Covid-19 pandemic hit, the UK population has never been less active. In 2019, a quarter of UK adults were already classed as inactive, a number which has since increased, as the pandemic forced millions to work from home and options for exercise were limited. As restrictions have eased, many older adults are keen to become more active again, but access and confidence remain significant barriers.

[Move More Together](#) volunteers can accompany participants with various activities, such as home-based exercise, going for a walk locally or trying out an exercise class. Activities can vary from week to week, and volunteers will be aware that flexibility is key to finding an activity that is suitable for sometimes unpredictable health conditions.

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## Become a Move More Together volunteer today!

Looking for an opportunity to volunteer in your local community? Perhaps you have some time on your hands and would like a new challenge, or you may be looking for a chance to meet new people and learn some new skills.

You may have experience of poor health yourself and would like to support someone at the start of their journey. As a SASP volunteer, you will be joining an amazing team dedicated to improving the health and happiness of residents across Somerset. You will receive a full induction and training to help you confidently fulfil your role, and there will be a dedicated named contact to provide ongoing support and training.

If you would like to learn more about how you can be involved, either as a participant or volunteer, please contact Jenny Street, Volunteering Project Officer on [jstreet@sasp.co.uk](mailto:jstreet@sasp.co.uk) or call 01823 653990.

The graphic features a teal background with a central purple box containing white text. On the left, there is an icon of two white heads facing each other with speech bubbles, and logos for Somerset Learning Council, Harmless, and Let's Talk Training.

Funded by:

**SOMERSET**  
Learning Council

Delivered by:

**HARMLESS**  
LET'S TALK  
TRAINING

**Free**  
Children and Young People  
Self Harm Awareness Training

For parents, carers and family members in  
Somerset



Somerset Council Public Health are working with [Harmless](#) to offer FREE self-injury training. These sessions will be available and tailored to a range of audiences including education and community frontline staff, parents, carers and family members. Details and registration:

[www.cypsomersethealth.org](http://www.cypsomersethealth.org) website under the [Training Menu](#).

### August

**Date** - Friday 19th August 2022

**Time** – 09.00am – 10.30am

**Eventbrite Registration** – [Self Harm](#)

[Awareness Registration 19 08 22](#)

### September

**Date** – Tuesday 20th September 2022

**Time** – 1.00pm – 2.30pm

**Eventbrite Registration** - [Self Harm](#)

[Awareness Registration 20 09 22](#)

### October

**Date** – Thursday 13th October 2022

**Time** – 5.00pm – 6.30pm

**Eventbrite Registration** – [Self-Harm](#)

[Awareness Registration 13 10 22](#)

### November

**Date** – Saturday 26th November 2022

**Time** – 10.00am – 11.30am

**Eventbrite Registration** - [Self Harm](#)

[Awareness Registration 26 11 22](#)

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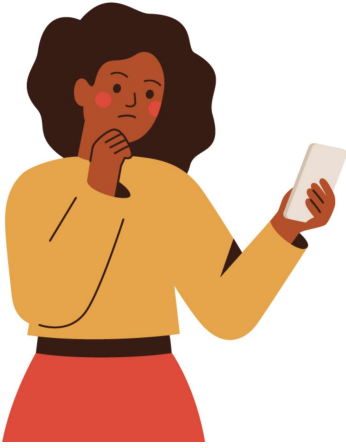
## We want to hear from you

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

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## 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/>

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