



Helping you to help others

## Somerset Health and Wellbeing Advisory Network



People in Somerset who have not yet had their Covid-19 vaccinations are being encouraged to come forward over the summer.

Appointments can be made by calling 119 or booking online through the [National Booking Service](#). A number of walk-in clinics will also be available. Details and times can be found by visiting the [Grab a Jab](#) website

**Gary Risdale, Programme manager for Somerset's Covid-19 vaccination programme** said "Somerset has a very high uptake of vaccinations with over 91% of the population over 18 having had at least one dose. However, people can still get very ill from the virus and in readiness for the very busy Autumn period we are strongly encouraging the remainder of the population to take advantage of the quieter Summer months and get their jabs done now."

Local Vaccine Centres

Grab a Jab

NBS - Appointments

# Autumn Boosters

The [Autumn Booster programme](#) will begin at the start of September. Full details will be made available shortly.

The vaccination will be made available to the following groups:

- residents in a care home for older adults and staff working in care homes for older adults
- frontline health and social care workers
- all adults aged 50 years and over
- persons aged 5 to 49 years in a clinical risk group including pregnant women
- persons aged 5 to 49 years who are household contacts of people with immunosuppression
- persons aged 16 to 49 years who are carers



COVID-19 VACCINE

## AUTUMN BOOSTERS

- ▶ Residents and staff in older adult care homes
- ▶ Frontline health and social care workers
- ▶ People aged 50 and over
- ▶ People aged 5-49 in a clinical risk group
- ▶ Household of immunosuppressed people
- ▶ Unpaid carers aged 16-49

Autumn Booster Press Release



Venues / Dates / Times

## Children's Immunisations Reminder

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.

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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## 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: 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](#).**

**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 - 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



**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:** 9am -  
4:30pm

All vaccinations from age 5+

**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**)

# HOPE PROGRAMME FOR LONG COVID

FREE SELF-MANAGEMENT COURSE  
TO HELP YOU COPE ON YOUR  
RECOVERY FROM LONG COVID.



Not alone  
#hopeprogramme



SCAN ME



## START DATES

01.06.22  
29.06.22  
27.07.22  
24.08.22  
21.09.22  
19.10.22  
09.01.23  
06.02.23

## MEET OTHERS IN THE SAME SITUATION AND TRY RANGE OF INTERACTIVE ACTIVITIES

- ✓ goal setting
- ✓ gratitude
- ✓ mood, activity and symptoms tracking
- ✓ journalling
- ✓ online forum

BOOK NOW  
[WWW.H4C.ORG.UK/COURSES](http://WWW.H4C.ORG.UK/COURSES)

EMAIL: [HOPE@H4C.ORG.UK](mailto:HOPE@H4C.ORG.UK)  
OR PHONE: 024 7736 0153

## This 8 session online course covers topics such as:

- Self management for long COVID
- Managing long COVID symptoms e.g. brain fog, fatigue and breathlessness
- Pacing and focussing on what matters to you
- Coping with stress, change and shifting your thinking
- Getting better sleep and mindfulness
- Communication and relationships
- Eating well and moving better
- Managing setbacks
- Using your strengths to make you happier



The course is delivered online via our platform.

Available 24/7 on any device - Sessions released weekly -  
Learn at a time and pace that suits you - Remain anonymous

[Click Here For More Information](#)

# Positive About Breastfeeding

Next week, 1 - 7 August, is [World Breastfeeding Awareness Week](#) seeks to inform, educate and empower workplaces and communities to strengthen their capacity to provide and sustain breast-feeding friendly environments for families.



Somerset's '[Positive about Breastfeeding](#)' scheme aims to strengthen the support for breastfeeding in commercial, health and community settings, creating more positive environments for breastfeeding in Somerset.

Many shops, cafés, community spaces and other public places have already signed up to the 'Positive About Breastfeeding' scheme to demonstrate that they are a safe supportive environment for breastfeeding mothers. Click here for '[positive places](#)'.

Nominations for other venues to join the scheme can be sent to:

[PublicHealth@somerset.gov.uk](mailto:PublicHealth@somerset.gov.uk)

The [Association of Breastfeeding Mothers](#) has put together a resource pack for new and expectant mothers which you can download [here](#).

[National breastfeeding](#) helpline telephone: 0300 100 0212 Lines are open 9.30am to 9.30pm, 7 days a week.

Maternity Toolkit

Breastfeeding Support

Health Visitor Details

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# Somerset Children and Young People's Plan

The new [Children and Young People's Plan](#) has now been published on the Somerset Safeguarding Children Partnership (SSCP) website.



Somerset Children & Young People Plan

Children and young people from across the county have helped shaped Somerset's new Children and Young People's Plan, providing a link between what children have asked us to do and partners strategic priorities.

The plan sets out a shared vision to keep children and young people in Somerset safe and ensure they can grow up in a child friendly county that supports them to be happy, healthy and prepared for adulthood. Taking a whole family approach, we will support our families to be strong and resilient, working together to achieve long-term change and stability so that children can thrive and succeed.

**The key themes of the Plan are:**

**1. Early Help** – working with young people and families, connecting with agencies to help families to help themselves as soon as the need arises.

**2. Safeguarding Children** – from birth until teenage years, protecting young people from abuse and maltreatment.

**3. All babies having the best start** - improve the lives of families, and the long-term health needs of individuals and communities.

**4. Better support for social, emotional, mental health and wellbeing** – delivering a range of early help options, ensuring that accessing help is easy and accessible.

**5. Support for education and inclusion** – improvements in Special Educational Needs (SEN) provision.

**6. Reducing bullying and promoting positive communities** – will help young people involved in offending behaviour to prevent escalation.

**7. Poverty and homelessness** – under the Local Government Reorganisation, housing strategy will address the needs of homeless children and families.

**8. Climate and transport** – with input from children and young people, services will link reductions in carbon emissions to combat climate change with accessible travel.

Thank you to everyone in the Partnership who took part in the consultation and contributed towards the new plan.

**Please cascade to the relevant people in your networks.**

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## **Bold & Brave Summer Fun Day**

An opportunity to find out about Bold & Brave and meet young designers who will be there to talk about their products and the story behind them.



There are also workshops for 11-18 year olds including 3D Printing, Magnet making and Vinyl tote back printing - all sessions are 30 mins and cost £2.50 - limited availability so book your place here: <https://www.eventbrite.com/cc/bold-brave-summer-fun-day-workshops-893649>

[Click Here For More Information](#)

**[BOLD&BRAVE]** 

**FREE EVENTS IN AUGUST**

**TUE** **ART WELLBEING GROUP**  
2<sup>ND</sup> | 9<sup>TH</sup> | 16<sup>TH</sup> | 23<sup>RD</sup> | 30<sup>TH</sup>  
10:30-11:30 | YEARS 5 & 6  
1:00-3:00 | YEARS 7, 8 & 9

**WED** **KNIT 'N' NATTER**  
10<sup>TH</sup> | 17<sup>TH</sup> | 24<sup>TH</sup>  
10:00 - 12:00  
ALL AGES

**THU** **ARTS & CRAFT WORKSHOP**  
4<sup>TH</sup> | 11<sup>TH</sup> | 18<sup>TH</sup> | 25<sup>TH</sup>  
10:00 - 12:30 | 1:30-4:30  
AGES 11-18

**FRI** **CLIMATE CHANGE ACTION**  
5<sup>TH</sup> | 12<sup>TH</sup> | 19<sup>TH</sup> | 26<sup>TH</sup>  
10:00- 15:00 | ALL AGES

**BOOK YOUR PLACE** 

WWW.YOUNGSOMERSET.ORG.UK/EVENTS

**BOLD & BRAVE | 14 RIVERSIDE PLACE | ST JAMES ST | TAUNTON | TA1 1JH**  
WWW.YOUNGSOMERSET.ORG.UK






**SUMMER FUN DAY**

**BOLD & BRAVE | 14 RIVERSIDE PLACE | ST JAMES ST | TAUNTON | TA1 1JH**

**WED 3<sup>RD</sup> AUG | 11 - 3**

**[BOLD&BRAVE]** 

**TOMBOLA!** **TUCK SHOP!**

**CRAFT WORKSHOPS FOR TEENS | 30 MINS | £2.50**

- MAKE 6 MINI MANGLES
- MAKE A VINYL TRANSFER TEE AND
- DESIGN A MAGNET OR KEYPING

LIMITED AVAILABILITY - BOOK YOUR PLACE 

**FETE ACTIVITIES & STALLS!**

**AN OPPORTUNITY TO MEET OUR YOUNG DESIGNERS AND HEAR ABOUT THE JOURNEY BEHIND THEIR PRODUCTS!**

**[BOLD&BRAVE]** 

WWW.YOUNGSOMERSET.ORG.UK/EVENTS




## New Service for Wheelchair and Community Equipment Users

Somerset County Council and NHS Somerset are launching a new [Community Equipment and Wheelchair Service](#) to help people live more independently.

Launching on Monday 1 August, the new service will provide a range of equipment to help people live independently, offering loans to people for as long they need them. The service will also include delivery and fitting, servicing, collection, and recycling.

Interested in helping people live more independently? Browse vacant social care roles at [www.proudtocaresomerset.org.uk/jobs](http://www.proudtocaresomerset.org.uk/jobs)

Providers with job vacancies can submit these online by filling in a short form: [Proud to Care – submit a new job role – Somerset County Council](#)

[Find Out More](#)

# 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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County Council

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