



SOMERSET
County Council

Somerset's Public Health Update

8 August 2022

Staying Safe in Hot Weather



With high temperatures expected this week across much of the county, it's important that we all take simple steps to keep safe in the hot weather.

Whilst weather like this is something that many people look forward to, and go out and enjoy, it is worth remembering that sunny spells can pose health risks for some people. Those at risk may not recognise their own vulnerability to high temperatures.



The main risks during hot weather are:

- **Not drinking enough water ([dehydration](#))**
- **Overheating, which can make symptoms worse for people who already have problems with their heart or breathing**
- **[Heat exhaustion and heatstroke.](#)**

Additionally, hot weather means your body has to work harder to keep its core temperature to normal levels, and this puts extra strain on your heart, lungs and kidneys. This means that you can be at greater risk if you have a heart condition, so it is particularly important to stay cool and hydrated.

Find out more about how to stay safe in hot weather by clicking the button below:

[Find Out More](#)

What's been happening across Somerset?



It's not too late for your Covid vaccination

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

[Find a walk in site](#)

Vaccination clinics will be open across the county over the summer holidays offering appointments and walk in options for people to get their first, second and initial booster doses. Jabs will be available to everyone eligible from aged 5+.



Anyone who is 75 on or after the 1st July 2022 is now asked to wait until the Autumn to get their next booster, although people who are immunosuppressed are still able to come forwards. Pregnant women are also being encouraged to have their vaccinations and are advised to speak with their midwife for further advice.

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.

The Autumn Booster programme will begin September. Full details will be made available shortly, but 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
- persons aged 5 to 49 years who are household contacts of people with immunosuppression
- persons aged 16 to 49 years who are carers

What's been happening across Somerset?



Somerset is Positive about Breastfeeding

Somerset County Council's Public Health Team is encouraging people to nominate public places across Somerset that are 'positive about breastfeeding.'

As part of World Breastfeeding Awareness Week, running from 1st to 7th August, the council is promoting its 'Positive About Breastfeeding' scheme.

The 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.

Displaying the 'positive about breastfeeding' sticker can make families and breastfeeding mothers feel more welcome and help mum and baby reach their breastfeeding goals.

Nominations for other venues to join the scheme can be sent to: PublicHealth@somerset.gov.uk.



A free cardiovascular health check is via the NHS Health Checks programme.

[Find Out More](#)

Age 40-74? Get your free NHS Health Check

Somerset Public Health is urging everyone who is eligible to get a free [NHS Health Check](#) to lower their risk of developing serious health conditions.

The [NHS Health Check](#) is available for anyone between the age of 40 and 74 years, every five years, who does not have a pre-existing long-term condition.

The [NHS Health Check](#) is an important step for many people towards improving their health and becoming more aware of what they can do to lead a healthier life. It can help lower people's risk of developing heart disease, stroke, kidney disease, type 2 diabetes and some types of dementia.

NHS Health Checks are available at your GP surgery, at participating pharmacies or at a number of specialist clinics at Libraries and other community spaces – for a full list go to: <https://bit.ly/freecheck>.



[Find out more](#)

In a new short video with Clinton Rogers, Claire explains how the home library service helps her to access new books, allowing her to keep her mind active.

Home Library Service

From Hogwarts to Westeros, reading has the ability to transport us to completely different places from within the comfort of our own homes – something that is even more valuable for people who find themselves housebound.

Somerset's Home Library Service (HLS) is run by Somerset County Council with the support of amazing volunteers. It enables people like Claire Harbour from Frome, who recently celebrated her 100th birthday, to continue enjoying books for free even though she can no longer visit her local library in person.

Safer Streets for Women & Girls

Somerset County Council and North Somerset Council have jointly secured an additional £317,694 from the Home Office Safer Streets Fund to continue to make public spaces and streets safer for women and girls.

This follows the success of the neighbouring councils' 2021 campaign 'It can stop if we change together'. This raised awareness, tackled sexual harassment and Violence Against Women and Girls (VAWG) to make public places and streets safer.

The national Safer Streets campaign is aimed at changing perpetrator behaviour and to have a conversation in society that challenges misogynistic attitudes and discourages inappropriate behaviour towards women and girls. This additional funding will enable the campaign to continue for another year across North Somerset and Somerset.



[Find out more](#)



Somerset Financial Wellbeing

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.

Find out more

Somerset Financial Well-being Project is an initiative funded by Somerset County Council which brings together four not-for-profit credit unions operating throughout Somerset and the wider South-West region, and a number of local and national respected charities & community groups. Together, they are offering **free financial well-being** information, **free** community events and **free** training to anyone who lives or works in Somerset.

This information aims to help anyone who is facing anxiety and stress caused by money worries or who is concerned about their financial future by signposting them to Free, expert help and support.

Additionally, there is some additional support in Somerset, including help with food, information and advice, help with childcare, and help with bills.

Find Out More

Choose well this Summer



Please support the NHS by encouraging your networks to choose well this summer.

If anyone needs urgent medical help and isn't sure where to go, think **NHS 111** first and visit 111.NHS.uk or call 111

Find out more

Whatever your plans are this summer, if you need urgent medical help and aren't sure where to go visit 111.NHS.uk or call 111

You don't need an appointment to visit 111.nhs.uk or to call 111

A fully-trained advisor can give you expert advice and direction without the wait

NHS 111 will tell you where to go for urgent problems so that you can get the care you need.

Choose well & help the NHS this Summer

Want to take control of your own health and well-being?



A good first stop when looking for support for yourself, the people you know or your community is our website www.somerset.gov.uk

It's never too late to take control of your health and well-being through changing behaviours and seeking help and we're with you every step of the way.

Follow our Director of Public Health, Professor Trudi Grant, on [Twitter](#) and stay in the know.



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