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Helping you to help others

Somerset Health and Wellbeing Advisory Network

Spreading hope on World Suicide Prevention Day

In preparation for this year's [World Suicide Prevention Day](#) on **10th September**, Somerset County Council's Public Health team are asking members of the public to share quotes, lyrics or poems that have helped them to get through difficult times in their lives.

**WALK
FOR
A LIFE**

Contributions will then be compiled in to a digital '[Book of Hope](#)', together with signposting to local mental health services and support. The project will be unveiled at an event '[Walk For A Life](#)' at Somerset County Cricket Ground on Saturday 10 September.

The event aims to raise awareness of suicide in Somerset and is supported by partners including [Somerset Foundation Trust](#), [Open Mental Health](#) and [Stepladder](#). On the day, attendees will walk a [route through Taunton Town Centre](#) in memory of all those impacted by suicide within the County. They will then end the walk at the Somerset County Cricket Ground, where a number of local partners and stakeholders will be on hand to offer information and advice.

Please send contributions to BookOfHope@somerset.gov.uk using the subject "Book of Hope" Or tag us in your posts on social media using the hashtag **#SomersetBookOfHope**

Walk for a Life Website

Facebook Event Page

If you, or someone you know needs support, there are a number of organisations in Somerset that specialise in support related to suicide and mental health:



Somerset Mindline's helpline is available 24 hours a day, 7 days a week. It is for anyone of any age in Somerset who is experiencing mental distress or wanting emotional support. Call 01823 276 892 or 0800 138 1692.

The Farming Community Network is a voluntary organisation and charity that supports farmers and families within the farming community through difficult times. Visit www.fcn.org.uk, or call 01934 712128.

The Somerset Suicide Bereavement Support Service is available for anyone who has been bereaved or affected by suicide. Call 0300 330 5463.

The Samaritans are available to listen 24 hours a day, 365 days a year. Call free on 116 123 or text SHOUT to 85258.

If you work or volunteer in health and care in Somerset and need to talk, the Somerset Emotional Wellbeing Resilience Hub is there for you. Please call the dedicated, confidential Colleague Support Line for help with a trained professional on 0300 124 5595 or visit www.somersetemotionalwellbeing.org to discover all the support options that are open to you.



Emotional Health and Wellbeing Recourses

Please see below some emotional health and wellbeing resources. It is important to ensure these resources are well known by colleagues and staff supporting members of the public. Please share widely with your networks.

Events

Time to Connect – Young People’s Event

are hosting their first young people’s event (ages 11-24). The event will showcase support for young people all over Somerset, it will be a ‘fun day’ with activities such as rugby/football/art and craft stalls.

Date: **30th of August**

Time: **11-3 (set up 9:00am)**

Location: **Yeovil Ninesprings** (green area next to cafe)

If you are interested in attending or would like to know more about the event, please contact

brooke.dobson@mindinsomerset.org.uk

Say My Name – WSPD Remembrance Event

[The Somerset Suicide Bereavement Support Service](#)

would like to invite you to their 'Say My Name' remembrance.

The event will be a safe space to come together and light a candle in memory of the person you lost and speak a few gentle words in their honour. Please visit the Facebook page for further information - [WSPD Say My Name Remembrance | Facebook](#)

Date: **Friday 9th September**

Time: **6pm-8pm**

Location: **St Mary's Church, Bridgwater, TA6 3EQ**

Training

New leaf – Workplace Wellbeing

There are spaces available on New Leaf’s wellbeing activities and Mental Health training courses, provided for FREE to SMEs in the following sectors in Somerset

- Farming and Agriculture
- Health and Social Care
- Arts and Entertainment
- Visitor Economy
- Construction

More information about the Public Health funded SME wellbeing project can be found here - [SME Wellbeing - New Leaf UK.](#)

Harmless - Self-Harm Awareness training

We have recently launched the first in a series of Self Harm awareness training sessions for Parents and Carers. From September we will be launching training for other groups including Frontline Practitioners, Mental Health School Leads, System Leaders and Stakeholders. Please visit [Somerset children & young people : Health & Wellbeing : Training Menu \(cypsomersethealth.org\)](#) to find out more and book training.

Every Life Matters – Suicide Awareness training

Additional dates have been added to Every Life Matters Suicide Alertness (3.5 hours) and Suicide Awareness (90 minutes) courses. All sessions are delivered online and are provided free of charge. Completion of the 3.5-hour Suicide Alertness course enables participants to enrol on the Orange Button Community Scheme. Please visit [Every Life Matters - Somerset Events | Eventbrite](#) to view dates and book.

Connect 5 Training

A **FREE** Mental Health Promotion Training programme. Connect 5 provides participants with knowledge and skills to improve their own mental wellbeing. It also increases their confidence to have everyday conversations about mental health and wellbeing including suicide awareness.

There are 3 training modules all delivered online via ZOOM, each module is 3.5 hours in length and participants must attend all 3 modules. Connect 5 is available for all frontline staff, if you would be interested in attending one of the upcoming courses, please contact Amy Maggs

amlmaggs@somerset.gov.uk

Resources

We have published an updated Bereavement Booklet to provide local information and support to those who have experienced the loss of a loved one. Available digitally here -

[Bereavement in Somerset 2022](#)

[\(pubhtml5.com\)](#). If you would like a printed copy, please contact amlmaggs@somerset.gov.uk

Every Mind Matters continue to update their information and resources - [Every Mind Matters - NHS \(www.nhs.uk\)](#).

It's Altruistic August! Let's create a wave of kindness to spread around the world, visit the Action for happiness website for some ideas [Altruistic August | Action for Happiness](#).

Staff emotional wellbeing resources and support - [Somerset Emotional Wellbeing – Somerset Emotional Wellbeing Staff Hub](#)

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

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 Job

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.

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.

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

Public Health catch up film

In this week's Public Health catch-up film, Clinton talks to about the benefits of giving up smoking, including the health benefits and the money saving opportunities. [#SmokeFreeLife](#)



[Click here to watch](#)

[Smokefreelife Somerset](#)



Avian Influenza (Bird Flu)

Avian influenza (bird flu) is a notifiable disease that mainly affects birds, although it can also affect humans and other mammals.

[For More Information](#)

If you suspect any type of avian influenza in poultry or captive birds you must report it immediately by calling the **Defra Rural Services Helpline on 03000 200 301**.

Reporting wild dead birds:

Routine monitoring has detected avian influenza in a small number of wild birds in Gloucestershire, Devon and Dorset.

You should call the Defra helpline (03459 33 55 77) if you find:

- one or more dead bird of prey or owl
- 3 or more dead gulls or wild waterfowl (swans, geese and ducks)
- 5 or more dead birds of any species

Do not touch or pick up any dead or visibly sick birds that you find.



Summer Reading Challenge

Somerset libraries are calling for children to sign up to read six books this summer as part of Gadgeteers, Summer Reading Challenge 2022.

The Summer Reading Challenge, runs across all Somerset libraries and is aimed at 4–11 year olds, encouraging them to borrow and read any six library books over the summer.

The theme for the 2022 Summer Reading Challenge is Gadgeteers, where the challenge will help spark children's curiosity about the world around them. With resources and activities from the Science Museum Group, the challenge focuses on inspiring children to see the science and innovation behind everyday objects, showing that reading and science are for everyone.

Taking part in Gadgeteers is free, all children need to do is sign up at their nearest library or online via

<https://bit.ly/SRCGadgeteers>

Gadgeteers is live now in all Somerset Libraries and runs until the 10th September.

There's a whole programme of events and activities planned at Somerset libraries for families over the summer to celebrate the Summer Reading Challenge both in person and online.

[Click here for more information](#)

[Somerset Libraries website](#)

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/>

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