

Helping you to help others



Somerset Health and Wellbeing Advisory Network

The NHS is experiencing high demand for the COVID-19 autumn booster vaccination, and the clinics are very busy. They are working hard to increase capacity and appointments as soon as possible.



**COVID-19
AUTUMN BOOSTER**

**Clinics in Somerset are experiencing very high demand at present.
Thank you for your patience**

Vaccinations are for eligible groups and by appointment only.

NHS Somerset

- [Appointments are available to people aged 65](#) and over, pregnant people, immunosuppressed individuals, health and social care workers and paid and unpaid carers. Health and Social Care staff must self-declare when booking their appointment but they will not be required to bring along evidence of this to the appointment.
- **Vaccinations are currently by appointment only.** The NHS will be inviting [all eligible people](#) to come forward but anyone who falls into the groups listed above can book now [online](#) or by calling 119.

In order to receive the Autumn Booster people must have already had their full course of vaccinations (1st, 2nd dose and initial booster) with the last vaccination being 91 days or more prior.

People are also encouraged to get their flu jab and in some cases these may be offered at the same time as the Covid vaccination.

Book An Appointment

Download an Easy Read Guide



Flu Vaccination

Those eligible for the NHS free flu jab can go direct to a pharmacy (or GP surgery if invited) for a free vaccination. For more information on how to get a free vaccination please visit [Flu vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk).

Anyone can get flu and pass it on. The flu vaccine is effective at stopping this.

Catching flu can make us seriously unwell, resulting in days in bed, missing things we enjoy doing, and not being able to do easy day-to-day tasks.

This winter, we will all have less immunity to flu and are therefore more likely to catch flu because we have not had flu in general circulation since 2019. The flu season in Southern Hemisphere countries like Australia can often predict the potential for a similar experience in Northern Hemisphere countries. This year, Australia's flu season started earlier and infected more people, particularly children aged 5 to 9.

Getting the flu vaccination can prevent us from spreading flu to each other, protecting those who are vulnerable and reducing the burden on the NHS and other health and care services. Additionally it will help us stay well.

The adult flu vaccine is not a live vaccination which means it cannot give you flu. As with all vaccines you might get a feeling of discomfort where you had the vaccine, or mild symptoms such as shivering or fatigue.

Some people who can get a booster dose of the Covid-19 vaccine are also eligible for the free annual flu vaccine. If you are eligible for both, you may be able to have them at the same time – if not please go ahead anyway, you can catch up with the other vaccine later.

Check your Eligibility

Find a Pharmacy

WALK FOR A LIFE

NEW Date Confirmed

Suicide can affect anybody, and there isn't a community in Somerset which hasn't been touched. Somerset County Council, together with partners, are helping to raise awareness of suicide at a [Walk For A Life](#) event taking place at **11am on Saturday 8 October**.

[Walk For A Life](#) will start at Stragglers Coffee House at Somerset County Cricket Ground at **11am**. Originally planned to take place in September for World Suicide Prevention Day, following the sad death of Queen Elizabeth II, the event has now been re-arranged to **Saturday 8 October**.

The event will 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, put together by SASP, through Taunton's Town Centre in memory of all those impacted by suicide within the County. Walkers can download a free back sign where they can dedicate their walk to a loved one and pause along the route for moments of reflection. The walk will then end at the Somerset County Cricket Ground, where a number of local partners and stakeholders will be on hand to offer information and advice.

The event will also see the unveiling of the **Somerset 'Book of Hope'**, a digital resource of quotes, lyrics and words to provide comfort to people in our community in troubling times. If you would like to contribute, please send your 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](#)

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. Visit [Somerset's Mental Health Alliance - Open Mental Health](#) to discover all the support options that are open

The second annual [ICON week 26 to 30 September 2022](#) aims to raise awareness of infant crying, specifically focusing on how to cope and support parents/carers.



ICON Week
26th - 30th September 2022

**Babies
cry...**

**...you
can
cope!**

We want to prevent serious injury, illness and even death of young babies as a result of Abusive Head Trauma that happens when someone shakes a baby.

This year's [ICON](#) week is focusing on sharing ideas and best practice. There are more than [15 webinars](#) taking place throughout the week with speakers from the military, police, primary care, parent ambassadors, health visitors, and the education section. These webinars are open to everyone, and the access details are available at [Icon Week 2022 | ICON \(iconcope.org\)](#).

The [Somerset Safeguarding Children Partnership \(SSCP\) training and learning site](#) will also be supporting access to the national ICON campaign webinars.

Existing Somerset training and resources:

For a quick look at key messages and the programme in Somerset there is a new ICON flipbook [Icon \(pubhtml5.com\)](#).

For more information on ICON in Somerset, a recorded webinar training session, animation series and downloadable resources, visit: [Somerset children & young people : Health & Wellbeing : Safety Coping With Crying \(cypsomersethealth.org\)](#)

Embedding ICON in Somerset is key to strengthening prevention. Please share this information.

[ICON Webinars & Booking](#)

[ICON Week 2022](#)

[Tips & Advice](#)

Private Fostering Awareness Week 26th Sept

Somerset County Council are reminding health settings of their responsibility to inform Children's Services if they become aware of any private fostering arrangements. Private Fostering is when a person cares for a child under 16, who is not a relative, for more

than 28 days. There is a duty to inform the Local Authority of all private fostering arrangements, but many people may not even realise they are private fostering. GPs and other professionals should contact Somerset Council directly if they are aware of any privately fostered children.

To report a private fostering please call our Contact Centre in confidence on 0300 123 2224 or email childrens@somerset.gov.uk

For general enquires please email PrivateFostering@somerset.gov.uk



Private Fostering

Is your child living with another family?

Have you been looking after someone else's child for 28 days or more?

Do you know a child that's being looked after outside their close family?

If so, the child may be living in a private fostering arrangement.

The law says you must tell Children's Social Care if you know about any private fostering arrangements. This is so we can make sure the children are well looked after and to give support to their carers.

fostering
Somerset

Call Somerset Direct: **0300 123 2224**
or email: childrens@somerset.gov.uk

What is private fostering?

Private fostering is when a child or young person under 16 years old - or under 18 if they have a disability - lives with someone for 28 days or more who is not a close relative, guardian or person with parental responsibility. A close relative would be a parent, step-parent, aunt, uncle or grandparent.

People become private foster carers for all sorts of reasons. They might be a friend of the child's family. They could be someone who is willing to look after a child they do not know, for example if that child is on an exchange trip or have parents who live overseas.

If Children's Social Care has made the arrangement, or the person who is caring for the child is an approved foster carer, this is not private fostering.

What to do if you know of a private fostering arrangement

The law says you must tell Children's Social Care if you know about any private fostering arrangements.

If you think you are privately fostering a child or know about a child who is being privately fostered, then don't worry, it is allowed. But you do need to tell us - we have a legal duty to ensure that all children who are privately fostered are cared for in a safe and suitable environment.

To report a private fostering arrangement, please call our Contact Centre in confidence on 0300 123 2224 or email childrens@somerset.gov.uk

For general enquiries please email:
PrivateFostering@somerset.gov.uk

 **SOMERSET**
County Council

Support to Stop Smoking

What is [Smoke Free Life Somerset](#)?

A FREE stop smoking service supporting Somerset residents to become smoke free. Our 12-week treatment programme focuses on supporting behaviour change and reducing nicotine dependency. Face-to-face support sessions are held at various locations across the county with both daytime and evening support available.

People are **four times** more likely to quit successfully using a combination of specialist support from a local stop smoking service as well as stop smoking medication.

Who can access support with [Smokefreelife Somerset](#)?

- Smokers who live in Somerset.
- Smokers who are currently smoking tobacco at their first appointment.
- Current smokers who are willing to work with a Stop Smoking Practitioner towards setting a quit date within 2 weeks of their first appointment and returning for support.
- Ex-smokers who have quit up to and not exceeding 14 days prior to their first appointment.



To access support either call **01823 356222** or complete our [booking form](#) to find out more or book an appointment.

[Click here to find the nearest](#) support session to receive support to stop smoking.

Resources Available:

Click here to [download a SmokeFreeLife Somerset digital screen](#).

Click here to [download a SmokeFreeLife Somerset poster](#).

Click here to [download a SmokeFreeLife Somerset leaflet](#).

Healthy Somerset Video

SmokeFreeLife Video

Community Council Somerset Crisis Fund Appeal

Community Council for Somerset Village and Community Agents work with people who are in situations no person should be in - without food, heating or basic essentials or at a life-changing moment in their lives, but poverty is preventing them from moving forward.

The Crisis Fund allows agents to access funds to pay for things to get people out of crisis & help make their lives instantly better. This is not cash donations given to individuals.



somerset village & community agents
part of CCS

Please give to our Somerset Crisis Fund

The Crisis Fund helps people in Somerset who find themselves in situations no one should be in - without food, heating or basic essentials.

Your donation will really make a difference.

CCS
people · place · enterprise

This winter will prove to be the most challenging yet, forcing many into incredibly difficult situations. Donating whatever you can, really does make a huge difference. Text CRISIS to 70580 to donate £10

Visit the website to donate to the area you live in: [Village Agents | Somerset Crisis Fund \(somersetagents.org\)](https://www.somersetagents.org).

Click Here To Watch

Facebook

Instagram

Twitter

[Somerset Diverse Communities](#) have launched a [new newsletter](#) which aims to share and celebrate Somerset's diverse cultures and communities.



NEWSLETTER
SEPTEMBER 2022

somerset diverse communities
part of CCS

In the first issue, they introduce; local groups, events, training, and funding opportunities and shine a spotlight on a local person.

Read the Newsletter

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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