

[View this in your browser.](#)

## Helping you to help others



# Somerset Health and Wellbeing Advisory Network

Cases of flu have climbed quickly in the past week, indicating that the season has started earlier than normal.

### How to book your NHS Flu

#### Vaccination:

Those who are eligible for the NHS free flu jab can be vaccinated via their Community Pharmacy or GP Surgery. Those that are eligible may have received a letter from their GP about getting the flu jab and should follow the instructions outlined on that letter. If an individual has not yet heard from their GP surgery regarding the flu jab and they are eligible for a free flu jab, then please help them to book at a local pharmacy.

You can find a local pharmacy and their contact details using the NHS website [Find a pharmacy that offers the NHS flu vaccine - NHS - NHS \(www.nhs.uk\)](#) and give them a call to find out how to get the vaccine.



[Check Eligibility](#)

[More Information on Flu](#)



**How to book your NHS Covid-19 Autumn Booster:** Appointments are available to people aged 50 and over, pregnant women, clinically vulnerable / immunosuppressed individuals, health and social care workers and paid and unpaid carers. Anyone who falls into these groups are able to book now [online](#) or by calling 119. Calls to 119 are **free** from mobiles and landlines. 119 provides support in 200 languages.

**Please look out for older relatives, friends and neighbours who may need help and support to book their vaccination appointments.**

[Book An Appointment](#)

[Download an Easy Read Guide](#)

**BOOST YOUR IMMUNITY**

**NHS Somerset**

**GET VACCINATED WITH THE FLU + COVID-19 VACCINES**

Flu and COVID-19 can be life-threatening, so protect yourself, your family and the people you care for.

Don't delay, get your vaccines now.

## Reminder for People Working or Living with Individuals on the Learning Disability (LD) Register

All those working or living with individuals who are listed on the LD register, as well as frontline health and social care workers and paid and unpaid carers have a right to access the Covid-19 Autumn booster vaccination as a priority group.

Everyone on the doctors learning disability register will be invited to have their coronavirus vaccination if they haven't already had it. [NHS England » Improving health](#)

Appointments can be made by calling 119 or booking online through the [National Booking Service](#). The vaccine is **free** to those eligible and it's easy to book by selecting

“Yes, I am a frontline social care worker”. Those eligible just need to self-declare when booking their appointment and will not be required to bring along evidence to the appointment.

[Book An Appointment](#)

## Public Health Film

This week Clinton Rogers looks ahead to how we can stay warm this winter. He speaks to Kate Thomas from the Centre for Sustainable Energy about the support they offer, including giving advice and offering grants to those who need to make changes to their homes.



[Click Here To Watch](#)

Clinton hears from Public Health Consultant, Alice Munro about the health dangers that cold weather brings, and why it is so important for people to stay warm during the winter months. He also visits St George's Church in Taunton to hear about how they are providing a warm space within their local community.

## Support for the Cost-of-Living crisis this Winter

Somerset County Council are providing a wide-ranging package of support to help Somerset people deal with the impacts of the Cost-of-Living crisis this winter. Support includes financial assistance with food and energy bills through the [Household Support Fund](#), a [‘Warm Welcome’](#) network of venues where people can find warmth and company, as well as targeted support for clinically vulnerable people in cold homes.

This funding will be used to provide food vouchers worth £10 a week to children

Spark Somerset will also be supporting food resilience in the county as part of this work, meanwhile a map of all foodbanks, pantries, and food cupboards in Somerset is being developed which will be made publicly available.

Other support this winter includes the [Centre for Sustainable Energy \(CSE\) Safe and Warm Somerset](#) helpline, which supports people who are clinically vulnerable and struggling to afford their energy bills and living in a cold home.

teachers worth £10 a week to children eligible for Free School Meals during the school holidays and enable people to apply for support with a range of urgent essentials including fuel, food, and white goods.

Somerset County Council has contributed to the [Somerset Community Foundation's Cost of Living Crisis Appeal](#) fund which will be used to support food resilience, energy projects and the 'Warm Welcome' network. Somerset West and Taunton Council, Sedgemoor District Council, South Somerset District Council and Mendip District Council have also contributed to the SCF Cost of Living Crisis Appeal.

The Warm Welcome initiative is a network of venues that will offer an inviting place for people to keep warm. These venues will offer optional activities, or a place to get some work or homework done, or even just see a friendly face for a chat.

[Spark Somerset](#) is being funded to develop the programme and build a framework, identify appropriate spaces and co-ordinate the project moving forward. [Somerset Libraries](#) will be open as usual to offer a warm and welcoming space to all. Once all of the warm spaces have been confirmed, a public map will be made available.

Funding has been provided from Somerset County Council's Clinically Extremely Vulnerable (CEV) Grant which means that in addition to delivery of their standard offer, CSE will also take on targeted outreach to clinically vulnerable people in cold homes and help arrange the installation of insulation and heating measures to improve the energy efficiency of low income or low EPC-rated homes.

Money is also being used to fund [Open Mental Health](#) to provide targeted face-to-face help at home for approximately 500 older adults in need of mental health support.

**To make an application to the Household Support Fund**, please visit: [Somerset County Council | Login or Register \(aurigaapp.org\)](#). If you need help to apply, please phone Somerset County Council on 0300 123 2224. People who applied to previous rounds of the Household Support Fund are welcome to apply again in this round of funding.

**To donate to the Somerset Cost-of-Living Crisis Appeal today** visit: [Somerset Cost-of-Living Crisis Appeal – Somerset Community Foundation \(somersetcf.org.uk\)](#) or call 01749 344949.

Support Available in Somerset

To Apply to the Household Support Fund

---

## Occupational Therapy Week 7 - 13

# November

To celebrate national [Occupational Therapy Week](#), Somerset County Council are holding a TEC Come and Try Event at the new Shepton Mallet Independent Living Centre (SILC) on **Thursday 10 November 2022 from 10am – 4pm** (Mendip District Council Offices, Cannards Grave Road, Shepton Mallet, Somerset, BA4 5BT).

The drop in event will give people the opportunity to get 'hands on' with technology from TEC providers who will be providing demonstrations on the day. The session is aimed at people working in the health and social care sector, not the general public at this stage.

We are asking people to book in for an hour slot for participation in to ensure everyone has the opportunity to try the equipment and spend time talking to SILC colleagues as well as the technology providers who will be there on the day. You will also be able to look around the ILC if you have never visited before.

Any queries please don't hesitate to contact myself or the Shepton SILC Team [silcshepton@somerset.gov.uk](mailto:silcshepton@somerset.gov.uk)

[Book Here](#)

---

# Come & Try Shepton SILC Event



**The Somerset Independent Living Centre would like to welcome you to a come and try event at our new Shepton Mallet location.**

**Your chance to try equipment you can prescribe/ recommend to people you are working with.**

**Your chance to meet with providers and discuss outcomes and see the art of the possible.**

**A chance to understand how the SILC can support people to be as independent as possible.**

Book your 45 min time slot **[via this link](#)** to come and find out more  
We will email you a confirmation for your chosen time slot  
**Thursday 10th November 2022**  
**9.30 - 15:00**

Find Us....  
Somerset Independent Living Centre Mendip  
District Council Offices  
Stockhill Building  
Cannards Grave Road Shepton Mallet  
Somerset BA4 5BT

[silcshepton@somerset.gov.uk](mailto:silcshepton@somerset.gov.uk)  
[www.somerset.gov.uk/equipment](http://www.somerset.gov.uk/equipment)



# 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

## 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/>