



Somerset Health and Wellbeing Advisory Network

Helping you to help others

High Covid-19 case rates continue to cause staff shortages, particularly in the education sector, limiting the provision of onsite education in some settings. The SCC Public Health team recognise that, despite these challenges, all settings in Somerset are doing their best to keep education and childcare open to their communities. Our education and childcare staff are a precious resource: valuing them, and their wellbeing and mental health, is a duty we all share, so please play your part in supporting these valued members of our community.

To help prevent the further spread of Covid-19, as well as other illnesses, please continue to follow the guidance: get vaccinated, if you have Covid-19 symptoms book a PCR test and self isolate, take LFD tests before meeting friends and family, wear a well fitting face covering when in an enclosed space such as a supermarket and ensure there is good ventilation when meeting indoors. Finally, keep your hands clean by washing often with soap and water to protect against many infectious diseases.

Vaccination Clinics In Somerset

Covid Vaccinations at Junction 24

Thursday 17 February, 4pm to 9pm



**Truckstop at J24, Market Way,
North Petherton, TA6 6DF**

Just walk in and get your jab, no need to book

NHS staff are looking forward to seeing you
whether it's your first jab or your third!



There are new clinics starting regularly in other areas in the coming weeks. Please encourage your networks to [check the NHS walk in site for up to date information.](#)

Bridgwater Town Hall, High St, TA6 3BL

Fridays in Feb: 9am - 5pm

Walk in

Haynes Motor Museum, Sparkford,

Yeovil, BA22 7LH

Mon - Fri: 9am - 5pm

Walk in

Livestock Market, Standerwick, Frome,

BA11 2QB

Weds 16th & 23rd Feb: 10am - 2pm

Walk in

Priorswood Library, Eastwick Road,

Taunton, TA2 7AD

Thurs 17th Feb: 9am - 6pm

Walk In

Truckers at Junction 24, Market Way,

North Petherton, TA6 6DF

Thurs 17th Feb: 4pm - 9pm

Walk in

Dillington House, Illminster, TA19 9DT

Weds & Thurs: 4pm - 8pm

Appointment Only

Firepool, Canal Road, Taunton, TA1 1NY

Mon - Sun: 9am - 5pm

Walk in

Wellington Community Hospital, Bulford

Lane, Wellington, TA21 8QQ

Every Mon in Feb: 9am - 1pm

Walk in

Sydenham Pantry, Hub hall 2, Fairfax Rd,

Parkway, Sydenham, Bridgwater TA6

4QZ

Wed 23rd Feb: 1pm - 6pm

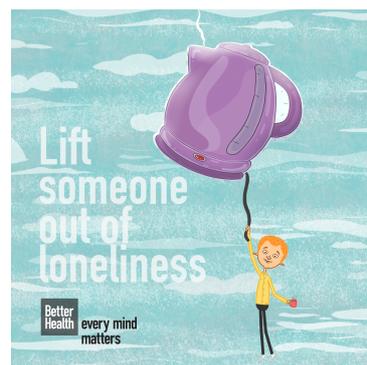
Walk In

List of Local Vaccine Centres

Emotional Wellbeing

Feeling lonely is something that all of us can experience at any point and it can have a huge impact on our wellbeing. The pandemic has been an unsettling time for everyone, and it's important to remember that many people may still feel disconnected, and will feel comfortable with different things, even when out of restrictions.

While loneliness is a feeling we can all relate to, sometimes admitting we feel lonely is much harder. We all experience feeling lonely in different ways. Talking more openly about these feelings can help identify help and support that works for each of us.



Every Mind Matters

[Find out how you can help to lift someone out of loneliness](#)



Covid Catch up Film

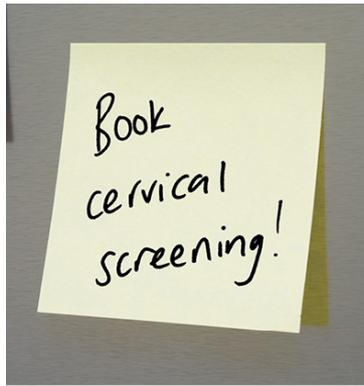
This week Clinton discusses long Covid and resources available. Please share this widely with your networks.



NHS Appointments

It is important that we reiterate to our networks that the NHS remains open for screening and medical appointments. Health protection is paramount so please

continue to encourage people to step forward when invited for appointments.



Don't ignore your cervical screening invite

NHS

Book an appointment with your GP practice now.

Screening
saves
lives

Help us
help you



Headway Somerset is offering new support for people living with Acquired Brain Injury (ABI), their families and supporters.

Talking Headway: An information and support line (plus email) open to anyone in Somerset living with ABI, family members, friends and supporters or professionals working with them.

Open **Tuesdays, Wednesdays and Thursdays** from **1pm to 3pm**. Call 01823 215014 or email info@headwaysomerset.org.uk

FREE Understanding Brain Injury Zoom Course: A series of five evening sessions held by Zoom for the relatives, supporters or unpaid carers of anyone in Somerset with ABI. The course starts on **Tuesday 8th March 2022**. To book a place please email info@headwaysomerset.org.uk or call us on 01823 618519.

Please note, this course is not open to paid carers or professionals however if you are interested in training opportunities from Headway Somerset please let them know using the contact number and email given above.

Brain Injury Awareness Course

Help Towards Childcare

Costs

Thousands of families in the South West are eligible to get up to £2,000 a year to help with the cost of childcare. Please share this support with your networks. Parents and carers can check their eligibility and [register for Tax-Free Childcare via GOV.UK](#).



Find Out More

The tax-free childcare 20% top-up, is available for children aged up to 11 or 17 if the child has a disability. It provides eligible working families with up to £500 every three months (or £1,000 for disabled children) towards the cost of holiday clubs, before and after-school clubs, childminders, nurseries, and other accredited childcare schemes.

Would you like to help local people stay healthy and informed?

Become a Champion!

Johanna - Trained Covid Champion

SPARK SOMERSET INSPIRING COMMUNITIES

NHS

SOMERSET CORONAVIRUS

SOMERSET County Council

COVID COMMUNITY CHAMPIONS

Are you finding the Covid rules and guidance confusing and do you wish you could help better inform your work colleagues, friends, family and local community?

If yes, you could become a Covid Community Champion, or enable one of your colleagues to. It doesn't take much of your time. All you need to do is come along to a short online Welcome Session, then you'll receive regular emails and invitations to online catch-up meetings.

Get in Touch

We want to hear from you

As community leaders, your insights are valuable to us, which is why we have set up a function on the site to enable you to send information directly to us. This could be feedback you are receiving from your community, ideas on different ways to engage, issues you are spotting locally and anything that will help us to reduce barriers to adopting measures that protect us from Covid.



Tell us What you Think

We're all in it together

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/>

The Somerset Local Outbreak Management Plan outlines how we, the council, will work with the NHS Test and Trace Service, PHE, the NHS and other partners to ensure a whole system approach to preventing and managing local outbreaks. This can be found [here](#).



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