



Somerset Health and Wellbeing Advisory Network

Helping you to help others

This week Covid case rates in Somerset have decreased, but are likely to remain a few weeks behind the trend seen nationally. We would like to say a **big thank you** to everyone who has supported the vaccination programme so far.

Every vaccine matters and there are plenty of walk in and bookable slots available across the county over Half Term. It's quick, easy and open to everyone 12+ for 1st, 2nd or booster doses, with sites open in Priorswood, Sydenham in Bridgwater and the Livestock Market at Junction 24, among others. Full details are included in this newsletter, or search '[grab a jab](#)' for all local sites.

We are awaiting the Government update scheduled for 21st February regarding the reduction or removal of some Covid-19 restrictions and will bring you more detail on this in the coming days.

Vaccination Clinics In Somerset

Covid Vaccinations in Sydenham

Wednesday 23 February, 1pm to 6pm



Sydenham Pantry, Hub hall 2 (behind the community centre off Parkway),
Fairfax Road, Parkway, Sydenham,
Bridgwater TA6 4QZ

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



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CORONAVIRUS



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County Council

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.](#)

Livestock Market, Standerwick, Frome,
BA11 2QB

Weds 23rd Feb: 10am - 2pm

Walk in

Sydenham Pantry, Hub hall 2, Fairfax Rd,
Parkway, Sydenham, Bridgwater TA6
4QZ

Wed 23rd Feb: 1pm - 6pm

Walk In

Hamp Pantry, Together Team Hub, 2-3
Grenville House, Rhode Lane, Bridgwater,
TA6 6JE

Wed 23rd Feb: 1pm - 6pm

Walk in

Junction 24 - Auction / Market: Market
Way, North Petherton, TA6 6DF

Thurs 24th & Sat 26th Feb: 9am - 3pm

Walk in

Bridgwater Town Hall, High St, TA6 3BL

Fridays in Feb: 9am - 5pm

Walk in

Exmoor Rural Health Hub, Moorland
Hall, Wheddon Cross, Minehead, TA24
7DU

Wed 9th March & Wed 13th April:

11:30am - 3:30pm

Walk in

Firepool, Canal Road, Taunton, TA1 1NY

Mon - Thurs: 9am - 5pm

Walk in

Priorswood Library, Eastwick Road,
Taunton, TA2 7AD

Thurs 24th Feb & Thurs 3rd March:

9am - 6pm

Walk In

Haynes Motor Museum, Sparkford,
Yeovil, BA22 7LH

Mon - Fri: 9am - 5pm

Walk in

Wellington Community Hospital, Bulford
Lane, Wellington, TA21 8QQ

Every Mon in Feb: 9am - 1pm

Walk in

Dillington House, Illminster, TA19 9DT

Weds & Thurs: 4pm - 8pm

Appointment Only

List of Local Vaccine Centres

Long COVID

On the 15th February the UK Health Security Agency (UKHSA) published the results of a new review showing that people who have had one or more doses of a vaccine are less likely to develop [Long COVID](#) than those who remain unvaccinated.

The review concluded that people who received 2 doses of a vaccine against Covid-19 were less likely to develop long Covid symptoms or experience symptoms for a shorter time, compared with those who were unvaccinated. Individuals who received a vaccination after being infected with Covid-19 also reported that the duration of post-Covid symptoms was shorter than for those who were unvaccinated.



[Long COVID Info](#)

[Recovery Support](#)





Covid Catch up Film

This week Clinton talks about the importance of regular health checks, in particular heart health. Please share this widely with your networks.



Shared Vision for Somerset VCSEs

The Covid-19 pandemic has brought unprecedented change to people and communities worldwide, and Somerset is no exception. What is marked, however is the way in which Somerset's voluntary, community, and social enterprises (VCSEs) stepped up to the challenge.

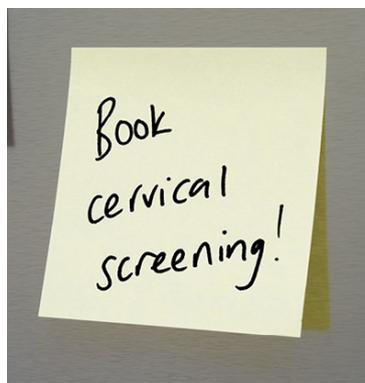
Reflect, Recover, Renew investigates the impact of Covid-19 and creates a shared vision for the future of the VCSE sector in Somerset. In all, 270 people representing 190 separate VCSEs across Somerset shared their experiences.

The report will be a useful tool for charity leaders, community groups, stakeholders, statutory partners, and anyone involved in supporting our communities.

[Read the VCSE Report](#)

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

Book an appointment with your GP practice now.

NHS

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

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

Become a Champion!



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](#)

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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