



Somerset Health and Wellbeing Advisory Network

Helping you to help others

[The living safely with covid plan](#), sees a shift away from legal restrictions and move towards a guidance and personal responsibility model. Prevalence of Covid-19 remains high in Somerset, and public health advice on vaccination, testing, self-isolation, managing Covid-19 symptoms and positive cases, should be followed to help slow the transmission of Covid and many other seasonal illnesses.

In this weeks' [Covid Catch Up Film](#), Trudi Grant Director of Public Health Somerset emphasises that public health advice has not changed when it comes to managing Covid symptoms and positive Covid cases.



Choosing to wear a face covering in crowded or indoor spaces, regularly washing your hands and keeping occupied spaces well ventilated can all have a positive impact on reducing sickness levels and improving business continuity.

Vaccines remain our primary mitigating measure against severe disease and illness from Covid-19 and it is because of the success of the vaccination programme that we have been able to move into the next phase of living safely with Covid-19.

For More Info Click Here

Vaccination Clinics In Somerset



New walk in clinics are regularly available across the county. Please encourage your networks to [check the NHS walk in site for up to date information.](#)

Bridgwater Town Hall, High St, TA6 3BL

Every Friday: 9am - 5pm

Walk in

Auction / Market at Junction 24 Market

Way, North Petherton TA6 6DF

Sat 12th & Sat 26th March: 8am - 3pm

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

Wiveliscombe Community Hall, West St,

Wiveliscombe, Taunton TA4 2JP

Weds 16th &

Weds 30th March: 2pm - 6pm

Walk in

Haynes Motor Museum, Sparkford,

Yeovil, BA22 7LH

Mon - Fri: 9am - 5pm

Walk in

Yeovil Gateway Church, Addlewell Lane,

Yeovil, BA20 1QN

Wed, Thurs & Sats in March: Times vary.

See [Grab a Jab](#) site for opening times

Walk In

Dillington House, Ilminster, TA19 9DT

Weds & Thurs: 4pm - 8pm

Appointment Only

Wellington Community Hospital, Bulford

Lane, Wellington, TA21 8QQ

Every Monday: 9am - 1pm

Walk in

Priorswood Community Centre, 13-14

Priorswood Place, Taunton, TA2 7JW

Sat 12th: 9am - 3pm

Sat 19th March: 2pm - 6pm

Walk in

Minehead Community Hospital, Luttrell

Way, Minehead, TA24 6DF

Every Tuesday: 9am - 7pm

Walk in

Firepool, Canal Road, Taunton, TA1 1NY

Mon - Thurs : 8:30am - 7:30pm

Walk in

List of Local Vaccine Centres



[Read full JSNA](#)

Somerset: Our County

The [Somerset Health and Wellbeing Board](#) has a statutory duty to produce a Joint Strategic Needs Assessment (JSNA). Our JSNA describes the current and future health, care and wellbeing needs of the local population. Based on this evidence, the Board has set out its overall vision, key priorities and the actions to meet those needs in the current [Improving Lives Strategy 2019-2028](#).

The new JSNA [Somerset: Our County - Covid in Somerset communities](#) - has been published.

The focus of this JSNA has been the impact of Covid-19 on our areas of deprivation, with additional qualitative work reporting from participant groups and interviews in Bridgwater.

We anticipate the evidence produced in this JSNA will prove beneficial to the recovery of the whole county; it demonstrates our community strength and assets alongside the challenges we face, as a result of the pandemic.

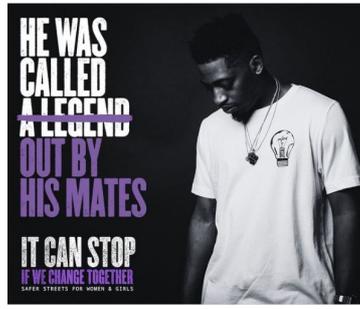
Thriving Voices

The Bluebirds Theatre Company are running a new vocal workshop course free to all participants. The course, called Thriving Voices is aimed at those with Long Covid or respiratory complaints. It is also open to those who would like to learn better breathing techniques. Please share this opportunity with your networks.



The course is being held at **Creative Innovation Centre CIC, Taunton**: Tuesday 8th March to Tuesday 29th March - 1pm - 3pm.

[For More Info](#)



Violence Against Women & Girls Campaign

Following the tragic murder of Sarah Everard on the 3rd March 2021, the government have funded the North Somerset and Somerset Council's [Safer Streets program](#). This program enable us to hear the voices of women on this issue and also helps promote safety in public spaces.

Please share this important subject and the free resources and training with your networks and raise awareness within organisations and communities by sharing the downloads and social media links below:

FREE TRAINING

[Violence Against Women & Girls Webinars \(saferstrongerns.co.uk\)](#)

FREE DOWNLOADS

[VAWG Campaign | Safer stronger \(saferstrongerns.co.uk\)](#)

For More Info



No Smoking Day: Wednesday 9th March

"Don't give up on giving up. Every time you try to stop smoking, you're a step closer to success". [Smokefreelife Somerset \(healthysomerset.co.uk\)](#)

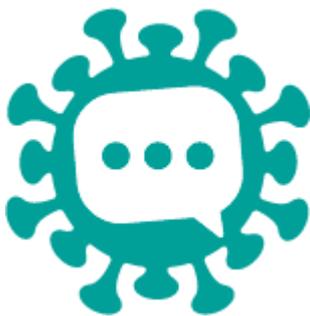
**Today is the day to
stop smoking.**

**It's time to take back
your health!**



TODAY IS THE DAY - to stop smoking.
For help to quit, search 'smokefree'

[For More Info & Support](#)



New Role Opportunity

Sparks Somerset are recruiting for an experienced Community Engagement Project Manager to lead an exciting new 'Under-served Communities Project' within Open Mental Health.

This is a full-time post, working 37.5 hours per week on fixed term contract until March 2024 (with the option to extend if further funding can be obtained). The salary is £30-32k depending on experience. Deadline is Monday 14th March.

[More Information Click Here](#)

Wellbeing Support

Staying at home and avoiding contact with other people can be difficult, frustrating and lonely for some people. [Every Mind Matters](#) provides simple tips and advice to take better care of your mental health.



[Mind in Somerset](#) has a dedicated support helpline available 24 hours a day, 7 days a week. They also have a Crisis Safe Space service running 7 days a week 6am to 10pm for drop in and appointments in both their Yeovil and Taunton office as well as Saturday and Sunday daytime. **To book please call Mindline on 01823 276 892**

The [NHS Volunteer Responders programme](#) is also available to help support those who need it. Volunteers can collect and deliver shopping, medication and other essential supplies and can also provide a regular friendly phone call. Call 0808 196 3646 between 8am and 8pm, 7 days a week to self-refer or visit NHS Volunteer Responders for further information.

Click on the photo below to watch.



Mind in Somerset



Easter Food & Activities Programme



The Easter holidays will see the return of the popular Holiday Activities and Food programme in Somerset with young people aged 5-16 years who qualify for Free School Meals given the opportunity to take part in fun physical activities and be provided with a nutritious meal.

SCC will also team up with Somerset Activity and Sports Partnership (SASP) to deliver the programme across the county which has seen children and young people take part in a wide range of activities from sports and music workshops, to kayaking and climbing.

Children eligible for Free School Meals will still receive food vouchers at Easter, the value of these vouchers will be £10 to take into account the food being provided as part of the Holiday Activities and Food initiative.

[For More Info Click Here](#)

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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