



Somerset Health and Wellbeing Advisory Network

Helping you to help others

Cases of Covid-19 have begun to increase again in Somerset. Last week the case rates were 593.7 per 100,000 people. This is above both the South-West average and national average. We have also seen a significant increase in cases in hospitalisation last week, to around 130 Covid-19 cases in Somerset hospitals

As Covid restrictions turn to guidance, [vaccines](#) remain our primary mitigating measure against severe disease and illness from Covid-19. 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](#).



The Covid-19 vaccination is the first line of defence against the coronavirus.

Most people in your area have had their jabs, but if you are one of the few that hasn't you can easily find a walk-in clinic or make an appointment near you.

<https://bit.ly/CovidInfoSomerset>

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.](#)

List of Local Vaccine Centres

Bridgwater Town Hall, High St, TA6 3BL

Every Friday: 9am - 5pm

Walk in

Sydenham Pantry, Community Hub,

Fairfax Road, Bridgwater, TA6 4HX

Wed 16th & Wed 30th March: 1pm - 6pm

Walk in

Auction / Market at Junction 24 Market

Way, North Petherton TA6 6DF

Sat 26th March: 8am - 3pm

Walk in

Haynes Motor Museum, Sparkford,

Yeovil, BA22 7LH

Mon - Fri: 9am - 5pm

Walk in & Bookable

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

Exmoor Rural Health Hub, Moorland

Hall, Wheddon Cross, Minehead, TA24

7DU

Wed 13th April: 11:30am - 3:30pm

Walk in

Dillington House, Ilminster, TA19 9DT

Weds & Thurs: 4pm - 8pm

Appointment Only

Minehead Community Hospital, Luttrell

Way, Minehead, TA24 6DF

Every Tuesday: 9am - 7pm

Walk in

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 19th March: 2pm - 6pm

Walk in

Wiveliscombe Community Hall, West St,

Wiveliscombe, Taunton TA4 2JP

Weds 16th &

Weds 30th March: 2pm - 6pm

Walk in

Firepool, Canal Road, Taunton, TA1 1NY

Mon - Wed 16th March: 9am - 5pm

Walk in & Bookable

**This site will then close and move to the*

Old Bus Station in Taunton on Tower

Street at the end of March.



As it begins to feel like Spring is in the air, and Covid restrictions have now changed to guidance. SCC Public Health team are sharing some top tips for staying healthy this Spring.

Get plenty of fresh air

One of the best ways of helping to reduce the spread of Covid-19 and other infectious diseases is to meet up with people outside, or to ensure plenty of fresh air is circulating if meeting inside. As the weather becomes brighter, meeting people outside becomes easier. When seeing people from outside of your household, it is sensible to take simple steps to improve ventilation when indoors, including opening doors and windows to let fresh air in. Opening windows regularly for just 10 minutes, or a small amount continuously, can still reduce the airborne risk from Covid-19 substantially compared to spaces with no fresh air.

Book your free health check

You may be eligible for a free NHS health check. Health checks are offered for free to all 40-74 year olds with no pre-existing health conditions.

They are designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older we have a higher risk of developing one of these conditions. During the pandemic Health Checks were put on hold but they're now up and running again!

[NHS Health Check Info](#)

Wash your hands regularly

Washing your hands regularly can prevent the spread of respiratory and diarrheal infections from one person to the next and help yourself and your loved ones stay healthy.

You should wash your hands with soap and water for at least 20 seconds, or if you are out and about and do not have access to a sink, use a hand sanitizer with at least 60% alcohol to clean your hands. It's especially important during times when you are likely to get and spread germs such as preparing food, after blowing your nose, coughing and sneezing.

Get your Covid vaccination & booster

Over the last two years, we have all become aware of the risks associated with Covid-19, including the increased chance of becoming re-infected with the virus, and suffering from long-covid. It isn't too late to get your first, second or booster vaccination, and we would encourage anyone who is eligible to get their fourth booster jab when it becomes available in the Spring.

[Vaccination Programme](#)

These simple actions have very little impact on our ability to go out and about and enjoy our everyday lives – but they make a big difference when it comes to helping to

protecting our friends, family and local communities in Somerset.

It's never too late to take control of your health and well-being, and we have resources to help you every step of the way. A good first stop when looking for support for yourself, the people you know or your community is [Coronavirus – Mental and emotional health information \(somerset.gov.uk\)](https://www.somerset.gov.uk/coronavirus-mental-and-emotional-health-information).



Covid Catch Up Film

Clinton discusses the importance of ensuring children receive their MMR vaccination as national figures have shown a decline since the beginning of the pandemic.



[Click Here To Watch](#)

Vaccination For Children Aged 5 – 11

The Joint Committee on Vaccination and Immunisation (JCVI) has now advised a non-urgent offer of two 10 mcg doses of the Pfizer-BioNTech Covid-19 vaccine to children aged 5 to 11 years of age who are not in a clinical risk group. The NHS will prepare to extend this non-urgent offer to all children during April. Further details are expected in the coming weeks.



The Pfizer vaccine dose being offered is a third of what is given to older children and adults. Children need 2 injections of the vaccine usually 8 weeks apart. It may take a few weeks for their body to build up some protection from the vaccine. Two doses of the vaccine should give long lasting protection against serious complications of

infection, including any future waves due to new variants. Like all medicines, no vaccine is completely effective, some children may still get COVID-19 despite having a vaccination, but this should be less severe.

[Product information leaflet](#) for more details on the vaccine, including possible side effects.

Guide For Parents



Safer Sleep Week 14th - 20th March

Safer Sleep Week is [The Lullaby Trust's](#) national awareness campaign targeting anyone looking after a young baby. To raise awareness of Sudden Infant Death Syndrome (SIDS) and the safer sleep advice that reduces the risk of it occurring. SIDS cannot be completely prevented, we can however reduce the risks of it occurring considerably by following [Safer Sleep](#) advice.

- [Sleep your baby on their back](#) for all sleeps – day and night – as this can reduce the risk of SIDS by six times compared to sleeping them on their front.
- [Share a room with your baby](#) for the first six months – this can halve the risk of SIDS.
- [Keep your baby smoke-free](#) during pregnancy and after birth – around 60% of sudden infant deaths could be avoided if no baby was exposed to smoke during pregnancy or around the home.
- [Never sleep on a sofa or armchair](#) with your baby as this can increase the risk of SIDS by 50 times.
- Do not [co-sleep](#) with your baby. One study found that the risk of SIDS when co-sleeping is six times higher in smokers than in non-smokers.

Please share the campaign and resources available with your networks:

ICON Prevention

Maternity Tool

Presentations



[Click For More Info](#)

NEW Somerset Food Resilience Grant is available!

Smart Communities Ltd has a Grant Fund to enable communities that support or directly work to develop food resilience in communities across Somerset. Any Somerset community group, charity, organisation, and agency can apply for a maximum of £2,000. The deadline for applications is 31st March 2022 and funded by Somerset County Council.

The funds can be used in many ways and there is no fixed list of things we will fund but are here to support your local needs, ideas and solutions as every community is different. The grant aims to support organisations and groups to build resilience for the future.

You know what works for you and your area so get in touch and get your application in today!

Easter Activities

SCC has teamed up with Somerset Activity and Sports Partnership to deliver the [Happy Healthy Holidays Somerset \(HHHS\)](#) initiative across the county, with bookings for this Easter's activities opening this week.

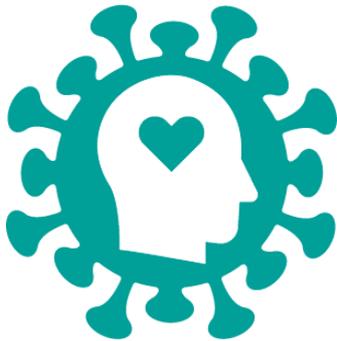


This funding is to enable local groups to provide holiday activities including food to children eligible for free school meals in Somerset. This is part of the Government programme which has provided healthy food and enriching activities to disadvantaged children since 2018 and is now being expanded across the whole of England.

There are a total of 12,000 places available, with more than 70 venues offering a wide range of activities from kayaking to music workshops, swimming, climbing and much more.

Parents will need to get a code from their school in order to book the activities. All details on what's on offer, the locations of holiday clubs and days operating can be found by clicking on the button below.

[For More Info Click Here](#)



[Click For More Info](#)



Suicide Awareness Training

At the heart of our approach to suicide prevention is the belief that suicide is everybody's business and we all can have a part to play in its prevention. After the last two years we know there has been a rising concern regarding suicide and we hope these courses will help build competence and confidence in addressing these concerns.

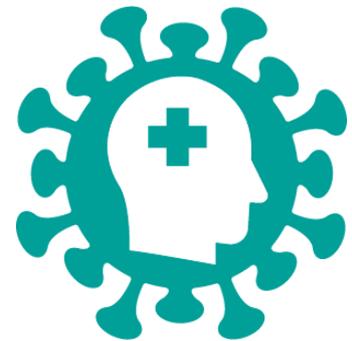
Public Health in conjunction with [Every Life Matters](#) have launched a series of online 3.5 hour suicide alertness courses and 90 min suicide awareness courses that will run throughout the next 12 months.

The aim is to reduce the stigma attached to suicide, increase understanding of when someone is at risk of suicide, raise awareness of how to practically support someone, and the range of services and resources available for people in our communities experiencing suicidal thoughts.

Please share this information within your networks and wider communities. As we go forward more course dates will be added.

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.

Mind in Somerset



Tell us What you Think

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.

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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