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# Somerset Health and Wellbeing Advisory Network

Helping you to help others

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## Vaccination Clinics In Somerset

An illustration of a person wearing a face mask and a pink t-shirt, sitting and receiving a vaccine in their upper arm. The background is teal with white and pink text boxes.

**Walk-in vaccinations**  
Multiple locations across Somerset

Search 'Grab a Jab' 

to find a walk-in site near you

 SOMERSET CORONAVIRUS  SOMERSET County Council

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.](#)

Local Vaccine Centres

## Sedgemoor

**Bridgwater Town Hall**, High St, TA6  
3BL

**Every Friday in April:** 9am -  
5pm (*closing at 4pm on 15th April*)  
Walk in

**Bridgwater Community  
Hospital**, [Bower Lane, Bridgwater, TA6  
6JE](#)

**Every Sunday in April:** 9am - 7pm  
Walk in

**Auction / Market at Junction 24** Market  
Way, North Petherton TA6 6DF  
**Sat 23rd April:** 9am - 3pm  
Walk in

**Sydenham Pantry**, Community Hub,  
Fairfax Road, Bridgwater, TA6 4HX  
**Wed 27th April:** 1pm - 6pm  
Walk in

**Hamp Pantry**, Grenville House, [Rhode  
Lane, Bridgwater, TA6 6JE](#)  
**Thurs 28th April:** 1pm - 6pm  
Walk in

## SWT

**Minehead Community Hospital**, Luttrell  
Way, Minehead, TA24 6DF  
**Every Tuesday April:** 8:30am - 7pm  
**Everyday Saturday April:** 10am - 5pm  
Walk in

**Wellington Community Hospital**,  
Bulford Lane, Wellington, TA21 8QQ  
**Monday - Friday:** 9am - 5pm  
Walk in

**Priorswood Community Centre**, 13-14  
Priorswood Place, Taunton, TA2 7JW  
**Sat 30th April & 14th/28th May:**  
9am - 6pm  
Walk in

**Wiveliscome Community Hall**, West  
Street, Wiveliscombe, TA4 2JP  
**Wed 27th April:** 2pm - 6pm  
Walk in

## Mendip

**Cheese & Grain**, Market Yard, Justice  
Lane, Frome, BA11 1BE  
**Sunday 24th April:** 9:30am - 5pm  
Walk in

## South Somerset

**Chard Leisure Centre**, Fore Street,  
Chard, TA20 1GR  
**Wed 20th April:** 9:30am - 5pm  
Walk in

Downloadable Social Posts & Poster



## ICON Campaign 18th - 28th April

ICON aims to normalise infant crying and to promote the importance of utilising every interaction as an opportunity to generate conversations that include fathers and men during the maternity and transition into parenting journey; supporting their understanding of how comfort methods may help soothe their baby and how a discussion about coping, and making a personal coping with plan, may prevent incidence of non-accidental injury (NAI) and abusive head trauma (AHT)

Abusive Head Trauma (AHT) causes catastrophic brain injuries, which can lead to death, or significant long-term health and learning disabilities. Most babies start to cry more frequently from two weeks of age, with a peak usually being seen around 6-8 weeks. Organisations coming together for ICON week aim to spread the messages to help normalise infant crying and share coping techniques to help parents to deal with the stress it can cause.

- Infant crying is normal and it will stop! Babies start to cry more frequently from around 2 weeks of age

- **Comforting methods** can sometimes soothe the baby and the crying will stop. Is the baby hungry, tired or in need of a nappy change?
- **OK to walk away**, if you have checked the baby is safe and the crying is getting to you. After a few minutes when you are feeling calm, go back and check on the baby
- **Never, ever shake or hurt a baby.** It can cause lasting brain damage and death.

Please share the ICON message and [resources](#) available including [DadPad](#) and [Safer Sleep](#) with your networks.

For More Info & Resources



## Catch up Film

This week Clinton draws attention to the ICON campaign, and offers simple advice on how to cope with a crying baby.

Click Here To Watch

An advertisement for the NHS Healthy Start Scheme. It features a blue background with the NHS logo in the top right corner. In the center, there are five cartoon food items with faces and arms: an apple, a yellow packet, a 'Healthy Start' card, a broccoli, and a blue milk carton labeled 'MILK'. Below the illustrations, the text reads: 'Get help to buy food and milk with the NHS Healthy Start Scheme'. At the bottom, it says 'Apply online at www.healthystart.nhs.uk'.

# National Healthy Start Scheme

The NHS have launched a digital scheme, which offers a prepaid card to those applying for [Healthy Start](#). This replaces the paper vouchers. This card will be automatically topped up every 4 weeks. [This animation](#) - explaining how to apply online.

## What is Healthy Start?

If you're more than 10 weeks pregnant or have a child under 4, the Healthy Start scheme can help you **to buy healthy foods like milk or fruit and get free vitamins**. [Visit the Healthy Start website for up to date eligibility information](#)

For resource enquires please email: [publichealthsomerset@somerset.gov.uk](mailto:publichealthsomerset@somerset.gov.uk)

Click Here To Apply

Healthy Start Info Leaflet



COMMUNITY SPORTS TRUST

STARTS APRIL 27

# WELLBEING WANDERERS

MORE THAN JUST FOOTBALL

**MEN 16+**  
All abilities Welcome

**£3**  
PER SESSION

1610 Robert Blake,  
Bridgwater TA6 6AW- 3G Pitch  
Wednesdays, 5-6:30pm

MORE INFORMATION  
[Bridgwaterunitedcst.com/wellbeing-wanderers](http://Bridgwaterunitedcst.com/wellbeing-wanderers)

PROGRAMME PARTNERS

STEPLADDER

sasp  
Somerset Activity & Sports Partnership

First Week FREE

## Wellbeing Wanderers

Starting Wednesday 27th April, 17:00 –18:30 at 1610 Robert Blake, Bridgwater, TA6 6AW (3G Pitch) - £3 per session. You don't need to book you can just turn up on the day.

Weekly football sessions for men, of all abilities welcome. Football can be a huge boost to your state of mind.



## Emotional Health & Wellbeing Resources Available

**Please share widely the below resources available for colleagues, staff, members of the public and of course yourselves**

**Every Life Matters** is at the heart of our approach to suicide prevention. It is the belief that suicide is everybody's business and we can all have a part to play in suicide prevention. Over 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. **[Click here for more information on courses available.](#)**