

[View this in your browser.](#)



Helping you to help others

Somerset Health and Wellbeing Advisory Network

Living with Covid-19



We have launched a new website: [Living Safely with COVID-19](#) which contains information about vaccinations and boosters across Somerset, as well as other information about Covid-19, including health and wellbeing support available.

NEW Living with Covid-19 Website

Walk In Covid Vaccination Clinics



To help you promote the walk in vaccination sites in your area, we have created a range of social media graphics and posters.

Sedgemoor

Bridgwater Town Hall, High St, TA6 3BL

Every Friday: 9am - 2pm - Walk in

Book a Children only age 5+: 2pm-5pm

*check [GAJ](#) for specific children's (5+) clinics & times

Appointments now open on [NBS](#).

Sydenham Pantry, Community Hub,
Fairfax Road, Bridgwater, TA6 4HX

Wednesday 22nd June: 1pm - 6pm

Bridgwater Community Hospital, Bower

Every Sunday: 9am - 5pm

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

Saturday 18th June: 9am - 3pm

Hamp Pantry, Grenville House, Rhode
Lane, Bridgwater, TA6 6JE

Thursday 9th & 23rd June: 1pm - 6pm

Somerset West and Taunton

Tower Vaccination Centre: Tower Road,
Taunton, TA1 4AF

7 days a week: 9am - 7pm

Book a Children only age 5+:

*check [GAJ](#) for specific children's (5+) clinics & times

Appointments now open on [NBS](#).

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

Tuesday & Thursday: 9am - 1pm

Priorswood Community Centre, 13-14

Priorswood Place, Taunton, TA2 7JW

Sat 11th June: 2pm - 6pm

Sat 25th June: 12pm - 6pm

Minehead Community Hospital, Luttrell
Way, Minehead, TA24 6DF

Every Tuesday: 8:30am - 7pm

Mendip

Haskins: 76 High Street, Shepton Mallet,
BA4 5BT

Saturday 11th June: 10am - 1pm

*check [GAJ](#) for specific children's (5+) clinics & times.

Book a Children for age 5+:

Appointments now open on [NBS](#).

Wedmore Village Hall, Cheddar Road,
Wedmore, BS28 4EQ

Saturday 11th June: 9am - 5:30pm

Book a Children for age 5+:

Appointments now open on [NBS](#).

South Somerset

Abbey Manor Health Centre, The Forum,
Yeovil, BA21 3TL

Every Wednesday: 9am - 7:30pm

Weds 29th June: 9:30am - 7:30pm

Saturday 18th June: 9:30am - 2pm

Local Vaccine Centres

Grab a Jab - Walk In Clinics

NBS - Appointments



Had your Spring Booster?

COVID-19 boosters are due NOW for anyone over 75 or immunosuppressed.
Call 119, Book online or find a walk-in clinic near you.

#VaccinatingSomerset

NHS

The banner features a photograph of an elderly couple smiling, with a silhouette of a town skyline and a person walking in the background. The NHS logo is in the top right corner.

Carers Week: Visible, Valued and Supported

This week is Carers Week. There's still time to take part. Find out more in the latest newsletter here: <https://somersetcarers.org/news/june-news/>

Carers Week Roadshow - Meet Fiona, the Carers Service Coordinator and pick up a goody bag. Find out how Somerset Carers can help at any and every stage of a person's caring journey by popping into: **Friday 10th June: Morrisons Glastonbury**, 10am - 2pm

Somerset Skills and Learning Courses

SS&L are taking part in Carers Week to raise awareness of and highlight the challenges for unpaid Carers, recognising the contribution they make to their families, local communities, workplaces and society by running a selection of workshops.

[For More Information Click Here](#)

[Talking Cafe - Catch Up](#)

Carers Groups Goody Bags

Throughout the whole of June, Spark Somerset, a Somerset Carers partner, will be giving out goody bags at Carers Groups across Somerset. Find your local group here: [Carers Groups - In Person & Online! - Somerset Carers](#)

How to Contact the Somerset Carers:

Freephone advice line 0800 31 68 600

Live chat facility

www.somersetcarers.org

Text CARER to 78070 and a Village Agent will call back.

Mens Health Week 13 - 19th June



In the UK, 12.5% of our men are suffering from at least one of the common mental health disorders, with 76% of all suicides being male (ONS).

Somerset County Council want to encourage all our residents to make time to look after their health and wellbeing this Men's Health Week. Men are less likely to visit a pharmacy or GP than their female counterparts.

We've been through a lot these past couple of years. Covid has not gone away but we are beginning to live with it. To do this, we need to be at the top of our game, physically and mentally. So, for this year's Men's Health Week, it's time for you, me and men everywhere, to give ourselves an MOT.

To help you promote and support Men's Health Week we have created a range of social media graphics and collated some support tools which would be great if you could share with your networks.

[Click Here for Social Posts & Support](#)



Please share the following support links with your networks:

Get Talking - Try out the [Men's Health Forum's](#) 14 questions that go a bit deeper than 'how are you?'.

Be there for the men in your life - [Open Mental Health](#) are an alliance of mental health organisations who have come together to provide 24/7 support to adults in Somerset.

Avoid using alcohol or drugs to cope - Men are more likely to use drugs and alcohol as coping methods when they are not feeling well, instead of getting the help that they need. For support contact: [Somerset Drug & Alcohol Service](#).

It's ok to ask for help - If something doesn't feel right, talking to your GP is a great first step. Alternatively, [Mindline Somerset](#) offers a 24/7 listening service and they can be contacted on 0800 138 1692 or 01823 276892.

Get moving - Exercise releases feel-good chemicals called endorphins in the brain. Even a short burst of 10 minutes brisk walking can improve your mental alertness, energy and mood. [SASP in Somerset](#) have lots of great ideas to get you moving.

Get outside - Spending time outside, especially in nature, helps to improve mood and reduce feelings of stress. Get Outside in Somerset has plenty of simple ways to get outside in Somerset. Visit [Home Page - Get outside in Somerset](#) for more information.

[Click Here for Resources](#)

new leaf
WORKPLACE WELLBEING



Stepladder Website

[New Leaf SME Well-being](#) and [Stepladder](#) will be out on the road next week visiting construction sites to encourage mental health awareness and wellbeing across Somerset.

They are wanting to reach those who are self employed, contractors who are often not part of an Employee Assistance Programme and can often struggle to access services while working away from home.

Becky Wright SME Well-being said, "We will be giving out hot pasties to tempt them in accessing resources of The Lighthouse Trust a national charity for all those working in construction and Stepladder Somerset. Every day two construction workers take their own life in the UK. We hope by doing this work we can equip them with all the resources they need to access help and support."

New Leaf SME Well-Being Website

Virtual Coffee morning



Send us an email to join:
somerset@disabilityengagement.services

Tuesday 16 June 11 AM



Somerset Disability Engagement Service are re-launching their virtual coffee mornings this Thursday 16th June at 11am.

To join email: somerset@disabilityengagement.services

We want to hear from you

Your feedback is valuable to us and we'd like to receive more from you and your communities. Ideas on different ways to engage and issues you are spotting locally will help us to reduce barriers to accessing healthcare.



Tell us What you Think



Local Helplines

If you require support please contact your local authority.

Mendip District council call 0300 303 8588

Sedgemoor District council call 0300 303 7800

South Somerset district council call 01935 462462

Somerset West and Taunton council call 0300 304 8000

Somerset County Council call 0300 123 22224

Helping you to help others

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/>



SOMERSET
County Council

[Unsubscribe](#) | [Manage your subscription](#)