



Helping you to help others

Somerset Health and Wellbeing Advisory Network

Living with Covid-19



Over the past two years, the Covid-19 pandemic has forced many people indoors, increasing isolation and decreasing mobility. However, with most of us fully vaccinated against the virus, now is the time to get outside and enjoy the things we love doing.

Gentle movement can increase muscle strength, boost general health and improve balance. In Somerset, [Age UK](#) and [SASP](#) have a wide range of classes and home exercises that are designed to get people moving again gradually following periods of inactivity.

Vaccinations provide good protection against Covid-19 and getting the booster will make sure our protection is topped up, reducing the risk of getting seriously ill from Covid-19 and making it easier to live safely with the virus.

Please also remind your networks that they can [book a COVID-19 vaccination appointment online](#) or [find a walk-in COVID-19 vaccination site](#) (to get vaccinated without needing an appointment) if they are:

- aged 75 and over

- aged 12 and over and have a weakened immune system

Those due to turn 75 after the end of June, or who are in one of the groups identified in [current JCVI guidance](#), will be invited for an additional booster jab in the Autumn.

[NBS Appointment](#)

[Find a Walk-In Clinic](#)

This Week's Public Health Film



[Click here to watch](#)

This week Clinton visits an Age UK class to understand how gentle movement can improve health and wellbeing as we get older. Dr Rachel Handley, Public Health Consultant at Somerset County Council discusses how much safer it is to move your body than not and an Ambassador from SASP tells us how to stay active from the comfort of our own homes.

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.

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

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 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 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 18th June: 10am - 2 pm

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

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

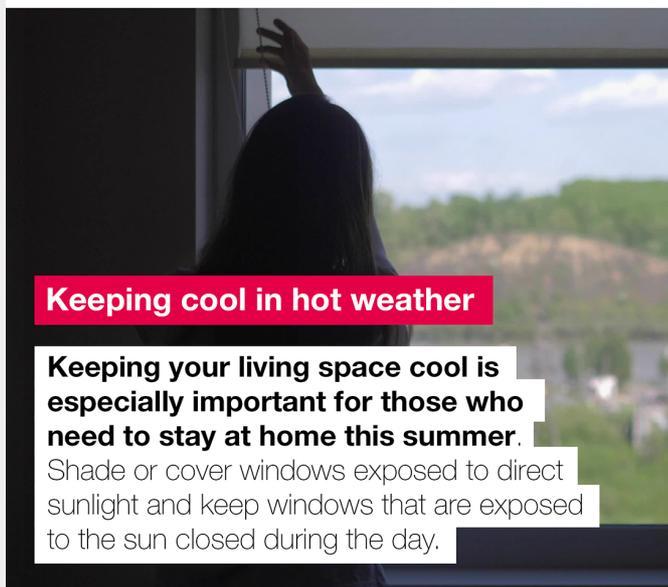
Grab a Jab - Walk In Clinics

Local Vaccine Centres

NBS - Appointments

Temperatures Rise Across Somerset

 UK Health Security Agency



Keeping cool in hot weather

Keeping your living space cool is especially important for those who need to stay at home this summer.

Shade or cover windows exposed to direct sunlight and keep windows that are exposed to the sun closed during the day.

Look out for those who may struggle to keep themselves cool and hydrated. Older people, those with underlying conditions and those who live alone are particularly at risk.

- Drink plenty of fluids and avoid getting [dehydrated](#)
- Never leave anyone in a closed, parked vehicle, especially infants, young children or animals
- Try to keep out of the sun between 11am to 3pm to avoid [heat exhaustion and heatstroke's](#)
- Walk in the shade, apply sunscreen regularly and wear a wide brimmed hat, if you have to go out in the heat

The UKHSA and Met Office [Level 2 Heat-Health alert](#) remains in place for the South West until midnight on Saturday 18th June. Temperatures are expected to peak on Friday 17th June.

For some people, especially older people and those with underlying health conditions, the summer heat can bring real health risks. Temperatures indoors can be higher than temperatures outdoors. That's why we're urging everyone to keep an eye on those you know who may be at risk this summer. If you're able, ask if your friends, family or neighbours need any support.

 UK Health Security Agency



Older people, people with long term conditions and young children

may need help keeping cool.

Many of us enjoy the hot weather but remember to look out for others.

Tips to cope in hot weather

The Heatwave Plan for England includes recommendations for activities, specifically for care home staff and social workers tasked with caring for vulnerable groups.



[Click Here for Survey](#)

Over 70s or those with long term health conditions

We are conducting a survey to find out about the impact of the pandemic on older adults and those with long term health conditions. We would like to hear directly from this group and would be grateful if you could share this survey with your service users.

Survey closes Thursday 30th June

Elder Abuse and Isolation

It is never too late to get help for people who are suffering from domestic abuse. More than 500,000 older people in the UK experience domestic abuse, and cases amongst those aged over 65 in Somerset are rising.

Councillor Adam Dance, Somerset County Council's Executive Officer responsible for health and wellbeing, said: *"Social isolation has been identified as one of the leading contributors to an increase in elder abuse, this has been exacerbated by the restrictions caused by Covid over the last couple of years – which have made people further isolated."*

"We would like to reassure everyone help is, and will continue to be, available for those experiencing domestic abuse – whatever their age. Everyone should have the opportunity to lead a happy, healthy and safe life free from abuse. I urge anyone who is living with abuse in their lives to get help and advice."

Please share the help available widely with your networks.

- [www.sometsurvivors.org.uk](http://www.somerset survivors.org.uk)
- Telephone: **0800 69 49 999**
- In an emergency you should always dial 999
- If you are worried that an abuser may overhear your call you can remain silent, tap the phone and dial 55 when prompted by the operator who will send help.
- If you are deaf, hard of hearing or speech-impaired you can register with emergencySMS.net.



Happy Healthy Holidays is back for Summer 2022

Following the success of previous [Happy Healthy Holidays programmes](#), SASP and Somerset County Council have once again partnered to deliver an exciting range of free activity days for young people over the summer holidays.

The programme will provide support to families by offering healthy food and a range of activities to children receiving free school meals in Somerset.

A huge range of lesson plans and resources are available on the [Children and Young People Somerset Website](#), covering everything from physical activity and nature conservation to rainy day activity packs. **Please click the button below for more details.**

[Click Here for Holidays Resources](#)

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/>

