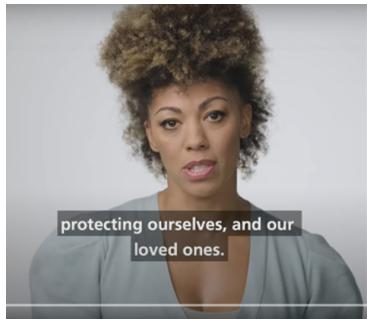




Helping you to help others

Somerset Health and Wellbeing Advisory Network



Click here to view video

Now Summer's here, we look forward to doing more of what we enjoy, keeping illness at bay so that we can carry on enjoying the longer days and better weather. There are a few small things we can all do to look after ourselves, our friends and our families.

We're asking everyone in Somerset to get up to date with the [Covid vaccinations they are eligible for](#). These remain our best form of defence against the Covid and influenza viruses. It's not too late to catch up if you or someone you know has missed boosters or even first doses for the Covid vaccine.

Many respiratory germs can be stopped from spreading by letting fresh air in when meeting indoors and by wearing a face covering in crowded places. [This video explains how ventilating a room can help disperse Covid particles.](#)

Here are some simple steps we can all take if we have symptoms of a respiratory illness:

- Wash your hands regularly and cover your mouth and nose if you cough and sneeze.
- Avoid close contact with others and stay at home if you can, or talk to your employer about your options.

- Avoid going to meet people at higher risk of becoming severely unwell if they catch a respiratory infection such as Covid.

Councillor Adam Dance, Elected Member for Public Health, Equalities and Diversity said:

"Recently, we've seen an increase in Covid-19 infection across the UK, and indeed here in Somerset - chances are you might know someone who has had it in the last few weeks. I'd like to urge anyone who has not yet had all the vaccines they are eligible for, to make sure they take advantage of the walk in clinics available over the summer. It is never too late to get your vaccine, whether it's your first, second or booster."

Grab a Jab -Walk In Clinics

Local Vaccine Centres

NBS - Appointments



Find out More

It is not too late to get the first or second dose of the Covid-19 vaccination for anyone aged 12+, and booster for anyone aged 18+. These will be widely available at both walk in clinics and pre bookable appointments. Second doses are now becoming due for many 5–11 year olds, however all parents and carers are urged to take up the offer of a first dose for their child, if not taken already. Specialist clinics and times operate for these with extra time given and specialist staff on hand to reassure families.

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: *Closed 8th & 15th July
18+ only: 9am - 2pm - Walk in
Children only age 5 - 11: 2:30pm - 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 20th July: 1pm - 6pm

Bridgwater Community Hospital, Bower
Every Sunday: 9am - 5pm
Children only age 5+: 2:30pm - 5pm
*check [GAJ](#) for specific children's (5+) clinics & times

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

Thursday 7th & 21st July: 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](#).

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

Every Tuesday: 8:30am - 7pm

Children only age 5+: 2:30pm - 7pm

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

Wiveliscombe Community Hall, West St, Wiveliscombe, Taunton, TA4 2JP

Wednesday 6th & 20th July: 2pm - 4:30pm



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

Tuesday until 5th July. Every Thursday: 9am - 5pm

Children only age 5+: 2pm - 5pm

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

South Somerset

Fleet Air Arm Museum, RNAS Yeovilton, Ilchester, BA22 8HT
16th, 19th, 21st, 24th, 26th, 28th, 30th
July: 9am - 4:30pm
All vaccinations from age 5+

Wincanton Community Hall, (Verrington Vaccination Centre) Dancing Lane, Wincanton, BA9 9DQ
Mon- Fri: 8:30am - 2pm (**18+ only**)
2:30pm - 5:30pm (**5 - 11 only**)

Chard Leisure Centre, Fore St, Chard, TA20 1GR
Sat 16th & Sun 17th July: 9am - 5pm

Mendip

Cheese and Grain, Markey Yard, Justice Lane, Frome. BA11 1BE
Tuesday 14th July: 2pm - 7pm

Grab a Jab - Walk In Clinics

Local Vaccine Centres

NBS - Appointments



Public Health catch-up film

In this week's Public Health catch-up film, Clinton highlights the importance of checking your blood pressure.

[Click Here To Watch](#)

[More Information](#)



It's estimated that 1 in 10 adults have abnormally high blood pressure, or hypertension, but don't know it. More than two hundred blood pressure monitor kits are available for loan from libraries around Somerset as part of an initiative to encourage everyone to check their blood pressure.

Professor Trudi Grant, Somerset County Council's Director of Public Health, said:

"High blood pressure usually has no symptoms which is why many people don't know they have it. The only way to find out is to have regular blood pressure checks and that is why we are making them as widely accessible as possible. The good news is if you know you have high blood pressure, some small lifestyle changes combined with medication where necessary can help lower high blood pressure and in turn lower the risk of stroke and heart attack."

Have your say on Somerset SEND services



SEND Survey

Somerset County Council, NHS Somerset Clinical Commissioning Group and Somerset Parent Carer Forum are keen to hear from children and young people with Special Educational Needs and Disabilities (SEND), their families, professionals and health colleagues to help shape Somerset's SEND services going forward.

Anyone who has been in contact with Somerset SEND services (for whatever reason) over the past year is invited to share their views and experiences in the annual SEND survey.

The anonymous survey runs until **Monday 19 September**. Different versions are available for children, young people, family members, health and council colleagues and those with special access needs. Paper versions will also be available via schools. The results will be published this autumn.

Visit www.somerset.gov.uk/localoffer for more information, follow @LocalOfferSomerset on Facebook.

SEND Newsletter

census2021

Office for National Statistics

The first Census 2021 population results are here





Census 2021 results

On Tuesday 28 June the [first census results for England and Wales](#) were published.

The census happens every 10 years and gives a picture of all the people and households in England and Wales. The census questions answered help organisations make decisions on planning and funding public services in your area, including transport, education and healthcare.

First Census Results

More Information

**Reconnecting
Communities**

**The Somerset LGBTQ
Network Launch**

Date/Time: **Tuesday 5th July 2022,
19:00 – 21:00**

Venue: **Quaker Meeting House
Bath Place
Taunton
Somerset
TA1 4EP**

Get in touch to find out more:

Contact: info@diversitytrust.org.uk

THE DIVERSITY TRUST
INFLUENCING SOCIAL CHANGE

EVERY VICTIM MATTERS

FREE empowerment sessions

Attendees report that they feel more able to report hate crime

Attendees report that they have improved knowledge of agencies roles and responsibilities

Hate crime community empowerment sessions for communities and groups from across Somerset, North Somerset and Bath & North East Somerset.

- have the confidence to report hate crime and get better informed about agency roles and responsibilities

Empowerment sessions will run for approx 90 minutes and are FREE to attend.

Email info@diversitytrust.org.uk to book

 THE DIVERSITY TRUST
INFLUENCING SOCIAL CHANGE

 STAND AGAINST RACISM & INEQUALITY

 SWAN
South West Advocacy Network

We want to hear from you

Your feedback is valuable to us and we'd like to receive more from you and your communities. Information on issues you are spotting locally will help us to reduce barriers to accessing healthcare. **Use the button below to give us your details and we'll give you a call back.**



Get in Touch



Local Helplines

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/>



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