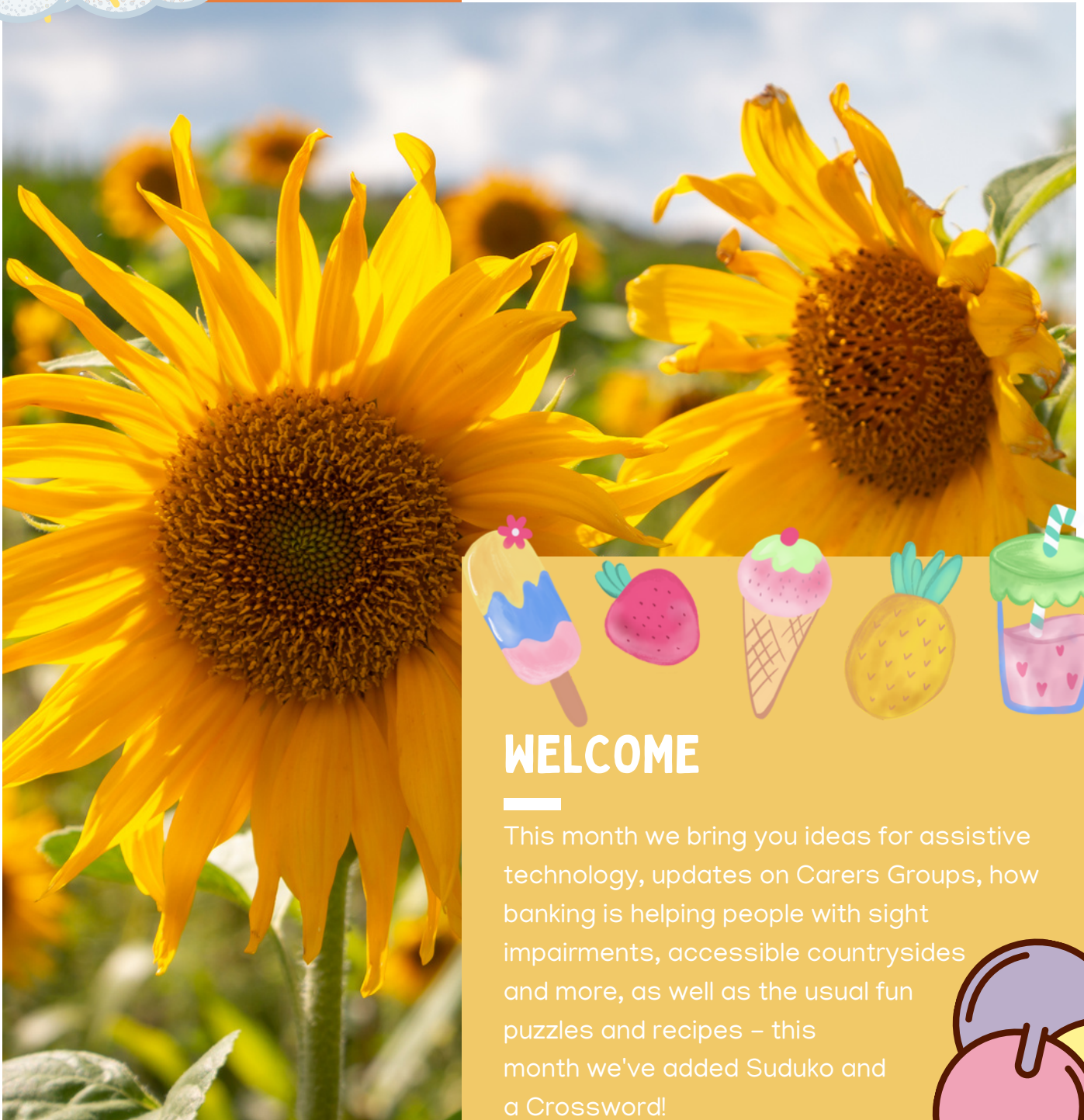


AUGUST

2022
NEWS






somerset
carers
part of CCS



WELCOME

This month we bring you ideas for assistive technology, updates on Carers Groups, how banking is helping people with sight impairments, accessible countrysides and more, as well as the usual fun puzzles and recipes – this month we've added Suduko and a Crossword!

KEEP UP TO DATE

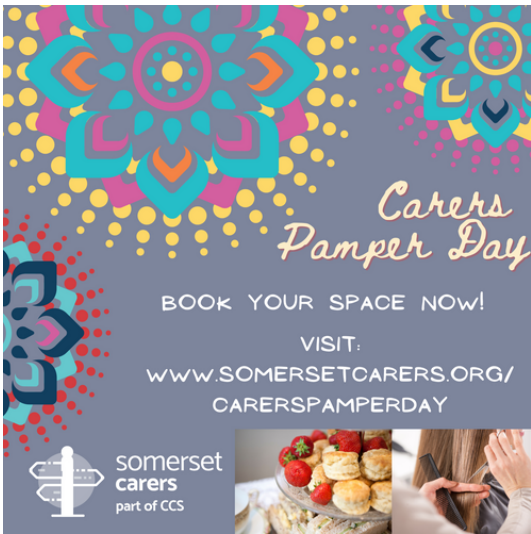
-  [@somersetcarers](#)
-  [@somersetcarers](#)
-  [@ccs-somerset-carers](#)

WWW.SOMERSETCARERS.ORG

“Caring for others is an expression of what it means to be fully human.”

— HILLARY CLINTON





PAMPER DAY

17TH AUGUST 2022

THIS WEDNESDAY!

- TOTALLY FREE for unpaid Carers in Taunton & Wellington
- Treatments, lunch and afternoon tea included

- Face, neck and head massage
- Reflexology
- Hair styling / cutting on dry hair
- Hand massage
- Reiki
- Manicures
- Pedicures
- Make up/ makeover
- Relaxation hour

LAST CHANCE TO BOOK!

To book your place contact Chrissy Brewer by emailing christineb@somersetccc.org.uk or call 07535 276680

CONGRATULATIONS TO OUR WINNERS FROM THE CARERS WEEK PRIZE GIVEAWAY WHO WON:

- Facebook Portal
- A pair of day tickets for the West Somerset Railway
- A pair of tickets for Dick Whittington at the Octagon Theatre, Yeovil (for 16/12/22)
- A pair of tickets to Hestercombe Gardens
- Care As You Are DVD

HOW CAN ASSISTIVE TECHNOLOGY HELP



BY INDEPENDENT LIVING

Assistive technology is an enabler, it enables people to live at home longer, while maintaining a greater level of independence. We often take for granted the little things that we do in daily life, like making a cup of tea. When you are no longer able to do these little things in life, it can impact your quality of life, independence, confidence and your mental health. This is often a hard transition for people to come to terms with.

THIS IS WHERE ASSISTIVE TECHNOLOGY CAN MAKE A DIFFERENCE!

There are a number of options with assistive tech to support people at home:

- Alarms to monitor trips and falls
- GPS devices
- Dressing and washing aids
- Kitchen and household aids to make life safer and easier like the [Uccello Kettle](#) or a [Robot vacuum or Robot mop](#)

For the full article on the Independent Living website [click here](#).

Ideas and organisations that can help you can be found on our website.

[HTTPS://SOMERSECARERS.ORG/PHYSICAL-AND-DIGITAL-AIDS/](https://somersecarers.org/physical-and-digital-aids/)



SOMERSET COMMUNITY EQUIPMENT

FROM 1ST AUGUST 2022, THE SOMERSET COMMUNITY EQUIPMENT SERVICE AND SOMERSET WHEELCHAIR SERVICES WILL NO LONGER BE PROVIDED BY MILLBROOK, AND WILL BE CHANGING PROVIDER.

The services for Somerset will be directed from a single base in Taunton and operate under the contract held by [Medequip Assistive Technology](#) with [AJM Healthcare](#) managing the wheelchair provision.

Letters to the many thousands of service users have been sent, giving an overview of the new service with the correct contact details for individual recipients.

The formal letter and announcements will have details on how to address any queries or concerns moving forward.

We hope to update you further in the next issue.

“Expressing concern for others brings inner strength and deep satisfaction. As social animals, human beings need friendship, but friendship doesn't come from wealth and power, but from showing compassion and concern for others.”

DALAI LAMA

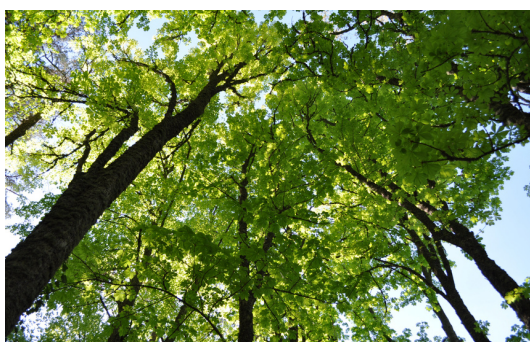




SS&L COURSES SUITABLE FOR CARERS

SS&L have an amazing selection of courses available in Somerset – we have cherry-picked a few highlights that are coming up, but go to the website for all courses available. Some are online, some at locations across Somerset – check the course info

[LEARN MORE](#)



Forest Bathing

- DAY: Friday 02/09/2022
- TIME: 10:00am – 12:00 noon

<https://www.sslcourses.co.uk/courses/course/forest-bathing>



Aromatherapy For Menopause

- DAY: Tuesday 06/09/2022
- TIME: 10:30am – 12:30pm

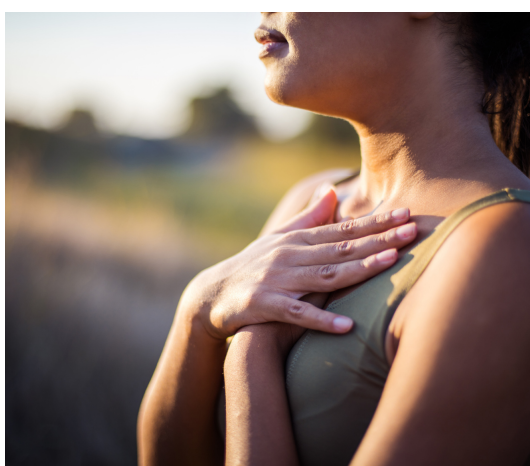
<https://www.sslcourses.co.uk/courses/course/aromatherapy-for-menopause-2>



Wellbeing Through Art (5 weeks)

- DAY: Tuesday 13/09/2022
- TIME: 10:00am – 1:00pm

<https://www.sslcourses.co.uk/courses/course/wellbeing-through-art-5-weeks/>



Anxiety Awareness & Self-Help Strategies

- DAY: Monday 10/10/2022
- TIME: 6:00pm – 8:00pm

<https://www.sslcourses.co.uk/courses/course/anxiety-awareness-self-help-strategies/>



SS&L COURSES SUITABLE FOR CARERS



Understanding Autism and Anxiety

- DAY: Friday 14/10/2022
- TIME: 10:30am – 11:30am

<https://www.sslcourses.co.uk/courses/course/understanding-autism-and-anxiety>



How to Run a Self-Care MOT

- DAY: Friday 14/10/2022
- TIME: 10:30am – 11:30am

<https://www.sslcourses.co.uk/courses/course/how-to-run-a-self-care-mot>



Environmental Pathways to Wellbeing

- DAY: Saturday 22/10/2022
- TIME: 2:00pm – 3:30pm

<https://www.sslcourses.co.uk/courses/course/environmental-pathways-to-wellbeing-3/>



Tech for the Curious

- DAY: Wednesday 19/10/2022
- TIME: 2:00pm – 3:30pm

<https://www.sslcourses.co.uk/courses/course/tech-for-the-curious-3/>



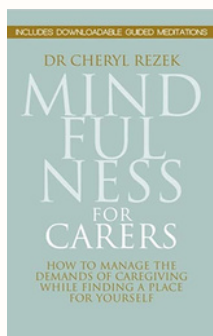
Become a Mental Health Champion

- DAY: Wednesday 26/04/2023
- TIME: 9:00am – 4:30pm

<https://www.sslcourses.co.uk/courses/course/become-a-mental-health-champion/>

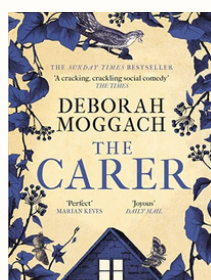
SUGGESTED READING

A collection of books useful for Carers or recommended by other Carers



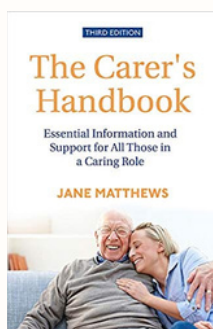
MINDFULNESS FOR CARERS BY DR CHERYL REZEK

An accessible introduction to mindfulness, and explains how simple mindfulness practices and psychological concepts can be used to manage the day-to-day demands of caring effectively, helping caregivers to gain a greater sense of control and maintain a more positive and balanced outlook.



THE CARER BY DEBORAH MOGGACH

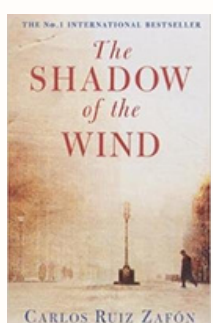
James is getting on a bit and needs full-time help. So Phoebe and Robert, his middle-aged offspring, employ Mandy, who seems willing to take him off their hands. But as James regales his family with tales of Mandy's virtues, their shopping trips and the shared pleasure of their journeys to garden centres, Phoebe and Robert sense something is amiss.



THE CARERS HANDBOOK BY JANE MATTHEWS

A survival guide for all those many people who are, or will be, Carers.

- Understanding who does what and how they can support you
- Handling carer, community care and financial assessments.
- Juggling caring and work
- Using outside carers and care agencies and much much more



THE SHADOW OF THE WIND BY CARLOS RUIZ ZAFÓN

Hidden in the heart of the old city of Barcelona is the 'cemetery of lost books', a labyrinthine library of obscure and forgotten titles that have long gone out of print. To this library, a man brings his 10-year-old son Daniel who is allowed to choose one book from the shelves and pulls out 'La Sombra del Viento' by Julian Carax. Recommended by Hannah, Parent Carer

TOP TIPS

Check the 'Buy Used' option on Amazon for buying a cheap second hand copy, or look on Ebay. You could also call your Library or local charity shop to see if they have the book you want in stock.

[Check our website here for all previous book recommendations](#)

TAKE A BREAK

Grab a cuppa, and enjoy our puzzles created for you!
Easy Print Page

A	W	Y	W	H	Y	R	P	U	T	S	M	W	U
N	H	E	A	A	L	W	Y	Y	S	N	N	T	P
T	O	W	N	D	L	E	O	M	S	C	C	N	M
V	R	K	S	S	Y	E	L	R	A	Y	M	O	U
E	N	R	T	P	S	F	G	E	R	O	A	E	D
L	B	A	R	E	R	T	E	T	S	A	M	L	F
L	L	A	O	N	L	W	O	O	K	E	Y	C	O
O	O	B	W	B	I	C	K	N	O	L	L	E	R
W	T	P	P	U	C	K	I	N	G	T	O	N	D
L	T	Y	R	H	T	A	B	S	N	O	M	I	S
D	O	L	R	O	O	W	S	C	W	H	U	L	B
O	N	L	O	Y	T	Y	O	Z	D	E	H	C	L
C	R	E	C	U	R	R	Y	M	A	L	L	E	T
E	B	M	O	C	E	L	T	T	E	N	W	L	O

SOMERSET VILLAGES WORDSEARCH

Bicknoller	Simonsbath
Burrowbridge	Swell
Chedzoy	Up Mudford
Curry Mallet	Yellow
Hadspen	Westonzoyland
Hornblotton	Wanstrow
Nettlecombe	Wookey
Puckington	Yarley
Pylle	Yarrow

PLAY ONLINE HERE

[HTTPS://THEWORDSEARCH.COM/PUZZLE/39237-08/SOMERSET-VILLAGES-WORDSEARCH/](https://thewordsearch.com/puzzle/39237-08/somerset-villages-wordsearch/)

SUDOKO

ANSWERS HERE: [HTTPS://WWW.PUZZLES.CA/SUDOKU/](https://www.puzzles.ca/sudoku/)

Sudoku #1121 (Medium)

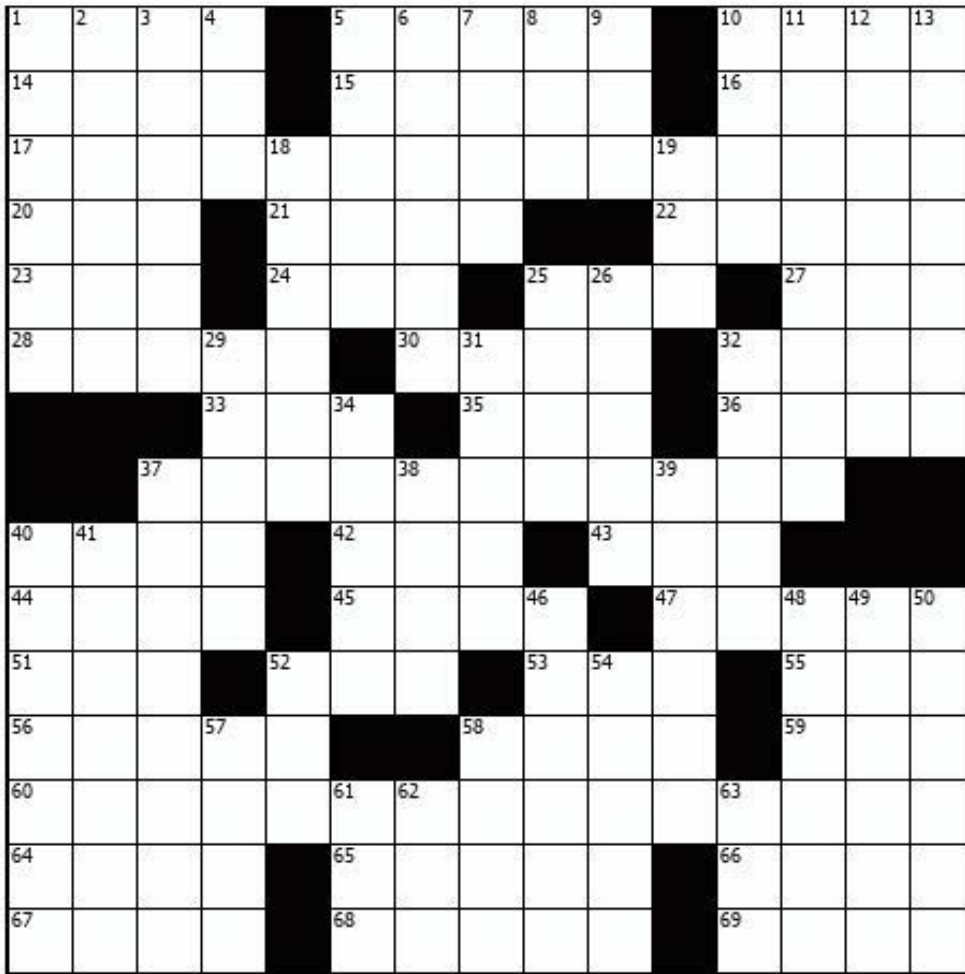
	1		7					
		5			9		3	
		7	4					5
3					8	2		
						9		
	9		2		7			
5		4					9	
7	3		1	9			5	8
	8				3			

Sudoku #1123 (Hard)

		2			8		4		
9								2	
	3		6		2	9		1	
							1		
	9	8					3		
		7					2	6	8
7	8				4		9	6	
	2	6							
4							7		

TAKE A BREAK

Easy Print Page



Down

1. Some punctuation marks
2. "Who'd like to volunteer?"
3. Emulating a kitten
4. Tire pressure abbr.
5. In the lead
6. Some choir voices
7. "I smell ---"
8. Where swill is served
9. Some alphabet letters
10. Queen of Carthage
11. Better than average
12. Subscriber's option
13. Excessive
18. Overwhelms
19. Proofs of age, for short
25. "The Accidental Tourist" star
26. Author Chekhov
29. Headache intensifier
31. Barbera's partner in cartoons
32. Ancient country with a famous queen
34. Significant ---
37. One against the odds
38. Slithery
39. Empty inside
40. Assumption
41. Henley's claim to fame
46. Quagmire
48. Radio shortcut
49. Sand, basically
50. One fixing a Time piece?
52. Word with pig or fountain
54. Quick with the oneliners
57. Uses a straw
58. That alternative
61. Electric meter units
62. Greek T
63. Some are personal

Across

1. Summer getaway, perhaps
5. Humble
10. Inspiration for a prank, maybe
14. Change-machine input
15. American writer Bret
16. Wild mountain goat
17. Husband's plaint, part 1
20. Miss Piggy's exclamation
21. Lowest in rank
22. Kind of sole
23. Landers of advice
24. Praise from Shelley
25. Suffers from
27. Flock mom
28. Musical repeat symbol
30. Avoid
32. Canned meat product
33. Spanish gold
35. Focus of some exhibits
36. Hearty companion?
37. Plaint, part 2
40. Major Leaguers
42. Female lobster
43. San Francisco's --- Hill
44. Glassmaker Lalique
45. Oater actor Jack
47. Memory slippage
51. Bacon contemporary?
52. Ask overpersonally
53. Certain mouse catcher
55. Free, as of a pest
56. En --- (all together)
58. The Andrews Sisters, e.g.
59. Inventor Whitney
60. End of plaint
64. Word on an octagon
65. Narrowest part of the torso
66. Chrysler Building style
67. Sign on a cheap diner
68. Strumpet
69. Magi's interest

FIND THE SOLUTION AT

WWW.ONLINECROSSWORDS.NET/6620

CHANGES TO BANK CARDS

WHY ARE NEW BANK CARDS DIFFERENT?

You may have noticed new features like notches cut out of one edge, raised dots on the main side and the owner's name printed, not embossed.

These changes are done for the same reason – to help blind and partially sighted people use them. Accessible features include:

- Account information is easier to read and the card will last longer
- An arrow at the top and carved out notch at the bottom to indicate which way the card should be inserted into readers and ATMs
- Tactile raised dots to differentiate credit cards from debit cards and personal bank cards from business ones
- Flat printed card numbers, better-contrasting colours, and larger font to ensure card details are easier to read.

CARERS CARD ACCOUNT

MONEY HELPER WEBSITE HAS SOME GREAT ADVICE ON SHARING ACCOUNTS WITH ACCOUNTABILITY BUILT IN

If an illness or disability means you rely on friends or family to do your shopping, withdraw cash for you or pay your bills, then a Carer's Card account might be useful for you.

You might want to use a Carer's Card account if you're reliant on others to pay for certain things on your behalf. Alternatively, if you provide care or help for someone, whether that's informally or paid, then you might want to suggest a carer's card account to them.

<https://www.moneyhelper.org.uk/en/family-and-care/illness-and-disability/carers-card-accounts>





INSPIRATION ON YOUR DOORSTEP

Get Outside in Somerset is helping people to get outdoors and move in more ways that suit them. Founded by Somerset Activity and Sports Partnership in partnership with Somerset County Council, Community Council for Somerset, Spark Somerset and Somerset Wildlife Trust, the aim is to empower people to get outside more often and enjoy the beautiful county of Somerset.

From spending time with family and having fun with friends in the garden, to enjoying the scenery and embracing the weather on the rolling hills, it's all about simple ways to get outside in Somerset.

Take a look around the website for tips, advice and guidance on how to keep or get active outdoors, and explore the activity database for inspiration for your next outdoor adventure!

[HTTPS://GETOUTSIDEINSOMERSET.CO.UK/](https://getoutsideinsomerset.co.uk/)

ACCESSIBLE COUNTRYSIDE



If you use a wheelchair or have trouble walking you can still enjoy the countryside.

Look out for sites that offer tramper hire, such as the National Trust.

At their Brean Down site, you can use these all-terrain mobility scooters to go off-road and explore the Down and fort.

The tramper is for use by anyone who struggles with walking distances or up hills, or who has limited mobility of any kind. You don't have to be registered disabled or have a Blue Badge to use it.

Visit the [National Trust website here](#) or for details of more [accessible walks in Somerset click here](#).





SPOTLIGHT ON GAMBLING AND ADDICTION

WHO ARE ARA?

Ara is a registered charity formed in 1987 by an enthusiastic group of volunteers. It is estimated that Ara has helped over 40,000 people with alcohol, drug, gambling and mental health issues and has saved an estimated £50 million in costs to the community.

Over many years Ara has provided structured treatment, counselling, housing support, education, training and employment guidance as well as many other interventions to promote recovery and a healthier life.

They deliver free and confidential gambling help across the Wales and the South West. They are now introducing our newest Project – Six to Ten.

GET IN TOUCH WITH USE USING THE DETAILS BELOW:

FOR HELP WITH GAMBLING:

Phone: 0330 1340286 / info@recovery4all.co.uk
www.ararecovery4all.co.uk

FOR AFFECTED OTHERS HELP:

Phone: 03301241274 / info@thesixtoten.co.uk
www.thesixtoten.co.uk

WHERE YOU CAN GET HELP



The Six To Ten Project puts affected others at the centre of care to help individuals overcome many of the challenges gambling harms present in everyday life.

The mission is to create a free, holistic support and a safe space for those affected to help mitigate the harms through intervention, prevention and importantly building resilience for the future.

Through the Six To Ten Project individuals will work one to one with dedicated specialist project/support workers receiving support for issues from housing, financial, legal to mental and physical wellbeing.

The team will not only be there to find the right help for your needs but broker and liaise with other organisations and professionals where possible to ensure the appropriate level of care, as and when needed.

As an affected other you are not alone.

[WATCH THIS TALKING CAFE ON GAMBLING HELP HERE](#)





INGREDIENTS

FOR THE FILLING:

- 2 FREE RANGE EGGS
- 100G SOFT GOATS CHEESE
- 2 HANDFULS OF SPINACH, LEAF BEET OR SWISS CHARD COOKED AND SQUEEZED
- PINCH NUTMEG
- 1/2 TEASPOON HARISSA SPICE OR PAPRIKA
- 1 TABLESPOON CREAM OR CREME FRAICHE
- SALT AND PEPPER TO TASTE

FOR THE PASTRY:

- 250G PLAIN FLOUR
- 125G BUTTER
- 75ML COLD WATER



SPINACH TART

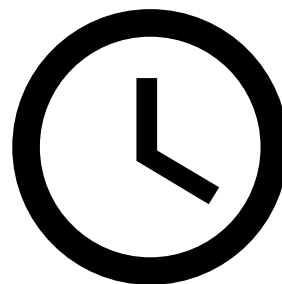
RECIPE OF THE MONTH

Taken from the beautiful 'Wedmore Close to Home' Cookbook – local recipes with suggestions on where to buy produce from Somerset suppliers – [available to buy here](#)

METHOD:

- 1) For the pastry, place all the ingredients, in a food processor and whizz until it comes together in a lump. Remove this and put it in a covered pot in the fridge for 1/2 hour minimum.
- 2) Turn the oven on to 200°C.
- 3) Place tart filling ingredients into the food processor and blend these*.
- 4) Roll out the pastry and place in a flan dish, covering with baking paper.
- 5) Blind bake in the oven for 10 minutes, then turn the oven down to 180°C, remove the baking paper, and bake for a further 5 minutes.
- 6) Turn the oven back up to 200°C, and fill the pastry case with the spinach mixture. Top with grated cheese or tomatoes if desired.
- 7) Bake for 20–30 minutes. It should have a toasted top and risen a little.
- 8) Allow the tart to rest for 5 minutes before serving with salad, new potatoes, or on its own!

*THIS IS A FLEXIBLE RECIPE SO YOU CAN BLEND AS MUCH OR LITTLE AS YOU LIKE, ADD AN EXTRA EGG OR CHANGE THE SPICES.
















PREPARATION TIME:
30 MINUTES (INCLUDING PASTRY RESTING TIME)

COOKING TIME:
APPROX 35- 45 MINUTES

APPS FOR PHONE OR TABLETS

Useful apps for Carers and the cared for

We've compiled a list of fun apps that you can play with friends, use to unwind or to help in day to day life!

App Name	Store	Description	Cost
 <p>VOICE ANALYST</p>	 	<p>The world's favourite voice analysis app, used in speech therapy clinics, research centres, universities and homes in over 120 countries. Over 1 million recordings have been made with Voice Analyst.</p>	£11.99
 <p>PATIENT ACCESS</p>	 	<p>Patient Access connects you to healthcare services when you need them most. Book GP appointments, order repeat prescriptions and explore your local pharmacy services. Just ask for the access code from your doctor's surgery.</p>	Free
 <p>PHARMACY 2U</p>	 	<p>With the free Pharmacy2U app, you can easily order your medication, and with FREE DELIVERY to your door on every order, you'll have one less thing to worry about.</p> <p>WORKING WITH YOUR GP AND TRUSTED BY THE NHS.</p>	Free
 <p>READILY</p>	 	<p>If you love magazines, you'll love Readily!</p> <p>Get unlimited all-you-can-read magazines and newspapers for a small fixed monthly fee. Over 6000 UK + International magazines and newspapers, including back issues. Share with the family on up to 5 devices. No wi-fi? No problem. Just download magazines and read offline anywhere, anytime</p>	£7.99
 <p>AUDIBLE</p>	 	<p>Listen to your Library with the world's leading audio book app. Choose from an incredible selection of Audible Originals, podcasts and audio books to download and enjoy. Unlimited listening to 1000s of select Audible Originals, podcasts and audiobooks from the Plus Catalogue. Build your own audio library by getting an audiobook with your monthly credit – yours to download and keep forever. Usually sign up offers.</p>	From £7.99 p/m
 <p>WORDS OF WONDER</p>	 	<p>Welcome to Words of Wonders! In this fantastic crossword game, you will improve your vocabulary and spelling skills at the same time you travel around the world discovering the hidden secrets of the 7 wonders and also incredible cities.</p>	Free Ad free £4.99

Talking Cafe

Drop in for support, advice and a chat with your Village Agent!

Mondays:

- 📌 Minehead, The Beach Hotel: 10am - 12 noon
- 📌 Bishops Hull Hub: 2nd and 4th Monday of the month, 1pm - 3pm
- 📌 Wellsprings Community Church: 10.30am - 12.30pm

Tuesdays:

- 📌 Burnham-on-Sea, Methodist Church: 10am - 12 noon
- 📌 Wellsprings Community Church: 2nd Tuesday of the month, 10.30am - 12.30pm
- 📌 Taunton Musgrove Park Hospital **CANCELLED** UNTIL FURTHER NOTICE DUE TO COVID
- 📌 Ruishton Village Hall: 3rd Tuesday of the month, 2pm - 4pm
- 📌 Williton Pavilion: 1pm - 3pm
- 📌 Dulverton School: 3rd Tuesday of the month, 9am - 11am
- 📌 Wellington, St John's Church: 10am - 12 noon

Wednesdays:

- 📌 Chard, The Guildhall: 10am - 12pm
- 📌 West Monkton, Brittons Ash Community Hall: 1st Wednesday of the month 2pm - 4pm

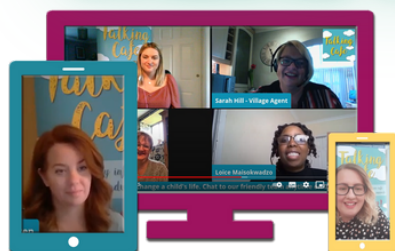
Thursdays:

- 📌 Bridgwater, The Hub at Angel Place: 10am - 12.30pm
- 📌 Highbridge, Hope Baptist Church: 9.30am - 12.30pm
- 📌 Dulverton, MAGNA, Fishers Mead Community Room: 10.30am - 12.30pm
- 📌 Langport Library: 10am - 12 noon

Fridays:

- 📌 Burrowbridge, King Alfred Pub: 4th Friday of the month, 2pm - 4pm
- 📌 Galmington, St Michaels Church: 1st Friday of the month, 9am - 10.30am

HAVE YOU SEEN OUR
ONLINE TALKING CAFES



WEEKDAYS 1PM

WATCH LIVE ON FACEBOOK, TWITTER & YOUTUBE

[HTTPS://SOMERSETAGENTS.ORG/TALKING-CAFE-LIVE](https://somersetagents.org/talking-cafe-live)

**CATCH UP ON THESE
RECENT ONES:**

Somerset's new THINK TRAVEL
Website - WATCH NOW

Gambling in women and young
people WATCH NOW

Autism Somerset - new
programmes and how they can
help - WATCH NOW!

CARERS GROUPS: A POEM

BY ALISON BIRKET, ILMINSTER CARERS GROUP

Why on earth would I go to a Carer's Group?
It's not as if I need to be kept in the loop.

I know what it's like to be caring, day after day
so is there anything more they could possibly say,
that would help me to cope with what I am doing,
and would help prevent my resentment from brewing?

Why should I listen to their situations,
when I'm so consumed with my own frustrations?

But I've been advised it could help if I attend.
If I go, I might comprehend
why so many carers recommend.

So I'll go along as has been suggested.
I always leave if I really detest it.

Well. It wasn't what I thought it would be
I was made so welcome, and I could see
that my emotional status was comprehended
without explanation or being offended.

These people appreciated how I was feeling
and knew without asking, with what I was dealing.

They didn't berate me for reaching the end of my tether.
I somehow felt as if we had come together,
understanding each other, and the implications
of being a carer, and our loss of life expectations.

People suggested things that were helpful
when life can be mental and incredibly stressful.

And believe it or not I actually laughed
at what somebody said which was really quite daft,
but through the eyes of a carer would not seem abnormal.
as conversation is honest, and not at all formal.

[HTTPS://SOMERSECARERS.ORG/CARERS-GROUPS/](https://somersecarers.org/carers-groups/)



CARERS GROUPS

IN PARTNERSHIP WITH

SPARK
SOMERSET
INSPIRING COMMUNITIES

MENDIP

Carers Groups

WHERE?

Wells
Bishop's Palace
Meeting rooms near the café

WHEN?

2nd Friday of the month
11am to 12:30

WHO DO I CONTACT?

Bridget 01749 670667
info@headsupsomerset.org.uk

Wells
The Swan Hotel

4th Wednesday of the month
10am to 11.30am

Bridget 01749 670667
info@headsupsomerset.org.uk

Glastonbury
Methodist Church
Lambrook St BA6 8JA

3rd Monday of the month
10.30am to 12 noon

Bridget 01749670667
Cath 07951944420
info@headsupsomerset.org.uk

Frome
Cricket Ground

1st Wednesday of the month
10.30am to 12:30pm

Tricia 01373 301369
Christiner.smith@blueyounder.co.uk

SEDGEMOOR

Carers Groups

WHERE?

Bridgwater
The Hub Angel Place

WHEN?

Coming soon
Looking for a volunteer

WHO DO I CONTACT?

Cath 07951944420
cath.holloway@sparksomerset.org.uk

Burnham on Sea
Community Centre

4th Tuesday of the month
10am to 11.30am

Cath 07951944420
Burnhamcarers@outlook.com

MORE
information

[HTTPS://SOMERSECCARERS.ORG/
CARERS-GROUPS/](https://somerseccarers.org/carers-groups/)

SOUTH SOMERSET

Carers Groups

WHERE?

Castle Cary
The Shambles,
Market House

WHEN?

1st Thursday of the month
10.30am to 12 noon

WHO DO I CONTACT?

Florence Mills 01963 359081 /
fliss1938@icloud.com
Ruth Metherell 01963 359329

Keinton Mandeville
Village Hall

1st Wednesday of the month
11am to 12.30pm

Jane Tomkins 01963 350210
Jane.carers@outlook.com

Martock
Christian Fellowship
Church

1st Thursday of the month
10.30am to 12 noon

Jacky Jacky.reed@talktalk.net

Crewkerne
Henhayes Centre
Main Crewkerne Car park

1st Tuesday of the month
10.30am to 12 noon

Cath Holloway 07951 944420
cath.holloway@sparksomerset.org.uk
edwardcharnick@btinternet.com

Yeovil
Café @ Westlands
Entertainment Centre

2nd Tuesday of the month
11am

Carole Lade lade7@icloud.com
Cath Holloway 07951 944420
cath.holloway@sparksomerset.org.uk

Chard
English Martyrs Church
Hall, 2 East Street

2nd Monday of the month
10.30am to 12.30pm

Pat Galpin 01460 220026
Kate 01460 394331
chardcarers@aol.com

Ilminster
Monks Yard (upstairs)

3rd Thursday of the month
1pm to 2.30pm

Alison Birket 01935 427825 /
07774 231996
a.birket@btinternet.com

Wincanton and Bruton
Balsam Centre
Use main town free carpark

2nd Monday of the Month
2pm

Gwen Venturs
Cath Holloway 07951 944420
cath.holloway@sparksomerset.org.uk

Langport
The Bridge Bakery Cafe
TA109RB

4th Wednesday of the month
2pm from September 2022
Volunteer needed please

Cath Holloway 07951 944420
cath.holloway@sparksomerset.org.uk

South Petherton

Coming soon Date TBC

Cath Holloway 07951 944420
cath.holloway@sparksomerset.org.uk

WEST SOMERSET

Careers Groups

WHERE?

Dulverton
Exmoor Medical Centre

WHEN?

1st Tuesday of the month
2.30pm to 4pm

WHO DO I CONTACT?

Jane Lillis 01823 331222
janel@somersetccc.org.uk

WHERE?

Minehead
Old Hospital
The Avenue, TA24 5AY

2nd Thursday of the month
10am to 12 noon

Wayne Stokes 01823 331222
waynes@somersetccc.org.uk

TAUNTON AREA

Careers Groups

WHERE?

Bishops Lydeard
Mount St, TA4 3LH

WHEN?

Date & Time TBC
Coming Soon!

WHO DO I CONTACT?

Cath Holloway 07951 944420
cath.holloway@sparksomerset.org.uk

WHERE?

Wellington
The Iron Duke
Town centre

In process of setting up
Volunteers needed

Cath Holloway 07951 944420

WHERE?

Taunton
Wellsprings Church

1st Tuesday of the month
11am to 12.30pm

Carol 07888 077757
mccracken@talk21.com



ONLINE ZOOM

Careers Groups

7pm

Fourth Tuesday of the month

Register here:

<https://us02web.zoom.us/meeting/register/tZUzd-2srDosHNxXbpisp2S2zbl8XRsyReb>

IMPORTANT!

Please make contact with the leader before attending in case of any updates, and so the leader can look out for you to give a warm welcome. Carers can join any and as many groups as they wish as they all have a slightly different offer.



QUICK REFERENCE USEFUL WEBSITES AND CONTACT NUMBERS

	WEBSITE	TELEPHONE
SOMERSET CARERS WEBSITE	www.somersetcarers.org Visit the Carers Hub for a huge directory of local support and resources, searchable by condition.	0800 31 68 600
SPARK ONLINE CARERS GROUPS	www.sparksomerset.org.uk/online-carers-group Email: cath.holloway@spark somerset.org.uk	Cath Holloway 07951 944420
CARERS UK	www.carersuk.org	020 7378 4999
CITIZENS ADVICE	www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support/	03444 111 444
NHS	www.nhs.uk/conditions/social-care-and-support-guide/practical-tips-if-you-care-for-someone/	111
SOMERSET DIRECT	www.somerset.gov.uk/social-care-and-health/ For Adult Social Care, Carers Assessments & Blue Badge Scheme - blue-badge@somerset.gov.uk	0300 123 2224
SOMERSET NHS FOUNDATION TRUST	www.somersetft.nhs.uk/carers-service-and-triangle-of-care/ Support to unpaid carers and family members who look after people with mental health problems.	01749 836 606
CARERS TRUST	https://carers.org/	0300 772 9600
AGE UK	www.ageuk.org.uk	0800 88 22 00