



# Make caring

# Visible, Valued and Supported



## WELCOME

6-12th June is Carers Week and we have lots planned for Carers in Somerset.

The next page gives all the details of what's on – make sure if you are a Carer you nominate yourself to win some fabulous prizes!

### KEEP UP TO DATE



@somersecarers



@somersecarers



@ccs-somerset-carers

[WWW.SOMERSECARERS.ORG](http://WWW.SOMERSECARERS.ORG)

“ From caring comes courage. ”

— LAO TZU



# CARERS WEEK

6TH – 12TH JUNE



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

We have some exciting plans for this week!



Carers Week

## 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:

### TUESDAY 7TH JUNE:

Taunton Carers Group Wellsprings  
Community Church Café, 10am – 2pm

### THURSDAY 9TH JUNE:

Sainsbury's Frome, 10am – 2pm

### FRIDAY 10TH JUNE:

Morrisons Glastonbury, 10am – 2pm

[HTTPS://SOMERSECCARERS.ORG/NEWS/CARERS-WEEK-2022/](https://somerseccarers.org/news/carers-week-2022/)



# CARERS WEEK

6TH - 12TH JUNE 2022

## NOMINATE A CARER

Carers give much to others and ask very little in return. Somerset Carers want to THANK Carers in Somerset with some AMAZING gifts.

All you have to do is nominate yourself or someone else that you know cares for others to be in with a chance to win:

- Win one of two Facebook Portals – with training on how to use included!
- 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

**WINNERS WILL BE PICKED ON FRIDAY 10TH JUNE.**

**NOMINATE HERE:**

<https://somersetcarers.org/news/nominate-a-carer/>

**JOIN OUR ONLINE TALKING CAFÉ ON WEDNESDAY 8TH JUNE.**

Fiona will be chatting to Cath Holloway from Spark Somerset, who co-ordinates Carers Groups across Somerset, Alison a Group Leader and previous Carer, who shares her experience of being a Carer in Somerset, and Mark Shields our West Somerset Agent Manager who will share how our Village Agents support Carers. You can ask questions in the comments section and the team will answer during the live streaming session on [Facebook](#), [YouTube](#) or [Twitter](#).



somerset  
carers  
part of CCS

**NOMINATE A  
CARER TO  
WIN!**

**WINNERS PICKED  
10TH JUNE**

**ENTER YOURSELF OR  
NOMINATE A CARER TO WIN**

- A FACEBOOK PORTAL
- DAYS OUT TICKETS
- DVD'S

**CARERS.ORG/NEWS/**



8TH JUNE  
**TALKING  
CAFÉ LIVE  
ONLINE**

Discussing:

- Carers groups
- Support and resources  
- Carers Hub and forum
- Advocates for Carers in  
Somerset

Watch on Facebook, Twitter or YouTube



**Carers Week™**



# CARERS WEEK

6TH - 12TH JUNE 2022

---

## SOMERSET SKILLS AND LEARNING (SS&L) 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 to help support Carers and make their lives a little easier. See next pages for full details.

The courses can be found here

<https://www.sslcourses.co.uk/about/news/we-care-for-the-carer/>



## CARERS GROUPS GOODY BAGS

Throughout June, Cath Holloway from Spark Somerset, our Somerset Carers partner, will be giving out goody bags at Carers Groups across Somerset.

Find your local group here:

<https://somersecarers.org/carers-groups/>



“ I feel the capacity to care is the thing which gives life its deepest significance ”

- PABLO CASALS



# SS&L COURSES FOR CARERS

This Carers Week, SS&L highlight what an important and vital role caring is – take your pick of the workshops they have available to support you in your journey. Unless location is stated, all are online. Sign up now!

[LEARN MORE](#)



## Relaxing Facial Massage

- DAY: Tuesday 07/06/2022
- TIME: 19:30 – 20.30

<https://www.sslcourses.co.uk/courses/course/relaxing-facial-massage-2/>



## The Confident Carer

- DAY: Wednesday 08/06/2022
- TIME: 10:30 – 12:00

<https://www.sslcourses.co.uk/courses/course/the-confident-carer/>



## Self Care MOT

- DAY: Wednesday 08/06/2022
- TIME: 10:00 – 12:00

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



## Value Yourself

– Personal Confidence, Self-Esteem and Developing a Positive Mindset

- DAY: Wednesday 08/06/2022
- TIME: 14:00 – 16:30

<https://www.sslcourses.co.uk/courses/course/value-yourself-personal-confidence-self-esteem-and-developing-a-positive-mindset/>





# SS&L COURSES FOR CARERS

---



## Wellbeing – What is it? You and YOUR Wellbeing

- DAY: Thursday 09/06/2022
- TIME: 13:00 – 14:30
- LOCATION: Churchill House, Bridgwater

<https://www.sslcourses.co.uk/courses/course/what-is-it-you-and-your-wellbeing-2/>



## Introduction to Mental Health

Supporting your Mental Health and Accessing Support

- DAY :Thursday 09/06/2022
- TIME: 11:00 – 12:30
- LOCATION: Churchill House, Bridgwater

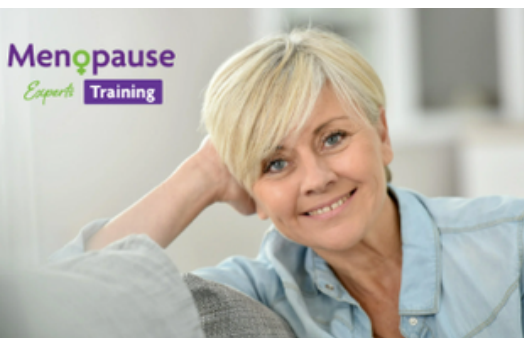
<https://www.sslcourses.co.uk/courses/course/introduction-to-mental-health-supporting-your-mental-health-and-accessing-support/>



## Environmental Pathways to Wellbeing

- DAY: Thursday 09/06/2022
- TIME: 14:00 – 15:00

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



## Let's talk Menopause

- DAY: Friday 10/06/2022
- TIME: 14:00 – 16:00

<https://www.sslcourses.co.uk/courses/course/lets-talk-menopause/>



## Tech for the Curious and Terrified

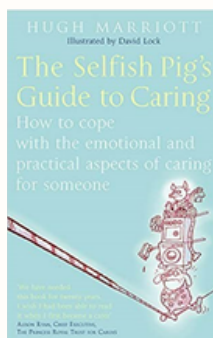
- DAY: Friday 10/06/2022
- TIME: 9:30 – 11:00

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

<https://www.sslcourses.co.uk/about/news/we-care-for-the-carer/>

# SUGGESTED READING

A collection of books useful for Carers



## THE SELFISH PIGS GUIDE TO CARING BY HUGH MARRIOTT

Recommended by Alison, Group Leader at the Ilminster Carers Group.

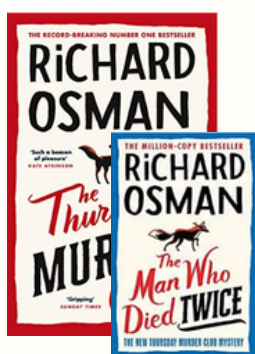
The Selfish Pig's Guide to Caring by Hugh Marriott is a brilliant book and can cause a great deal of laughter. I don't know anyone who has not appreciated it.



## SPRINGTIME AT HOPE HALL BY PAM RHODES

Another recommendation from Alison.

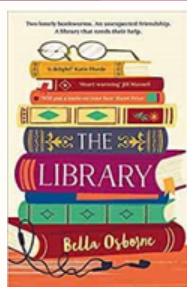
I have just read one of the Hope Hall books by Pam Rhodes. It is easy reading so does not tax the brain. They are about the groups and people who use a village hall.



## THE THURSDAY MURDER CLUB AND THE MAN WHO DIED TWICE BY RICHARD OSMAN

Recommended by Jane, Group Leader at Keinton Mandeville Carers Group.

I have recently read Richard Osman's Thursday Night Murder club part 1 & 2. Really good amusing reads in which you can get into the characters very quickly



## THE LIBRARY BY BELLA OSBORNE

A recommendation from Fiona.

A touching story about an unlikely friendship. The book was amusing, heart-warming and moving in equal measure.

TOP  
TIPS

I found reading hard when I was caring for my husband as I was so tired but also, I would get interrupted a great deal but I found audio books a wonderful way of 'reading' a book and could play them when cooking, washing up etc.

- Alison

# TAKE A BREAK

Grab a cuppa, and enjoy our word searches created for you!

Easy Print Page

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

## CARERS WEEK WORDSEARCH

INFORMATION  
TRAINING  
VISIBLE  
JUNE  
GARDENS  
SKILLS  
EVENTS  
SUPPORTED  
VALUED

CARER  
TICKETS  
RAILWAY  
PRIZES  
CAKE  
SUPERMARKET  
GROUPS  
HESTERCOMBE  
SOMERSET

## JUBILEE WORDSEARCH

BANK HOLIDAY  
CORGI  
PALACE  
PICNIC  
BUNTING  
PRINCE  
CASTLE  
WINDSOR  
BALCONY

PLATINUM  
QUEEN  
CELEBRATION  
MAJESTY  
REIGN  
ELIZABETH  
PARADE  
SEVENTY  
MONARCH

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





# SPOTLIGHT ON DEMENTIA

Advice from The NHS website

In the early stages of dementia, many people are able to enjoy life in the same way as before their diagnosis.

But as symptoms get worse, the person may feel anxious, stressed and scared at not being able to remember things, follow conversations or concentrate.

It's important to support the person to maintain skills, abilities and an active social life. This can also help how they feel about themselves.

## HOW YOU CAN HELP

### LET THE PERSON HELP WITH EVERYDAY TASKS

- shopping
- laying the table
- gardening
- taking the dog for a walk

Memory aids used around the home can help the person remember where things are.

For example, you could put labels and signs on cupboards, drawers and doors.

[Find out more about how to make your home dementia friendly.](#)

As dementia affects the way a person communicates, you'll probably find you have to change the way you talk to and listen to the person you care for.

[Read more about communicating with someone with dementia.](#)



# SPOTLIGHT ON DEMENTIA

Advice from The NHS website



## HELP WITH EATING AND DRINKING

Eating a healthy, well-balanced diet is an important part of a healthy lifestyle for everyone.

People with dementia may not drink enough because they don't realise they're thirsty.

This puts them at risk of:

- urinary tract infections (UTIs)
- constipation
- headaches

These can lead to increased confusion and make the symptoms of dementia worse.

Common food-related problems include:

- not recognising foods
- forgetting what food and drink they like
- refusing or spitting out food
- asking for strange food combinations

These behaviours can be due to a range of reasons, such as confusion, pain in the mouth caused by sore gums or ill-fitting dentures, or swallowing problems (dysphagia).

## HOW YOU CAN HELP

**INVOLVE THE PERSON IN PREPARING THE MEAL IF THEY'RE ABLE TO.**



Try these tips to make mealtimes less stressful:

- set aside enough time for meals
- offer food you know they like, and in smaller portions
- be prepared for changes in food tastes – try stronger flavours or sweeter foods
- provide finger foods if the person struggles with cutlery
- offer fluids in a clear glass or coloured cup that's easy to hold
- Make sure the person you care for has regular dental check-ups to help treat any causes of discomfort or pain in the mouth.

[Find out more information on eating and drinking from Alzheimer's Society](#)



# SPOTLIGHT ON DEMENTIA

Advice from The NHS website



## HELP WITH INCONTINENCE AND USING THE TOILET

People with dementia may often experience problems with going to the toilet.

Both urinary incontinence and bowel incontinence can be difficult to deal with. It can also be very upsetting for the person you care for and for you.

Problems can be caused by:

- urinary tract infections (UTIs)
- constipation, which can cause added pressure on the bladder
- some medicines

Sometimes the person with dementia may simply forget they need the toilet or where the toilet is.

## HOW YOU CAN HELP



**ALTHOUGH IT MAY BE HARD, IT'S  
IMPORTANT TO BE UNDERSTANDING  
ABOUT TOILET PROBLEMS.**

Try to retain a sense of humour, if appropriate, and remember it's not the person's fault.

You may also want to try these tips:

- put a sign on the toilet door – pictures and words work well
- keep the toilet door open and keep a light on at night, or consider sensor lights
- look for signs that the person may need the toilet, such as fidgeting or standing up or down
- try to keep the person active – a daily walk helps with regular bowel movements
- try to make going to the toilet part of a regular daily routine

If you're still having problems with incontinence, ask your GP to refer the person to a continence adviser, who can advise on things like waterproof bedding or incontinence pads.

[Find out more information on toilet problems from Alzheimer's Society](#)



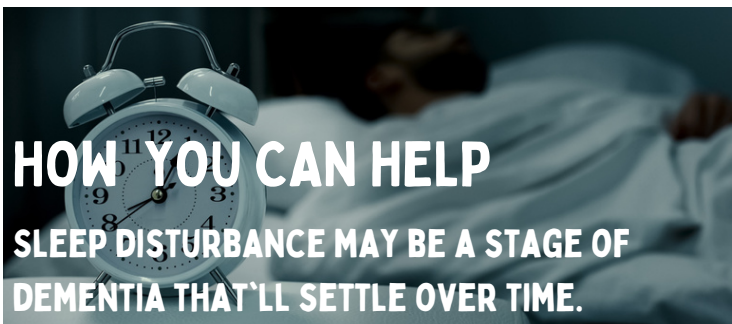
# SPOTLIGHT ON DEMENTIA

Advice from The NHS website

## SLEEP PROBLEMS

Dementia can affect people's sleep patterns and cause problems with a person's "body clock".

People with dementia may get up repeatedly during the night and be disorientated when they do so. They may try to get dressed as they're not aware it's night-time.



In the meantime, try these tips:

- put a dementia-friendly clock by the bed that shows whether it's night or day
- make sure the person has plenty of daylight and physical activity during the day
- cut out caffeine and alcohol in the evenings
- make sure the bedroom is comfortable and either have a night light or blackout blinds
- limit daytime naps if possible

If sleep problems continue, talk to your GP or community nurse for advice.

[Find out more about sleep problems and treatments from Alzheimer's Society.](#)

## HELP WITH WASHING AND BATHING

Some people with dementia can become anxious about personal hygiene and may need help with washing.

They may worry about:

- bath water being too deep
- the noisy rush of water from an overhead shower
- falling
- getting undressed in front of someone else, even their partner

## HOW YOU CAN HELP

**WASHING IS A PERSONAL, PRIVATE ACTIVITY, SO TRY TO BE SENSITIVE AND RESPECT THE PERSON'S DIGNITY.**

Try these tips:

- ask the person how they'd prefer to be helped
- reassure the person you will not let them get hurt
- use a bath seat or handheld shower
- use shampoo, shower gel or soap the person prefers
- be prepared to stay with the person if they don't want you to leave them alone

[Find out more information on washing and bathing from Alzheimer's Society.](#)





# SPOTLIGHT ON DEMENTIA

Advice from The NHS website

## LOOKING AFTER YOURSELF

Caring for a partner, relative or close friend with dementia is demanding and can be stressful. It's important to remember that your needs as a Carer are as important as the person you're caring for.



## IF YOU'RE STRUGGLING TO COPE

Carers often find it difficult to talk about the stress involved with caring. If you feel like you're not managing, don't feel guilty. There's help and support available.

You may benefit from counselling or another talking therapy, which may be available online.

Talk to your GP or, if you prefer, you can refer yourself directly to a psychological therapies service.

[Find a psychological therapies service in your area](#)

[Find out more about talking therapies](#)



## ASK FOR HELP

**FAMILY AND FRIENDS CAN HELP IN A VARIETY OF WAYS: FROM GIVING YOU A BREAK, EVEN IF IT'S FOR ONLY AN HOUR, TO TAKING THE PERSON WITH DEMENTIA TO AN ACTIVITY OR MEMORY CAFÉ.**

Find your local support groups on our website  
<https://somerseccarers.org/carers-hub/>

## WHO CAN HELP

**CHARITIES AND VOLUNTARY ORGANISATIONS PROVIDE VALUABLE SUPPORT AND ADVICE ON THEIR WEBSITES AND VIA THEIR HELP LINES.**

- [Alzheimer's Society's Dementia Connect support line](#) on 0333 150 3456
- [Age UK Advice Line](#) on 0800 678 1602 (free)
- [Independent Age Helpline](#) on 0800 319 6789 (free)
- [Dementia UK's Admiral Nurse Dementia Helpline](#) on 0800 888 6678 (free)
- Carers Direct helpline on 0300 123 1053 (free)
- [Carers UK Helpline](#) on 0800 808 7777 (free)
- [Dementia Carers Count](#) has a [virtual carers centre](#) that provides a range of online support and resources
- [healthtalk.org website](#) has a collection of tips and video interviews with people who care for someone with dementia which you may find useful.



# TASTY LENTIL BAKE

## RECIPE OF THE MONTH

### INGREDIENTS

**225G LENTILS**

**540ML WATER**

**2 ONIONS FINELY CHOPPED**

**2 CLOVES OF CRUSHED GARLIC**

**400G TIN OF TOMATOES**

**100G SLICED CELERY**

**1 GREEN PEPPER CHOPPED**

**85-100G GRATED CHEESE**

**1 BAYLEAF**

**1 TABLESPOON MIXED HERBS**

**SALT AND PEPPER**



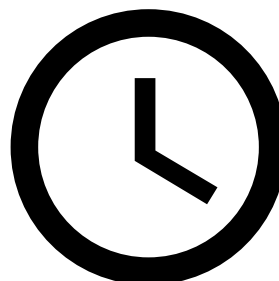
Highly nutritious and versatile dish with a very quick prep time and easy to adapt to whatever ingredients you have in!

### METHOD:

- 1) Mix all the ingredients, except the cheese, in a baking dish.
- 2) Cover and bake at 190°C one hour.
- 3) After 30 minutes baking, stir and add more water if needed.
- 4) After the full hour, stir again and check all the lentils are soft – if they aren't bake a little longer.
- 5) Once fully cooked, sprinkle the top with the cheese and bake for a further 5 minutes.

### OPTIONAL EXTRAS!

- Make a savory crumble topping by mixing 100g butter, 200g flour, 50g cheese and a handful of porridge oats. Top the lentil mixture with the crumble before baking.
- Add in extra veg – diced carrots, leeks, mushrooms all would go well. Add at step 1.
- Delicious served with sausages, bacon or a pork chop.



**PREPARATION TIME:**  
**5-10 MINUTES**

**COOKING TIME:**  
**APPROX 1 HOUR**

**YOU CAN EASILY SCALE UP THE RECIPE TO PREPARE A LARGE BATCH WHICH CAN BE FROZEN AFTER COOKING, AND REHEATED LATER.**



# 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
 <b>MY GP</b>	 	Explore objects from the past and share memories together. It can be used by anyone, but has been designed for, and with, people living with dementia and their carers.	Free
 <b>MEDISAFE</b>	 	Keep yourself and loved ones safe and never forget to take your meds again with Medisafe, the easy-to-use and FREE app ranked #1 by pharmacists to help you remember when to take your pills.	Free
 <b>MY REEF 3D</b>	 	MyReef 3D lite is a saltwater aquarium that fits in your pocket - interact with the fish, or just sit back and enjoy life on a beautiful reef.	Free Ad free £2.49
 <b>LUMINOSITY</b>	 	Lumosity's cognitive training program is a fun, interactive way to train your brain and learn about how your mind works. Used by over 100 million people worldwide, Lumosity's program consists of games designed to exercise memory, speed, flexibility and problem-solving.	Free Premium from £8.99
 <b>SPOTIFY</b>	 	Play millions of songs for free. Listen to the songs you love and enjoy music from all over the world. Search for your favourite song, artist, or album. Discover a world of new music, videos, and podcasts.	Free Ad Free from £6.99
 <b>YOUNG CARERS SUPPORT APP</b>	 	The Young Carers Support App enables young carers and young adult carers in the UK to find useful information, self-care tips and links to support - all in one place.	Free
 <b>FREESTYLE LIBRE LINK</b>	 	Approved for use with FreeStyle Libre and FreeStyle Libre 2 sensors. Check your glucose by scanning your sensor with your phone or use FreeStyle Libre 2 sensors to receive alarms when your glucose is low or high.	Free
 <b>CARDGAMES</b>	 	A collection of 35 different games including the card games Hearts, Spades, Cribbage, Euchre, Gin Rummy, Rummy, Pinochle, Crazy Eights and puzzle and board games like Backgammon, Reversi, Checkers, Chess and Yatzy.	Free

# Talking Cafe

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

## **Mondays:**

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

## **Tuesdays:**

- ✦ Burnham-on-Sea, Methodist Church: 10am - 12pm
- ✦ 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: Every 3rd Tuesday of the month, 2pm - 4pm
- ✦ Williton Pavilion: 1pm - 3pm
- ✦ Dulverton School: Every 3rd Tuesday of the month, 9am - 11am

## **Wednesdays:**

- ✦ Chard, The Guildhall: 10am - 12pm
- ✦ Wellington, St John's Church: 2pm - 4pm

## **Thursdays:**

- ✦ Bridgwater, The Hub at Angel Place: 10am - 11.30am
- ✦ Highbridge, Hope Baptist Church: 9.30am - 12.30pm
- ✦ Dulverton, MAGNA, Fishers Mead Community Room: 10.30am - 12.30pm
- ✦ Langport Library: 10am - 12pm
- ✦ Monkton Heathfield, Tacchi Morris Arts Centre: Every 3rd Thursday of the month, 10am - 12pm

## **Fridays:**

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

**All weekly unless otherwise stated**

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 Home Library  
service [Watch NOW!](#)

Deafness: everyday  
difficulties and solutions.  
[Watch NOW!](#)

Froglife - Nature & wildlife  
activities in Frome for those  
with Dementia [Watch NOW!](#)



# NEW BUS SERVICE

## SLINKY BUSES

---



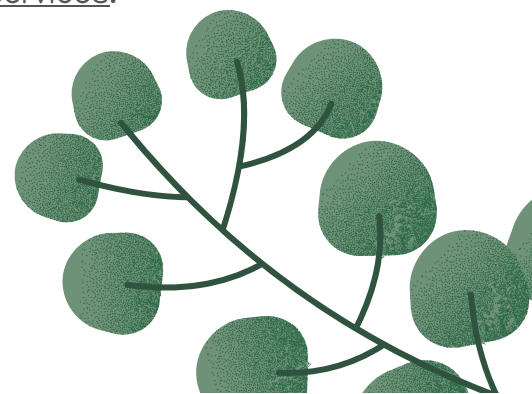
### **NEW BUS SERVICES ADDED FOR DISABLED AND/OR RURALLY ISOLATED PEOPLE.**

New 'Slinky' bus services have been added for residents who don't have access to a car or public transport, or have a disability which makes access to public transport difficult.

Slinky buses offer a door to door service that can help people get around – from getting to local health appointments or exercise classes, visiting friends or family, going shopping or attending social events. You can even use the Slinky as a link to other forms of public transport.

For more information, visit [Slinky Services – Demand Responsive Transport – Travel Somerset](#).

Planning a journey? Check out [Think Travel – our new one-stop travel information covering public transport, community transport, and Slinky on demand services](#).



# CARERS GROUPS

## CATH HOLLOWAY, SPARK



**CATH HOLLOWAY**

I am delighted to be part of Carers Week where I will be visiting the Carers Groups with some goodie bags.

I would also like to take this chance to thank all the amazing volunteers who run our wonderful Carers groups. They offer time, a listening ear, warmth, coffee and cake to those who join to network. They are also a wealth of their own experience and know where to signpost you so that you can make your caring role the best it can be, finding speakers to keep you up to date. They share all the new events ideas and information about caring in Somerset.

There is a lot of new work going on behind the scenes to support Carers and Carers Groups are a great place to find out about this.

### GROUP NEWS

The online Carers Group is changing to the fourth Tuesday of each month at 7pm. This session is particularly good for those who work, as well as those who can't make face to face because the people they care for can't be left alone. If you feel too tired you are more than welcome to leave your camera and mic off and just listen in.

The Yeovil group runs a seated exercise and boccia session for the cared for at the same time as the carers group, as it is very hard to find and afford someone to look after the person you care for while you go to a group. This is run by Freedom Leisure at the Westlands Entertainment Centre, with the help of micro provider Liz Tyas –Peterson and is becoming a super group. Our relaxation therapist Carole Lade is the group leader and has a wealth of ideas to help you cope with the stress of caring.

Keinton Mandeville has a similar group where the Health Coaches run a memory group at the same time. Do pop along or find your local group here:

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

# CARERS GROUPS

IN PARTNERSHIP WITH



## 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 01749 670667  
info@headsupsomerset.org.uk

Street  
Parish Rooms

2nd Monday of the month  
10.30am to 12 noon

Mac Abdullah  
mac.abdullah@yahoo.com

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?

4th Thursday of the month  
10.30am - 12 noon

### WHO DO I CONTACT?

Hayley 07757 730514  
Hayleydpope@gmail.com

Burnham on Sea  
Burnham Community  
Centre

4th Tuesday of the month  
10am - 11.30am

Mick & Doreen Velleman  
01278 751435  
m.velleman@sky.com

**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.

# 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  
Weadonit67@gmail.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 carpark

2nd Monday of the Month  
2pm

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

**MORE**  
*information*

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

# WEST SOMERSET

*Carers 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

*Carers 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  
Bulford Community  
Centre

1st Monday of the month  
2pm to 3.45pm

Catherine 07785 900110  
CatherineBowie17@gmail.com  
wellingtoncsg@btinternet.com

## WHERE?

Taunton  
Wellsprings Church

1st Tuesday of the month  
11am to 12.30pm

Carol 07888 077757  
mccracken@talk21.com



# ONLINE ZOOM

*Carers Groups*

7pm

Fourth Tuesday of the month

Register here:

<https://sparksomerset.org.uk/news-events/events>

# CAREERS IN CARE

## PASSPORT TO CARE



### PASSPORT TO CARE – A NEW 18 MONTH SOCIAL CARE TASTER PROGRAMME

Somerset County Council and Somerset NHS Foundation Trust in partnership with 4 social care providers have launched a new 18 month care taster programme which will allow people to try out a range of roles in a wide variety of settings across health and social care

There are 6 spaces available on this pilot programme, which will see successful candidates spend a total of 18 months working in 6 different roles in 6 different care settings, with 3 months spent in each role. If successful, this scheme could help us attract new people into social care by giving them the opportunity to try out different roles.

As part of this fixed term contract, applicants will receive:

- Full training
- A buddy to guide them throughout their journey
- Support from the NHS and social care employers
- Care Certificate qualification
- A guaranteed job on successful completion of the programme

Visit: [bit.ly/PassportToCare](https://bit.ly/PassportToCare) to apply and who to contact for enquiries

Applications close 19 June – please help us spread the word by sharing our social media posts on [Facebook](#) and [Twitter](#)



**SOMERSET**  
County Council



## QUICK REFERENCE USEFUL WEBSITES AND CONTACT NUMBERS

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



somerset  
carers  
part of CCS

# SOMERSET CARERS BOUGHT TO YOU BY CCS – THE COMMUNITY COUNCIL FOR SOMERSET

**Somerset Carers is commissioned by Somerset County Council and NHS Somerset to deliver support to unpaid Carers.**

We do this through our army of Village and Community Agents. Anyone over 18 that looks after someone in an unpaid caring capacity can receive support from Somerset Carers for free.

You can refer yourself or, with permission, you can refer another person to Somerset Carers by calling 0800 31 68 600.

You could be looking after a loved one, friend, partner, parent or child (it doesn't matter if they are under or over 18) on a regular or irregular basis.

## ONE FAMILY: ONE AGENT



In Partnership with:

