



**MARCH
2023**

WWW.SOMERSETCARERS.ORG



**somerset
carers**
part of CCS

SOMERSET CARERS NEWSLETTER



IN THE SWING OF SPRING!

What a busy start to the year we have had!

Behind the scenes we are busy collaborating with organisations from across Somerset to put together Carers Packs – resources for new and existing Carers to refer to, packed full of really useful information.

We are working with colleagues from the new Somerset Dementia Wellbeing Service (page 3); developing a Somerset Carers ID card that can be used for discounts and more – helping to make Somerset more Carer Aware!

We hope to roll this out from Summer 2023.

KEEP UP TO DATE



[@somersetcarers](https://www.facebook.com/somersetcarers)



[@somersetcarers](https://twitter.com/somersetcarers)



[@ccs-somerset-carers](https://www.linkedin.com/company/ccs-somerset-carers)

“ I like to say that there are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need caregivers.”

ROSALYN CARTER, FORMER USA FIRST LADY





MARCH 2023

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CARERS RIGHTS CAMPAIGNER FOR SOMERSET

We are supporting the current Carers UK Ambassador, Caroline Toll, find her replacement; volunteers are needed to represent and champion Carers rights in Somerset on behalf of Carers UK and Carers themselves.

Could you be that strong ‘critical friend’ and have influence on policies in Somerset that would make Carers lives better?

CAROLINE TOLL:

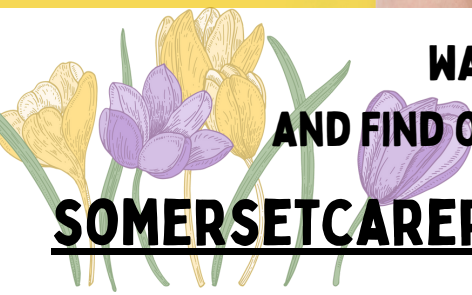
“I have developed the campaigning aspect of my role over years and am very keen to find someone, or people, to gradually take over all or some of these tasks. I would be very willing to introduce anyone interested to people with whom I already have a good working relationship and to do some of the tasks together to begin with.”

“It would perhaps suit someone who is no longer a Carer, who would therefore have some spare time and energy, and who would realise that their extremely valuable experience could help others.”



**WATCH A SHORT VIDEO FROM CAROLINE
AND FIND OUT MORE ABOUT THE VOLUNTARY ROLE HERE:**

[SOMERSECCARERS.ORG/CARERSCAMPAIGNERVOLUNTEER/](https://somerseccarers.org/carerscampaignervolunteer/)





DEMENTIA WELLBEING SERVICE ROADSHOW



SOMERSET DEMENTIA
Wellbeing Service



The new Somerset Dementia Wellbeing Service is a collaboration between dementia services who are working together to improve diagnosis, enhance support in the community and provide an excellent, consistent service for people with dementia and their carers in Somerset.



SOMERSET DEMENTIA
Wellbeing Service



DEMENTIA SERVICES ROADSHOWS

This spring, to launch the new service, we are running a series of roadshows across the county to showcase support options available to people with dementia and their carers, and to give people an opportunity to experience a free mobile dementia simulator!

The Virtual Dementia Tour simulators are a scientifically and medically proven method of giving a person with a healthy brain an experience of what dementia might be like, allowing people to understand which simple changes could be made to their practice and environment to really improve the lives of people with dementia.



**SCAN THE QR CODE WITH YOUR PHONE CAMERA TO BOOK
YOUR VIRTUAL TOUR OR VISIT:**

WWW.EVENTBRITE.COM/CC/VIRTUAL-DEMENTIA-TOUR-1663569



SOMERSET DEMENTIA
Wellbeing Service

DEMENTIA WELLBEING SERVICE ROADSHOW 10 AM - 4PM

Tuesday 28th March	Royal British Legion Club, Street
Tuesday 4th April	The Princess Theatre, Burnham-on-Sea
Friday 14th April	Minehead Methodist Hall
Thursday 20th April	Victoria Park Community Center, Bridgwater
Friday 5th May	Westlands, Yeovil
Friday 12th May	The Edgar Hall, Somerton
Tuesday 16th May	The Bennett Community Centre, Frome
Monday 22nd May	Wells Town Hall
Friday 2nd June	Cheddar Village Hall

Please note, the free bookable training places for health and care staff start have separate start and end times communicated when booked.

A shorter Virtual Dementia Simulator experience, open free to all roadshow attendees, will be available between 12.15pm and 1.45pm each day on a first come, first served basis.

**SCAN THE QR CODE WITH YOUR PHONE CAMERA TO BOOK
YOUR VIRTUAL TOUR OR VISIT:**

WWW.EVENTBRITE.COM/CC/VIRTUAL-DEMENTIA-TOUR-1663569





Swim & Relax Sessions



Venue - Goldenstones Leisure Centre BA20 1QZ

Date - Every Friday 1.30pm till 2.30pm
Price - Free of charge for 10 weeks

Who can attend - Carers and anyone with a long term health condition

Sessions Includes - 1 hour access to the pool and tea and coffee to finish along with a support group to chat and share experiences



If you would like to come along please contact myself haley.skipp@ydh.nhs.uk or call 07747622802

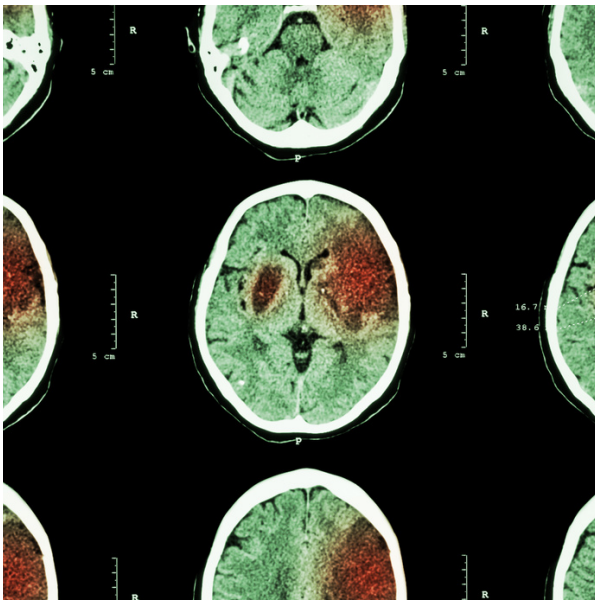




STROKE SERVICES CONSULTATION



Stroke is a sudden and life-changing event, and is a leading cause of death and disability in the UK. Over recent years, there have been significant advances in proven, highly effective methods of stroke treatment and care.



GET INVOLVED & HAVE YOUR SAY

NHS Somerset is running a public consultation to gather feedback about the future of acute hospital-based stroke services in Somerset, from people living in Somerset and people who use Somerset hospitals.

Acute hospital-based stroke services is the specialist hospital care people receive in the first few days and weeks when they first have a stroke.

NHS Somerset are committed to understanding the needs of the local population to make sure they can continue to deliver the best possible health and care services in Somerset.



The consultation runs from Monday 30 January 2023 for 12 weeks until midnight on Monday 24 April 2023. NHS Somerset want to hear your views on the future of hyper acute and acute stroke services in the county.

[HTTPS://ONLINE.ORS.ORG.UK/QUESTIONNAIRE/1523F2A](https://online.ors.org.uk/questionnaire/1523f2a)





I SEE YOU PHOTOGRAPHY EXHIBITION

I See YOU is an open call for photographic work from people over the age of 18 who care for a child with additional needs or for someone who is sick, elderly or has disabilities. This can include both physical and mental ill health.

[LEARN MORE](#)



DEADLINE FOR SUBMISSIONS: 14TH APRIL 2023

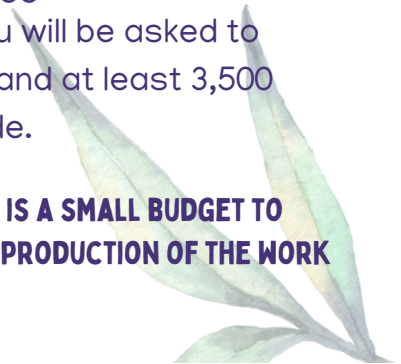
This project asks participating photographers / carers to turn their gaze inwards and to focus on their own perspective and their relationships with their own lives and identities, not on the needs of the person they are caring for.

This call is open to professional and non professional artists / photographers.

Selected images will be exhibited outdoors as part of the Fringe Arts Bath Festival 2023 which takes place 26th May to 11th June 2023.

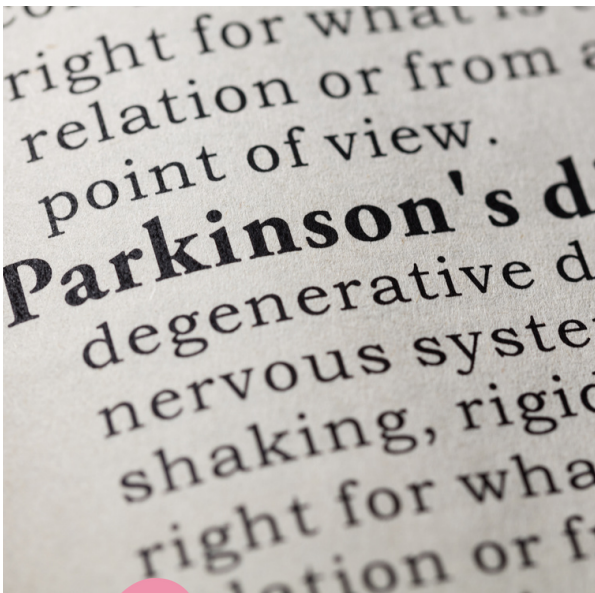
Please send a maximum of 3 images with a short paragraph about you and the idea behind your work to see@fringeartsbath.co.uk. (Files should be 72dpi and no bigger than 3MGB). If your work is selected, you will be asked to supply images at 300dpi and at least 3,500 pixels on the shortest side.

IT IS FREE TO ENTER AND THERE IS A SMALL BUDGET TO COVER THE COST OF PRINT AND PRODUCTION OF THE WORK SELECTED.





**UNIVERSITY OF
PLYMOUTH**
School of Health Professions



PARKINSON'S RESEARCH

Are you a carer for a family member or friend living with Parkinson's Disease?

The University of Plymouth would appreciate your help!

TAKE PART IN A STUDY

They are looking for individuals to take part in a study into how effectively Carers of people with Parkinson's Disease are able to balance care responsibilities with activities such as work, leisure and self-care.

This study aims to assist understanding of factors which affect the time-use of carers, and how this in turn can have an impact on their health and wellbeing.

It is hoped this research could facilitate improvements to Occupational Therapy practice in helping carers maintain occupational balance.

If you are a friend/family Carer of someone with Parkinson's disease, aged 18 or over, with access to video conferencing software (such as Zoom), and you wish to have more information,

contact the Student Researcher:
abbey.hill@students.plymouth.ac.uk



SOMERSET
County Council



try
a 6 week
loan

do
you need
help to get moving?

borrow an activity watch for free

www.somersetlibraries.co.uk/activitywatch

Available at Bridgwater & Taunton  **SOMERSET**
Libraries



LEARN MORE ABOUT
HOME LIBRARY
SERVICE

GET ACTIVITY
TRACKER

HOME LIBRARY SERVICE NOT JUST BOOKS!

The Home Library Service is available to anyone who cannot access the library due to caring responsibilities, a long term illness, are housebound etc. Their volunteers will choose, deliver and befriend an individual in their own home.

Following a successful recruitment drive, Somerset Libraries are delighted they increased their number of volunteers across the county which has enabled them to increase the number of individuals they are supporting with the Home Library Service.

BORROW BOOKS AND MORE!

Home Library Service is able to loan out not just books but IPADS.

The great news is that you do not need Wi-Fi, the data is inbuilt. It comes with a headset and a keyboard. It has easy to use instructions, but the Home Library Service volunteer will help the client to use the iPad if they need assistance. The loan period is for 6 weeks.

This could be a great way for someone to try out the technology to see if they like it, also for someone who has just come out of hospital and wants to do online food shopping or anything else.

FITNESS TRACKERS

They are now also able to loan out fitness trackers to library members looking to improve their mental and physical health. This is currently available from Bridgwater or Taunton Library.



- Be part of a supportive community
- Meet other men in a similar position
- Enjoy online & in-person activities
- Take ownership over your wellbeing

WWW.SASP.CO.UK/UNBREAKABLE-MEN



UNBREAKABLE MEN

TAKE CONTROL OF YOUR WELLBEING

Unbreakable Men aims to raise awareness around Men's Mental Health in Somerset and actively encourage Men to take ownership over their wellbeing, whilst positively impacting their mental and physical wellbeing through physical activity.

This is done in a simple and practical way with both online and through face-to-face physical activities.

[LEARN MORE](#)

[TAKE THE MOT MINDSET QUIZ](#)



SELF-HARM AWARENESS TRAINING

THURSDAY 23RD MARCH 2023

6PM – 7:30PM



Spaces are still available for the online self-harm awareness training for parents and carers. The course is for any parent or carer in Somerset who wants to understand more about self-harm and who it can affect. The course provides a wealth of information and will help people with recognising early signs.

This online course is completely free and designed to help people:

- understand self-harm and who it can affect
- identify reasons that can lead a young person to self-harm
- understand the wider impacts on family and friends
- raise confidence in responding to and supporting young people who self-harm

[HTTPS://WWW.EVENTBRITE.CO.UK/E/439499102647](https://www.eventbrite.co.uk/e/439499102647)

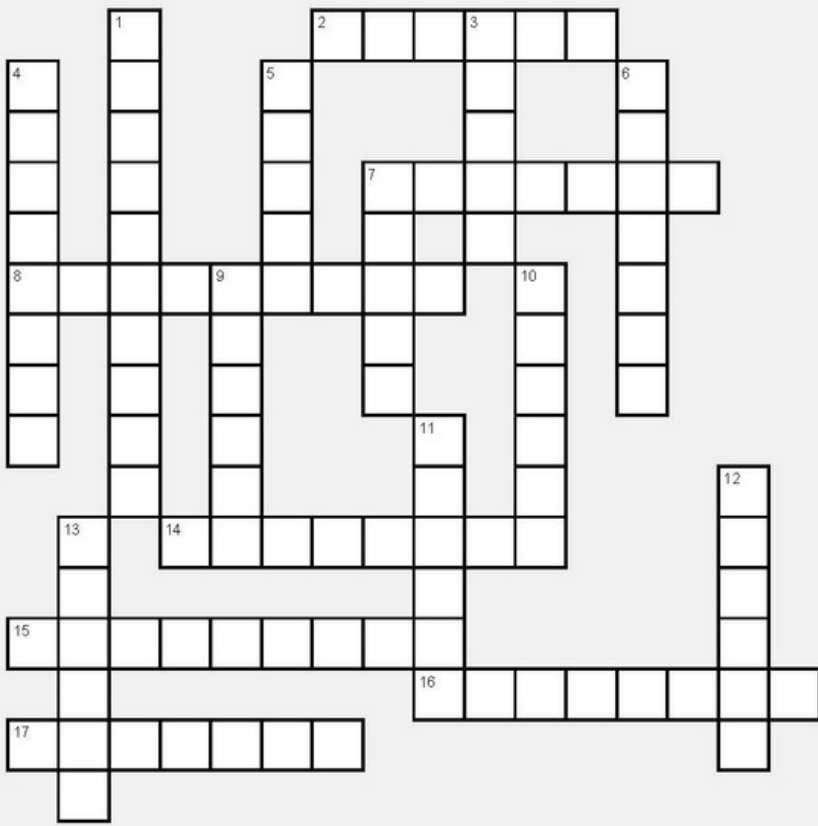


TAKE A BREAK

Grab a cuppa and enjoy these puzzles!

Easy Print Page

WINTER CROSSWORD



ACROSS

- 2) Frozen spike
- 7) Winter sculpture
- 8) Present day?
- 14) Winter coasting
- 15) Hearth
- 16) Rudolph and teammates
- 17) Winter ____ Games

DOWN

- 1) White Rabbit's milieu
- 3) Hot chocolate
- 4) Winter outerwear
- 5) Icy coating
- 6) Rink dancing
- 7) Neck wrap
- 9) Snow remover
- 10) Aspen activity
- 11) Small shake
- 12) Stanley Cup sport
- 13) Uncomfortably cool

CHECK ANSWERS HERE:

WWW.MEMORY-IMPROVEMENT-TIPS.COM/SUPPORT-FILES/WINTER-CROSSWORD-PUZZLE.PDF

SUDOKO - MEDIUM HARD

ANSWERS HERE (TOP TWO ON PAGE): WWW.MEMORY-IMPROVEMENT-TIPS.COM/

	7			3			1	
1	3	9		8	2		6	
6							8	
7		2						1
			9		4			
8						9		6
	8							5
	5		1	4		2	9	7
	1			9			3	

		7				8		6
		3	8		2			
6					4	9	5	
3	6			1				
4			3		5			7
				2			3	9
	9	1	5					4
			2		1	7		
8		4				2		



COURSES FOR CARERS

Many more are available – find one to suit you through these providers:

[Somerset Skills and Learning](#) - in venues and online

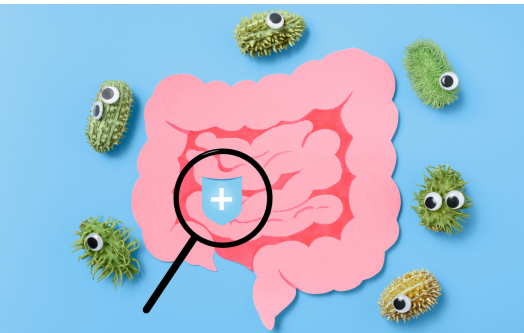
[Somerset Recovery College](#) - in venues and online

[Recovery College Online](#) - online only



Woodland Wellbeings

- VENUE: Paddington Farm, Maidencroft Lane, Glastonbury, BA6 8JN
- INFO: www.facebook.com/WoodlandWellbeings
- DAY: Thursday 23rd March for 6 weeks
- TIME: 10am – 12.30pm
- CONTACT: 07803 369 891 / woodlandwellbeings@gmail.com



How to Nourish The Gut Microbiome

- VENUE: Online course
- DATE/TIME: 2 date options
 - Thursday 6th April, 10am – 12 noon
 - Thursday 20th April, 6pm – 8pm

WWW.SSLCOURSES.CO.UK/HOW-TO-NOURISH-THE-GUT-MICROBIOME/



Feeding the Brain for Mental Wellness

- VENUE: Online course
- DATE: Thursday 13th April 2023
- TIME: 6pm – 8pm

WWW.SSLCOURSES.CO.UK/FEEDING-THE-BRAIN-FOR-MENTAL-WELLNESS-3/



Preventing and Managing Type 2 Diabetes

- VENUE: Online course
- DATE: Thursday 4th May 2023
- TIME: 6pm – 8pm

WWW.SSLCOURSES.CO.UK/PREVENTING-AND-MANAGING-TYPE-2-DIABETES/



Breathe for Wellness

- VENUE: Abbey House, Glastonbury
- DATE: Starts Wednesday 19th April 2023
- TIME: 2pm – 4pm for 8 weeks

WWW.SSLCOURSES.CO.UK/COURSES/COURSE/BREATHE-FOR-WELLNESS/

MANY OF THESE COURSES REPEAT ON A REGULAR BASIS - CONTACT THE PROVIDER OR VISIT THEIR WEBSITES FOR MORE DATES.

BOOK RECOMMENDATIONS

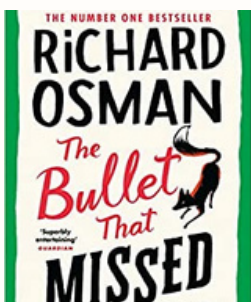
A collection of books useful for Carers or recommended by others as a great read!



THE KEEPER OF STORIES BY SALLY PAGE

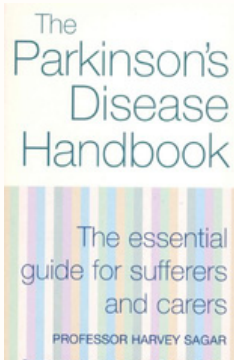
In her debut novel, *The Keeper of Stories*, Sally combines her love of history and writing with her abiding interest in the stories people have to tell.

'Funny, wise, moving and full of lovely moments. The characters are endearing and unforgettable' – Hazel Prior, Author



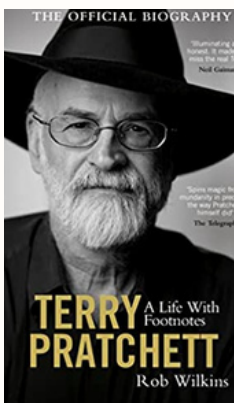
THE BULLET THAT MISSED BY RICHARD OSMAN

It is an ordinary Thursday and things should finally be returning to normal. Except trouble is never far away where the Thursday Murder Club are concerned. A decade-old cold case leads them to a local news legend and a murder with no body and no answers. Then a new foe pays Elizabeth a visit. Her mission? Kill...or be killed.



THE NEW PARKINSON'S DISEASE HANDBOOK BY HARVEY SAGAR

This is a compassionate and helpful guide to the disease and its treatments. The good news is that Parkinson's can be controlled very effectively for many years with the right treatment and care. This definitive handbook allows you to ask all the right questions and to understand the disease so that the answer to the question above is, 'as long as possible'.



TERRY PRATCHETT: A LIFE WITH FOOTNOTES BY ROB WILKINS

The book Terry sadly couldn't finish has been written by Rob Wilkins, his former assistant, friend and now head of the Pratchett literary estate. Drawing on his own extensive memories, along with those of the author's family, friends and colleagues, Rob unveils the full picture of Terry's life – from childhood to his astonishing writing career, and how he met and coped with what he called the 'Embuggerance' of Alzheimer's disease.

There are many second hand book sellers online – many are cheaper than Amazon – although don't forget to look at the 'Buy Used' option on Amazon too!

WORLD OF BOOKS:

- www.wob.com/en-gb

ABE BOOKS

- www.abebooks.co.uk/UsedBooks.shtml

OXFAM ONLINE BOOKSTORE

- <https://onlineshop.oxfam.org.uk/books/category/books>

TOP TIPS

IMPROVING HYDRATION

IMPORTANCE OF ADEQUATE HYDRATION



- Poor hydration has substantial adverse effects on health, disease and well-being in community, residential and hospital settings
- Dehydration also has a substantial impact on the health economy with increased demands on General Practice services, out of hours services and increased rates of transition across pathways of care
- Carers UK's evidence from families providing care, suggests additional benefits in terms of reduced caring activities which has an economic impact and improved quality of life
- Being well hydrated brings many physical, as well as mental, benefits
- Reduces risk of Urinary Tract Infections
- Inadequate hydration can make the symptoms of other illnesses worse
- Dehydration increases the risk of constipation, falling and developing pressure sores
- Dehydration reduces mental performance (e.g. memory, attention, reaction times) and increases tiredness
- Those over 65 are more likely to become dehydrated than younger people and it may be harder to spot!
- Certain conditions, such as dementia and acute illness also increase the likelihood of becoming dehydrated

OUR AIMS AND GOALS

- To prevent dehydration from occurring in all settings
- Lower rates of urinary tract infections across the County and reduce need for anti-microbial therapy
- Identify barriers to adequate hydration
- Assist in educating all staff, voluntary workers, patients and carers on the importance of good hydration
- Encourage quality improvement projects to drive improvement



IMPROVING HYDRATION

WHY ESTABLISH A HYDRATION GROUP?

- To understand the differing issues in various settings
- To utilise each others unique and valuable knowledge and experience
- To identify common problems and discuss possible solutions
- To find out what's working and what isn't
- To share good practice
- To trial new initiatives
- To develop a hydration resource pack/toolkit that can be utilised across the service



WHO'S INVOLVED?

- Representatives from care homes and domiciliary care
- Urology nurse specialist
- Continence nurse specialist
- Dietician
- Infection control nurses
- Community nursing team representation
- Medicines management
- We would also welcome representation from you!

WE WOULD REALLY VALUE YOUR INPUT

somicb.infectionpreventioncontrolteam@nhs.net



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Your Online **MEDeQUIP** Retail Store

Our range of products are designed to promote independence at home and manage daily living more easily. We stock a wide selection of mobility and disability aids to help keep you independent.

Rollators • Bath Lifts • Riser Recliner Chairs

Profiling Beds & Mattresses • Key Safes

Wheelchairs • Walking Sticks



Call us or visit our website to request a free catalogue



www.manageathome.co.uk

or call: **0800 910 1864**



CARERS GROUPS

GROUP NEWS

A NEW group has been created in Shepton Mallet!

Starting 12th April, it falls on the 2nd Wednesday of the month, 2pm – 3.30pm. There is also an activity session for your cared for whilst you join the group.

INTERACTIVE MAP

We have made some exciting developments to the Carers Group web page – there is now an interactive map where you can select your nearest group

If you run a group for Carers, and would like to be added to the map, please send the details through to hannah@somersetccc.org.uk, including a logo icon image to display on the map!



MARCH 2023: CARERS GROUPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31				

APRIL 2023: CARERS GROUPS

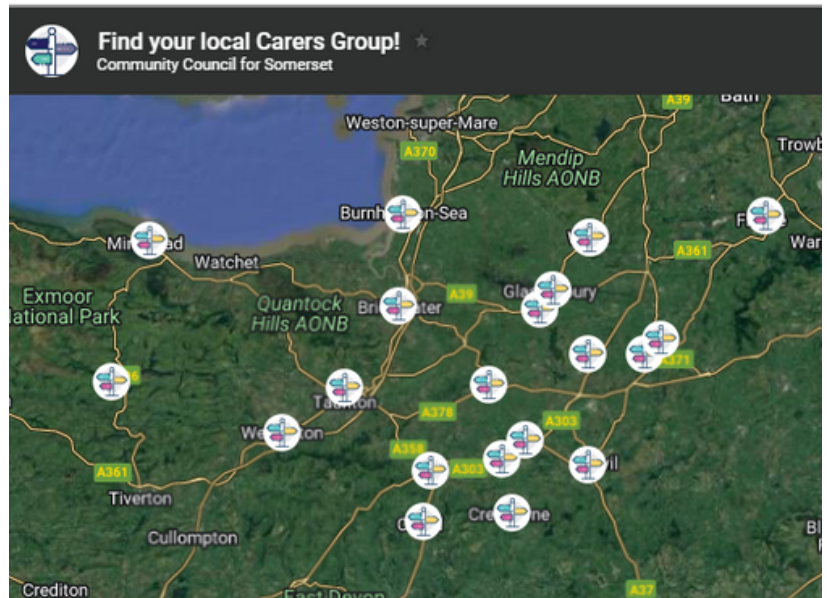
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31				

MAY 2023: CARERS GROUPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31				

JUNE 2023: CARERS GROUPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
06	07	08	09	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31				



NEW CALENDAR

A 2023 calendar has been created so you can easily see what group is on and when!

Have a look and let us know what you think!

WWW.SOMERSETCARERS.ORG/CARERS-GROUPS/



somerset
carers
part of CCS

CARERS GROUPS

in Somerset

MENDIP

Carers Groups

Managed by **SPARK**
SOMERSET
INSPIRING COMMUNITIES

WHERE?

Frome
Cricket Ground

Glastonbury
St John the Baptist
Church
BA6 9DR

NEW!

Shepton Mallet
Shepton Brasserie
66 High St, BA4 5AS

Street
The Crispin Centre
BA16 0HP

Wells
Bishop's Palace
Meeting rooms near the café

Wells
The Swan Hotel

WHEN?

1st Wednesday of the month
10.30am to 12.30pm

3rd Monday of the month
10.30am to 12 noon
Bring who you care for and chat to all
the volunteers and friends

2nd Wednesday of the month
2pm - 3.30pm
Activity session for your cared for
whilst you join the group.

2nd Monday of the month
10.30am to 12.00 noon
Carers and ex carers welcome

2nd Friday of the month
11am to 12.30pm

4th Wednesday of the month
10am to 11.30am

WHO DO I CONTACT?

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

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

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

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

Bridget 01749 670667
info@headsupsomerset.org.uk

Bridget 01749 670667
info@headsupsomerset.org.uk

SEDGEMOOR

Carers Groups

WHERE?

Bridgwater
The Hub Angel Place
Shopping centre

Burnham on Sea
Waffle Hub Methodist Church
35A College St, TA8 1AS

WHEN?

Every Monday
1pm to 3pm
Volunteer led group every 3rd Monday
of the month. Cared for welcome.

4th Tuesday of the month
10am to 11.30am

WHO DO I CONTACT?

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

Cath Holloway 07951 944420
Burnhamcarers@outlook.com

MORE
information

WWW.SOMERSETCARERS.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
Activities for the person you care for.

Jane Tomkins 01963 350210
Jane.carers@outlook.com

Martock
The George Coffee
Shop

1st Thursday of the month
10.30am to 12 noon

Jacky Reed Jacky.reed@talktalk.net
Cath Holloway 07951944420

Crewkerne
Henhayes Centre
South Street, TA18 8DA
Main Crewkerne Car park

3rd Thursday of the month
2pm to 3.30pm
New group with flexercise session
for your cared for in adjoining room.

Jacky Reed Jacky.reed@talktalk.net

Yeovil
Café @ Westlands
Entertainment Centre

2nd Tuesday of the month
11am to 12.30pm
Activity session for your cared for
whilst you join the group.

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, lift available

3rd Thursday of the month
1pm to 2.30pm
Join for lunch, contact Alison first.

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

Wincanton and Bruton
Balsam Centre
Use Memorial Hall free carpark

2nd Monday of the Month
2pm to 3.30pm
Activity session for your cared for
whilst you join the group.

Gwen Venters 07732 145684
Cath Holloway 07951 944420
cath.holloway@sparksomerset.org.uk

Langport
The Bridge Bakery Cafe
TA10 9RB

4th Wednesday of the month
2pm to 3.30pm

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

South Petherton
St Peter & St Paul's Church

3rd Wednesday of the month
11.15am to 12.30pm

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

MORE
information

WWW.SOMERSETCARERS.ORG/CARERS-GROUPS/

IMPORTANT!

Please make contact with the leader before attending in case of any schedule changes, 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.



**somerset
carers**
part of CCS

WEST SOMERSET

Carers Groups

WHERE?

Dulverton
Exmoor Medical Centre

WHEN?

2nd Thursday of the month
1.30pm to 3pm from March '23

WHO DO I CONTACT?

Cath Holloway 07951 944420
cath.holloway@sparksomerset.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?

Wellington
The Iron Duke
Town centre

WHEN?

1st Monday of every month
10.30am to 12 noon
Your cared for may attend if needed.

WHO DO I CONTACT?

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

WHERE?

Taunton
Wellsprings Church
Quantock Rd, Taunton TA2 7NL

Not running as a stand-alone group at present, but come along to the Talking Cafe at Wellsprings Church available for support & information from your local Village Agent, every Tuesday 10.30am-12.30pm.



**SPARK
SOMERSET**
INSPIRING COMMUNITIES

ONLINE ZOOM

Carers Groups

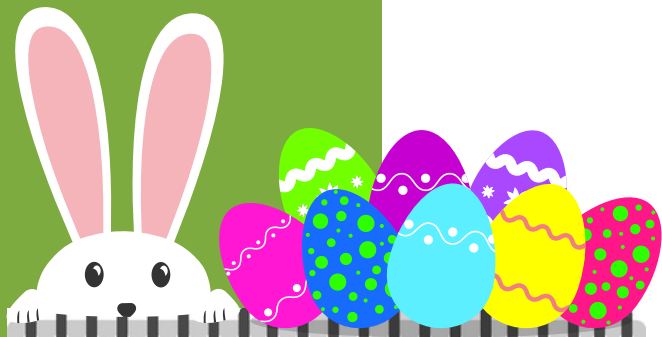
7pm

Fourth Tuesday of the month

Register here:

WWW.SOMERSETCARERS.ORG/CARERS-GROUPS/

and click the blue 'Register' button



EASTER HOLIDAY CALENDAR

COMMUNITY INCLUSION AND ACTIVITY TEAM



ARE YOU A PARENT CARER?

The Community Inclusion and Activity Team have compiled this Easter holidays Activity Calendar!

Download the guide here:

WWW.SOMERSETCARERS.ORG/NEWS/INCLUSION-ACTIVITY-TEAM-EASTER-CALENDAR/

Children's Autism Outreach Team CAOT: If you are known to CAOT please go to the Local Offer for more details or call your allocated CAOT worker for all CAOT holiday activities.

Key for activities:

-  **Family Activity** - for all members of the family to attend and enjoy
-  **Child/Young person can attend on their own under group supervision or with parent/carer if additional 1:1 support is required** - please call the organisation to have a chat
-  **Child/young person must attend with a parent or carer**
-  **Staff provided by the organisation to support the child/young person 1:1 if required** - please call the organisation to see what they can provide as this may not include personal care
-  **Some parts of the activity are wheelchair accessible please call the organisation to find out more**
-  **Accessible changing facilities are available please call the venue to find out more**
-  **Activities aimed at young people/teenagers/young adults**

Useful Information

Who are the people offering the activities? Organisations who have experience of working with children and young people with a disability or additional need and their families. Activities can be adapted to suit the children and young people who would like to attend. Please call them to chat about your child / young person's needs.

Activities offered by the Community Inclusion and Activity Team - Dependant on the child / young person needs, we can provide a day out without parent / carer as we offer group supervision. If it is the first time your child / young person has accessed a trip with our team, a parent / carer will need to attend. We require payment a minimum of 2 weeks prior to the day. Please note, spaces for children and young people with a disability or additional need will be prioritised first, with spaces offered to siblings once bookings have closed if we have room. Online payment at www.somerset.gov.uk/cwd

Don't forget our Activity Day Passes - Available to ALL families in Somerset with a child or young person with a disability or additional need - Puxton Park, Noah's Ark, Abbotsbury, Ferne Animal Sanctuary, Hestercombe gardens, Court farm. Please email CIATeam@somerset.gov.uk to find out more or visit www.somerset.gov.uk/cwd to view the flyer.

Max Card - A FREE card for all children and young people with a disability or additional need in Somerset aged 0-25 years. This card can be used at many places all over the UK offering discounts and special rates when you show the card. Visit www.mymaxcard.co.uk for more info. Cards can ONLY be issued by Somerset County Council to people living in Somerset. Call 01823 358117 or email ciateam@somerset.gov.uk

If you would like help with the calendar and how to access activities please email the team ciateam@somerset.gov.uk

Talking Cafe

Mondays: *

*Not held on Bank Holidays
** Drop in only, no drinks available

- ✦ Axbridge, St John's Baptist Church, The Church Rooms: Every week 10.30am - 12.30pm
- ✦ Bishops Hull Hub: 2nd and 4th Monday of the month, 1pm - 3pm
- ✦ Minehead, Methodist Church, The Avenue: Every week, 10am - 12 noon
- ✦ Taunton, Great Western Hotel: 1st & 3rd Monday of the month, 10am - 12 noon
- ✦ Taunton, Great Western Hotel: 2nd & 4th Monday of the month, 1.30pm - 3.30pm
- ✦ West Huntspill, St Peter & All Hallows Church: 1st Monday of the month, 10.30am - 12 noon

Tuesdays:

- ✦ Burnham-on-Sea, Methodist Church: Every week, 10am - 12 noon
- ✦ Bishops Lydeard Village Hall: Every Tuesday, 10am - 12 noon (part of Village coffee morning)
- ✦ Chard, Ariel Healthcare, Fore Street: 1st Tuesday of the month, 10am - 12 noon **
- ✦ Chard, Ariel Healthcare, St Mary's: 2nd Tuesday of the month, 10am - 12 noon **
- ✦ Ilminster, Church View Medical Centre, Broadway: 1st Tuesday of the month, 10am - 12 noon **
- ✦ Ilminster, The Meadows Surgery: 1st Tuesday of the month, 1pm - 3pm **
- ✦ Ruishton Village Hall: 2nd Tuesday of the month, 2pm - 4pm
- ✦ Taunton, Musgrove Park Hospital, on the concourse near M&S: Every week, 2pm - 4pm
- ✦ Williton Pavilion: Every week, 1pm - 3pm
- ✦ Wellington, St John's Church: Every week, 10am - 12 noon
- ✦ Wellsprings Community Church: Every week, 10.30am - 12.30pm
- ✦ Yeovil District Hospital, in the Wellbeing Hub: Every other Tuesday, 2pm - 4pm

Wednesdays:

- ✦ Chard, The Guildhall: Every week, 10am - 12 noon
- ✦ Wiveliscombe, Silver St Church: Every week, 10.30am - 12 noon
- ✦ West Monkton, Brittons Ash Community Hall: 1st Wednesday of the month 2pm - 4pm
- ✦ Woolavington, Bitham Walk Hall: Every week, 11am - 1pm

Thursdays:

- ✦ Bridgwater, The Hub at Angel Place: Every week, 10am - 12 noon
- ✦ Creech St. Michael, Life Cafe: 1st Thursday of the month, 10.30am - 12.30pm
- ✦ Dulverton, MAGNA, Fishers Mead Community Room: Every week, 10.30am - 12.30pm
- ✦ Highbridge, Hope Baptist Church: Every week, 10am - 12 noon
- ✦ Langport Library: Every week, 10am - 12 noon
- ✦ South Petherton Library: Every week, 10am - 12 noon
- ✦ Taunton, YMCA, Lisieux Way: 2nd & 4th Thursday of the month, 10am - 12 noon
- ✦ Yeovil, St Peter's Community Centre: Every week, 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
- ✦ Ilminster, Summervale Medical Centre: Last Friday of the month, 10am - 12 noon **

Somerset Independent Living Centres (SILC)

Try out equipment and technology to make daily living easier



Toilet



Stairs/handrails



Bathroom



Bedroom



Kitchen/eating



**Safety at home
and technology**



Living well



Getting around

We offer free, impartial information and advice



← **SCAN ME**



www.somerset.gov.uk/equipment

Contact us to make an appointment

 0300 123 2224

 adults@somerset.gov.uk

Please note: this service is by appointment only



SOMERSET
County Council



Struggling with bills? Support is available...

Need help with buying food, paying for energy and water bills and other essential household items such as beds and white goods?

The Household Support Fund

Can provide short-term urgent financial help to Somerset residents who are struggling to afford household essentials.



For more information, scan the QR code or visit:
bit.ly/SCCSupport22

To apply, you must:

- Live in Somerset
- Be over 16 and living independently of parents/carers
- Not have enough money to cover essentials
- Provide proof of identity:
 - ➔ Provide a document showing your Somerset address
 - ➔ Provide proof of income (most recent bank statement)



To apply, scan the QR code or visit:
bit.ly/SupportFund22

If you don't have any support and need help to apply

Please phone Somerset County Council on **0300 123 2224**. Somerset County Council will help you find an organisation who will help you make an application.



SOMERSET
County Council

Somerset Young Carers Voice Group

Are you a young carer aged 10 – 18 years living in Somerset?

Are you interested in forming a group with other young carers in Somerset to make your voices heard?

Do you know your rights as a young carer and could you help others to know them too?



What do young carers in Somerset need to improve their lives?

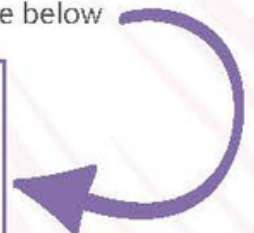
If you think you have the solution or want to work on the solution with other young carers, then please let us know.

You will:

- **Decide on what to call your group**
- **Decide when to meet, where and how often**
- **Decide on the things that you want to change or make a difference to**
- **Learn new skills and develop your confidence**
- **Make friends and have fun.**

Is this for you?

Find out more by completing this Expression of Interest Form
www.somerset.gov.uk/youthvoice
or scan the QR code below



SOMERSET
County Council



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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.

FIND OUT ABOUT ALL THE WORK OF CCS IN OUR LATEST THATCH BULLETIN:

WWW.CCSLOVESOMERSET.ORG/NETWORK_NEWS/CCS-THATCH-SPRING-BULLETIN





QUICK REFERENCE USEFUL WEBSITES AND CONTACT NUMBERS

	WEBSITE	TELEPHONE
SOMERSET CARERS WEBSITE	<p>www.somersetcarers.org</p> <p>Visit the Carers Hub for a huge directory of local support and resources, searchable by condition.</p>	0800 31 68 600
SPARK ONLINE CARERS GROUPS	<p>www.somersetcarers.org/carers-groups/</p> <p>Email: cath.holloway@sparksomerset.org.uk</p>	Cath Holloway 07951 944 420
CARERS UK	<p>www.carersuk.org</p>	020 7378 4999
CITIZENS ADVICE	<p>www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support/</p>	03444 111 444
NHS	<p>www.nhs.uk/conditions/social-care-and-support-guide/practical-tips-if-you-care-for-someone/</p>	111
SOMERSET DIRECT	<p>www.somerset.gov.uk/social-care-and-health/</p> <p>For Adult Social Care, Carers Assessments & Blue Badge Scheme - blue-badge@somerset.gov.uk</p>	0300 123 2224
SOMERSET NHS FOUNDATION TRUST	<p>www.somersetft.nhs.uk/carers-service-and-triangle-of-care/</p> <p>Support to unpaid carers and family members who look after people with mental health problems.</p>	01749 836 606
CARERS TRUST	<p>https://carers.org/</p>	0300 772 9600
AGE UK	<p>www.ageuk.org.uk</p>	0800 88 22 00

VINEY COURT
VINEY STREET
TAUNTON
SOMERSET
TA1 3FB



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<https://somersetcarers.org/register/>

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We define this as 'legitimate interest' and are processing your data (i.e. storing your email address and using it to send you this newsletter) on this lawful basis. To find out how we use your personal information more generally see:

<https://ccslovesomerset.org/ccs-policies>

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