



**NOVEMBER
2023**

WWW.SOMERSETCARERS.ORG



**somerset
carers**
part of CCS



SOMERSET CARERS NEWSLETTER

OUR LATE AUTUMN UPDATE

We've had a busy time of late.

We have been distributing our new Carers Packs which are full of really useful information.

Work has started in collaboration with Open Mental Health to look at support for Carers of people experiencing difficulties with mental health.

We've partnered with Carers Card UK for an ID card, app, discounts, guides and support for you.

We'd love your feedback on our newsletter and whether you'd like to see some changes, so please have your say.

Enjoy the read!



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)



Act as if what you do
makes a difference.

It does.



WILLIAM JAMES, PHILOSOPHER

NOVEMBER 2023

WWW.SOMERSETCARERS.ORG



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CARERS WEEK

What a fantastic week in June!
 There was so much going on for Carers and the person they care for; from tea parties, pampering and wellness sessions, to live music and sailing on Wimbleball Lake.

Enormous thanks to everyone who organised events and activities, the agencies and organisations who took part, and to everyone who came along.





OPEN MENTAL HEALTH PROJECT



Are you a Carer for a family member or friend who is experiencing difficulties with their mental health?

We are working in partnership with Open Mental Health in Somerset to ensure that friends, family and Carers of adults experiencing mental health issues, can get the support they need.



WE'RE AIMING TO:

- map out all the support services already available
- develop practical training
- establish support groups
- promote what support is out there and how to access it.

If you are a friend/family or Carer of someone experiencing difficulties with their mental health, please contact:
Katherine West, Open Mental Health – Carers Project Lead.

KATHERINEOMH@SOMERSETRCC.ORG.UK



A FINE DAY ON THE WATER



The sun shone and what a beautiful day it was at Wimbleball Sailability Club.

A total of 17 Carers and their cared for attended the day, enjoying trips out on the variety of boats, including motorised and sailing boats.

Afternoon tea with cakes and scones was well received and it was a wonderful opportunity for Carers to have some respite whilst socialising with other caring families. We had great feedback from everyone who took part.



Thank you to everyone who came along on the day and enjoyed being on the water.

Special thanks to David, Colin, Tim and the sailing team at Wimbleball Sailability Club for helping to make this event possible and so enjoyable.



FREE ONLINE TRAINING



Residents in Somerset can now access fully funded online training courses suitable for carers, parents, stepparents, parents-to-be and grandparents.

You can choose which courses grab your interest. You only need to provide an email address and use Somerset's unique code below to be able to login and track your progress.



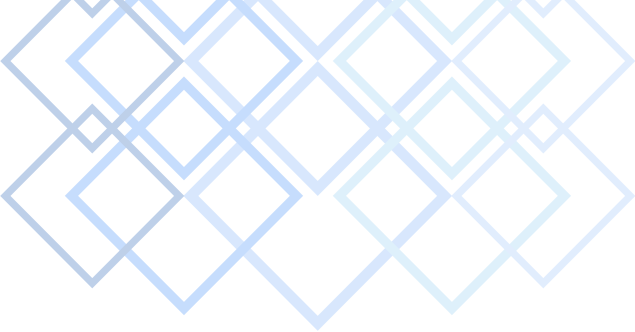
COURSES INCLUDE:

- Pregnancy, labour, birth and your baby
- Understanding your baby
- A sick or pre-term baby in hospital and at home
- Understanding your child
- Understanding your teenager's brain
- Feelings and understanding your brain (for teenagers)
- Understanding children's mental health and wellbeing
- Understanding relationships
- Impact of the pandemic
- Understanding your child with additional needs.



Scan the qr code with your phone camera or visit the link and use Connect Somerset's unique access code "dragon"

[HTTPS://INOURPLACE.HEIAPPLY.COM/ONLINE-LEARNING/](https://inourplace.heiapply.com/online-learning/)



CARERS CHAMPION CONFERENCE

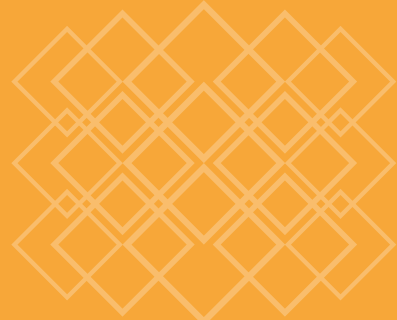


Planning is underway for our first ever training conference for GP Carers Champions and Health Coaches in early 2024.

It will be a great opportunity to gather knowledge and resources. There will be a chance to network with other practice champions, share experiences and focus on ways to help develop services that identify and truly support unpaid carers.

A collaborative approach to supporting Carers county wide.

NEW ON THE CARERS HUB



Our Carers Hub is a resource filled with information for carers that you can search by location or type of information. New additions include:

Fighting the Impossible

A new group in Taunton for male care-givers who have a loved one with cancer.

Low Impact Activity Session – Yeovil

A fun, one hour session of movement, guided by a professional coach, tailored to attendees. (There are similar sessions in other areas).

Yeovil Macular Support Group

A welcoming group for information and support for those with macular disease, their family and friends.

ARA Gambling Help Service

Free support, counselling and groups. [**HTTPS://SOMERSECARERS.ORG/CARERS-HUB**](https://somersecarers.org/carers-hub)

Explore the Carers Hub

TAKE A BREAK

Grab a cuppa and enjoy these puzzles!

Easy Print Page

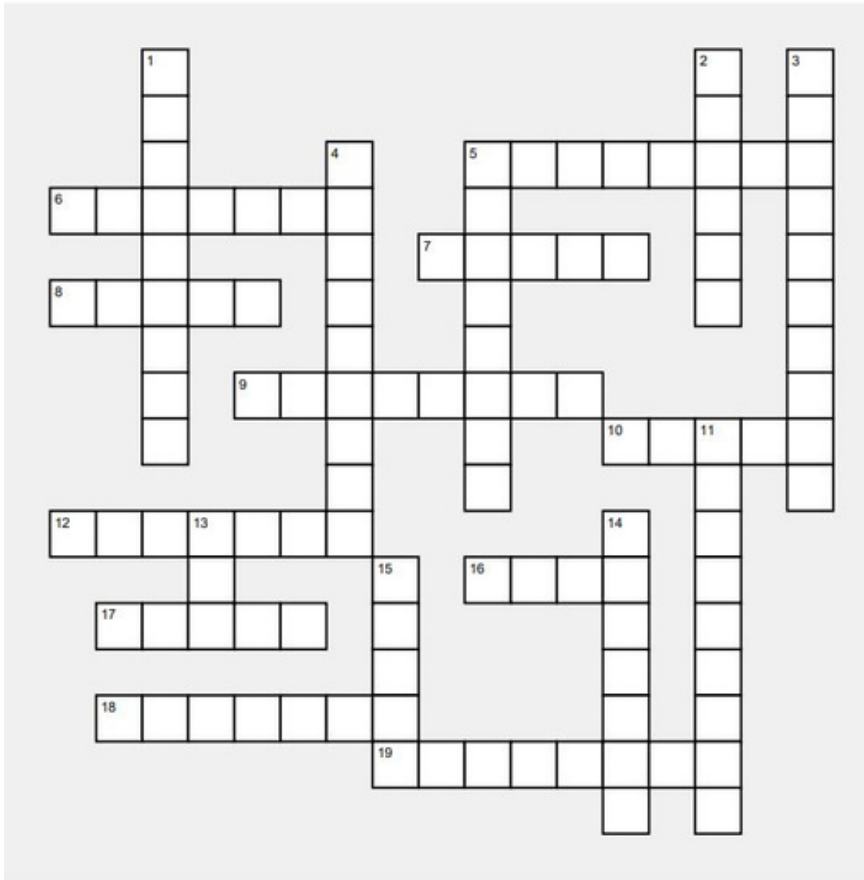
ANIMALS CROSSWORD

ACROSS

- 5) Nut collector
- 6) Emu's cousin
- 7) Bullwinkle, for one
- 8) Centaur, in part
- 9) Aquarium favorite
- 10) Sea spouter
- 12) Barnyard bird
- 16) Fox's prey
- 17) Furry swimmer
- 18) Bird with flippers
- 19) Aussie hopper

DOWN

- 1) Monarch, e.g.
- 2) Slowpoke
- 3) Lizard's relative
- 4) Quick change artist?
- 5) Desert stinger
- 11) Everglades denizen
- 13) Alley ____
- 14) Spotted stalker
- 15) Odor emitter



CHECK ANSWERS HERE:

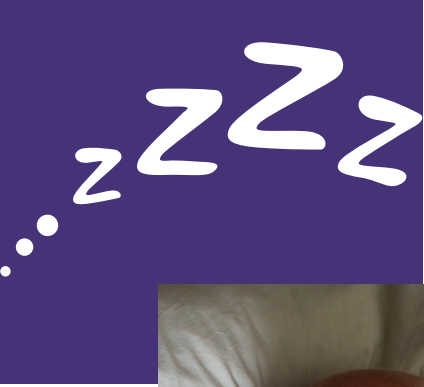
WWW.MEMORY-IMPROVEMENT-TIPS.COM/SUPPORT-FILES/ANIMAL-CROSSWORD-PUZZLE.PDF

SUDOKU - MEDIUM

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

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

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



DIFFICULTY SLEEPING?



A brand new National Sleep Helpline has been launched to ensure that everyone has access to high quality, evidence based advice about sleep. It is run by The Sleep Charity in partnership with Furniture Village.

The Helpline is open:

Monday, Tuesday and Thursday 7pm – 9pm

Monday and Wednesday 9am – 11am.

WHAT THE HELPLINE OFFERS:

Knowledge about sleep and why you may not be sleeping well.

Advice on practical strategies and services that could help.

Information on how sleep plays an important part in mental health wellbeing.

Help to decide what might be the best next steps for you.

Call The National Sleep helpline on
03303 530 541



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



Womans Work Lab: return to work for Mums

- VENUE: The Great Western Hotel, Station Approach, Taunton
- INFO: www.womensworklab.co.uk
- How long is the course? 12 weeks
- Register your interest: 07300 840732
Sophia@womensworklab.co.uk



Willow Christmas Crafts for Adults

- VENUE: Carymore Environmental Trust
- DATE: 7th December
- TIME: 10am to 2.30pm

<https://www.sslcourses.co.uk/courses/course/willow-christmas-crafts-for-adults-taster/>



Rethinking Our Emotional Responses to Reduce Stress – Taster

- VENUE: Online course
- DATE: Tuesday 5th December
- TIME: 10am to 1pm

<https://www.sslcourses.co.uk/courses/course/rethinking-our-emotional-responses-to-reduce-stress-taster/>



Wellbeing for Winter Solstice

- VENUE: Palmer Street, Frome
- DATE: Thursday 21st December
- TIME: 6.30pm – 9pm

<https://www.sslcourses.co.uk/courses/course/wellbeing-for-winter-solstice-taster/>



Introduction to ADHD – Taster

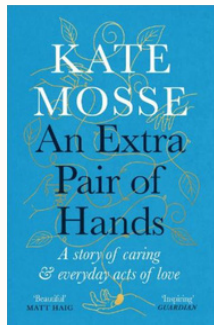
- VENUE: Online
- DATE: Wednesday 13th December
- TIME: 5pm – 7.30pm

<https://www.sslcourses.co.uk/courses/course/introduction-to-adhd-taster/>

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

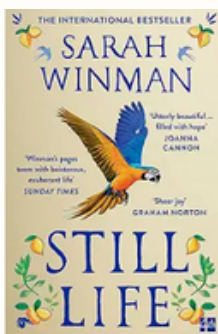
BOOK RECOMMENDATIONS

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



AN EXTRA PAIR OF HANDS BY KATE MOSSE

A story of caring and everyday acts of love. Here, Kate Mosse tells her personal story of finding herself as a carer in middle age: first, helping her mother look after her beloved father through Parkinson's, then supporting her mother in widowhood, and finally as 'an extra pair of hands' for her 90-year-old mother-in-law.



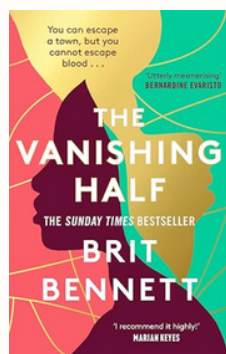
STILL LIFE BY SARAH WINMAN

Still Life is a big-hearted story of people brought together by love, war, art and the ghost of E.M. Forster. 1944, in the ruined wine cellar of a Tuscan villa, as bombs fall around them, two strangers meet and share an extraordinary evening. Ulysses Temper is a young British soldier, Evelyn Skinner is a sexagenarian art historian and possible spy.



THE MOUNTAINS SING BY NGUYEN PHAN QUE MAI

Born in 1920, Tran Dieu Lan's family lost everything after the Communist government came to power in North Viet Nam. Forced to flee with her six children, she knows she must do whatever it takes to keep her family together. Many years later, her country is again at war, and her young granddaughter Huong watches her parents disappear down the Ho Chi Minh Trail to fight.



THE VANISHING HALF BY BRIT BENNETT

The Vignes twin sisters will always be identical. But after growing up together in a small, southern black community and running away at age sixteen, it's not just the shape of their daily lives that is different as adults, it's everything: their families, their communities, their racial identities. Ten years later, one sister lives with her black daughter in the same southern town she once tried to escape. The other secretly passes for white, and her white husband knows nothing of her past.

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

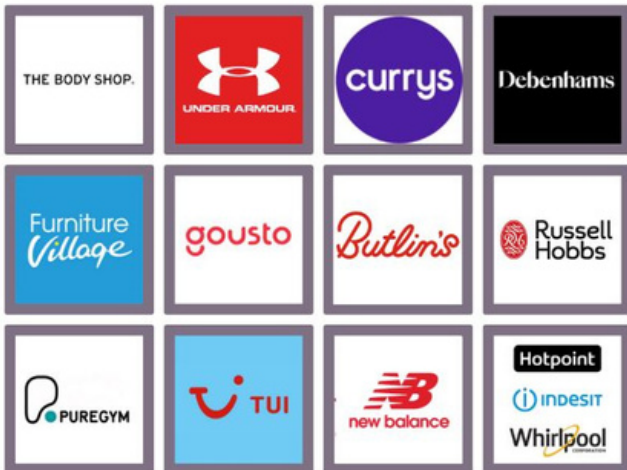
CARERS CARD

The national carers card and app supports you when caring for someone. The card identifies you as a carer, includes your emergency contact details and has the option to enable access to your carer plan via the QR code. The app unlocks tools, discounts on all sorts of things from food and drink to days out, guides, support and much more.

If you're registered with Somerset Carers, you can buy the card for just £4.99 instead of the usual price of £8.00.



PACKED WITH DISCOUNTS



USE OUR SPECIAL
LINK TO BUY YOUR
CARD AT A
DISCOUNTED RATE



IN A NUT SHELL:

- Physical and digital ID card
- Emergency contact details (ICE)
- Carers Emergency Plan
- Carer Circle tool
- My Support library
- Wellbeing hub
- Discounts from top brands
- Valid for 2 years

[HTTPS://WWW.CARERSCARDUK.CO.UK/PROMOCODE/SOMR499](https://www.carerscarduk.co.uk/promocode/somr499)

CARERS GROUPS



GROUP NEWS

There are new groups in:

- Creech St Michael
- Taunton (Galmington)
- Wiveliscombe

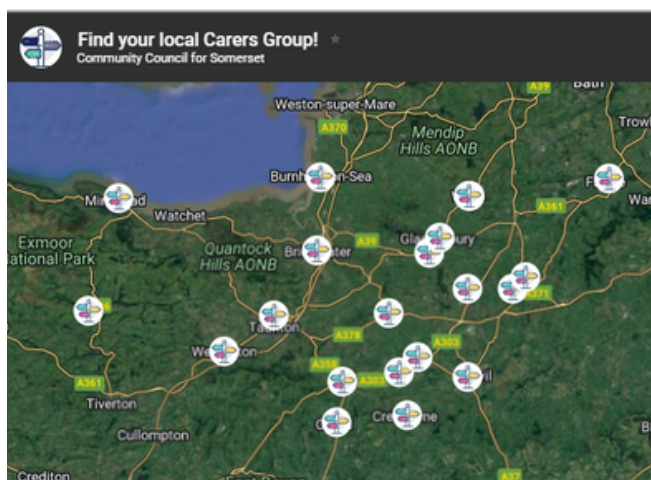
Check the listings on the following pages for details, or visit the link below to view on the map or calendar.

Just a reminder to contact the group organiser before going along for the first time, to make sure that there hasn't been a schedule change and so that they can give you a warm welcome!

NEW ONLINE GROUP

A brand new online carers group has started for **Parents of Adult Children with Disabilities or Additional Needs**. It takes place at 10am on the fourth Friday of each month.

It offers a chance to meet via Zoom, chat, share experiences and hear guest speakers. If you'd rather turn off your camera and mic and just listen in, that's also fine. Click the link below to see more about the group and to register.



WWW.SOMERSETCARERS.ORG/CARERS-GROUPS/



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CARERS GROUPS

in Somerset

Meet other carers for mutual support and friendship at one of the many groups running across Somerset. Some groups offer activities for the person you care for whilst you join the group. Please contact the organiser before going along in case of schedule changes.

MENDIP

Carers Groups

Managed by **SPARK**
SOMERSET
INSPIRING COMMUNITIES

WHERE?

WHEN?

WHO DO I CONTACT?

| | | |
|---|---|---|
| Frome Cricket Ground | 1st Wednesday of the month 10.30am to 12.30pm | Tricia 01373 301369 Christiner.smith@blueyonder.co.uk |
| Glastonbury St John the Baptist Church BA6 9DR | 3rd Monday of the month 10.30am to 12 noon Bring the person you care for. | Cath Holloway 07951 944420 cath.holloway@sparksomerset.org.uk |
| Shepton Mallet Shepton Brasserie 66 High St, BA4 5AS | 2nd Wednesday of the month 2pm - 3.30pm | Cath Holloway 07951 944420 cath.holloway@sparksomerset.org.uk |
| Street The Crispin Centre BA16 0HP | 2nd Monday of the month 10.30am to 12.00 noon Carers and ex carers welcome | Cath Holloway 07951 944420 cath.holloway@sparksomerset.org.uk |
| Wells Bishop's Palace Meeting rooms near the café | 2nd Friday of the month 11am to 12.30pm | Bridget 01749 670667 info@headsupsomerset.org.uk |

SEDGEMOOR

Carers Groups

WHERE?

WHEN?

WHO DO I CONTACT?

| | | |
|---|--|---|
| Axbridge Axbridge Town Hall | 4th Monday of the month 2pm - 3.30pm | Cath Holloway 07951 944420 cath.holloway@sparksomerset.org.uk |
| Burnham on Sea Waffle Hub Methodist Church 35A College St, TA8 1AS | 4th Tuesday of the month 10am to 11.30am | Cath Holloway 07951 944420 Burnhamcarers@outlook.com |

MORE
information

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

WHERE?

WHEN?

WHO DO I CONTACT?

| | | |
|--|---|--|
| <p>Castle Cary The Shambles, Market House</p> | <p>1st Thursday of the month 10.30am to 12 noon</p> | <p>Florence Mills 01963 359081 / fliss1938@icloud.com Ruth Metherell 01963 359329</p> |
| <p>Keinton Mandeville Village Hall</p> | <p>1st Wednesday of the month 11am to 12.30pm Activities for the person you care for.</p> | <p>Jane Tomkins 01963 350210 Jane.carers@outlook.com</p> |
| <p>Martock The Rose and Crown East Lambrook</p> | <p>3rd Thursday of the month 10.30am to 12 noon</p> | <p>Ewelina Zielinska ewelina.zielinska1@nhs.net Cath Holloway 07951 944420 cath.holloway@sparksomerset.org.uk</p> |
| <p>Crewkerne Henhayes Centre South Street, TA18 8DA Main Crewkerne Car park</p> | <p>3rd Thursday of the month 2pm to 3.30pm Flexercise session for your cared for in adjoining room.</p> | <p>Cath Holloway 07951 944420 cath.holloway@sparksomerset.org.uk</p> |
| <p>Yeovil Café @ Westlands Entertainment Centre</p> | <p>2nd Tuesday of the month 10.30am to 12 noon Activity session for your cared for whilst you join the group.</p> | <p>Carole Lade lade7@icloud.com Cath Holloway 07951 944420 cath.holloway@sparksomerset.org.uk</p> |
| <p>Chard English Martyrs Church Hall 2 East Street</p> | <p>2nd Monday of the month 10.30am to 12.30pm</p> | <p>Pat Galpin 01460 220026 Kate 01460 394331 chardcarers@aol.com</p> |
| <p>Ilminster Monks Yard Upstairs, lift available</p> | <p>3rd Thursday of the month 1pm to 2.30pm Join for lunch, contact Alison first.</p> | <p>Alison Birket 01935 427825 / 07774 231996 a.birket@btinternet.com</p> |
| <p>Wincanton and Bruton The River Cale Cafe The Recreation Ground, BA9 9ED</p> | <p>2nd Tuesday of the month 2pm to 3.30pm</p> | <p>Gwen Venters 07732 145684 Cath Holloway 07951 944420 cath.holloway@sparksomerset.org.uk</p> |
| <p>Langport The Bridge Bakery Cafe TA10 9RB</p> | <p>4th Wednesday of the month 2pm to 3.30pm</p> | <p>Cath Holloway 07951 944420 cath.holloway@sparksomerset.org.uk</p> |
| <p>South Petherton St Peter & St Paul's Church</p> | <p>3rd Wednesday of the month 11.15am to 12.30pm</p> | <p>Cath Holloway 07951 944420 cath.holloway@sparksomerset.org.uk</p> |

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.



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carers**
part of CCS

WEST SOMERSET

Carers Groups

WHERE?

Minehead
The Beach Hotel

WHEN?

2nd Thursday of the month
10am to 12 noon

WHO DO I CONTACT?

Wayne Stokes 01823 331222
waynes@somersetccc.org.uk

Wiveliscombe
Community Centre

3rd Wednesday of the month
2.30pm to 4pm (from Sept 23)

Cath Holloway 07951 944420
Tamzin Jones 07508 331661
cath.holloway@sparksomerset.org.uk
co-ordinator@wiveycare.net

TAUNTON AREA

Carers Groups

WHERE?

Creech St Michael
Baptist Church downstairs

WHEN?

3rd Friday of every month
10.30am to 12 noon

WHO DO I CONTACT?

Cath Holloway 07951 944420
creechcarers@outlook.com

Taunton
Mikey's Cafe, St Michael's

1st Friday of every month
10am to 11.30am

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

Wellington
The Iron Duke
Town centre

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

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



**SPARK
SOMERSET**
INSPIRING COMMUNITIES

ONLINE ZOOM

Carers Groups

Carers group: 7pm – fourth Tuesday of the month

Parent carers of adult children: 10am – fourth Friday of the month

Register here:

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

and click the blue 'Register' button

Talking Cafe

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

DROP IN FOR SUPPORT, ADVICE AND A CHAT WITH YOUR VILLAGE AGENT!

| | TOWN | LOCATION | TIME | WHEN |
|-------------------|---------------------|--|--------------------------|----------------------------|
| MONDAYS | Chard: | Chard Library | 10am - 12pm | Every Monday |
| | West Huntspill: | St Peter & All Hallows Church | 10.30am - 12 noon | 1st Monday of the month |
| | Axbridge: | St John's Baptist Church, The Church Rooms | 10.30am - 12.30pm | Every Monday |
| | Minehead: | Methodist Church | 10am - 12 noon | Every Monday |
| TUESDAYS | Chard: | Ariel Healthcare, Fore Street | 10am - 12 noon | 1st Tuesday of the month |
| | Ilminster: | Church View Medical Centre | 10am - 12 noon | 1st Tuesday of the month |
| | Ilminster: | The Meadows Surgery | 1pm - 3pm | 1st Tuesday of the month |
| | Bishops Lydeard: | The Village Hall | 10am - 12 noon | Every Tuesday |
| | Burnham on Sea: | Methodist Church | 10am - 12 noon | Every Tuesday |
| | Taunton: | Musgrove Park Hospital in the Concourse | 2pm - 4pm | 2nd Tuesday of the month |
| | Taunton: | Wellsprings Community Church | 10.30am - 12.30pm | Every Tuesday |
| | Wellington: | St Johns Church | 10am - 12 noon | Every Tuesday |
| | Williton: | The Pavillion | 1pm - 3pm | Every Tuesday |
| | Yeovil: | Yeovil District Hospital | 12 noon - 2pm | 2nd Tuesday of the month |
| | Chard: | Ariel Healthcare, St Mary's | 10am - 12 noon | 2nd Tuesday of the month |
| Ruishton: | The Village Hall | 2pm - 4pm | 2nd Tuesday of the month | |
| WEDNESDAYS | Monkton Heathfield: | Brittons Ash Community Hall | 2pm - 4pm | 1st Wednesday of the month |
| | Taunton: | The Minster, St. Mary Magdalene Church | 10am - 12 noon | Every Wednesday |
| | Wiveliscombe: | Silver Street Centre | 10.30am - 12 noon | Every Wednesday |
| | Woolavington: | Bitham Walk Hall | 11am - 1pm | Every Wednesday |
| | Wincanton: | Wincanton Library | 10am - 12 noon | Every other Wednesday |
| THURSDAYS | Taunton: | Fivehead Baptist Church | 1.30pm - 3.30pm | 1st Thursday of the month |
| | Creech St Michael: | Life Cafe, Baptist Church | 10.30am - 12.30pm | 1st Thursday of the month |
| | Bridgwater: | Westfield Church, West Street | 10am - 12 noon | Every Thursday |
| | Dulverton: | Fishers Mead Common Room | 10.30am - 12.30pm | Every Thursday |
| | Langport: | The Library | 10am - 12 noon | Every Thursday |
| | South Petherton: | The Library | 10am - 12 noon | Every Thursday |
| | Yeovil: | Westfield Community Centre | 10am - 12 noon | Every Thursday |
| | Highbridge: | Hope Baptist Church | 10am - 12 noon | Every Thursday |
| Taunton: | YMCA, Lisieux Way | 10am - 12 noon | Every other Thursday | |
| FRIDAYS | Galmington: | St. Michaels Church | 9am - 10.30am | 1st Friday of the month |
| | North Curry: | Parish Office, Town Farm Community Stable | 2pm - 4pm | 3rd Friday of the month |
| | Burrowbridge: | King Alfred Inn | 2pm - 4pm | 4th Friday of the month |
| | Ilminster: | Summervale Medical Centre | 10am - 12 noon | Last Friday of the month |

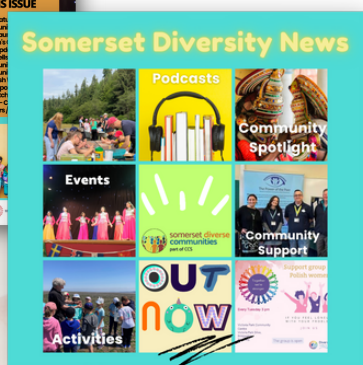


WE WANT TO HEAR FROM YOU!



We are looking at working and communicating more efficiently across all of our programmes. One of the steps we are taking is to condense our newsletters and bulletins to reduce our duplicated content and increase the number of communities and people we reach.

Your opinion matters greatly to us, and we believe that your valuable feedback will play a pivotal role in shaping our decisions moving forward. By participating in this brief survey, you can help us understand how we can deliver content more efficiently.



We appreciate the time you take to complete this survey and contribute to our sustainability efforts.

PLEASE COMPLETE OUR SHORT SURVEY HERE:

[HTTPS://FORM.JOTFORM.COM/232113223577348](https://form.jotform.com/232113223577348)

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

✉ adults@somerset.gov.uk

☎ 0300 123 2224



Somerset
Council

Please note: this service is by appointment only



OUR TURN

Weekly Dance & Movement Sessions
For People Living With Memory Loss

Mondays, 1pm – 4pm
St Peter's Community
Centre, Yeovil,
BA21 3DY

Refreshments provided
Free parking on site
Carers can stay
£10 / session

Our Turn is an art intervention using dance and movement to improve the health and happiness of vulnerable adults living with memory loss.

The friendly and welcoming weekly sessions are led by specialist dance artists and aim to:

- Support falls prevention
- Improve physical and mental wellbeing
- Reduce loneliness and isolation
- Provide carers with respite

Every session includes fun games and activities, and some social time with refreshments.

Email ourturn@takeart.org or call 01460 249450 to book. For more information please visit: www.takeart.org/our-turn.



"It's great she has something to look forward to. We're excited to come every week."
Carer



"It's such a happy place. Everyone is really kind."
Carer



"These sessions make me happy."
Participant



Mums- Are you thinking of returning to work?

A 12 week in-school hours programme to help you back in to work!

- Training two days a week - 10:00am - 1:00pm
- Bespoke 121 career coaching
- Skills training with external partners such as Google
- Practical career support/CV writing/interview/job search
- Work placement- employers include: University of Bath, University of Bristol, Citizens Advice Bureau, NHS, Bristol Water, DAS Group, Jacobs, Brunel Care, UWE, Bristol Sport Foundation, Huboo, Pukka Herbs + many more!
- Career support: -ongoing coaching after completing the course and access to a mentor



Open to mums 19 & over (no upper age limit)

Log on to see if there is a programme near you www.womensworklab.co.uk

For more information contact sophia@womensworklab.co.uk 07514802818





MUMS

**THINKING OF GETTING BACK INTO
WORK?**

**A FREE 12- WEEK SPECIALISED PROGRAMME TO
SUPPORT YOU BACK INTO WORK - INCLUDES A
WORK PLACEMENT**

**TAUNTON
@ THE GREAT WESTERN HOTEL
STATION APPROACH
TAUNTON
TA1 1QW**

**APPLY NOW:
WWW.WOMENSWORKLAB.CO.UK**

*Open to all mums 19 & over (no upper age limit) in
receipt of state benefits*

**Contact with any questions:
[07300840732](tel:07300840732) Sophia@womensworklab.co.uk**

In partnership with



DEMENTIA SAFEGUARDING SCHEME



The **Dementia Safeguarding Scheme** (Herbert Protocol) is a national scheme encouraging carers, family and friends to provide useful information which can be used in the event of a person living with dementia going missing or who is in need of assistance. The information is captured in a form and is used by the police to help locate vulnerable individuals living with dementia.



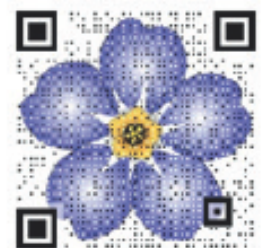
Register for the scheme now and request a **FREE** wristband, hangtag and lanyard which help safeguard people with dementia.

How to register and request a suitable device

You can register for the Dementia Safeguarding Scheme via the Avon and Somerset Police website. Simply scan the flower QR code below or search 'Avon and Somerset Dementia' in your web browser.

When you register, you can request a wearable wristband, hangtag and lanyard device which stores electronic information about the wearer, such as their name and next of kin. The device can be scanned by emergency services, or a person assisting them, if the individual is found lost or in distress.

Bulk orders for care homes or support groups can be requested by emailing our Dementia Safeguarding Scheme lead, Police Officer Stuart King: stuart.king@avonandsomerset.police.uk



Follow 'Avon and Somerset Dementia Forum' on Facebook

Avon and Somerset Police
SERVE.PROTECT.RESPECT.

www.avonandsomerset.police.uk | Follow us on    





Flexercise

Gentle and fun chair-based activity session.
For improved muscle strength and flexibility.

Tuesdays
2:30pm – 3:30pm

Cost: £3

For more information or to sign up,
please call Age UK Somerset on

01823 345624

email: ageingwell@ageuksomerset.org.uk
visit our website: www.ageuksomerset.org.uk

flexercise

Information correct on: 07/09/2023

Registered Charity No: 1015900



Breathe, Stretch & Balance

Monthly exercise class

Mindful movements for ageing well.
Includes seated and standing exercises.

Second Friday of every month
10:30am – 11:30am

Cost: £6

For more information or to enrol, please call
Age UK Somerset on

01823 345624

email: ageingwell@ageuksomerset.org.uk
visit our website: www.ageuksomerset.org.uk

This class is held at:
High Ham Village Hall
High Ham
Near Langport
TA10 9DA

Please check class is running prior to attending

Information correct on: 15/03/2023

Registered Charity No: 1015900



Tai Chi QiGong

seated or standing

**Gentle movements to improve balance, flexibility
and strength**

For your mind, body and wellbeing

Thursdays
2:30pm – 3:30pm

Cost: £5

Pre-booking essential

To book your place or for more information
please call the Ageing Well team
at Age UK Somerset on

01823 345624

email: ageingwell@ageuksomerset.org.uk
visit our website: www.ageuksomerset.org.uk

This class is held at:
West Monkton Village Hall
Monkton Heathfield
TA2 8NE

Please check class is running prior to attending

Updated on: 01/09/2023

Registered Charity No: 1015900



Tai Chi QiGong

seated or standing

**Gentle movements to improve balance, flexibility
and strength**

For your mind, body and wellbeing

Tuesdays
2pm – 3pm

Cost: £5

For more information or to sign up please call
Age UK Somerset on

01823 345624

email: ageingwell@ageuksomerset.org.uk
visit our website: www.ageuksomerset.org.uk

This class is held at:
Cleaveside Close
Queen Camel
Yeovil
BA22 7PR

Please check class is running prior to attending

Updated on: 13/09/2023

Registered Charity No: 1015900

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or call: **0800 910 1864**





somerset
carers
part of CCS

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

Somerset Carers is commissioned by Somerset 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-SUMMER-BULLETIN

Delivered by:



Funded by:



Somerset
Council



Somerset
Integrated
Care System

In partnership with:





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 |
| SOMERSET CARERS GROUPS | www.somersetcarers.org/carers-groups/ Email: cath.holloway@sparksomerset.org.uk | Cath Holloway 07951 944 420 |
| 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 | www.carers.org/ | 0300 772 9600 |
| SOMERSET DEMENTIA WELLBEING SERVICE | www.somersetdementia.org | |
| AGE UK | www.ageuk.org.uk | 0800 88 22 00 |
| OPEN MENTAL HEALTH | www.openmentalhealth.org.uk/ | 0800 138 1692 |

VINEY COURT
VINEY STREET
TAUNTON
SOMERSET
TA1 3FB



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<https://somersectcarers.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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