

NOVEMBER
2022

WWW.SOMERSETCARERS.ORG



somerset
carers
part of CCS

SOMERSET CARERS NEWSLETTER



GETTING WINTER READY

It's a great time of year to plan out some winter activities, check your home is geared up for winter, and make some energy-saving changes.

This year's cost of living crisis will impact us all, and we have some great tips to help you manage your bills.

Keeping active in the winter months is crucial, keeping away the viruses and helping with mental health. We have lots of suggestions for you in this issue!

Carers Rights Day is November 24th - check out the programme of activities we have planned for you!

KEEP UP TO DATE



[@somersetcarers](#)



[@somersetcarers](#)



[@ccs-somerset-carers](#)

“ Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. ”

LEO F. BUSCAGLIA



CARERS RIGHTS DAY 2022

With Carers UK, we want to:

- ensure carers are aware of their rights
- let carers know where to get help and support
- raise awareness of the needs of carers.

[LEARN MORE](#)



THIS YEARS THEME IS 'CARING COSTS'

Caring Costs in so many ways. It could be the cost to unpaid Carers wellbeing and ability to access health services. Sometimes it's the financial costs associated with looking after someone – or the effects on the Carers employment options.

Taking care of someone may cost Carers the quality of their relationships, through not being able to take time out to spend with friends and family, or through changes to the relationship with those they care for. And the current cost of living crisis is being felt even more acutely by Carers throughout the UK.

This year for Carers Rights Day, we have a series of drop-in's, training and podcasts all designed to help Carers become more aware of their rights and help improve lives. See the next few pages for details.



**Carers Rights Day:
Thursday 24 November**

Save the date to help unpaid carers find out more about their rights



carers RIGHTS DAY





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CARERS RIGHTS WEEK PROGRAMME

Talking Cafes this week:

**TUESDAY
22ND NOV**

Podcast - Why is having Powers of Attorney important?
Advice from a Lasting Powers of Attorney specialist - [WATCH NOW!](#)

7pm: Carers Group online - register online
With Spark Somerset - <https://somersectcarers.org/carers-groups/>

**WEDNESDAY
23RD NOV**

10am - 2pm: Carers Roadshow at Morrisons in Wincanton

2pm: Podcast - Andrew Henon, Somerset Carers Engagement Project Officer

Co-production of Carers services across Somerset. Driving improvements in health and social care through patient, public and stakeholder engagement and insight.

**Chard
Wiveliscombe**

**Carers Group:
Langport**

**THURSDAY
24TH NOV**

1pm: Talking Cafe Live online

How Village & Community Agents support Carers, find out about GP Carers Champions & Carers Groups.

2pm - 4pm: Digital Skills Training with Spark iT

Shepton Mallet Library, 2 Market Place. Book on 01458 550 977



**Bridgwater
Dulverton
Langport
Yeovil**

**FRIDAY
25TH NOV**

2pm: Podcast - Carers Rights in the Workplace

CCS HR Manager Greg talks through how Carers are supported in the workplace, and how you could share that information with your employer to support your own working life. He also discusses what is happening at national level that may help Carers in the future.

Burrowbridge



**All on Facebook, Twitter, YouTube and the
website: www.somersectcarers.org/news**



@CC4Somerset



@SomersetCarers



@SomersetCarers

Talking Cafe

**CATCH UP ON RECENT
ONLINE TALKING CAFES:**

Dementia care and support in
Somerset with Reminiscence
Learning

Carers groups and support
for Carers in Somerset

Save money on your energy
bills and support if you are
struggling to pay for your
utilities

**NEW EPISODE EVERY WEDNESDAY AT 1PM
WATCH LIVE ON FACEBOOK, TWITTER & YOUTUBE
[HTTPS://SOMERSETAGENTS.ORG/
TALKING-CAFE-LIVE](https://somersetagents.org/talking-cafe-live)**

TALKING CAFES RUNNING

21ST - 25TH NOVEMBER


**POP IN FOR A GOODY BAG AND TO MEET YOUR LOCAL
CCS VILLAGE AGENT. CHECK OUT THE WEBSITE FOR**

DETAILS OF ALL 20+ TALKING CAFES RUNNING

(TALKING CAFES CAN BE WEEKLY, FORTNIGHTLY OR MONTHLY SEE BELOW AND WEBSITE)

Monday:


 Minehead: The Beach Hotel, 10am - 12 noon - every week


 Taunton: Great Western Hotel, 10am - 12 noon (1st & 3rd Monday) 1.30pm - 3.30pm (2nd & 4th Monday)

Tuesday:

 Burnham-on-Sea, Methodist Church: 10am - 12 noon - every other week


 Taunton, Musgrove Park Hospital, on the concourse near M&S: 2pm - 4pm - every week


 Williton Pavilion: 1pm - 3pm - every week

 Wellington, St John's Church: 10am - 12 noon - every week

 Wellsprings Community Church: 10.30am - 12.30pm - every week

Wednesday:


 Chard, The Guildhall: 10am - 12 noon - every week

 Wiveliscombe, Silver St Church: 10am - 12 noon - every week

Thursday:

 Bridgwater, The Hub at Angel Place: 10am - 12.30pm - every week


 Dulverton, MAGNA, Fishers Mead Community Room: 10.30am - 12.30pm - every week

 Langport Library: 10am - 12 noon - every week

 Yeovil, St Peter's Community Centre: 10am - 12 noon - every other week



Friday:

 Burrowbridge, King Alfred Pub: 2pm - 4pm - every 4th Friday of the month

WHY POP IN?

Talking Cafes are great if you are looking for help and advice on important issues such as:

- **caring for another**
- **adult social care**
- **finance**
- **housing**
- **children's services**
- **help with food/cooking**
- **feelings of loneliness and isolation**
- **health**
- **anything else that is worrying you**



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Free Goody Bag!



10am - 2pm



SOMERSET CARERS ROADSHOW

POP BY AND SAY HI!

Meet your local Village Agent and Carers support team to find out how Somerset Carers can help you if you look after another person.

We have really enjoyed travelling over the county and meeting so many Carers. The last date for this year's roadshow is below.

23rd November Wincanton Morrisons, BA9 9RP

The next roadshow will be in Spring 2023!

More info: www.somersetcarers.org/news



Do you need some help
using a computer, laptop,
phone, or tablet?

Get FREE advice and help from Spark iT at the

DIGITAL CAFÉ



Every Thursday
2pm - 4pm
Shepton Mallet
Library
2 Market Place

Visit us or for more
information,
Contact
01458 550 977
sparkit@sparksome
rset.org.uk



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



Understanding Mental Health and Wellbeing (for parents and carers)

- Online course – register and complete in your own time

<https://www.recoverycollegeonline.co.uk/courses/understanding-mental-health-and-wellbeing-for-parents-and-carers/>



Singing for Wellbeing

- Online course – register and complete in your own time

<https://lms.recoverycollegeonline.co.uk/enrol/index.php?id=347>



Be Kind to Your Mind Yoga – Frome

- DAY: Monday 5th December 2022
- TIME: 10.30 am – 12 noon

<https://someretrecoverycollege.co.uk/courses/frome-be-kind-to-your-mind-yoga-26/>



Art Journaling

- DAY: Wednesday 4th January 2023
- TIME: 11:30pm – 1pm

<https://www.sslcourses.co.uk/courses/course/art-journaling-2/>



Hobby Club – Yeovil

- DAY: Thursday 13th December 2022
- TIME: 12 noon – 2pm

<https://someretrecoverycollege.co.uk/courses/yeovil-hobby-club-6/>

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



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



Art for all – Glastonbury

- DAY: Wednesday 30th November
- TIME: 10am – 1pm

<https://someretrecoverycollege.co.uk/courses/glastonbury-art-for-all-6/>



Introduction to Low Mood – Bridgwater

- DAY: Wednesday 30th November
- TIME: 10am – 11.30 am

<https://someretrecoverycollege.co.uk/courses/bridgwater-introduction-to-low-mood-4/>



Anxiety Awareness and Self – Help Strategies

- DAY: Monday 6th February 2023
- TIME: 6pm – 8pm

<https://www.sslcourses.co.uk/courses/course/anxiety-awareness-self-help-strategies-3/>



Gardening at Bishops Palace – Wells

- DAY: 13th December 2022
- TIME: 1.30 pm – 3.30 pm

<https://someretrecoverycollege.co.uk/courses/wells-gardening-at-bishops-palace-4/>



Neurodiversity – The Autistic Brain

- DAY: Thursday 12th January 2023
- TIME: 10:30am – 1pm

<https://www.sslcourses.co.uk/courses/course/neurodiversity-the-autistic-brain-2/>

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

Top up your immunity this winter.



Vaccines are the best protection we have against dangerous viruses like flu and COVID-19. Find out if you're eligible for these two essential vaccines now at nhs.uk/wintervaccinations

Flu can make you seriously ill.
BOOST your immunity this winter
by booking your flu jab **now!**

NHS FREE FLU VACCINATION WINTER 2022

From September 2022, the flu vaccine has been offered to over 35 million people in the UK, including secondary school students and those over 50 with no medical condition. This builds on the success of last year's expanded flu programme, which saw a record number of people get their jab.

ANYONE CAN GET FLU AND PASS IT ON. THE FLU VACCINE IS EFFECTIVE AT STOPPING THIS.

Catching flu can make us seriously unwell, resulting in days in bed, taking time off work, missing things we enjoy doing, and not being able to do easy day-to-day tasks.

This winter, we will all have less immunity to flu and are therefore more likely to catch flu because we have not had flu in general circulation since 2019. The flu season in the Southern Hemisphere, countries like Australia, can often predict the potential for a similar experience in Northern Hemisphere countries. This year, Australia's flu season started earlier and infected more people than previous years, particularly children aged 5 to 9.

Getting the flu vaccination can prevent us from spreading flu to each other, protecting those who are vulnerable and reducing the burden on the NHS and other health and care services. Additionally it will help us stay well.

FOR MORE INFORMATION ON ELIGIBILITY, PLEASE CLICK HERE: [FLU VACCINE – NHS \(WWW.NHS.UK\)](https://www.nhs.uk) FOR FURTHER INFORMATION, PLEASE CLICK HERE: [FLU – HEALTHY SOMERSET](#)

However, if you do not fall into any of these categories, you are still able to get the flu jab from as little as **£14** from your local pharmacy.

HOW TO BOOK:

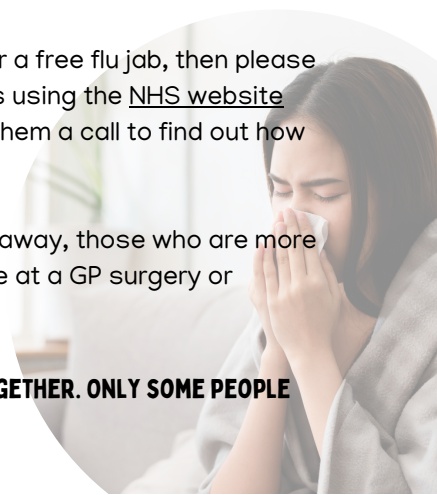
Those who are eligible for the NHS free flu jab can be vaccinated via their Community Pharmacy or GP Surgery.

If you are eligible, you may have received a letter from your GP about getting your flu jab, you should follow the instructions outlined on that letter.

If you have not heard from your GP surgery regarding your flu jab and you are eligible for a free flu jab, then please book at your local pharmacy. You can find your local pharmacy and their contact details using the [NHS website](#) ([Find a pharmacy that offers the NHS flu vaccine – NHS – NHS \(www.nhs.uk\)](#)) and give them a call to find out how to get your vaccine.

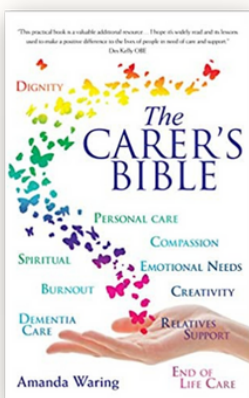
Everyone who is eligible for the free flu vaccine will be able to get it, but not all straight away, those who are more vulnerable will be prioritised. If you have an appointment for a Covid-19 booster vaccine at a GP surgery or pharmacy, you may also be offered a flu vaccine at the same time.

DO NOT DELAY BOOKING YOUR FLU VACCINE APPOINTMENT SO THAT YOU CAN GET BOTH VACCINES TOGETHER. ONLY SOME PEOPLE WILL BE OFFERED BOTH VACCINES AT THE SAME TIME.



SUGGESTED READING

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



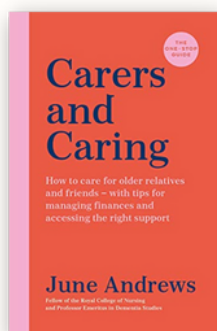
THE CARERS BIBLE BY AMANDA WARING

This accessible and detailed guide includes practical tips, checklists for best practice, descriptions of their experience from a wide range of carers that addresses solutions to common problems, and expert advice on how to deliver compassionate and dignified care to older people. Uniquely, Amanda Waring also provides support and guidance for the carer, how to maintain energy and commitment, how to recognise signs of compassion fatigue and where carers can get help if they need it.



THE HUMANS BY MAT HAIG

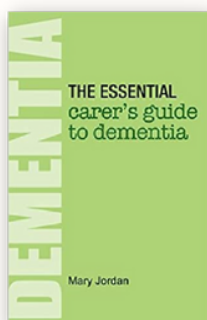
After an 'incident' one wet Friday night where he is found walking naked through the streets of Cambridge, Professor Andrew Martin is not feeling quite himself. He feels lost amongst an alien species and hates everyone on the planet. Everyone, that is, except Newton, and he's a dog. Who is he really? And what could make someone change their mind about the human race . . . ?



CARERS AND CARING: THE ONE STOP GUIDE BY JUNE ANDREWS

Whether due to old age, illness or disability, more and more of us are becoming carers to loved ones.

Carers and Caring is a complete handbook for anyone in a caring role, guiding you through the everyday administrative and emotional challenges of supporting a loved one.



ESSENTIAL CARER'S GUIDE TO DEMENTIA BY MARY JORDAN

In the Essential Carer's Guide to Dementia, Mary explains what you can expect when you receive a diagnosis of one of the many causes of dementia and what you can do to manage life going forward – how you can slow the progress of symptoms and how you can maximise available support. The earlier you start, the better you will be able to cope.

TOP TIPS

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

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

TAKE A BREAK

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

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

AUTUMN ACTIVITIES IN SOMERSET

- | | |
|----------------|-----------------|
| Apple Picking | Kilve Beach |
| Carnivals | Leigh Woods |
| Coast Path | Market Towns |
| Dunster Castle | Montacute House |
| Exmoor | Pumpkins |
| Guy Fawkes | Quantock Hills |
| Hestercombe | Vobster Lake |

PLAY ONLINE HERE

[HTTPS://THEWORDSEARCH.COM/PUZZLE/4252-561/AUTUMN-ACTIVITIES-IN-SOMERSET/](https://thewordsearch.com/puzzle/4252-561/autumn-activities-in-somerset/)

SUDOKO

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

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



HAVE YOUR SAY

ADULT SOCIAL CARE IN SOMERSET

An important consultation from Somerset County Council. Survey closes 2nd January 2023.

[TAKE PART HERE](#)



WHAT IS IMPORTANT TO YOU?

We know that adult social care is a real priority for people in Somerset.

As part of a series of engagement activities run by Somerset County Council during 2022, over 5000 residents have been asked what their priorities are for council spending in Somerset.

The results have made it clear that Adult Social Care is a top priority for Somerset residents, ranking number 2 in the poll, after protecting children and improving education.

In order to improve the service, Somerset County Council would like to hear what you think – by filling in this survey, you are helping them understand what's important to you, and ways they can improve social care services in Somerset.

COMPLETE THE SURVEY HERE:

[HTTPS://SOMERSET.INCONSULT.UK/CARESURVEY22/CONSULTATIONHOME](https://somerset.inconsult.uk/caresurvey22/consultationhome)





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

Registered Charity No: 1015900



S4L
Stronger 4 Longer

We want you to stay Stronger 4 Longer so you can keep doing the things you need to do.

Somerset ageUK
sasp



STRONGER 4 LONGER - AGE UK

Age UK Somerset want you to stay Stronger 4 Longer so you can keep doing the important things – the activities that make you ‘you’.

[FIND OUT MORE](#)

HOW DO YOU LIKE TO BE ACTIVE?

Whether it’s putting your wellies on, playing with your grandchildren or even hanging out the washing, they want to help you keep doing them.

Age UK Somerset are working with Somerset Activity & Sports Partnership (SASP) to deliver the Stronger4Longer campaign across the county.

For inspiration on how to keep active at home, go to the SASP website below for their Exercises to Get Started.

If you’d like to join one of Age UK Somerset’s fun and friendly exercise sessions, you can find out what’s on near you here.

Registered Charity No: 1015900



S4L
Stronger 4 Longer

We want you to stay Stronger 4 Longer so you can keep doing the things you love to do.

Somerset ageUK
sasp

Registered Charity No: 1015900




S4L
Stronger 4 Longer

We want you to stay Stronger 4 Longer so you can keep helping the ones you love.

Somerset ageUK
sasp

If you want more information, contact the Age UK Somerset Falls Prevention Service on 01823 345614, email fallsprevention@ageuksomerset.org.uk or visit www.sasp.co.uk/stronger4longer





LOVE BOOKS? LOVE PEOPLE?

Shared Reading brings stories and poems to life through reading aloud and open conversation.

We're currently looking for people in Somerset to train to lead Shared Reading groups in their community.

Volunteers get a free training course and ongoing support from a thriving community of Reader Leaders at The Reader.

To find out more, please email lauramerritt@thereader.org.uk, visit thereader.org.uk/volunteer or call us on 0151 729 2200.



Activity Calendar

Community Inclusion and Activity Team



SOMERSET
County Council

Christmas Half-term
Monday 19 - Friday 23 December



For ALL children and young people in Somerset with a disability or additional needs
*You DO NOT have to be referred to any service to access these activities, unless otherwise stated.

Improving
LIVES

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, Bristol Zoo & The Wild Place, 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

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

Monday 19 Dec

Purple Elephant

Frome Cricket Club, Rodden Rd, Frome BA11 2AH.

Christmas crafts, face painting, entertainment, hot meal and a visit from Santa! 10am-1pm. £1 per person or free if eligible for free school meals.

To book, please contact Lenka Grimes: lenkagrimes@gmail.com



Tuesday 20 Dec

Purple Elephant

Trinity Church Hall, Trinity Street, Frome, BA11 3DE.

Christmas crafts, face painting, entertainment, hot meal and a visit from Santa! 10am-1pm. £1 per person or free if eligible for free school meals.

To book, please contact Lenka Grimes: lenkagrimes@gmail.com



Wednesday 21 Dec

Purple Elephant

The Key Centre, Feltham Lane, Frome, BA11 5AJ.

Christmas crafts, face painting, entertainment, hot meal and a visit from Santa! 3-6pm. £1 per person or free if eligible for free school meals.

To book, please contact Lenka Grimes: lenkagrimes@gmail.com



Thursday 22 Dec

Neroche Woodlanders

Young Wood, Staple Fitzpaine, TA3 5AZ.

Seasonal forest school and campfire cooking activities! 11am-2pm. For 2-18yrs. £10 per family.

To book, please call Sarah Holdway on 07784 800641 or email sarah@nerochewoodlanders.org/info@nerochewoodlanders.org



Friday 23 Dec

Neroche Woodlanders

Young Wood, Staple Fitzpaine, TA3 5AZ.

Seasonal forest school and campfire cooking activities! 11am-2pm. For 2-18yrs. £10 per family.

To book, please call Sarah Holdway on 07784 800641 or email sarah@nerochewoodlanders.org/info@nerochewoodlanders.org



19th

The Mendip School

Edmund Rack Road, Prestleigh, Shepton Mallet, BA4 4FZ.

10am-3pm. Christmas party and playday! £1 per person.

To book, please contact office@themendipschool.com or call 01749 838070



20th

EAQ Manor farm

Owl St, Stocklinch, Ilminster, TA19 9LG.

Spend time with our horses and explore nature. 2hr 1.1 session available at 10am-12pm and 1pm-3pm. Costs £10 per family.

To book please contact Ian Roberts on 01460 394375 or enquiries@eaqmanorfarm.co.uk



21st

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22nd

Ark

Ark at Egwood, TA16 5QN.

Outdoor activities, including meeting the animals, Christmas arts and crafts and Christmas themed games! 10am-2pm. For 5-18yrs. £1 a head for young people. £3 a head for parents and carers to cover lunch and refreshment costs.

To book, please call Matt Laughton on 07751 645849 or email Matt@arkategwood.com



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21st

Yeovil Inclusion Partnership

Fairmead School, Mudford Road, Yeovil, BA21 4NZ.

Fun packed day including activities such as: arts & crafts, bouncy castle and cooking. 10am to 3pm. For ages 4-18yrs. Costs £15 per young person or £25 per family.

To book, call Steve Coles 07786 992229 or email scoles@fairmeadschool.com



22nd

Community Inclusion and Activity Team Family Day

Bishops Lydeard Railway Station, Station Road, Taunton, TA4 3RU.

Santa Train departing at 1.30pm. Please arrive from 12.45pm. £15 per person.

Winter Lights Train departing at 5pm. Please arrive from 4.15pm. £12 per person.

To book, call 07977 412199 from 10am on Tuesday 29th November



ACTIVITY PACKS

Community Inclusion Activity Team

Winter' or 'Christmas' themed activity packs, containing arts & crafts, puzzles, recipes and more! £2 per pack. Payment on delivery please.

To order, please email ciateam@somerset.gov.uk by 5th December with your preference for 'Winter' or 'Christmas' themed pack, your child's name, age, address, phone number and where we can safely leave the pack if you're not in. Delivery w/c 12th December.

19th

Escape

Somerset Boat Centre, Maidenmead Moorings, Bridgwater, TA7 0DQ. Santa Christmas Cruise! Enjoy a hot chocolate & gingerbread biscuits. Families will be allocated a 2 hour time slot between 9am and 3pm at booking. For 0-18. Costs £7.50 per person.

Please book via their website: www.escapesupportgroup.com



WHAT'S ON ACROSS THE WEEK?

Monday 19 - Friday 23rd December

Brookside Academy, Street, BA16 0PR

A variety of indoor and outdoor activities, including arts & crafts, cookery, Wii games and sports! For 4-13 years (must be school age), 9am-3pm, £24pp. For 14-16 years, 9am-3pm, £27pp.

Booking is required with Harriet Dunford or Sandra Cinicola at extendedschools@brooksideacademy.co.uk



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**

Are you a family of a deaf child in Somerset?

Newly diagnosed? Unsure what support is available? Want to meet other families with deaf children? A **NEW** Parent & Family Network is setting up in Somerset!

Somerset Parent & Family Network Coffee Morning

When : Wed 23rd November 2022
Wed 14th December 2022
Wed 25th January 2023

Time : 10am – 12pm

Where: Compass Wellbeing Play
Centre, Taunton, TA1 1BH



- **Meet** other families of deaf children.
- **Play** area for 0-5 year olds plus sensory room.
- **Find out** what help and support is available with the National Deaf Children's Society
- **Speak** with our Advice & Guidance Officer Debbie Ravensdale
- **Join** the new Somerset Parent & Families Network providing opportunities for families to join together for events, support and information

For further information and to book:

connecting.families@ndcs.org.uk



thinktravel

Planning a local journey?

Want to know what your travel options are



but don't know where to start?



Think Travel can help!



We can provide you with the information on what's available in your area



So why not get planning now using **Think Travel...**



Scan the QR code or visit:
somerset.thinktravel.info

Your new journey planning website for information on:

- Public transport
- Community transport
- Demand responsive transport (Slinky)
- Car sharing through a dedicated noticeboard area



SOMERSET
County Council

A new one-stop travel information website has been launched by Somerset County Council to support more local people to access public and community transport.

If you don't own a car - or you want to leave it at home and travel more sustainably, Think Travel can help you with your transport options. Whether it's getting to the doctors, shops, travelling to work, college, or school, or just into town to meet friends or family, the new travel planner shows you what's available. It covers public transport, community transport, the Slinky demand responsive transport service and car sharing.

To start your search, all you need to do is enter your journey start point and destination in the planner and Think Travel will find the available options for you. As well as information on train and bus services, there's also a dedicated car sharing notice board you can sign up to, where offers or requests for car sharing journeys can be posted. The aim is to grow this facility and encourage local car sharing networks to evolve. You can check out Think Travel here: <https://somerset.thinktravel.info>

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



somerset
carers
part of CCS

CARERS GROUPS

in Somerset

MENDIP

Carers Groups

Managed by **SPARK**
SOMERSET
INSPIRING COMMUNITIES

WHERE?

Wells
Bishop's Palace
Meeting rooms near the café

WHEN?

2nd Friday of the month
11am to 12.30pm

WHO DO I CONTACT?

Bridget 01749 670667
info@headsupsomerset.org.uk

Wells
The Swan Hotel
11 Sadler St, Wells BA5 2RX

4th Wednesday of the month
10am to 11.30am

Bridget 01749 670667
info@headsupsomerset.org.uk

Glastonbury
St John the Baptist
Church
High St, Glastonbury BA6 9DR

3rd Monday of the month
10.30am to 12 noon

Cath 07951944420
cath.holloway@sparksomerset.org.uk
Alongside the talking cafe, Art therapy, tai chi etc
running at the same time weekly

Frome
Cricket Ground

1st Wednesday of the month
10.30am to 12.30pm

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

Shepton Mallet
Arts Bank, High Street

Tuesday TBC
Volunteers needed please
10.30am to 12 noon
Activities for the person you care for
whilst you join the carers group.

Carrie Carriehemmmgs1@gmail.com
Activity Group Lead "Love to move"
Cath Holloway 07951 944420
cath.holloway@sparksomerset.org.uk
(Carers Group Lead)

SEDGEMOOR

Carers Groups

WHERE?

Bridgwater
The Hub Angel Place

WHEN?

4th Monday of the month
1pm to 3pm (TBC)
Please phone and check time

WHO DO I CONTACT?

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

Burnham on Sea
Community Centre

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/)

SOUTH SOMERSET

Carers Groups



WHERE?

Castle Cary
Market House,
The Shambles

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
included.

Jane Tomkins 01963 350210
Jane.carers@outlook.com

Martock
Christian Fellowship
Church

1st Thursday of the month
10.30am to 12 noon
Relaxation sessions included into 2023

Jacky Reed Jacky.reed@talktalk.net

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 the
person you care 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 the person you care
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)

3rd Thursday of the month
1pm to 2.30pm
Meet for lunch or a snack

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

Wincanton and Bruton
Balsam Centre
Use main town free carpark

2nd Monday of the Month
2pm to 3.30pm
Activity session for the person you care
for in the next room.

Gwen Venturs
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 and St Paul's
Open House

3rd Wednesday of the month
11.15am to 12 noon

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

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.



**somerset
carers**
part of CCS

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 please
call first as the date may change.

TAUNTON AREA

Carers Groups

WHERE?

Wellington
The Iron Duke
Town centre

WHEN?

1st Monday of the month
from February 6th 2023
10.30am to 12 noon

WHO DO I CONTACT?

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

WHERE?

Taunton
Wellsprings Church Cafe
Quantock Rd, Taunton TA2 7NL

1st Tuesday of the month
11am to 12.30pm

Carol 07888 077757
mccracken@talk21.com



**SPARK
SOMERSET**
INSPIRING COMMUNITIES

ONLINE ZOOM

Carers Groups

7pm

Fourth Tuesday of the month

Register here:

<https://us02web.zoom.us/meeting/register/tZUzd-2srDosHNxXbpisp2S2zbl8XRsrReb>



QUICK REFERENCE USEFUL WEBSITES AND CONTACT NUMBERS

	WEBSITE	TELEPHONE
SOMERSET CARERS WEBSITE	www.somersetcarers.org Visit the Carers Hub for a huge directory of local support and resources, searchable by condition.	0800 31 68 600
SPARK ONLINE CARERS GROUPS	https://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	https://carers.org/	0300 772 9600
AGE UK	www.ageuk.org.uk	0800 88 22 00



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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.

ONE FAMILY: ONE AGENT



In Partnership with:

