



somerset  
carers  
part of CCS

# SOMERSET CARERS NEWSLETTER



## OUR CHRISTMAS UPDATE

It's a busy time of year with so much going on and so much to do. We hope you find our festive resources helpful.

In this issue, we hear what being involved in Calls for Carers means for one volunteer. Take a look at the Help Through Winter initiative and check out the latest on carers groups in your area.

We're constantly aiming to develop the support we offer for unpaid carers and we want to ensure that it suits your needs. So please take a few minutes to have your say.

We hope you find some time for a little rest and relaxation over the festive period.



## KEEP UP TO DATE



[@somersetcarers](#)



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[@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 ”





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# SUPPORT OVER THE HOLIDAY

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## Helplines

Somerset Carers  
0800 31 68 600

Mindline  
0800 138 1692

Carers UK  
0808 808 7777

NHS  
111

The festive season can be a tricky time to navigate if you're caring for a friend or family member.

It may be different to the way you have celebrated previously, it may come with additional stresses or worries and the preparations and planning can feel overwhelming.

We've gathered together some thoughts and resources that we hope will be helpful and enable you to celebrate in a way that suits you.

CHRISTMAS FOR  
CARERS GUIDE



OPEN MENTAL HEALTH  
FESTIVE WELLBEING KIT







# OPEN MENTAL HEALTH PROJECT

If you care for someone who is experiencing challenges with their mental health, the Open Mental Health Carers Project provides free help and advice. Through the project, carers can find out about resources, organisations and activities that are available to help them.



You can also access a directory of support and advice, information, activities and helplines. It has a wealth of resources offering guidance, specialist advice and practical assistance. Courses for carers along with advice and links to specific mental conditions have recently been added.

There's also a new group for unpaid carers supporting people with mental health challenges. The group meets from 10 to 11:30 a.m. at The ReCreation Hub, Rhode Lane, Bridgwater TA6 6HZ on the first Tuesday of the month.

They can also receive a supportive weekly phone call from a friendly volunteer with lived experience who understands. Calls for Carers addresses the sense of isolation many carers feel and gives practical advice and a listening ear.



If you have any questions regarding support through Open Mental Health, please email Katherine at [carers@somersetccc.org.uk](mailto:carers@somersetccc.org.uk) or visit <https://openmentalhealth.org.uk/>

**[HTTPS://SOMERSECCARERS.ORG/WHO-CAN-HELP-YOU/OPEN-MENTAL-HEALTH-CARERS/](https://somerseccarers.org/who-can-help-you/open-mental-health-carers/)**  
**[HTTPS://OPENMENTALHEALTH.ORG.UK/SUPPORT-FOR-CARERS/](https://openmentalhealth.org.uk/support-for-carers/)**



# PLEASE HAVE YOUR SAY..



Your views as a carer are valued. We would be grateful if you could let us know your thoughts on the following subjects:

## Digital Support for Carers

At Somerset Carers we are looking to develop our digital support for unpaid carers and we'd really appreciate your input via this short survey.

<https://forms.office.com/e/hXp990Y5fR>

## Open Mental Health Carers Survey

Please complete this short survey – we value your input about unpaid carers and family members who are providing support for people experiencing mental ill health.

<https://forms.office.com/e/DTJRACbCZE>



# FRAUD HELPLINE

It is good to know that there is someone to turn to if you have a concern over the authenticity of a call from your bank or building society.

Three years ago, Stop Scams UK set up a special helpline as a safe, secure way for people who believe they may be being scammed, to connect directly to their banks.

You simply dial 159, you're asked who you bank with and you're put through.

It's not a freephone number and how quickly individual banks get callers to specialist fraud advisors can vary. But with 20 banks now signed up covering 99% of UK current account holders it's a useful tool in the fight against fraud.

Scammers are under increased pressure from the 159 fraud helpline which received 800,000 calls in its first three years of operation.



# A VOLUNTEERS PERSPECTIVE

One of our volunteers has been offering **Calls for Carers** for the Open Mental Health Carers Project for just under a year. Here she shares a little about her experience as a volunteer and what it means for her.

“

My role is to provide peer support to carers through weekly, sometimes fortnightly, phone calls. Most carers I have spoken to recognize the importance of their own mental health needs, and I found that they often just need a listening ear and the opportunity to offload in an impartial and safe space.

Having no previous volunteering experience, I initially had very little idea about what to expect. However the volunteer focused training I received from the team at Community Council for Somerset has certainly provided me with a firm baseline of knowledge, which has proven invaluable in allowing me to accurately support carers.

There has been a broad range of mental health burdens from the various carers that I have supported such as anxiety, feelings of being overwhelmed, and isolation. Undoubtedly, there are complex and sensitive issues being discussed and it is important that from the start of my support to a carer, I am clear that it is my role to listen and empathise, rather than fix their concerns. In every single case, the caregiver I have supported has found great relief from being able to discuss and mentally digest their challenges.

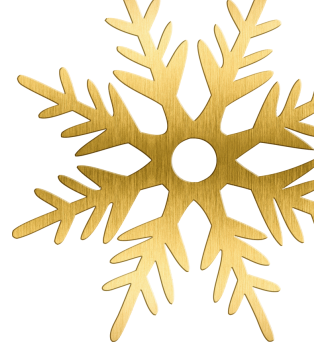
Generally, I support carers on a weekly basis and dedicate an hour of my time over the course of six weeks. I listen to their concerns and challenges as well as signposting them to further supporting networks. **I have found an immense amount of personal reward in providing peer support to carers and often it is clear that the caregivers are equally as grateful for the support they have received. I find my volunteer work incredibly fulfilling; it has instilled a sense of community, warmth and roundness to my life in Somerset.**

”





# A CAMPAIGN TO CHANGE LIVES



Every day we help people like Amy, whose limited mobility left her without fresh food and the ability to cook for herself. With our support, Amy now has access to a food pantry and a kitchen setup at home that allows her to prepare her own meals again.



**PAY IT FORWARD**  
NEXT DOOR  
ON YOUR STREET  
IN YOUR VILLAGE  
IN YOUR COMMUNITY  
ACROSS SOMERSET

At CCS, we're working to make sure that no one in our county has to face hardship alone. The launch of our Pay It Forward For Somerset campaign will enable us to provide vital support services that help Somerset residents when they need it most.

Every pound donated will support our work in the community; addressing economic challenges, health needs and social isolation across the county.

Ed was overwhelmed by memory loss and mounting debts. With our support, Ed received help with finances, tailored daily care and now feels safe at home.



There are lots of ways you can help us help more people like Ed and Amy. Please take a look at how you could Pay It Forward for Somerset.

**[HTTPS://CCSLOVESOMERSET.ORG/PAY-IT-FORWARD-FOR-SOMERSET](https://ccslovesomerset.org/pay-it-forward-for-somerset)**



# PAY IT FORWARD *for Somerset*



## KNIT FOR YOUR NEIGHBOUR

**Could you knit, crochet or sew winter woollies for someone in need of extra warmth this winter?**

We are looking for individuals and groups to come together and make beautifully warm gloves, hats and scarfs that our Village Agents can distribute to the most vulnerable this winter.

All completed items can be dropped off at any of our Talking Café venues across Somerset.

**We will also accept donations of wool and new winter garments with tags on.**

**<https://ccslovesomerset.org/knit-for-your-neighbour/>**

*Scan me to find out more* 







# HELP THROUGH WINTER

This winter, we are delighted to be part of the Help Through Winter initiative, a programme funded by Somerset Council.

This service is for individuals and families who are finding it difficult with the additional challenges faced through winter.

We're here to provide support for those in need with practical advice, financial assistance, and essential resources.



Working with our 'Help Through Winter' partners



## OUR VILLAGE AGENTS ARE HERE FOR SUPPORT WITH:

- Caring for another
- Housing
- Health
- Finance
- Food
- Adult Social Care
- Children's Services
- Feelings of loneliness and isolation.

Find out more and request a call back from a Village Agent.

**[HTTPS://CCSLOVESOMERSET.ORG/HELP-THROUGH-WINTER/](https://ccslovesomerset.org/help-through-winter/)**

# SHARED LIVES SOUTH WEST



Shared Lives provides personalised support within the homes of approved carers, offering a more homely and community-based alternative to traditional care services.

They support people who need care by matching them with approved carers with similar lifestyle and interests, who provide support in a family-like environment.

Shared Lives focuses on integrating individuals into the community, promoting independence, and ensuring that care is tailored to each person's needs. Home-based care is a valuable way to provide support for people with various needs, including those with disabilities, mental health conditions, or older adults requiring assistance.

## BENEFITS OF SHARED LIVES

**Person-Centred Care** – Shared Lives prioritises support tailored to the unique needs and preferences of each individual.

**Better Personal Outcomes** – Individuals receiving care through Shared Lives often experience better personal outcomes.

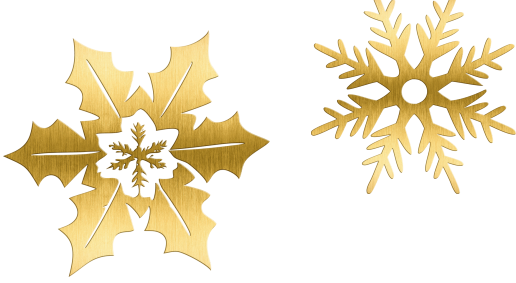
**Extended Community Living** – Individuals with increasing needs are able to remain in the community for longer periods before requiring more intensive support.

**Improved Wellbeing** – The personalised and community-oriented care significantly improves physical and mental well-being.

**Skill Development** – By participating in everyday activities within a household, individuals maintain, learn and practice skills that contribute to their independence and self-sufficiency.

**Community Presence and Support Circles** – Support in building and maintaining a community presence and developing circles of support.





# OUT & ABOUT



The sun shone for Lucy, one of our Village Agents (Carers), when she went along to FleeceFest in Glastonbury in the Autumn. This was a brand new, free mini festival organised by young people for young people. Lucy talked to young adult carers about the support available and what they would like to see going forward.

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part of CCS

**Are you supporting a friend or family member?**

If you're a young adult carer, please get in touch and tell us:

- What support you already have
- What type of support you need
- How we can help you

carers@somersetccc.org.uk 0800 31 68 600 www.somsetcarers.org

**Somerset Council** **NHS Somerset** **CCS**  
people place enterprise

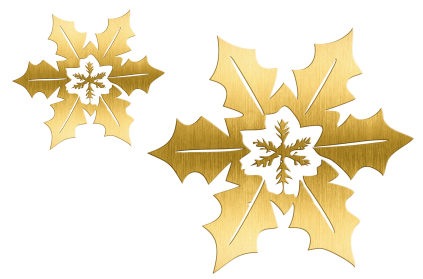
Fitzwarren House, East Reach Court, Queen Street, Taunton, TA1 3UG. Tel 01823 331222  
The Community Council for Somerset is a Company Limited by Guarantee registered in England & Wales No. 3541219 and is a Registered Charity No. 1069260.

We know that sometimes people who support a friend or family member don't necessarily consider themselves to be a carer and so often aren't aware of the organisations and services on their doorstep that can help. This Information Day was a great opportunity to get out into the community and help bridge that knowledge gap.

We also ran two well attended Information Sessions in collaboration with Somerset Council, where unpaid carers were invited to come along to find out about carers assessments and what support is available from Somerset Carers, local community organisations, Somerset Council and more.

Unpaid carers could visit a variety of stalls and demonstrations all designed to help with their caring role.

# OUT & ABOUT



Somerset Carers Service was delighted to join a range of Somerset Health Care professionals on a tour of the Medequip base in Taunton. Medequip provides the commissioned Somerset Council/NHS Somerset Community Equipment and Wheelchair service, supplying equipment that helps people retain their independence.

We work closely with Medequip, the largest Community Equipment service in the UK and partners AJM Healthcare, who manage the wheelchair Service in Somerset, to ensure our carers have the most up to date information on the equipment available to them. Their representatives, Clive and Bruno, often join us at our Carers Groups to give lively and informative talks about what they can offer.

Seeing the team in action was incredible. We were amazed by the broad range and amount of equipment held, the careful logistics in place to ensure waiting lists are kept to a minimum, and were pleased to hear that kit is refurbished for future use wherever possible and kept out of landfill.

We also learned more about the equipment available and the customer service process, so that we can share more information with our carers.

To see if you are eligible for loan equipment free of charge from NHS Somerset or Somerset Council, you can book a visit to the Independent Living Centres in Wellington, Yeovil or Shepton Mallet. Call 0300 123 2224 Somerset Direct. An at-home or telephone assessment may also be available. Or to receive a catalogue of self-fundable equipment, call [01823 211699](tel:01823211699) or email [clive.rymer@medequip-uk.com](mailto:clive.rymer@medequip-uk.com)

**MEDEQUIP**



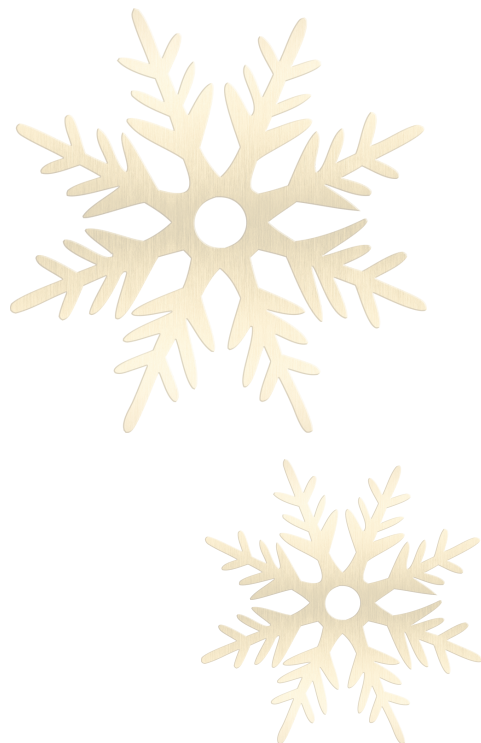


# NEW PHYSICAL ACTIVITY RESOURCE FOR CARERS



We Are Undeatable has joined forces with Carers UK to empower family, friends and carers to support the people they care for to be active, and to encourage them to move more too. The campaign, funded by Sport England, has launched a new physical activity resource called Undeatable Together, to which many charity partners have contributed.

We Are Undeatable is a movement supporting people with a range of long-term health conditions to be more active. We understand that getting active looks different for everyone and that every achievement, however big or small, is worth celebrating.



## COME AND MEET WESSEX WATER

Chat to us in person if you have a query about:

Your water bill

Your water and sewerage services

How to save water and prevent sewer blockages

**Wessex Water**  
**COMMUNITY**  
**DROP in**

**Town Hall, Crewkerne**  
**10am-12pm**  
**2025: Wednesday 22 January**



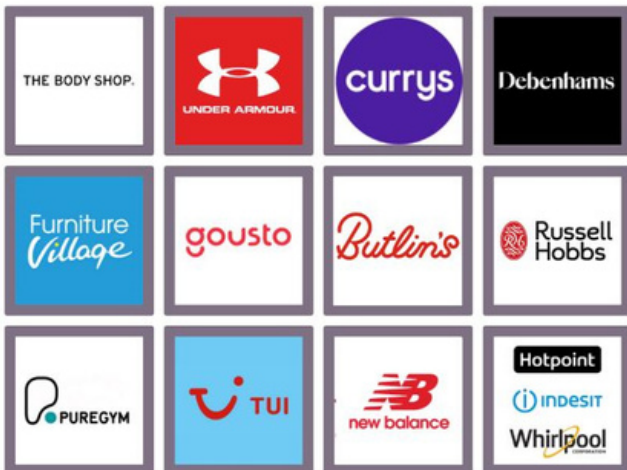
# CARERS CARD

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



We have a range of online and face to face Carers Groups across Somerset. A chance to meet other carers who understand and can offer each other support, friendship, ideas and feedback on their experiences.



Not only do you hear from people who have used the support services available, you can hear directly from the people who are there to help you. We regularly host speakers from a variety of services to directly answer your enquiries and tell you about the help that they can offer. From equipment, to respite, and everything in between.

All our Carers Groups vary in size, attendees and setting, so you can find one that suits you. You can go to as many as you like, as often as you wish.

Some of our groups also offer gentle activities for the person you care for.

These are in the room next door and usually comprise of simple bowling, conversation and perhaps completing a jigsaw or a game together. They are led by qualified, insured instructors and supported by a volunteer so you can be safe in the knowledge that the person you care for is safe and happy.



Call 0800 31 68 600 and look on our website listings to find out where your nearest group is. Do call the group leader before you attend in case details have changed.

**[WWW.SOMERSETCARERS.ORG/CARERS-GROUPS/](http://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 for the first time in case of schedule changes. For all other carer information, please call **0800 31 68 600**.

## MENDIP

*Carers Groups*

### WHERE?

**Frome**  
Rossetti House  
Welshmill Lane, BA11 2AA

**Glastonbury**  
St John the Baptist Church  
BA6 9DR

**Shepton Mallet**  
Shepton Brasserie  
66 High St, BA4 5AS

**Street**  
The Crispin Centre  
BA16 0HP

### WHEN?

1st Wednesday of the month  
10.30am to 12.30pm

Bi monthly information stand.  
Call to confirm dates.

2nd Wednesday of the month  
2pm - 3.30pm

2nd Monday of the month  
10.30am to 12.00 noon

### WHO DO I CONTACT?

**Cath Holloway** 07535 279359  
cathh@somersetccc.org.uk

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cathh@somersetccc.org.uk

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cathh@somersetccc.org.uk

**Cath Holloway** 07535 279359  
cathh@somersetccc.org.uk  
Mac 07490 060355

## WEST SOMERSET

*Carers Groups*

### WHERE?

**Minehead**  
The Beach Hotel

**Watchet**  
The British Legion

### WHEN?

2nd Thursday of the month  
10am to 12 noon

Last Thursday of the month  
1.30pm to 3pm

### WHO DO I CONTACT?

**Wayne Stokes** 07538 316526  
waynes@somersetccc.org.uk

**Sam Newland** 07985 680266  
samanthan@somersetccc.org.uk



### WHERE?

### WHEN?

### WHO DO I CONTACT?

**Castle Cary**  
The Shambles,  
Market House

**1st Thursday of the month**  
10.30am to 12 noon

**Florence Mills** 01963 202629  
fliss1938@icloud.com  
**Kim Whitehead**  
kim.whitehead@btinternet.com

**Keinton Mandeville**  
Village Hall, Chistles Ln

**1st Wednesday of the month**  
11am to 12.30pm  
For carers and those they care for

**Jane Tomkins** 01963 350210  
Jane.carers@outlook.com

**Martock**  
The Rose and Crown  
East Lambrook

**3rd Thursday of the month**  
10.30am to 12 noon  
Activity session for the person you  
care for in adjoining room

**Ewelina Zielinska**  
ewelina.zielinska1@nhs.net  
**Cath Holloway** 07535 279359  
cathh@somersetccc.org.uk

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

**1st Thursday of the month**  
2pm to 3.30pm  
Gentle activity session for the person  
you care for in adjoining room.

**Cath Holloway** 07535 279359  
cathh@somersetccc.org.uk

**Yeovil**  
Great Lyde 1 Cavalier  
Way, Yeovil BA21 5UA

**2nd Tuesday of the month**  
10.30am to 12 noon  
Activity session for the person you  
care for in adjoining room.

**Carole Lade** lade7@icloud.com  
**Cath Holloway** 07535 279359  
cathh@somersetccc.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  
Conference Room

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

**Alison Birket** 07774 231996  
a.birket@btinternet.com

**Wincanton**  
The River Cale Cafe  
The Recreation Ground, BA9 9ED

**2nd Tuesday of the month**  
2pm to 3.30pm

**Cath Holloway** 07535 279359  
cathh@somersetccc.org.uk

**Langport**  
All Saints Hall  
2 North Street TA10 9RQ

**4th Wednesday of the month**  
2pm to 3.30pm

**Carers' Champion**  
Langport Surgery 01458 250464  
LangportCarersGroup@outlook.com

**South Petherton**  
St Peter & St Paul's Church

**3rd Wednesday of the month**  
11.00am to 12.30pm  
For carers and those they care for

**Cath Holloway** 07535 279359  
cathh@somersetccc.org.uk

# IMPORTANT!

Please make contact with the leader before attending for the first time 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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# SEDGEMOOR

## Carers Groups

### WHERE?

**Axbridge**  
Axbridge Town Hall

**Burnham on Sea**

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

**Wedmore**

The Swan Hotel  
BS28 4BQ

**Bridgwater**

The Rosary Nursing Home

### WHEN?

**4th Monday of the month**  
2pm - 3.30pm

**4th Tuesday of the month**

10am to 11.30am

**1st Friday of the month**

10am to 12.00pm  
Dementia Group

**2nd Friday of the month**

10am - 11.30am

### WHO DO I CONTACT?

**Cath Holloway** 07535 279359  
cathh@somersetccc.org.uk

**Cath Holloway** 07535 279359  
cathh@somersetccc.org.uk

**Bridget** 01749 670667

info@headsupsomerset.org.uk  
Run by Heads Up

**Cath Holloway** 07535 279359  
cathh@somersetccc.org.uk

# TAUNTON AREA

## Carers Groups

### WHERE?

**Creech St Michael**  
Baptist Church downstairs

**Taunton**

Mikey's Cafe, St Michael's

**Wellington**

St John's Church  
TA21 8SD

### WHEN?

**3rd Friday of every month**  
10.30am to 12 noon

Activity session for the person you  
care for in adjoining room.

**1st Friday of every month**

10am to 11.30am

**1st Tuesday of every month**

1.30pm to 3pm

For carers and those they care for

### WHO DO I CONTACT?

**Cath Holloway** 07535 279359  
cathh@somersetccc.org.uk

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cathh@somersetccc.org.uk

**Cath Holloway** 07535 279359  
WellingtonCarersElle@outlook.com



# ONLINE ZOOM

## Carers Groups

Carers group: 7pm – fourth Tuesday of the month

Register here: <https://somersetcarers.org/carers-groups/>  
and click the blue 'Register' button

[This document was last updated on 7/5/24 CLICK HERE for latest version](#)





# Talking Cafe



|            | TOWN               | LOCATION                                   | TIME              | WHEN                                  |
|------------|--------------------|--------------------------------------------|-------------------|---------------------------------------|
| MONDAYS    | Axbridge:          | St John's Baptist Church, The Church Rooms | 10.30am - 12.30pm | Every Monday                          |
|            | Minehead:          | Methodist Church                           | 10am - 12 noon    | Every Monday                          |
|            | West Huntspill:    | St Peter & All Hallows Church              | 10.30am - 12 noon | 1st Monday of the month               |
|            | Taunton:           | FoodBank (Drop-in only)                    | 10am - 12 noon    | Every Monday                          |
| TUESDAYS   | Berrow             | Village Hall                               | 1pm - 3pm         | 3rd Tuesday of the month              |
|            | Burnham on Sea:    | Methodist Church                           | 10am - 12 noon    | Every Tuesday                         |
|            | Chard:             | Ariel Healthcare, St Mary's                | 10am - 12 noon    | 2nd Tuesday of the month              |
|            | Chard:             | Chard CommuniTea Waffle                    | 10am - 12pm       | Every 1st and 3rd Tuesday             |
|            | Ilminster:         | Church View Medical Centre                 | 10am - 12 noon    | 1st Tuesday of the month              |
|            | Ilminster:         | The Meadows Surgery                        | 1pm - 3pm         | 1st Tuesday of the month              |
|            | North Petherton    | Community Centre                           | 10.30am - 12.30pm | 2nd Tuesday of the month              |
|            | Taunton:           | Halcon Baptist Church                      | 10.30am - 12 noon | 2nd Tuesday of the month              |
|            | Taunton:           | Musgrove Park Hospital in the Concourse    | 2pm - 4pm         | 2nd Tuesday of the month              |
|            | Taunton:           | Wellsprings Community Church               | 10.30am - 12.30pm | Every Tuesday (with BSL every other)  |
|            | 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              |
|            | Yeovil:            | Library                                    | 10am - 12 noon    | Every 1st and 3rd Tuesday             |
| WEDNESDAYS | Bridgwater:        | ReCreation Community Hub                   | 1.30pm - 3.30pm   | Every Wednesday                       |
|            | Langport:          | The Angel, Bow Street                      | 11.30am - 1.30pm  | Every Wednesday                       |
|            | Taunton:           | The Minster, St. Mary Magdalene Church     | 10am - 12 noon    | Every Wednesday (Digital 1st and 3rd) |
|            | Wincanton:         | Wincanton Library                          | 10am - 12 noon    | Every other Wednesday                 |
|            | Wiveliscombe:      | Silver Street Centre                       | 10.30am - 12 noon | Every Wednesday                       |
|            | Woolavington:      | Bitham Walk Hall                           | 11am - 1pm        | Every Wednesday                       |
|            | Yeovil:            | Ryalls Park Medical Centre (drop-in only)  | 2pm - 3pm         | Last Wednesday of the month           |
| THURSDAYS  | Bishops Lydeard:   | The Village Hall                           | 10am - 12 noon    | Every Thursday                        |
|            | Brean:             | Village Hall                               | 1pm - 3pm         | 3rd Thursday of the month             |
|            | Cotford St Luke    | Cotford St Luke Hub Memory Cafe            | 10am - 12 noon    | 3rd Thursday of the month             |
|            | Creech St Michael: | Life Cafe, Baptist Church                  | 10.30am - 12.30pm | 1st Thursday of the month             |
|            | Dulverton:         | Fishers Mead Common Room                   | 10.30am - 12.30pm | Every Thursday                        |
|            | Highbridge:        | Purple spoon Cafe (YMCA)                   | 10am - 12 noon    | Every Thursday                        |
|            | South Petherton:   | The Library                                | 10am - 12 noon    | Every Thursday                        |
|            | Stoke St Gregory:  | The Village Shop & Cafe (at the Royal Oak) | 10am - 12 noon    | 2nd Thursday of the month             |
|            | Yeovil:            | Westfield Community Centre                 | 10am - 12 noon    | Every Thursday                        |
| FRIDAYS    | Galmington:        | St. Michaels Church                        | 9am - 10.30am     | 1st Friday of the month               |
|            | Ilminster:         | Library                                    | 11am - 1pm        | Every Friday                          |
|            | Ilminster:         | Summervale Medical Centre                  | 10am - 12 noon    | Last Friday of the month              |
|            | North Curry:       | Village Hall                               | 2pm - 4pm         | 3rd Friday of the month               |



**Women's  
Work Lab**

**Hive to  
hired**

**We support Mums  
to transform their  
lives by rebuilding  
their confidence and  
helping them on their  
journey to find work  
that works for them  
and their families.**

**Keep up to date with the hive!**

 [The Women's Work Lab](#)

 [@womens\\_work\\_lab](#)

 [The Women's Work Lab](#)







# Women's Work Lab

In partnership with



## Mums! Ready to join our hive?

Our powerful programme is created by mothers, for mothers. Join the community of women at our hive where we give you the tools, techniques and work experience to rediscover employability skills and explore your path so you can find work that works for you and your family.

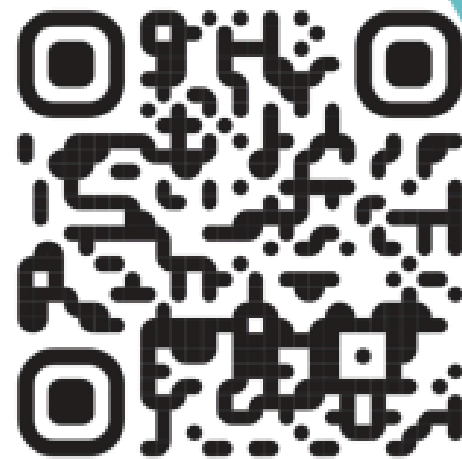
Our Taunton programme is held at:  
Taunton Brewhouse  
Coal Orchard  
Taunton  
TA1 1JL

**Starts: 14th January 2025**

**Ends: 2nd April 2025**

*Every Tues & Wed 10.15 am - 1.15 pm, except half term*

Support is available for travel costs.  
Open to mums ages 19+ (no upper age limit) who are not working.



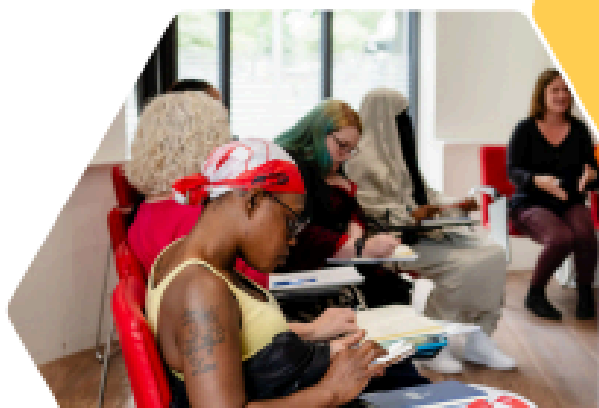
**Apply today at**

**[www.womensworklab.co.uk](http://www.womensworklab.co.uk)**

Find out more by getting in touch with Sarafina, our Team Administrator, or Fern our Programme Manager.

✉ [sarafina@womensworklab.co.uk](mailto:sarafina@womensworklab.co.uk)

☎ 07300850246 (Fern - Programme Manager)



# 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

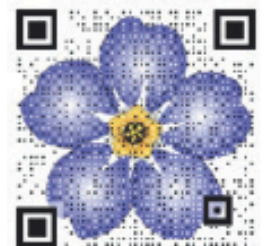
You can register for the Dementia Safeguarding Scheme via the Avon and Somerset Police website. Simply scan the flower QR code below or search 'Avon and Somerset Dementia' in your web browser.

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](mailto:stuart.king@avonandsomerset.police.uk)



Follow 'Avon and Somerset Dementia Forum' on Facebook



**Avon and Somerset Police**  
**SERVE.PROTECT.RESPECT.**

[www.avonandsomerset.police.uk](http://www.avonandsomerset.police.uk) | Follow us on    





# 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](http://www.somerset.gov.uk/equipment)

## Contact us to make an appointment

✉ [adults@somerset.gov.uk](mailto:adults@somerset.gov.uk)

☎ 0300 123 2224



**Somerset**  
Council

Please note: this service is by appointment only

# Shop for mobility aids

## Manage@Home

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](http://www.manageathome.co.uk)

or call: **0800 910 1864**





# Winter coat exchange

## Somerset Council's Libraries service has relaunched its Winter Coat Exchange scheme.

Designed to support the community by providing access to warm coats for everyone in need.

As children settle into the new school year, a 'Back to School' appeal has been launched for children's/teen coats that may have been outgrown, but the scheme welcomes donations of coats for all ages.

The initiative was launched to help people stretch tight budgets that little bit further. Last winter's donations of 1,022 coats and the uptake of 904, were so successful that the exchange is being repeated.

### The scheme is simple:

- You can take a coat without donating.
- You can donate a coat without taking one.
- All donations must be of good quality and in a clean condition.
- Coats of any shape or size, for adults or children are accepted.



### [Somerset Libraries relaunch Winter Coat Exchange scheme](#)





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.

SOMERSET CARERS IS PART OF CCS  
FIND OUT ABOUT **ALL** THE WORK OF CCS  
[HTTPS://CCSLOVESOMERSET.ORG](https://ccslovesomerset.org)

Funded by:



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Council



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FITZWARREN HOUSE  
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carers@somersetccc.org.uk  
[www.somersetcarers.org](http://www.somersetcarers.org)

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Sign up to receive the Somerset Carers newsletter.

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

Don't forget, once you join you can unsubscribe at any time and we only hold the information you provide on our online subscribers mailing list.



If you are receiving the Carers Newsletter it is because you have signed up to receive the newsletter via our online registration.

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>

If you would like to opt-out of receiving future copies, please use the unsubscribe button at the bottom of all our emails or contact [carers@somersetccc.org.uk](mailto:carers@somersetccc.org.uk)





## QUICK REFERENCE USEFUL CONTACTS

|                                               | WEBSITE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | TELEPHONE                      |
|-----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| <b>SOMERSET CARERS WEBSITE</b>                | <a href="http://www.somersetcarers.org">www.somersetcarers.org</a><br>Visit the Carers Hub for a huge directory of local support and resources, searchable by condition.                                                                                                                                                                                                                                                                                                                                                                                              | 0800 31 68 600                 |
| <b>SOMERSET CARERS GROUPS</b>                 | <a href="https://somersetcarers.org/carers-groups/">https://somersetcarers.org/carers-groups/</a><br>Email: <a href="mailto:cathh@somersetccc.org.uk">cathh@somersetccc.org.uk</a>                                                                                                                                                                                                                                                                                                                                                                                    | Cath Holloway<br>07535 279359  |
| <b>CARERS UK</b>                              | <a href="http://www.carersuk.org">www.carersuk.org</a><br>Monday to Friday, 9am – 6pm (including Bank Holidays)                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 0808 808 7777                  |
| <b>CITIZENS ADVICE</b>                        | <a href="http://www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support/">www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support/</a>                                                                                                                                                                                                                                                                                                                                                                                    | 0808 27 87842                  |
| <b>NHS</b>                                    | <a href="http://www.nhs.uk/conditions/social-care-and-support-guide/practical-tips-if-you-care-for-someone/">www.nhs.uk/conditions/social-care-and-support-guide/practical-tips-if-you-care-for-someone/</a>                                                                                                                                                                                                                                                                                                                                                          | 111                            |
| <b>SOMERSET COUNCIL</b>                       | <a href="https://www.somerset.gov.uk/care-and-support-for-adults/">https://www.somerset.gov.uk/care-and-support-for-adults/</a><br><a href="https://www.somerset.gov.uk/roads-travel-and-parking/apply-for-or-renew-a-blue-badge/">https://www.somerset.gov.uk/roads-travel-and-parking/apply-for-or-renew-a-blue-badge/</a><br><a href="https://www.somerset.gov.uk/children-families-and-education/the-local-offer/social-care/carers-assessments/">https://www.somerset.gov.uk/children-families-and-education/the-local-offer/social-care/carers-assessments/</a> | 0300 123 2224                  |
| <b>SOMERSET NHS CARERS ASSESSMENT SERVICE</b> | <a href="https://www.somersetft.nhs.uk/carers-service-and-triangle-of-care/sample-page/caring-for-someone-with-a-mental-health-condition/">https://www.somersetft.nhs.uk/carers-service-and-triangle-of-care/sample-page/caring-for-someone-with-a-mental-health-condition/</a>                                                                                                                                                                                                                                                                                       | 01749 836 606                  |
| <b>SOMERSET DEMENTIA WELLBEING SERVICE</b>    | <a href="http://www.somersetdementia.org">www.somersetdementia.org</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 01458 251 541                  |
| <b>AGE UK</b>                                 | <a href="http://www.ageuk.org.uk/somerset/">www.ageuk.org.uk/somerset/</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Somerset<br>01823 345610       |
| <b>OPEN MENTAL HEALTH</b>                     | <a href="http://www.openmentalhealth.org.uk/support-for-carers">www.openmentalhealth.org.uk/support-for-carers</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 0800 138 1692<br>01823 276 892 |