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Helping you to help others



## Somerset Health and Wellbeing Advisory Network

### Covid-19 cases rise in Somerset

Somerset currently has a Covid-19 case rate of 93.7 per 100k. Somerset is currently above the England average of 89 per 100k but below the South West average of 109 per 100k. ONS infection survey modelling suggests the ratio of people testing positive for COVID in the South West is 1 in 45.



**Please look out for older relatives, friends and neighbours who may need help and**

**support to book their vaccination appointments.**

**How to book your NHS Covid-19 Autumn Booster:**

Appointments are available to people aged 65 and over, pregnant women, immunosuppressed individuals, health and social care workers and paid and unpaid carers. Anyone who falls into these groups are able to book now [online](#) or by calling 119. Calls to 119 are free from mobiles and landlines. 119 provides support in 200 languages.

All eligible people are strongly encouraged to accept the vaccination that is offered as soon as they are able – it is important to be up to date with the booster and build up protection against severe illness before the winter.

[NHS Somerset \(@NHS Somerset\) / Twitter](#) – provides local updates on clinics and a range of health topics

[Book An Appointment](#)

[Download an Easy Read Guide](#)

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## Booking an NHS Free Flu Vaccination



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

Those that are eligible may have received a letter from their GP about getting the flu jab and should follow the instructions outlined on that letter.

If an individual has not yet heard from their GP surgery regarding the flu jab and they are eligible for a free flu jab, then please help them to book at a local pharmacy. You can find a local pharmacy and their contact details using the NHS website [Find a pharmacy that offers the NHS flu vaccine - NHS - NHS \(www.nhs.uk\)](https://www.nhs.uk) and give them a call to find out how to get the vaccine.

[Click Here for more Information](#)

[Check Eligibility](#)

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## Public Health Film

In this week's video, Clinton Rogers explores the reasons why the flu jab is so important this winter. He talks to Johanna, a parent-carer who gets the flu jab to protect her daughter and hears from Dr Bernie Marsden (Chief Medical Officer at NHS Somerset) about the dangers of flu and the protection the flu jab offers.



[Click Here To Watch](#)

## SASP Somerset Moves Strategy

[SASP](#) would like to say thank you to those who were able to join them at the [Somerset Moves Strategy Launch](#).



**Launch pledge:** *"Do things differently. Have conversations with different people"*

**Strategy pillars:** the pillars listed below will continued to be explored, reviewed and updated as the strategy moves forward.

- Positive experience for children and young people
- Increasing community activity
- Connecting with health and wellbeing
- Developing more active environments
- Supporting and motivating people to move
- Developing leadership, the workforce and partnerships

### Focus Groups

Over the next couple of months, focus groups will be taking place virtually to drive each of the strategy pillars forward. To help us organise these groups and meetings, please let us know which areas of the strategy you would like to be involved in.

>> [Please complete the short form here.](#) <<

### **Active Lives Survey – Upcoming Webinars**

Following on from the launch session, please find 2 upcoming webinars that will detail the key messages for Somerset. Everyone is welcome and please do share with your networks.

**Key messages from the Adult Active Lives Survey for Somerset** – Wednesday 19th October, 2pm – 3pm – [Click here to book.](#)

**Key messages from the Children & Young People Active Lives Survey for Somerset** – Wednesday 26th October, 2pm – 3pm – [Click here to book.](#)

SASP Future Events

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## **Orange Button Scheme Launches at Walk for a Life event**

More than 50 people walked through the streets of Taunton on Saturday to raise awareness of suicide across Somerset. Many of those taking part in Somerset County Council's inaugural 'Walk for a Life' event were walking in memory of loved ones or because of their own experiences.



The groups paused for reflection at Vivary Park's bandstand before laying flowers at a bench donated by Ricky Gervais' Netflix programme 'After Life'.

The walk finished at the Somerset County Cricket Club, where a number of partners were on hand to offer information and advice including [Somerset Foundation Trust](#), [Open Mental Health](#) and [Stepladder](#).

The event also marked the launch of Somerset County Council's new '[Orange Button](#)' [scheme](#): a community-based suicide awareness scheme. People who are having thoughts of suicide, or who are worried about a friend or family member, can now "push the button" when they see someone wearing a distinctive orange badge, and ask them for information and support.

The Orange Button is worn by people in Somerset who have undergone quality assured Mental Health or Suicide Prevention training: whilst they are not able to counsel people, they can help people to find relevant services locally.

**Need help right now** - 24/7 helpline [Mindline](#) phone: [01823 276892](#) or freephone: [0800 138 1692](#) or visit [Open Mental Health](#) to find help and support.

## South Somerset Healthy Living Fayre

South Somerset West Primary Care Network are inviting all children in the area to design an A4 poster on the themes of 'What does it mean to be healthy?' Or 'What would a healthy town/village look like?'



This is to tie in with the **Health and Wellbeing Fayre on Saturday 29 October**. The winning posters will be used for any further health initiatives over the next year and will be displayed on Somerset Public Health's - Healthy Somerset website.

Posters can be entered when attending the **Health and Wellbeing Fayre on Saturday 29 October between 10am - 4pm** at the Henhayes Centre, South Street, Crewkerne Town

Centre.

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## ***Mental Health and Wellbeing in RSHE and PSHE***

### ***3-day course***

The training is suitable for Mental Health and RSHE/PSHE Leads, TAs, ELSAs and Pastoral Care.

#### **Training Goals:**

- To explore the curriculum of mental health and wellbeing in RSHE and PSHE and how it links to a whole school approach
- To gain a toolbox of practices and strategies to help pupils nurture positive mental health, self-esteem, resilience and promote a healthy lifestyle
- To learn creative ways of delivering curriculum to enliven learning and an experience of belonging, connection and wellbeing
- To share and dialogue with colleagues across Somerset
- To have fun!

#### ***Winter 22 - 23***

***Thursday 10<sup>th</sup> November 2022***

***Tuesday 6<sup>th</sup> December 2022***

***Thursday 12<sup>th</sup> January 2023***

***9 am – 4 pm***

***Book your place here***



*"A thoroughly enjoyable course that has an impact on you long after you leave the venue! Thank you to the LIFEbeat Team and also to the professionals from Somerset CC/NHS who delivered quality information on a variety of issues, all very interesting and informative."*

PSHE LIFEbeat Training Participant

There will be no charge made for Somerset teaching staff attending this workshop.

For any enquiries, please contact Ana Pascual on [ana@lifebeat.co.uk](mailto:ana@lifebeat.co.uk) or call us on the LIFEbeat phone 07557 349 005.

*LIFEbeat has 10 years of experience of delivering personal development programmes for young people and adults*  
[www.lifebeat.co.uk](http://www.lifebeat.co.uk)

[Click Here To Book](#)

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## We want to hear from you

Your feedback is valuable to us and we'd like to receive more from you and your communities. Information on issues you are spotting locally will help us to reduce barriers to accessing healthcare. **Use the button below to give us your details and we'll give you a call back.**



[Get in Touch](#)

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## Local Helplines

Mendip District Council call 0300 303 8588

Sedgemoor District Council call 0300 303 7800

South Somerset District Council call 01935 462462

Somerset West and Taunton Council call 0300 304 8000

Somerset County Council call 0300 123 22224

## Helping you to help others

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### Resources and Further Information:

For the latest local information as well as digital resources, posters and flyers please visit: <https://www.somerset.gov.uk/coronavirus/>

For information and resources on staying healthy happy and safe at the time please visit: <https://www.healthysomerset.co.uk/covid-19/>

You have received this Health and Wellbeing newsletter from Somerset County Council as you are currently part of the Health and Wellbeing Advisory Network. If you no longer wish to receive this newsletter, [click here to unsubscribe](#)

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