



October 2020 CCS Agents News:

Autumn is here and the winter flu vaccination programme is in full swing – it's especially important this year to get your flu vaccine if you are eligible for the free treatment, and maybe consider paying for one if you aren't. This year the flu vaccine is being offered on the NHS to:

- adults 65 and over
- people with certain medical conditions (including children in at-risk groups from 6 months of age)
- pregnant women
- people living with someone who's at high risk from coronavirus (on the NHS shielded patient list)
- children aged 2 and 3 on 31 August 2020, children in primary school & year 7 pupils
- frontline health or social care workers

You can have your NHS flu vaccine at:

- your GP surgery or local Hospital
- a local pharmacy offering the service
- your midwifery service if they offer it for pregnant women

Somerset CCG are also looking at one-stop shop type locations where people can get Covid testing, flu vaccinations, Covid vaccinations & anti-body testing.

If you have your flu vaccine at a pharmacy, you do not have to inform a GP. It's up to the pharmacist to do that. Full details are here: <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

We recently did a really informative Talking Café with Dr Joey McHugh, who discussed how Doctors surgeries are preparing for the winter months flu season which you can watch here: <https://www.facebook.com/talkingcafesomerset/videos/711531946241507> and Sandra Corry Director Quality and Nursing Somerset CCG has provided an informative film on Somerset System Flu Plans and Progress on Delivery 2020 which will be aired on the 22nd September on our Talking Café page.

Covid-19 As I write, the rule of 6 has just come into force. CCS and the Village Agent Team are here to help make sense and support everyone as information changes at a rapid pace. We are continuing to look at ways to meet face to face as soon as is safely possible, but in the meantime you can find us on Facebook here: www.facebook.com/talkingcafesomerset/live. We air at 11am every weekday, but you can watch anytime on catch up.

We have covered a huge variety of subjects in our Talking Cafes - here are a few links to some excellent discussions that you can watch on replay and still participate if you have questions:





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RECYCLING Mendip Agent Bella is joined by the Somerset Waste Partnership team to explore changes to recycling in Somerset that starts with Mendip in October:

<https://www.facebook.com/talkingcafesomerset/videos/604439013772381>

HYDRATION Tracey Bland looks in depth at the importance of good hydration – and why it's so important, especially for mental health, reducing hospital admissions and how you can remember to stay hydrated:

<https://www.facebook.com/talkingcafesomerset/videos/704158900371648>

MICRO-PROVIDERS South Somerset Agent Lucy Tobias meets with Rhys Davies looking at the Somerset Microprovider network – what are micro-providers and how can they help you?

<https://www.facebook.com/talkingcafesomerset/videos/3216478805105552>

ENERGY BILLS Kizzy one of our Mendip Agents looks at saving money on your energy bills with the Centre for Sustainable Energy, including grants, fuel debt and the surviving winter funding:

<https://www.facebook.com/watch/?v=797206221123469&extid=g2AE0L9D0PcPUBQw>

LIBRARIES Agent Jane Lillis has Somerset Library Service as her special guest;

<https://www.facebook.com/talkingcafesomerset/videos/3314702148647794>

HEALTHY EATING made easy with West Somerset Agent Izzy Silvester

<https://www.facebook.com/talkingcafesomerset/videos/608394423378720>

DOMESTIC ABUSE Linda tackles the tough issue of Domestic Abuse in this Talking café, looking at the many forms of abuse that are sadly experienced by many

<https://www.facebook.com/talkingcafesomerset/videos/2755087388053791>

SEATED EXERCISES with Cath Holloway – exciting ways to exercise at home!

<https://www.facebook.com/talkingcafesomerset/videos/267231941273048>

COOKING ON A BUDGET – with Wendy Rudd and Rev Jess – quick, nutritious and budget friendly meals – 4 meals prepared in 40 minutes!

<https://www.facebook.com/talkingcafesomerset/videos/952818938519974>

You can also keep up to date with all the news from CCS and Somerset Carers here:

<https://issuu.com/communitycouncilforsomerset>



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CCS Village, Community & Carers Agents are in your communities across Somerset. They help to bridge the gap between isolated, excluded, vulnerable and lonely individuals and statutory and/or voluntary organisations which offer specific solutions to identified needs. We can offer advice and support to find local groups and activities available in your community and help you with any queries you may have or situations that you need advice and support with. Please visit

www.ccslovesomerset.org.uk and www.somersetcarers.org or call me to find out who can advise you.



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