



somerset village & community agents

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somerset carers

Easter! A time for short spring breaks, chocolate and hot cross buns! This is easily my favourite time of year as the sun begins to warm your back and the countryside becomes a little more accessible again as the mud dries out. The A303 will be packed with holiday makers rushing down to the coast and our National Trust properties will be full of Easter egg hunts and special events.

It is important to notice the seasons as life can be such a rush or can become very monotonous unless we take the time to mark special days and times – and this doesn't have to mean spending lots of money! Here's a few suggestions to get you out and about this April:

- Take a trip to church to take time to wonder at the beauty of the building and share in joint worship. If you find it hard to get there alone, call the church numbers listed in your parish magazine to ask for support.
- Spring Fairs are often free or low cost, such as Mells Daffodil Festival.
- Frome and Shepton Mallet are doing a Window Wanderland where residents have created Art in their windows for people to discover – is something similar going on near you?
- Try a health walk to lift your spirits with good company. Ask at your local surgery or try <https://www.southsomerset.gov.uk/media/2861/step-out-and-join-our-health-walks-181219.pdf> There are many across Somerset varied to suit to your ability to walk. Don't forget it is possible to hire wheelchairs, some places have vehicles you can borrow at the property. <https://www.accessiblecountryside.org.uk/somerset>.
- Take a walk across the footpaths that cross National Trust properties so you can soak up the beautiful landscapes without paying to enter.
- Join the community transport scheme if you are not able to drive to get out and about: <https://www.travelsomerset.co.uk/community-transport-services/>
- Look online for children's events. Facebook has some excellent pages such as What's' On Somerset, Things to do with Kids in Somerset and Mendip Rocks.
- Activity Village has lots of Easter Crafts to print and the Short Breaks scheme is available if you have a child with a disability. <https://choices.somerset.gov.uk/025/social-care/childrens-short-breaks/>
- BBC Radio Somerset or the Somerset Live website has up to date event information.
- There are often local Easter markets or Bingos that you can visit to get the feeling of celebrating Spring, look in your parish magazine or website.
- Join your local village coffee morning or one of our Talking Café's. www.somersetagents.org/talking-cafes/
- If you are home alone and find it hard to access the outside world, give your local CCS Village Agent a call and we will work on solutions to support you in getting out and about, perhaps finding a volunteer to support you to get to a local event or to regular social groups and lunches. Find your local agent at www.somersetagents.org/find-an-agent/



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I support unpaid carers in South East Somerset to connect them with community resources, support groups and personal support around benefits and allowances. We also have a team of Community Agents and Village Agents 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. Please visit www.ccslovesomerset.org.uk and www.somsetcarers.org or call me to find out who can advise you.



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