



somerset village & community agents
part of CCS

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somerset carers
part of CCS

August 2020

CCS Agents News:

Talking Café Live on Facebook:

Have you caught any of our sessions we stream live daily on Facebook? If not you can catch up on any of the Talking Café Lives here:

www.facebook.com/talkingcafesomerset/live.

A Village, Carers or Community Agent from CCS are LIVE weekdays at 11am to answer any questions or concerns you have – you can also ask privately via a message to the page. Each day Agents cover a different topic, and they have been so varied and interesting - below are just a few:

- Cooking on a Budget, where Rev. Jess whipped up 5 dishes for less than £10!
- Art Therapy ● Family Activities and things to do on a budget ● Library Service updates
- Hydration and UTI Advice ● Hospital Discharge Support ● Domestic Abuse ● Exercise to do from home and for people with reduced mobility ● Mental Health

All the Talking Cafes we have hosted on Facebook so far have had a combined total of 65,000 views!

Focus on Domestic Abuse awareness

Domestic abuse can happen to anyone, of any age. We are seeing a particular rise in cases of abuse being reported by people over 71 years and with one in four women and one in six men experiencing some form of abuse in their lifetime the chances are we all know somebody who is experiencing domestic abuse behind closed doors.

It happens in all types of relationships, regardless of race, ethnic or religious group, class, disability, sexuality, lifestyle or nationality.

Tensions can escalate due to restrictions on socialising and 'normal life', but they are never an excuse for violence, manipulation, coercion and controlling a partner or family member. Even if you are self-isolating, government guidance allows you to leave your home to flee an abuser or seek help. It's rarely a one-off occurrence, but usually a pattern of abusive and controlling behaviour.

The Government define domestic abuse as:

“Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality.”

Types of domestic abuse

Domestic abuse can take many forms such as psychological, physical, sexual, economical and emotional.



Somerset Village Agents
Funded & in Partnership with:



COMMUNITY FUND

NHS Somerset
Clinical Commissioning Group

Somerset West and Taunton

Hastoe Group





somerset **village** &
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Controlling behaviour is: a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

Coercive behaviour is: an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.”

Getting help if you are being abused

- Online at <http://www.somersetsurvivors.org.uk>
- Call the local helpline: **0800 69 49 999**
- In an emergency always **dial 999**, even if you cannot speak for fear of being overheard, you can get help by **pressing 55** when the operator answers
- Talk to any health professional or your local Village Agent – we can help!
- Somerset pharmacies allow their consulting rooms to be a safe place for people experiencing abuse to get help and advice

TOP TIPS TO AVOID SOCIAL MEDIA SCAMS

We have all been online and on social media more since lockdown began, and it's important to stay vigilant of new scams circulating. Get Safe Online safety experts have put together some simple tips to help you avoid becoming a victim of social media scams. www.getsafeonline.org

If you become a victim of a social media scam:

- Report it to the social media network via the reporting mechanism on the site or app.
- If you have lost money as a result of social media scams or via any other fraudulent activity, report it to Action Fraud, the UK's national fraud reporting centre by calling 0300 123 20 40 or by visiting www.actionfraud.police.uk.



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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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