



somerset **village** &
community agents
part of CCS

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CCS Agents Parish News:

Many people have missed going to their local Talking Café run by CCS Agents – there were 21 venues at the last count before lockdown! We are delighted to be back with our Talking Cafes – virtually anyway – streaming live weekdays at 11am on our Facebook channel – www.facebook.com/talkingcafesomerset/live. You can catch up on previous sessions or join in on the lives each day, asking any questions you have in the comments and interacting with us agents again! We'd love to 'see' you there online and help in any way we can – don't forget the question you ask and have answered during the live session may help many other people in the same boat who are watching!

Loneliness: We all feel lonely from time to time. Feelings of loneliness are personal, so everyone's experience of loneliness will be different. One common description of loneliness is the feeling we get when our need for rewarding social contact and relationships is not met. But loneliness is not always the same as being alone. You may choose to be alone and live happily without much contact with other people, while others may find this a lonely experience. Or you may have lots of social contact, or be in a relationship or part of a family, and still feel lonely – especially if you don't feel understood or cared for by the people around you (see our information on the causes of loneliness <https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-loneliness/#WhatCausesLoneliness>). Lockdown has amplified this for many people, as groups and regular social activities have ceased, but there is always support and help at hand. We can arrange regular Talk & Support calls for you for free, just to have someone to chat to, arrange befriending services and link you to Good Neighbours schemes where they are set up – our Agents are very skilled in helping people overcome loneliness and reduce isolation.

Care during Hot Weather Warm weather is something many people look forward to every year, but it's worth remembering that sunny spells can pose health risks for some people. Before the hot weather arrives, it is a really good time to think about what you can do to protect yourself and your family and friends from heat. For some people, such as older people, those with underlying health conditions and those with young children, the summer heat can bring real



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health risks. That's why we're urging everyone to keep an eye on those you know who may be at risk this summer. If you're able, ask if your friends, family or neighbours need any support.

The top ways for staying safe when the heat arrives are to:

- Hydration is crucial: Drink plenty of fluids and avoid excess alcohol. Make sure you keep water with you at all times, especially if you are out and about
- Close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors
- Try to keep out of the sun between 11am to 3pm
- Walk in the shade, apply sunscreen and wear a hat
- Wear light, loose fitting cotton clothes
- If you feel unwell, seek medical help by calling 111.

Out on Bikes: During lockdown, many people have taken the opportunity to get their family out on the bikes to enjoy the quiet sunny lanes. It's a timely reminder not just for cyclists to be car aware, but for drivers to 'Think Bike' and really slow down on country lanes. This time of year navigating windy, narrow lanes, your view may be obstructed overgrown hedgerows. Avon and Somerset Police have excellent advice for cyclists here, from being safe on the road, to keeping your bike safe : <https://www.avonandsomerset.police.uk/crime-prevention-advice/staying-safe-on-the-road/staying-safe-on-your-bike/>. RoSPA provides further advice for motorcyclists on their website here: <http://orlo.uk/TQLKZ>



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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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