



## September 2020 CCS Agents News:

### Face Coverings:

We are all getting to grips with remembering our face coverings when we go out and thought it might be useful to refresh people on where you must wear face coverings. Face coverings are now compulsory in a range of public places including: shops, shopping centres, retail spaces and supermarkets, public transport, indoor transport hubs, banks, building societies, and post offices. The government has full details here: <https://tinyurl.com/y7pd957e>

There are some people who are exempt from wearing face coverings including (but is not limited to):

- young children under the age of 11 (Public Health England do not recommended face coverings for children under the age of 3 for health and safety reasons)
- not being able to put on, wear or remove a face covering because of a physical or mental illness or impairment, or disability
- if putting on, wearing or removing a face covering will cause you severe distress
- if you are travelling with or providing assistance to someone who relies on lip reading to communicate
- to avoid harm or injury, or the risk of harm or injury, to yourself or others
- to avoid injury, or to escape a risk of harm, and you do not have a face covering with you
- to eat or drink if reasonably necessary
- in order to take medication
- if a police officer or other official requests you remove your face covering

There are also scenarios when you are permitted to remove a face covering when asked

- if asked to do so in a bank, building society, or post office for identification
- if asked to do so by shop staff or relevant employees for identification, the purpose of assessing health recommendations, such as a pharmacist, or for age identification purposes including when buying age restricted products such as alcohol
- if speaking with people who rely on lip reading, facial expressions and clear sound. Some may ask you, either verbally or in writing, to remove a covering to help with communication

If you fancy making one there are 4 great free patterns available on this website: <https://www.sewcanshe.com/blog/5-free-diy-face-mask-tutorials-using-fabric>

**Staying Connected:** The pandemic has forced many of us to be creative in the way we stay connected with one another.

Carers in particular may have found themselves more isolated and struggling as their usual support groups have stopped running. You can find connections with other people online, & you might be able to find a little respite in non traditional ways, such as joining facebook groups or





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somerset  
**carers**

online forums. This months Carers Newsletter found here: <https://tinyurl.com/y3tkkql3> and has lots of ideas of groups you could join – whether you are a carer or not! You may find a new way of virtually meeting people with shared hobbies and interests. Here's a few ideas to set yourself a little time aside for you:

- The Virtual Village Hall is a programme of themed online activities designed to enjoy at home by the Royal Voluntary Service. Lots of online activities can be found here: <https://www.royalvoluntaryservice.org.uk/virtual-village-hall/>
- Home Pamper Session [www.wikihow.com/Pamper-Yourself-at-Home](http://www.wikihow.com/Pamper-Yourself-at-Home)
- Online Book Clubs - Good Housekeeping recommends: <https://tinyurl.com/y5288tn5>
- Take a mindful moment in nature: Simply sit and enjoy being outdoors, use it as mindful relaxation time, listening to the birds & being in nature. Mind.org.uk has tips here: <https://tinyurl.com/y2k26uq3>
- SEED – Creative Lives under Lockdown [www.seedsedgemoor.com/creative-lives-under-lockdown/](http://www.seedsedgemoor.com/creative-lives-under-lockdown/)
- Reading or Listening: Set yourself up in a comfortable space, with nourishing snacks, a cuppa, plenty of water & a good book or Audible book

## Hydration

Good hydration can assist in preventing or treating ailments such as: Urinary infections and incontinence; Memory or thinking problems; Constipation; Dizziness leading to falls; Reduces hospital admissions.

It can be tough to remember to drink enough so here's a few tips

- Make it social! Take time out to have a cup of tea
- Make sure drinks are available at mealtimes
- Set reminders on your phone to drink every hour
- 1.5 litres a day is what we each should be drinking - make a jug of water of that amount and keep in fridge - make sure it is gone by the end of the day! Add mint or cucumber in for added refreshment!

CCS Village Agents can now supply you with your very own water bottle for free to help keep you hydrated! There is even a handy guide on the side to help remind you to drink throughout the day!

Caroline Harding, CCS Agent Manager, explain how here: <https://youtu.be/DELeIGPEBvk>  
Call 01823 331 222 or contact your local Agent to get one!



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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](http://www.ccslovesomerset.org.uk) and [www.somersetcarers.org](http://www.somersetcarers.org) or call me to find out who can advise you.



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