



Community Council for Somerset (CCS), Viney Court, Viney Street, Taunton, TA1 3FB

Tel: 01823 331 222

Web: www.somersetagents.org

Email: info@somersettrcc.org.uk

August Village Agent News

Summer is in full swing! And we are delighted to share with you a new project 'GET OUTSIDE IN SOMERSET'!

Being outside brings huge benefits for our physical and mental health, but for a large majority of people, the Covid-19 pandemic has created many barriers to getting outside, and this has amplified feelings of loneliness and isolation.

That's why we're working with organisations from across the county to support people in Somerset to get outside and move in more ways that suit them.

There is a new website covering a wide variety of activities, events and challenges, as well as information on a wide range of topics across health and wellbeing, the website will be regularly updated with new activities to inspire the Somerset community.

From yoga in the park, fishing, and geocaching, to cycling, climbing, and forest bathing, there is something for everyone. For more information, please visit <https://getoutsideinsomerset.co.uk/> and use the really easy search function to discover something near you! If you would struggle to take part, but want to, let us know and we can help find a solution!

If you are involved in any outdoor activities you would like listing on the website, get in touch with the Get Outside team! We are also looking for passionate people to support the project and inspire the community to get outside to improve their physical and mental health – so share your passion with Somerset and become a Get Outside Ambassador!

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 – there is more on this here:

[https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-
loneliness/#WhatCausesLoneliness](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 stopped running temporarily, but hopefully now they are slowly reopening, and there is always support and help at hand

from us Village Agents – we have reopened many of our face-to-face Talking Cafes, as well as our Facebook live sessions – so book an appointment for a chat - www.somersetagents.org/talking-cafes/

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. Also, check out the many groups that meet on the Get Outside website – you might discover a new hobby and new friends!

As ever, Village Agents can be contacted by calling 01823 331 222 or visit the website to find your local Agent, or request a call back: www.somersetagents.org