

**Newsletter to SWT Councillors and Parish Councils**

**Issue 123 Weeks ending 02/10/2022**

**SWT Council’s priority strategic themes and outcomes**

Somerset West and Taunton Council’s four strategic themes are as follows:

* Our Environment and Economy
* A Transparent and Customer Focused Council
* Homes and Communities
* An Enterprising Council

[Click here](https://www.somersetwestandtaunton.gov.uk/your-council/corporate-strategy/) to view SWT’s expected outcomes.

**Key Messages this week**

1. **New Green Directory Launched**

If you want to find local businesses and services in SWT to make your eco retrofit dream a reality, then help is at hand, thanks to a new online Green Directory.

The one-stop-shop will help residents from across the district quickly find local businesses including architects, construction companies, insulation and renewable energy installers.

The Green Directory can be found at [retrofitsomerset.info/](https://retrofitsomerset.info/)

There’s information on energy efficiency and low carbon retrofits through the [Retrofit Resources](https://retrofitsomerset.info/retrofit-resources/) section on the site.

Please [click here](https://www.somersetwestandtaunton.gov.uk/news/new-green-directory-launched/) to read the full press release.

1. **Democracy and Governance**

**Committee Meetings**

You can search by Committee or by the monthly calendar for details of all SWT [Committee meetings](https://www.somersetwestandtaunton.gov.uk/your-council/council-meetings/). Here you can find the agendas and minutes of all meetings, as well as which Councillors sit on each Committee.

* **SCC Extraordinary Meeting – Wednesday 5 October,** at 10.00am in the Hollinsworth Hall, The Canalside Conference Centre, Marsh Lane, Huntworth, Somerset TA6 6LQ. (Community Governance Review of Taunton). The agenda and report packs are available to view on the [website](http://democracy.somerset.gov.uk/ieListDocuments.aspx?CId=137&MId=1747).
* **SWT Corporate Scrutiny Committee – Wednesday 5 October,** in the JMR at 6.15pm. Deadline for public questions or statements is 4pm on Monday 3 October 2022. The agenda and report packs are available to view on the [website](https://democracy.somersetwestandtaunton.gov.uk/ieListDocuments.aspx?CId=454&MId=3069).
* **SWT Planning Committee – Thursday 13 October,** in the JMR at 1.00pm. Deadline for public questions or statements is 4pm on Tuesday 11 October 2022.
* **SWT Executive Committee – Wednesday 19 October,** in the JMR at 6.15pm. Deadline for public questions or statements is 4pm on Monday 17 October 2022.

Meetings will still all be live streamed so that members of the public can watch at home. To watch the live stream when the meeting commences, please visit the SWT website by [clicking here](https://democracy.somersetwestandtaunton.gov.uk/mgCalendarMonthView.aspx). If you are not able to watch the meeting live, you can also watch it after the meeting.

Please see the dateslisted above re deadlines for submitting questions or statements. Information on speaking at public meetings is available on the SWT [website](https://www.somersetwestandtaunton.gov.uk/your-council/speaking-at-a-council-meeting/).

1. **Free Trees 2022**

SWT is delighted to be offering Parish, Town Councils and community groups free trees for National Tree Planting Week, 26 November to 4 December 2022.

We are offering you the opportunity to order trees, stakes, ties, and guards to the value of £100.00 per organisation, free of charge.

You can choose bare root trees available in several varieties and these will be ready for collection only from our local nursery situated at Taunton Deane Nurseries, Stoke Road, Stoke St Mary, Taunton, TA3 5DG, week commencing 21 November 2022.

**The closing date for requests will be Thursday, 20 October 2022 at 6pm.**

Please [click here](https://www.somersetwestandtaunton.gov.uk/climate-emergency/free-trees/) to find out more information.

1. **SWT pantry team shortlisted in local radio awards**

SWT’s team of community volunteers at [Rowbarton Local Pantry (RLP)](https://www.facebook.com/The-Local-Pantry-Rowbarton-111418071028326/" \o "Rowbarton Local Pantry) has been shortlisted in BBC Radio Somerset’s ‘Make A Difference’ awards for 2022.

The ‘Make A Difference’ awards are held annually by BBC Radio stations across England in recognition of local heroes making a difference to lives within their communities.

SWT’s RLP team has been nominated for the awards’ ‘Environmental Category’ for their contribution towards the environment.

Based at Rowbarton Methodist Church in Taunton, RLP was the first of its kind to be piloted by SWT with the aim of mitigating food insecurity whilst reducing food waste and associated CO2 emissions.

The volunteer team work in partnership with national food charity [FareShare South West](https://faresharesouthwest.org.uk/" \o "FareShare South West), local retailers and allotment groups to salvage huge volumes of good surplus food, which is distributed locally to around 40 low-income households. .

Please [click here](https://www.somersetwestandtaunton.gov.uk/news/swt-pantry-team-shortlisted-in-local-radio-awards/) to read the full press release.

1. **SWT Housing Newsletter Autumn 2022**

SWT Housing has produced the latest tenants’ newsletter which is due to hit doormats soon. Approximately 6000 publications are being printed and will be distributed to all SWT tenants and leaseholders signposting readers to help and support. There has been a particular emphasis on the cost-of-living crisis and how tenants can access available services.

Please [click here](https://www.somersetwestandtaunton.gov.uk/media/3523/swt-housing-newsletter-autumn-2022.pdf) to read the latest newsletter on the website.

1. **Reminder - Royal Mail – Further Industrial Action planned**

SWT has been made aware that Royal Mail is taking further strike action on Friday 30 September and Saturday 1 October.

What this means for SWT and our customers:

* Incoming mail – there will be no deliveries during these dates.
* Outgoing mail – there will be no collections during these dates.  The local Sorting Office will be closed.  We are unable to dispatch our business mail via a Royal Mail post box.  Therefore, **outgoing mail will be delayed**.
* Significant disruption should be expected, even once strike action has finished.

The advice from Royal Mail is to post your items as early as possible in advance of the strike dates.  For more information regarding the Industrial Action please visit [Royal Mail strike updates | Royal Mail Group Ltd](https://www.royalmail.com/latest-news).

1. **Somerset Waste Partnership Services (SWP)**

**Tracker stats kick off Recycling Week**

**Somerset’s recyclers saved more than 130,000 tonnes of carbon last year, the latest Somerset Recycling Tracker shows.**

**The release of the 2021-22 tracker marks the start of the first Somerset Waste Partnership (SWP) Somerset Recycling Week.**

**The tracker, pioneered by SWP in 2008, shows what happens to every** tonne of household waste - where it goes, the companies involved and its likely use as new packaging and products.

The most recent figures chart continued progress, boosted by Somerset residents embracing the expanded Recycle More kerbside collections.

Overall, Somerset recycled and reused 149,980 tonnes, pushing its recycling rate up from 52.4% to 56.2%, the highest it has ever been.

That equates to saving 133,000 tonnes of carbon saved – the same as taking 51,409 cars off the road for a year – and is up 10,000 tonnes on the previous year’s figures.

Tonnages of plastics have soared to 5,771, up from 4,359, thanks in large part to the inclusion of plastic pots, tubs and trays in Recycle More kerbside collections.

An impressive 97.2% of material stayed in the UK to be turned into new products and packaging, including 99.4% of plastics.

These impressive figures are down to the excellent kerbside sorting by Somerset’s residents. The more materials are correctly sorted into the right container, the less contaminated our recycling is and the easier it is to get recycled closer to home.

The full Somerset Recycling Tracker can be found on the SWP [website](https://www.somersetwaste.gov.uk/recycling-tracker/).

Throughout Somerset Recycling Week you can find information, tips and guidance on how to up your recycling. Check somersetwaste.gov.uk website and follow @somersetwaste on Facebook.

**Recycle sites on winter hours from 1 October**

All of Somerset’s 16 recycling sites will go over to their winter opening hours from Saturday 1 October.

This means that on their open days, sites are open 9am to 5pm. Weekend opening remains 9am to 4pm.

For more information about your local site, including opening schedules, details of charged materials, and van and trailer permits, click on recycling centres at [somersetwaste.gov.uk.](https://www.somersetwaste.gov.uk)

**New Somerset Council**

**Latest news**

**Local Community Network (LCN) Consultation**

Local Community Networks (LCNs) will be part of the new Somerset Unitary Council, with formal power as ‘Committees of the council’, that listen to and are influenced by local communities.

LCNs bring Somerset Unitary Councillors and Officers together with key partners such as Town, City and Parish Councils, Health, Police, the Voluntary Sector and local groups,

The consultation on LCN boundaries went live on the 5 of September and will run for 6 weeks **(17 October).** In-person and online engagement events are taking place across the county.

* Friday 7 October – 10am-4pm, Sedgemoor District Council, Bridgwater House, King Square, Bridgwater TA6 3AR
* **Monday 10 October – 10am-4pm, West Somerset House, Killick Way, Williton, Somerset, TA4 4QA**
* **Tuesday 11 October, 1pm-2pm – ONLINE: For City, Town and Parish Councils.** Email the [LCN@somerset.gov.uk](mailto:LCN@somerset.gov.uk) for a Teams invitation.
* **Thursday 13 October, 7pm-8pm - ONLINE: For City, Town and Parish Councils.** Email the [LCN@somerset.gov.uk](mailto:LCN@somerset.gov.uk) for a Teams invitation.

The team will be consulting key stakeholders and the staff at all five councils, throughout the six-week period too.

The public consultation is about gathering views from the public and key stakeholders about how LCNs should develop and work in practice. It will explore how many LCNs the new Somerset Council will have, the role they will undertake and their name; exploring whether Local Community Networks is the right title for this Committee.

You can find out more information about the consultation [here](https://newsomersetcouncil.org.uk/consultation-faqs/).

**City, Town and Parish Conference – Tuesday 4 October 2022**

The Local Community Network (LCN) Project Team are inviting Parish Clerks and Chairs to join them at the City, Town and Parish Conference on **Tuesday 4 October at Westlands in Yeovil.**

It promises to be a day packed with inspiration, information and opportunities to inform the way we work together over the coming months.

The Eventbrite link is now closed, but if parishes have yet to register their attendance, please email the team on [LCN@somerset.gov.uk](mailto:LCN@somerset.gov.uk). This is essential for catering and resource requirements.

**City, Town and Parish Council Working Group – You are welcome to attend!**

Did you know that the LCN Team hold fortnightly catchups exclusively for Clerks and Chairs from across Somerset?

Meetings take place every other Wednesday on MS Teams at 10.30am until 11am.

Each session features an update on the Local Government Reorganisation (LGR) Programme, plus there’s news about Local Community Networks (LCNs), occasional guest speakers, and a question-and-answer session.

LGR Programme Director, Alyn Jones, attends the Working Group, alongside colleagues from the LCN workstream.

Register today, and the LCN Team will send you the Teams invitation.

Simply drop an email to [LCN@somerset.gov.uk](mailto:LCN@somerset.gov.uk) with your name and contact details, placing *‘C,T&PC Working Group’*in the subject title.

The team understand the timing won’t suit everyone all of the time, so they will distribute the meeting minutes to you, once you are signed-up.

**The next C, T&PC Working Group is scheduled for 12 October 2022.**

**Partner Engagement – Key messages from other Public Service Areas**

**Somerset County Council (SCC)**

**SCC Highways**

**Work starts on vital A39 active travel corridor in West Somerset**

Work commenced this week on a major piece of infrastructure for cyclists and pedestrians travelling between Dunster and Minehead.

SCC’s Highways Team is improving and widening an existing cycleway and footway running along the A39 between the two towns to ensure residents and visitors can travel safely by bike or foot.

The £1 million scheme, collaboratively funded through internal partners including SCC Highways, Public Health and Transport Policy, includes connecting to new cycling and walking infrastructure linking the Marsh Lane development at Dunster Marsh with the A39 pathway, which will link in turn with West Somerset College, creating a safe route to school.

Work continues into early 2023 and temporary 40-mph limit and traffic lights are now in place on the A39 for the duration of the project to ensure the safety of the workforce and public. The lights will be operated manually during peak hours to minimise disruption. Access will be maintained for cyclists and pedestrians while work is ongoing.

Please [click here](https://somersetnewsroom.com/2022/09/29/work-starts-on-vital-a39-active-travel-corridor-in-west-somerset/) to read the full press release.

**Resurfacing and drainage work for busy A38 Wellington Road**

SCC is carrying out significant repairs to one of Taunton’s major thoroughfares next month.

The Council’s Highways Team has identified the need for resurfacing and drainage works on the A38 Wellington Road, including Compass Hill. There will be two programmes of work – first from 4 October to 7 October, the team will be carrying out drainage work under temporary lights around the Wellington Road and Castle Street junction on a section of road that regularly floods in the winter months.

This will be followed by resurfacing of sections of the A38 in this area between 24 October and 5 November which will require evening closures, 6.30-11.30pm during the week. Access will be maintained for residents and businesses throughout. A diversion route will be in place during these hours.

Please [click here](https://somersetnewsroom.com/2022/09/23/resurfacing-and-drainage-work-for-tauntons-busy-a38-wellington-road/) to read the full press release.

The planned works scheduled by SCC in the SWT area for this week are: -

**3 October**

* **Trenchard Way, Taunton** - Construction of access to the new development, carriageway and footway improvements and other associated works.
* **Meadows Way, Milverton** - Removal of dead and dangerous Ash trees with ash dieback,
* **Exford Road, Winsford** – Form new gully and install/connect to existing drainage,
* **Wellington Road, Taunton** – CW Resurfacing with lane closure and 3 lights,
* Castle Street Taunton – Multi-way signals for preparatory resurfacing works
* **Holloway Road, Othery** – Patching,
* **Porlock Hill, Porlock** - Replacement of signpost “F”.

**5 October**

* **North Street, High Street, Fore Street and South Street, Wellington –** Traffic Management only.

**9 October**

* **Calway Road and South Road, Taunton** – Vegetation cut back/tree pruning to provide adequate visibility to the traffic signal heads and remove obstructions to the overhead detectors.

**Safety Defects:**

This week SCC only have 229 reported defects across the county which is very low and there are only 56 in the SWT Area – this allows the gangs to work on the Winter preparedness proactively. This week the contractor’s gangs have repaired 62 safety defects (25 in Taunton and 37 in West Somerset).

Reported defects are still low recently which has enabled the gangs to push the planned works forward, however, if you spot any issues on the roads this week please don’t hesitate to report it to SCC on [www.somerset.gov.uk/roads-and-transport/report-a-problem-on-the-road/.](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.somerset.gov.uk%2Froads-and-transport%2Freport-a-problem-on-the-road%2F&data=05%7C01%7CKBridgwater%40somerset.gov.uk%7Cd61da1cdb9a44cb9588d08da7c419bec%7Cb524f606f77a4aa28da2fe70343b0cce%7C0%7C0%7C637958918474690610%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ZwOZVJjRrldn9GajUWJR5Po7rSJKXpEnNDks1voefYw%3D&reserved=0)or call **0300 123 2224.**

For information on highway maintenance works and to stay up to date visit [www.travelsomerset.co.uk](http://www.travelsomerset.co.uk) or follow [@TravelSomerset](https://twitter.com/search?q=%40TravelSomerset&src=recent_search_click) on Twitter.

**Reporting a problem on the road**

Alerting SCC to potholes or a host of other problems on the road is now easier and quicker – and you can track its progress after you’ve reported it.

Gone is the need to make phone calls or send emails - thanks to a new upgraded online system with an improved interactive map, members of the public can report a problem 24/7 and the Highways team will get on the case. From potholes, blocked drains and broken manhole covers, to overgrown vegetation, damaged pavements or cycle paths, faulty traffic lights or missing markings - they can all be reported in just minutes from a smartphone, tablet or computer.

The full range and how to report is available here  [www.somerset.gov.uk/roads-and-transport/report-a-problem-on-the-road/.](http://www.somerset.gov.uk/roads-and-transport/report-a-problem-on-the-road/)

The new development means that if you’re reporting a fault, you can now track its progress. If it’s safe to pull over, all you need to do is take a quick picture of the fault, then visit the Report It site on your phone, answer a few simple questions and upload your picture. You’ll be sent a link which enables you to track its progress.

Please [click here](https://somersetnewsroom.com/2021/12/13/reporting-a-problem-on-the-road-is-now-a-hole-lot-easier/) to read the full press release.

**Temporary Road Closure**

**[South Street, Taunton - ttro750603TD](C:\\Users\\smu\\Downloads\\03-notice-2_129490085_3481377_76600b8797.pdf)**

Somerset County Council in exercise of its powers under Section 14 (1) of the Road Traffic Regulation Act 1984 as amended, have made an Order prohibiting all traffic from proceeding along;

**South Street - from the junction with Alma Street, north westwards for a distance of 100 metres.**

This Order will enable Wessex Water to carry out new connection works. The works are expected to commence **on 3 October 2022 and last until 7 October 2022** between the hours of 12.00am - 11:59pm for a total of 5 days.

Please visit <https://one.network/?tm=129490085> for further information on the alternative route.

The contractor has indicated that access for Emergency Services through the site **is not permitted** on this occasion

**Great Western Railway (GWR)**

**Updates on Industrial Action**

Trades unions have announced industrial action at a number of train companies, including GWR and Network Rail, on **Saturday 1, Wednesday 5, Thursday 6, Friday 7, and Saturday 8 October.**

On these days train services will be severely disrupted and some parts of the GWR network will have no train service at all. Train services on the days following the industrial action will also be disrupted.

On strike days an extremely limited service will operate between 7:30am and 6:30pm the first trains will start later, and the last trains will leave much earlier.

Passengers are advised to find alternative ways to travel on these days. Only travel by train if necessary. The majority of train services will not operate and there will be no services on many routes. Other train operators are also affected by this industrial action which could impact onward journeys.

Please [click here](https://www.gwr.com/strike) to read the full press release.

**Exmoor National Park Authority (ENPA)**

**Exmoor Archaeology Forum – 15 October**

The 20th Exmoor Archaeology Forum is now open for booking on-line. 'Reclaiming Exmoor, insights into a bold 19th century endeavour' will be held at Brushford Parish Hall on 15 October 2022 10.30am - 4.30pm. £20 with buffet lunch. Prior booking is essential.

Please [click here](http://events.r20.constantcontact.com/register/event?llr=vjzs4adab&oeidk=a07ejby6imk5d221277) to find out more information and registration.

**Devon and Somerset Fire and Rescue (DSFRS)**

**Minehead Fire Station – Recruitment Open Day**

Minehead Fire Station will be holding an open day on **Saturday 1 October, 10.00am-4.00pm.**

During the day, there will be the opportunity to:

* find out more about becoming an on-call firefighter
* try out some of the equipment used in practical assessments

The crew will be there to answer any questions about what it's like to be an on-call firefighter.

**Maritime and Coastguard Agency**

**World Maritime Day – September 29**

On World Maritime Day, the UK Government has reiterated its drive to be a world leader in creating cleaner, greener shipping.

The UK’s Maritime 2050 strategy and the Clean Maritime Plan are at the forefront of all the work currently being carried out by the Maritime and Coastguard Agency.

This year’s theme for the International Maritime Organization’s World Maritime Day - “New Technologies for Greener Shipping,” is focussed on the need to find alternatives for shipping.

And the UK continues its drive to be a world leader in this work, with the MCA looking at methods of alternative fuels decarbonisation and reducing greenhouse gas emissions from shipping.

It remains committed to this work and expects all UK vessels to be making the most use of energy efficient options by 2025.

Please [click here](https://maritimecoastguard.blogspot.com/2022/09/uk-government-renews-its-commitment-to.html?fbclid=IwAR2qLauMyWikYkFd8hE_Bq8sxlugwGlDvzbTSt7CggBcbiUcuCJmtvq9gfU) to read the full press release.

**Community Support – What help is out there?**

**Voluntary and Community Sector Support**

**Somerset Community Foundation (SCF)**

**Wessex Water Foundation Community Fund**

SCF is proud to be working alongside [Wessex Water](https://www.facebook.com/wessexwater/?__cft__%5b0%5d=AZWWhLbqjfyKMABm9mVa1jIZ3wpbZ2Ig4OGsZHk-vjh9RIpNMOeUfb8wl3XX9TQIooMW2UwdJIAWvrgj6JJdD3Psyjz8fHj8kfzGbKuCdSa65EVKH8HPbdpgJMnhoefWxHIJH-LPl3W0XHsJNhIDGCo4_faofdiFoDTPQIszre3eCb869NyeWzDr1XJsVmdn09M&__tn__=kK-R) Foundation to help deliver the Community Fund.

This fund aims to support community-based activities or projects that meet a local need and seek to improve the lives of local people who are most in need of support.

Grants are available up to £3,000 for a project/activity covering a period of up to 12 months. **The closing date for applications is 24 October 2022.**

Please [click here](http://www.somersetcf.org.uk/wessex-water?fbclid=IwAR2GZFsU_YFWs_XVyHuEsmuAWQyNFh3_F8aFExTiWeXFHEwB3DCWTkBiVzQ) to read the full press release.

**Community Council for Somerset (CCS)**

**Re-home your old mobile phone**

The Village Agents are still collecting old, unused, but working mobile phones!

Could you REHOME your old phone? They are still looking for donations!

By donating an unused phone, you can help reduce loneliness and isolation for people in West Somerset, as well as help in their everyday lives such as doing their shopping online and staying connected to friends and family. Could you rehome your old phone?

The Village Agents will:

* refurbish the phone
* remove any personal data
* provide the new owner with a SIM card
* support them to use the phone with video tutorials and install apps that will help them to keep in touch with their loved ones

Check your 'bits and bobs' drawer where old devices lurk waiting to be loved again!

To donate, please contact Village Agent Wayne Stokes on: Email: [waynes@somersetrcc.org.uk](mailto:waynes@somersetrcc.org.uk)  Mob: 07538 316526

Find out more here: [https://somersetagents.org/re-home-a-phone/](https://somersetagents.org/re-home-a-phone/?fbclid=IwAR1cG51YdEQwCa0-CaiNLy1P44-WAnv452DsUZNifdAdj7XF1gs94fFl0jw)

**Somerset Activity & Sports Partnership (SASP)**

**Keeping Your Child safe in Sport Week (3-9 October)**

Everyone can play their part in keeping children safe, including in sport settings. That's why SASP are proud to support the NSPCC's, Keeping Your Child Safe in Sport Week. They are helping parents and carers know what to look out for at their child's sport club and empower them to feel confident to raise any concerns. Parents play a huge role in their child's confidence, enjoyment and performance in sport. And it's key that you feel empowered and equipped with the right advice to help you keep your child safe from abuse in sport.

Please [click here](https://www.sasp.co.uk/news/2022/09/keeping-your-child-safe-in-sport-week-is-coming-3-9-october-2022) to read the full press release.

**Health and Welfare**

**SCC Public Health**

**‘Walk for a Life’ to highlight suicide prevention in Somerset**

Suicide can affect anybody, and there isn’t a community in Somerset which hasn’t been touched. Somerset County Council, together with partners, are helping to raise awareness of suicide at a [Walk For A Life’](https://www.facebook.com/events/1426729117820217/?acontext=%7B%22event_action_history%22%3A%5b%7B%22mechanism%22%3A%22your_upcoming_events_unit%22%2C%22surface%22%3A%22bookmark%22%7D%5d%2C%22ref_notif_type%22%3Anull%7D) event taking place **Saturday 8 October.**

[Walk For A Life’](https://www.facebook.com/events/1426729117820217/?acontext=%7B%22event_action_history%22%3A%5b%7B%22mechanism%22%3A%22your_upcoming_events_unit%22%2C%22surface%22%3A%22bookmark%22%7D%5d%2C%22ref_notif_type%22%3Anull%7D) will start at Stragglers Coffee House at Somerset County Cricket Ground at 10am. Originally planned to take place in September for World Suicide Prevention Day, following the sad death of Queen Elizabeth II, the event has now been re-arranged to Saturday 8 October.

The event will raise awareness of suicide in Somerset and is supported by partners including [Somerset Foundation Trust](https://www.somersetft.nhs.uk/), [Open Mental Health](https://openmentalhealth.org.uk/) and [Stepladder](https://www.second-step.co.uk/our-services/community-and-wellbeing/open-mental-health/stepladder/).

Please [click here](https://somersetnewsroom.com/2022/09/23/walk-for-a-life-to-highlight-suicide-prevention-in-somerset/) to read the full press release.

**Blood pressure checks**

Half of all adults with high blood pressure don't know they have it - that's why it's so important to check regularly. It is a major risk factor for Cardiovascular Disease (CVD) and significantly increases the risk of having a heart attack or stroke, but early detection and treatment can help people live longer, healthier lives.

More than two hundred blood pressure monitor kits are available for loan from libraries in the county to raise awareness of high blood pressure.

The blood pressure monitor kits include an information leaflet that explains how to check your blood pressure at home and what to do with the results – measuring blood pressure at home can be very useful to give a more accurate picture of what a person’s blood pressure is like. The monitors can also detect an irregular heartbeat which is another risk for CVD.

Please [click here](https://somersetnewsroom.com/2022/05/17/over-two-hundred-blood-pressure-monitors-available-in-somerset-libraries/?fbclid=IwAR1dWBJqwD7P7JrHvTukWue5npeSN_icEVxgeNf3FAovavBHhm_0sFONhms) to read the full press release.

**Preparing for Winter**

This Autumn and Winter we expect to see both flu and Covid viruses circulating. With the UK experiencing its first flu season since 2019, the population will have less immunity than previous flu seasons. Preparations for the potential impact of this on the population’s health and well-being, centre on vaccination for both flu and COVID-19, targeted to at risk groups.

The best way to protect ourselves our friends and our families, is by taking up all the vaccinations that we are eligible for.

**Vaccinations**

**COVID-19**

The COVID-19 Autumn Booster vaccination programme started on the 5 September and all clinics are likely to become very busy. If you have yet to have your 1st, 2nd or initial booster, please consider getting it now.

[Bookings](https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/?fbclid=IwAR02RTM42KjAhziRYQFTersQ3hMqRALX_WfdfmAg7zMCSz7k1lLQulDVSw8) can be made at a wide number of clinics across Somerset.

[Walk-in appointments](https://www.nhs.uk/service-search/find-a-walk-in-coronavirus-covid-19-vaccination-site?fbclid=IwAR1680EqtAbeFjLUOgcsmTkETb8rHRoOQKURkaMT86viae01v_U2grjfjEA) are additionally being offered at Tower Vaccination Centre in Taunton on specific days.

[The vaccination page](https://www.somerset.gov.uk/coronavirus/coronavirus-vaccinations/) now provides more overall strategic vision of how the vaccination programme has been implemented and provides an indication of the effective level of immunity provided to our community by boosters and third doses.

The current version of the dashboard can be accessed at any time[here](https://www.somerset.gov.uk/covid-19-dashboard/).

**Influenza**

The Department of Health and Social Care (DHSC) have widened the offer of the [free flu vaccine](https://newsletters.onyx-sites.io?mailpoet_router&endpoint=track&action=click&data=WyI1MjEiLCIxbWRhbWxvZnRhbjRnb2d3ODRrZ2s0azhzOHdzd3c0YyIsIjE2MDciLCJhZTM5MDUxYTRjYzUiLGZhbHNlXQ) to more eligible groups.

These additional groups will only be eligible once the most vulnerable, including previously announced pre-school and primary school children, those aged 65 years and over and those in clinical risk groups, have been offered the jab.

The additional groups set to be offered the free flu vaccine in England will be:

* all adults aged 50 to 64 years (including those who turn 50 by 31 March 2023)
* secondary school children in years 7, 8 and 9, who will be offered the vaccine in order of school year (starting with the youngest first)

[If you're eligible for a free flu vaccine](https://newsletters.onyx-sites.io?mailpoet_router&endpoint=track&action=click&data=WyI1MjEiLCIxbWRhbWxvZnRhbjRnb2d3ODRrZ2s0azhzOHdzd3c0YyIsIjE2MDciLCJhZTM5MDUxYTRjYzUiLGZhbHNlXQ), you can book an appointment at your GP surgery or a pharmacy that offers it on the NHS. You may also get an invitation to get the vaccine, but you do not have to wait for this before booking an appointment.

Everyone who is eligible for the free flu vaccine will be able to get it. If you have an appointment for a Covid-19 booster vaccine at a GP surgery or pharmacy, you may also be offered a flu vaccine at the same time.

Do not delay booking your flu vaccine appointment so that you can get both vaccines together. Only some people will be offered both vaccines at the same time.

**Living safely with respiratory infections including COVID-19**

The [Government has published important advice](https://newsletters.onyx-sites.io/?mailpoet_router&endpoint=track&action=click&data=WyI2NjM2IiwidHRzeGVycTFtamtrY29nMGtvOGcwZ2trODRvZ2t3YzAiLCIxNDE5IiwiMTA5MGQ5NzhlMTg5IixmYWxzZV0) for people with symptoms of respiratory infections, such as COVID-19; people with a positive COVID-19 test result and their contacts; and advice on safer behaviours for everyone.

There are simple things you can do in your daily life that will help reduce the spread of COVID-19 and other respiratory infections, such as flu and protect those at highest risk.

Things you can choose to do are:

* Get vaccinated.
* Wear a face covering or a face mask.
* Let fresh air in if meeting others indoors.
* Stay at home if you have [symptoms](https://newsletters.onyx-sites.io?mailpoet_router&endpoint=track&action=click&data=WyI1MjEiLCIxbWRhbWxvZnRhbjRnb2d3ODRrZ2s0azhzOHdzd3c0YyIsIjE0MTciLCI3MDMyNWYxYzNmODEiLGZhbHNlXQ)
* Cover your coughs and sneezes
* Practise good hygiene:

If you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or do not feel well enough to go to work or carry out normal activities, you are advised to try to stay at home and avoid contact with other people.

Please [click here](https://www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19#what-to-do-if-you-have-symptoms-of-a-respiratory-infection-including-covid-19-and-have-not-taken-a-covid-19-test) to read the guidance on what to do if you have symptoms but have not taken a test.

**Need to seek help?**

If you, or someone you know are feeling like things are too much, please know that you / they don’t have to be alone. Here are some numbers of organisations that can help:

* Samaritans - 116 123
* CALM - 0800 58 58 58
* ChildLine - 0800 1111
* Anxiety UK - 03444 775 774
* Mind - 0300 123 3393
* Somerset Domestic Abuse helpline - 0800 69 49 999

**Crime / Safeguarding**

**Which? Consumer Rights**

**How to spot a text message scam**

Messaging scams can be very convincing, so it’s important to know what to watch out for to stay ahead of the fraudsters. Scammers are increasingly taking advantage of smartphones and are getting very clever with how they try to take your hard-earned money.

They can even make it look like a legitimate organisation is contacting you via text or a messaging app by using identity masking technology to change the name displayed as the sender. This is known as ‘number spoofing’.

If you get sent a scam message, it’s important you report it so others don’t fall victim. Reporting a scam message is free and it will help stop the spread of these messages

Fraudsters can use many different types of messaging systems and apps, like SMS, WhatsApp, Facebook Messenger, Viber, Skype, Google Hangouts, Snapchat and many other platforms to try scam you out of your money.

Please [click here](https://www.which.co.uk/consumer-rights/advice/how-to-report-a-scam-aG3sH5L8tjeP) to find out how to report scams and warn others.

**Spot a scam bank message**

If you get a message purporting to be from your bank, always treat this with caution. And know the eight things your bank will never ask you.

Your bank should **never:**

* Ask for your Pin or internet banking password
* Send someone to your home to collect cards or banking information
* Ask you to email or text personal or banking information
* Email a link where you have to then input your internet banking details
* Ask you to authorise a funds transfer which you haven’t requested
* Tell you to invest in diamonds, land or other commodities
* Ask you to carry out a test transaction
* Send you to a mobile app other than their own official app

**How to avoid message scams**

Here are a few tips to help you avoid message scams.

* **Don't follow any links**

This is the most effective way to avoid text scams. Links can take you to cloned websites designed to steal your money or personal data. Because links are often shortened to help them fit into the message, it’s not always easy to tell the real ones from the fakes. Clicking on links could also lead you to download malware - malicious software that can take over your phone and access your data.

* **Don't share personal information**

Treat all messages requesting sensitive information - or that link you to websites asking for personal details - with suspicion. Legitimate organisations will never text you to ask for your personal or banking details upfront.

* **Contact the organisation directly if you're unsure**

If you're not sure if a text is real, contact the company that claims to have sent it to check. Use the official contact details listed on the company’s website or documents you might have been sent, if it's your bank then you can usually find its official number on the back of your credit or debit card.

* **Don't reply**

Replying to a fake text, calling the number it’s been sent from or clicking through on suspicious links only lets the scammers know your number is being used. You might be bombarded with even more scam messages and calls. The number has likely been spoofed anyway, which means you’ll probably only be messaging an innocent member of the public who has had their number stolen.

* **Report it**

You report the fake text by forwarding it to 7726 - a free reporting service provided by phone operators. This information is then shared with the police and intelligence agencies working to stop text scams. If you've fallen victim to a text scam, you can report it to [Action Fraud](https://www.actionfraud.police.uk/).

**Avon and Somerset Police (ASP)**

**Appeal to find missing teenager Freddy**

Have you seen Freddy, 17?

He has been missing from his home near Stolford, Stogursey since 10am on Tuesday 20 September and ASP are growing increasingly concerned for his welfare.

Freddy is 5ft 9ins tall and slim build with short brown hair. When last seen he was wearing a black T-shirt, blue jeans and brown ankle boots.

Please [click here](https://www.avonandsomerset.police.uk/news/2022/09/appeal-to-find-missing-teenager-freddy/) to read the full press release.

**CCTV released following assault near Taunton**

ASP are appealing for the public’s help to identify a man, who they believe has information which could aid their investigation into an assault which took place on Sunday 26 June.

The incident happened outside the B&M Stores in Hankridge, near Taunton, at around 1pm.

Please [click here](https://www.avonandsomerset.police.uk/news/2022/09/cctv-released-following-assault-near-taunton/) to read the full press release.

**For further Neighbourhood Policing Updates…**

For regular updates on events/campaigns and what is happening in your area, please keep an eye on the relevant policing Facebook pages detailed below:

* [Minehead and West Somerset Neighbourhood Policing](https://www.facebook.com/aspmineheadwestsomerset)
* [Wellington Neighbourhood Policing](https://www.facebook.com/aspwellington)
* [Taunton Neighbourhood Policing](https://www.facebook.com/ASPTaunton)
* [Sedgemoor and Hinkley Point Neighbourhood Policing](https://www.facebook.com/aspsedgemoor)
* [Rural Affairs Unit – Avon and Somerset Police.](https://www.facebook.com/aspruralaffairsunit)

**Finally**

The below link may be useful to you, should there be a requirement to convert files to jpg format: <https://www.adobe.com/uk/acrobat/online/pdf-to-jpg.html>

It is important to keep up to date with the latest [information and advice from the Government.](https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public)

For quick up to date information regarding SWT services please follow us on Facebook www.facebook.com/SWTCouncil/ or Twitter @swtcouncil.