

NEWS FROM YOUR VILLAGE AGENT

Talking Café Live

We know that many people have missed going to the CCS Talking Cafes which were sadly suspended due to the Covid crisis. Before lockdown there were 21 Talking Café venues across Somerset providing help, advice and somewhere to meet up for many communities. We are delighted to be back with our virtual Talking Cafes – Talking Café Live - streaming live weekdays at 11am on our Facebook channel – www.facebook.com/talkingcafesomerset/live.

You can catch up on previous sessions or join in live each day, giving you the opportunity to interact with Village Agents. Any questions can be put in the comments section and be responded to live.

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. Lockdown has amplified this for many people, as groups and regular social activities have ceased, but there is always support and help at hand. Village Agents can put you in touch with telephone befriending services and link you to Good Neighbours schemes where they are set up or suggest other ways to help 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 vulnerable people. 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. Some top tips on staying safe when the heat arrives below:



- 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.

Your Village Agents and local support:

CCS want to assure local communities that the Somerset Village Agents continue to be available to support you and as we are set up to work remotely from home we will continue to be on hand to give advice by phone or email.

Across the area Coronavirus Support Groups are available via Facebook - and there are groups of volunteers who are offering help to those in need due to self-isolation or social distancing. The local Dulverton Good Neighbours Group will also be able to offer support. Contact details below:

Dulverton Good Neighbours Group - **07395 171409**

If you are a Facebook user, the link to the Dulverton Area Coronavirus Support Group is:

<https://www.facebook.com/groups/648575902573880/>

Please do contact your local Village Agent if you have any questions or need support.

Your Village Agents:

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