



Stop smoking for  
Stoptober and you're

**5 times more likely**

**to quit for good.**

Search **Stoptober**  
for free support



**Better  
Health** Let's  
do this

**W O W**

**What an asset this pathway is!!**

We hope your furry friends are finding it nice  
on their paws too



The dogs politely request that you help  
them look after it by taking their poop  
bags home and leaving it clean, tidy and a  
special place for everyone.

**W O O F!**

(Transl. "Thank you")

**From**  
**St Cuthbert (Out) Parish Council**



## Heather Shearer & Ros Wyke

### Your Somerset Councillors

If you would like any help or support on local issues please contact us.

We look forward to meeting you.

#### Please get in touch:

Heather Shearer	Ros Wyke
 heather.shearer@somerset.gov.uk	 ros.wyke@somerset.gov.uk
 07918 760 789	 07881 502 409
For updates, further information and surgery details please follow us on Facebook.	
 @RosandHeather4somerset	

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Published and promoted by Charlie Riches on behalf of Ros Wyke and Heather Shearer (Liberal Democrats) at Grey Close, Top Road, Shipham BS25 1TB.

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# SUE

- **Dog walker.**
- **Pilates enthusiast.**
- **Somerset Volunteer Driver.**



People across Somerset need your help to attend essential medical appointments.

With no transport of their own, and some having treatments relating to cancer or cardiology, a volunteer driver with a friendly face like Sue is exactly what they need.

Our drivers also support adults and children in Somerset with journeys relating to social care.



Think you can help too? Find out more about the role and apply here:  
[www.volunteering.somerset.gov.uk/drive](http://www.volunteering.somerset.gov.uk/drive)

Alternatively, email [gemma.ruffle@somerset.gov.uk](mailto:gemma.ruffle@somerset.gov.uk) or call **07855 285464** to make a difference in your community.

# Somerset Independent Living Centres (SILC)

**Try out equipment and technology  
to make daily living easier**



**Toilet**



**Stairs/handrails**



**Bathroom**



**Bedroom**



**Kitchen/eating**



**Safety at home  
and technology**



**Living well**



**Getting around**

**We offer free, impartial information and advice**




**← SCAN ME**



[www.somerset.gov.uk/equipment](http://www.somerset.gov.uk/equipment)

**Contact us to make an appointment**

 **0300 123 2224**

 **adults@somerset.gov.uk**

Please note: this service is by appointment only



**SOMERSET**  
County Council



**Somerset  
Sight** Working with people  
who lack sight, not vision



# **VOLUNTEERS NEEDED IN YOUR LOCAL AREA**

## **Can you help?**



**We are looking for volunteers across Somerset to work one-to-one with sight impaired people.**

**Our befriending service volunteers visit regularly to provide companionship and support to people with sight impairment.**

We offer full training and support, and pay all reasonable out of pocket expenses, including mileage.

If you would like to know more about joining our friendly team, please contact us on 01823 333818 or email: [admin@somersetsight.org.uk](mailto:admin@somersetsight.org.uk)

**Head Office Address:**  
Northfield House, 51 Staplegrove Road, Taunton, Somerset, TA1 1DG.

Tel: 01823 333 818 | [www.somersetsight.org.uk](http://www.somersetsight.org.uk)

Registered charity number: 1154472 | Company number: 8432686





**Volunteer to be an Independent Visitor or Advocate for children in Somerset.**

**These are fascinating and inspiring opportunities, which can bring real benefits to vulnerable children and young people. (Travel and reasonable expenses are reimbursed.)**

**You can help children and young people understand their rights and ensure that their views, wishes and feelings are heard.**

### **What is an Independent Visitor?**

**Independent Visitors are volunteers who befriend time with a child or young person who is in the care Authority. By law all local authorities have to Independent Visitor service.**

**In Somerset our intention is to encourage the between the Independent Visitor and young person beyond care. This way the care leavers continue to from support, while making the transition to young Independent Visitors are highly valued by the young they may be the only person involved in their lives who is not paid to be there.**



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**relationship to continue benefit adulthood. people as**

### **What is an Advocate?**

**An Advocate is an independent person who can offer one-to-one support to children and young people to have their voice heard when meetings are taking place concerning their wellbeing. It's the role of the Advocate to speak up for the young person, make them aware of their rights, listen to them and represent their views, wishes and feelings. Why not join our bank of advocates? You chose when you're available.**

**Your volunteering can be arranged to suit your availability. Your life experience will be highly valued and you will be trained and supported in developing key skills.**

**Please contact us and we will arrange a short visit or call to explain more and discuss your options.**



**For more information, visit our website at [www.route1advocacy.co.uk](http://www.route1advocacy.co.uk)**

**[Route1businesssupportadmin@somerset.gov.uk](mailto:Route1businesssupportadmin@somerset.gov.uk)**

**01749 822801**

**Follow us on social media:**   

# thinktravel

## Planning a local journey?

Want to know what your travel options are



but don't know where to start?



**Think Travel can help!**



We can provide you with the information on what's available in your area



So why not get planning now using **Think Travel...**



Scan the QR code or visit:  
**somerset.thinktravel.info**

### Your new journey planning website for information on:

- Public transport
- Community transport
- Demand responsive transport (Slinky)
- Car sharing through a dedicated noticeboard area



**SOMERSET**  
County Council

**[ThinkTravel Somerset](https://www.thinktravel.info)**





somerset  
carers  
part of CCS

# Who cares for the Carers? We do.

## Support & advice for Carers

Caring for another person is very rewarding, but can be overwhelming and lonely at times.

If you regularly look after someone else - a family member or friend - Somerset Carers can support you with advice and guidance tailored to you.



Advice Line: 0800 31 68 600



Text: 'Carer' to 78070



[carers@somersetccc.org.uk](mailto:carers@somersetccc.org.uk)



[www.somersetcarers.org](http://www.somersetcarers.org)



**CCS**  
people · place · enterprise

In Partnership with



SOMERSET  
County Council

**NHS**  
Somerset  
NHS Foundation Trust

**SPARK**  
SOMERSET  
INSPIRING COMMUNITIES

**NHS**  
Somerset  
Clinical Commissioning Group



Do something amazing

# Volunteer with Somerset Libraries

- Do you love books?
- Enjoy being with people?
- Have time to choose and deliver books to readers who cannot access the library?

Being a Home Library Service volunteer, you could help bring the library to people at home.



For more information phone **07814 079 831**  
or visit [www.volunteering.somerset.gov.uk](http://www.volunteering.somerset.gov.uk)  
or [www.somersetlibraries.co.uk/health](http://www.somersetlibraries.co.uk/health)



**Somerset**  
Council

*You take my poop away*

86% of owners are always happy to scoop, so show me you love me and

**pick up my poop.**

DogsTrust

Registered Charity Number: 272221 © 2021/20

# No Vehicle Idling

Emissions can harm health  
Please turn off your engine

**MENDIP**  
DISTRICT COUNCIL

**Be Alert**  
Always keep an eye on your children around dogs. Never leave them alone together.

**Be Aware**  
Dogs use signals to tell us how they feel. What is your dog telling you?

**Be Safe**  
Any dog can bite. Accidents happen fast.

**Dog Safety Code**

Are you dog safe? [cfsg.org.uk/dog-safety](http://cfsg.org.uk/dog-safety)

# PLAY AREAS ARE NO-DOGS AREAS

**Children's play area**

**No dogs allowed**

