



And if you need more help
 Wincanton Cares 07756 759741
info@wincares.org
www.wincantoncares.org

Ambulance, Police, Fire		999
Less urgent than 999 but guidance needed	https://111.nhs.uk	111
Adult Social Care Emergency number	Somerset Council	0300 123 2224
General Enquires re Health & Social Care	NHS	0300 123 3334
Unpaid Carers in Somerset	Advice Line	0800 3168 600
	Out of hours: Somerset Direct	0300 123 2327
	In a Crisis: Adult Social Care	0300 123 2224
Mindline Somerset	For Emotional Support	01823 273 892
Police/Domestic Abuse	Police	Emergency: 999 Or if not vital: 101
Citizens Advice		03444 889623
Water & sewage emergencies	Wessex Water	0345 600 4600
Electricity	Western Power	0800 365 900
Gas	Trans Co	0800 111 999
Samaritans		0330 094 5717



Wincanton Cares
 Connecting people with what they need

MARCH/APRIL 2025

Newsletter

for Carers and anyone who needs
 Care, Support and Information

07756 759741

www.wincantoncares.org
info@wincantoncares.org

If you feel that you have taken all you need from this newsletter please pass it to someone else who might find it useful. Thank you!



What is CCS and Somerset Carers Service?

COMMUNITY COUNCIL FOR SOMERSET (CCS) is a Charity that was formed in 1926 as part of the Rural Communities Network whose role was to help communities get back on their feet following the First World War.

The Community Council for Somerset is NOT part of Somerset Council (SC) although Somerset Council, along with the Integrated Health Board (ICB), contracts CCS for some of its work.

CCS' focus is on building resilience, ensuring everyone has access to essential resources like food, fuel, transport, and health support. Their aim is to strengthen connections between community organisations and public services, while amplifying local voices to inform policy.

For more information, please visit their websites:

<https://ccslovesomerset.org/>

<https://somersecarers.org/>



All are welcome at our regular Monthly Meet-ups and Events. Come and Join Us!

The Place	The Time	Day of the Month
Chat Café – Balsam Centre	10.00-2.00	Every Monday
Metabolic Health – Wincanton Health Centre	5.00-6.00	2 nd and 4 th Monday of every month
Methodist Hall Activities – Call 01963 33588	10.35-1.45	Every Tuesday
Wincanton Cares: Unpaid Carers' Group – River Cale Cafe	2.00-3.30	2 nd Tuesday of each month
Wincanton Cares: Hub - Wincanton Health Centre	10.00-12.00	2 nd Tuesday of each month
Wincanton Cares: Hub - Wincanton Town Hall Council Chambers (please ask in the office if you have any mobility difficulties)	10.00-12.00	3 rd Tuesday of each month
Parkinsons Group Charlton Musgrove Village Hall	2.30-4.30	3 rd Tuesday of each month
Wincanton Cares: Talking Table - Morrisons Cafe	10.00-12.00	Last Tuesday of each month
Wincanton Cares: Talking Table Number 16 Cafe	2.30-3.30	1 st Wednesday of each month
Methodist Hall Activities – Call 01963 33588	TBA	Every Wednesday
Wincanton Cares: Paid Carers' Group - River Cale Cafe	2.00-3.30	3 rd Wednesday of each month
Wincanton Cares: Hub - Wincanton Library	10.30-12.30	Last Wednesday of each month
Methodist Hall Activities – call 01963 33588	2.00-4.00	Every Thursday
Wincanton Cares: Hub Wincanton Community Hospital	10.00-12.00	1 st Thursday of each month
Wincanton Cares: Hub – Got your Six – Veterans – 5 South Street, BA9 9DJ	10.30-1.45	2 nd Thursday of each month
Lunch – Bayford Village Hall	9.00-3.30	3 rd Thursday of each month
Living with Pain Clinic – Balsam Close Lounge 01963 435700	2.00-3.00	3 rd Friday of each month



STAY SAFE!

Not all, but some 'cold callers' could be trying to take advantage of those of us who are more vulnerable, less aware, kind hearted or gullible. According to the police there have been reports of 'Nottingham Knockers' in the Shepton Mallet (not Wincanton so far!) area. They knock on doors and usually tell residents that they are ex-offenders trying to go straight, then try to sell poor quality and over-priced cleaning products. They may also offer services such as roof or driveway repairs and cleaning.

The police want to remind residents they are under no obligation to answer the door to anyone they don't know or aren't expecting.

If you do talk to a 'cold caller', they are supposed to provide a valid Pedlar's Certificate and should leave your property when asked. Police always recommend using a door chain and asking to see the identification of unexpected callers. If you are suspicious of a caller ring 101 straight away or 999 in an emergency.

If you're not in the room keep windows and doors locked. Remember that genuine callers expect you to check their identity before opening the door. They would never try to rush you by claiming that there is an emergency. If at all possible:

KEEP YOUR CASH IN THE BANK, NOT AT HOME!



The Community Council for Somerset is contracted by Somerset Council to run and develop the carers' service across the whole of Somerset. This part of CCS is called the **Somerset Carers Service**. Across Somerset, CCS employs **Village Agents**, whose role is to advocate for people and their communities. They provide confidential, practical solutions for you wherever you are in Somerset. There are over 60 Village Agents across the county, with some specifically assigned to support unpaid carers; they are known as 'Carers Agents'.

All support given by CCS and the Somerset Carers Service is **free**.

A '**Carer**' can be any age, but the CCS' remit is for those over 18. A carer looks after someone in an 'unpaid' caring capacity (not employed or self-employed). This could be a family member, friend or neighbour. Not everyone realises that they **are** a carer.

Fiona Clements is The Village Agent (Carers Service) for Wincanton and surrounding areas in East Somerset. She can (and does!) assist any of us who need help.

Fiona runs a drop-in 'Talking Café' in **Wincanton Library (01963 32173)** every other week on Wednesdays from

10.00 – 12.00 pm. Carers can meet her there – without needing to book – and discuss any problems to do with caring or anything that they find worrying.

If Fiona is not available in the Library she can be contacted through the Somerset Carer's advice line - **0800 31 68 600** or **01823 331 222** – or by emailing the office at: carers@somersetccc.org.uk.

There is also a contact form on the Somerset Carers website which can be used to send a message.

Another String to our Bow

A Carer's Champion is a designated staff member in a GP Practice who acts as a key point of contact for Carers. Every GP Practice should have a Carer's Champion. The Carer's Champion helps identify carers and can provide information about support services as well as advocating for the needs of carers within the practice. Essentially they act as a voice for carers within the healthcare setting.

Clare Pitts is the brand new Carer's Champion in Wincanton Health Centre. Whilst she is settling in, the Health Coaches - Sarah Wiscombe and Megan Perrin - will be happy to help you. You can speak to them by phoning the Health Centre on 01963 435700 and selecting option four.

Last (but not at all least) don't forget that Wincanton Cares has meetings in various places in Wincanton where you can find more expert advice, discuss the joys and problems of caring with other carers and have a free hot drink and a cake!

Wincanton Cares Unpaid Carers' Group at the River Cale Café 2-3.30 2nd Tuesday of each month

Wincanton Cares Talking Table in Morrisons Café 10.00-12.00 last Tuesday of each month

Wincanton Cares Talking Table in No. 16 Café 2.30 – 3.30 1st Wednesday of each month

Wincanton Cares Paid Carers' Group at the River Cale Café 2.00 – 3.30 3rd Wednesday of each month
(see also Wincanton Hubs on page 7).

