## Winter Help available

#### **Church Warm Hubs in Yeovil**

• MONDAYS: 9am - 3pm (Yeovil Baptist, Petters Way)

• TUESDAYS: 10am - 3pm (Yeovil Methodist @TheQuedam)

• THURSDAYS: 9am - 1pm (Yeovil Baptist, Petters Way)

• FRIDAYS: 10am - 12noon (Yeovil Methodist @TheQuedam)

### Other warm hubs in Yeovil

- Westfield Warm hub Monday-Thursday 9.30am-3pm and food served 12-2pm Monday-Wednesday.
- Yeovil Library, King George Street, Yeovil
- The Huddle, 18 Vicarage Walk, Yeovil

### Hubs in Crewkerne, Chard, South Petherton

- Chard Library, Holyrood Lace Mill, Holyrood Street, Chard
- Crewkerne Library, Falkland Square, Crewkerne
- South Petherton Library, St James' Corner, South Petherton

# Talking Cafes in the local area

#### Tuesdays:

- Chard, Ariel Healthcare, Fore Street: 1st Tuesday of the month, 10am -12pm
- Chard, Ariel Healthcare, St Mary's: 2nd Tuesday of the month, 10am -12pm
- Chard, Springmead Surgery: 3rd Tuesday of the month, 10am -12pm
- Yeovil District Hospital: Every other Tuesday from the 1st November, 2pm 4pm

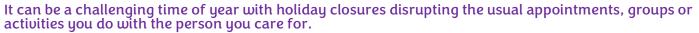
#### Wednesdays:

• Chard, The Guildhall: Every week, 10am - 12pm

#### Thursdays:

• Yeovil, St Peter's Community Centre: Every other

## Christmas for Carers Guide



Check out our Somerset Carers guide for #Carers during the Christmas period, packed full of ideas to anticipate and prepare for changes to the normal routine.

If you feel you may struggle, you need some advice or a listening ear; please get in touch with our Village and Community Agents. They are problem-solving superheroes!

https://somersetcarers.org/news/christmas-for-carers/

### Citizens advice (closed 26th-30th December)

https://www.citizensadvicesouthsomerset.org.uk/how-can-we-help/in-person/yeovil/

0808 27 87842

## Village Agents can be contacted for a range of advice

Http://somersetagents.org/find-an-agent/

O1823 331 222

# https://sparksomerset.org.uk/warm-welcome

01458 550973

(Advice off citizens advice to contact reference warm hubs and food)

# Mental Health Support.

Mindline - 0800 138 1692/01823 276 892 (Available 24/7)

Mind in Somerset Crisis space available 6-10pm 7 days a week, available through calling 01823 276 892

### **Health support.**

### Advice from NHS Somerset

- Make sure you have in the essential for colds and flu and first aid kit.
- Prescriptions needed in an emergency or unsure where to go if you fall Ill either ring 111 or go online to 111.NHS.uk online, who can help including dentistry requirements.
- For minor injuries and illnesses, you can visit a minor injuries unit and many common minor ailments can be treated by a local pharmacist or at home.
- In a serious or life-threatening medical emergency, you should call 999 or attend your local emergency department.
- Pharmacies with be on a rota basis over Christmas, 111 can advise on these or go to <a href="https://www.england.nhs.uk/south/info-professional/pharm-info/pharmacy-opening-hours/">https://www.england.nhs.uk/south/info-professional/pharm-info/pharmacy-opening-hours/</a>
- Please be COVID vigilant especially with more socialisation of Christmas.
- For children's health advice you can also download the HANDi App, available for Android phones on Google Play or on the App store for iPhone and iPad.
- Look out for your friends, neighbours, loved ones and those who are most vulnerable and at risk from flu and COVID-19. Phone them to see how they are and offer to collect shopping or prescriptions if needed.

## Important Utility numbers

National Gas Helpline - 0800 111 999 (24/7)
National Power Cut Helpline - 105 (24/7)
Power Priority service South Wales and South West (Western Power Distribution) - 0800 052 0400

#### **General Advice**

- Make sure you have a working torch or torches (check your batteries)
- Make sure you have topped up your electric and gas meters, get support from Citizens Advice before they close for Christmas.
- If you have disabilities, chronic illnesses for example sign up to the Power Priority Service with your provider
  - here is somewhere to put your Electricity and Gas suppliers phone numbers
- Make sure you have credit on your mobile phone an a power bank that is charged. (These can be bought from Poundland)

# DWP Opening times

Closed 26/12, 27/12 and 2/1

Open Phone lines only on the 28/12 for missed payments or emergency payments

In between these dates opening as normal on usual numbers