



Somerset Liberal Democrats
Chard South
October 2024

Somerset children and young people help shape new Plan for healthy happy lives

The voices of children and young people have been instrumental in shaping the new Somerset Children and Young People’s Plan. Over 6,000 children and young people in Somerset have shared their insights on what they need to lead healthy and happy lives. The plan has been co-produced by members of [Our Somerset](#) and its strategic partners, providing clear direction for partners in Somerset to collaborate on shared priorities and make necessary changes to improve outcomes for all children, young people, and their families in Somerset. The plan outlines a shared vision to keep children and young people in Somerset safe and ensure they grow up in a child-friendly county that supports their happiness, health, and preparation for adulthood. By taking a whole-family approach, the plan aims to support families to be strong and resilient, working together to achieve long-term change and stability so that children can thrive and succeed. The creation of the plan incorporated the voices of children and young people at every step, with significant support from the Youth Forum, the Somerset in Care and Leaving Care Councils (SiCC and SLCC), The Unstoppables, Somerset Youth Parliament, the Youth Work Alliance, the Participation Workers Network, the ARK at Egwood, 2BU, Taunton Brewhouse Young Ambassadors, and all the children, young people, and families who participated in surveys, focus groups, and session plans.



The priorities of the Children and Young People’s Plan include:

- Having the best experience in education: Children and young people have asked for schools, colleges, and educational institutions to help them feel more included and supported.
- Leading healthy lives: Children and young people want support to lead healthier lives in Somerset.
- Good mental health and wellbeing: Children and young people seek support to lead happy lives and assistance in their schools, colleges, and communities if their mental health deteriorates.
- Living in safe communities: Children and young people want to live in safe communities where streets and parks feel safe at night.
- Building great relationships: Children and young people want support to build better relationships with their family and friends.
- Well prepared for adulthood: Children and young people need cradle-to-career support to become independent and prepared for adulthood.

Household Recycling Centres

All 16 of Somerset Council’s recycling sites will soon revert to their autumn/winter opening schedule. From Tuesday, 1 October sites will be open from 9am to 5pm Monday to Friday and 9am to 4pm at the weekend. Opening days vary across all sites midweek, however all sites are open on a Saturday and Sunday. Residents wishing to take their waste to the recycling site should [check online for opening days](#). Materials accepted at recycling sites will vary, residents should check ahead before they visit. There are [queue cameras](#) at Bridgwater (Saltlands), Chard, Highbridge, Minehead, Street, Taunton (Priorswood), Wellington (Poole), Wells (Dulcote), and Yeovil (opening days for these sites vary).



Warm Spaces

The temperature is dropping, but fear not, all of libraries in Somerset are registered Warm Welcome Spaces

This means:

- You do not need to spend any money to use our spaces
- There is no time limit on your visit to the library
- You are welcome to browse the books, use the computers, join in with groups, or just enjoy our spaces. You don't even have to be a *member

We have our FREE coat exchange scheme running in Taunton, Glastonbury Yeovil, Chard, Bridgwater, Street and Priors wood libraries - with more libraries joining the scheme in a couple of weeks
Why not head to the Facebook page of your local library to see what they have going on? Or just pop in and enjoy the space. We'd love to see you!

*Free library membership is required for computer usage, and to borrow books and other items



Winter Flu Jabs

If you have not yet received your invitation for your winter flu jab and are eligible, please contact your local gp surgery. I am once again volunteering to help throughout October in the GP hub.

About flu and the importance of protecting yourself

•**Anyone can get flu and pass it on. The flu vaccine is effective at stopping this.** Catching flu can make us seriously unwell, resulting in days in bed, missing things we enjoy doing, and not being able to do easy day-to-day tasks.

•**The flu season in Southern Hemisphere countries like Australia can often predict the potential for a similar experience in Northern Hemisphere countries.** This year, Australia's flu rates are high.

•**Getting the flu vaccination can prevent us from spreading flu to each other**, protecting those who are vulnerable and reducing the burden on the NHS and other health and care services. Additionally, it will help us stay well and keep running our essential services.

•**The adult flu vaccine is not a live vaccination**, which means it cannot give you flu. As with all vaccines you might get a feeling of discomfort where you had the vaccine, or mild symptoms such as shivering or fatigue.

What to do if you get an NHS invite for the free flu jab

[Those eligible for the NHS free flu jab](#) can go direct to a pharmacy (or your GP surgery if you have been invited) for a free vaccination. We would request that you do not use the Somerset Council scheme, as this is a limited offer for those who are not eligible via the NHS programme.



Keeping in Contact

**COME AND TALK WITH US
AT A LIB DEM SURGERY**

FIRST SATURDAY IN THE MONTH

With your Town and Unitary Councillors

AT THE GUILDHALL, CHARD  10am to 12pm

You can meet with me to discuss any concerns or for help by dropping into our monthly surgery or I can arrange an appointment on a day and time that suits you or feel free to give me a call on 07736 310805 or email Jason.baker@somerset.gov.uk