

# CCS Agents News



## Talking Café Live on Facebook:

Have you caught any of our sessions we stream live daily on Facebook? If not you can catch up on any of the Talking Café Lives here: [www.facebook.com/talkingcafesomerset/live](http://www.facebook.com/talkingcafesomerset/live).

A Village, Carers or Community Agent from CCS are LIVE weekdays at 11am to answer any questions or concerns you have – you can also ask privately via a message to the page. Each day Agents cover a different topic, and they have been so varied and interesting - below are just a few:

- Cooking on a Budget, where Rev. Jess whipped up 5 dishes for less than £10!
- Art Therapy • Family Activities and things to do on a budget • Library Service updates
- Hydration and UTI Advice • Hospital Discharge Support • Domestic Abuse • Exercise to do from home and for people with reduced mobility • Mental Health

All the Talking Cafés we have hosted on Facebook so far have had a combined total of 65,000 views!

## Focus on Domestic Abuse awareness

Domestic abuse can happen to anyone, of any age. We are seeing a particular rise in cases of abuse being reported by people over 71 years and with one in four women and one in six men experiencing some form of abuse in their lifetime. The chances are we all know somebody who is experiencing domestic abuse behind closed doors.

It happens in all types of relationships, regardless of race, ethnic or religious group, class, disability, sexuality, lifestyle or nationality.

Tensions can escalate due to restrictions on socialising and 'normal life', but they are never an excuse for violence, manipulation, coercion and controlling a partner or family member. Even if you are self-isolating, government guidance allows you to leave your home to flee an abuser or seek help. It's rarely a one-off occurrence, but usually a pattern of abusive and controlling behaviour.

The Government defines domestic abuse as:

"Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality."

## Getting help if you are being abused

- Online at <http://www.somerset survivors.org.uk>
- Call the local helpline: **0800 69 49 999**
- In an emergency always **dial 999**, even if you cannot speak for fear of being overheard, you can get help by **pressing 55** when the operator answers
- Talk to any health professional or your local Village Agent – we can help!
- Somerset pharmacies allow their consulting rooms to be a safe place for people experiencing abuse to get help and advice

*CCS Village, Community & Carers Agents are in your communities across Somerset. They help to bridge the gap between isolated, excluded, vulnerable and lonely individuals and statutory and/or voluntary organisations which offer specific solutions to identified needs. We can offer advice and support to find local groups and activities available in your community and help you with any queries you may have or situations that you need advice and support with.*

*Please visit [www.ccslovesomerset.org.uk](http://www.ccslovesomerset.org.uk) and [www.somersetcarers.org](http://www.somersetcarers.org) or call me to find out who can advise you on **07931 014045** [izzy@somersetcc.org.uk](mailto:izzy@somersetcc.org.uk)*

'Imagine a puddle waking up one morning and thinking, "This is an interesting world I find myself in - an interesting *hole* I find myself in - fits me rather neatly, doesn't it? In fact it fits me staggeringly well, must have been made to have me in it!"

'This is such a powerful idea that as the sun rises in the sky and the air heats up and as, gradually, the puddle gets smaller and smaller, it's still frantically hanging on to the notion that everything's going to be all right, because this world was *meant* to have him in it, was *built* to have him in it; so the moment he disappears catches him rather by surprise.'

Douglas Adams, *The Salmon of Doubt*

