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**Helping you to help others**



## **Somerset Health and Wellbeing Advisory Network**

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### **Over 50? Book your Free Flu and Covid Vaccinations Today**

People aged 50 and over are now able to book their autumn booster and flu vaccines, as the NHS Covid-19 and flu programmes continue to protect the country ahead of winter.

Chief Medical Advisor at the UK Health Security Agency Dr Susan Hopkins said: "The double threat of widely circulating flu and Covid-19 this year is a real concern, so it's crucial that you take up the free flu vaccine as soon as possible if you are offered it. It will help protect you from severe flu this winter, and even save your life.

"All those over 50 are now eligible for the jab, many of which will have low natural immunity due to Covid-19 restrictions over the last two years".



**COVID-19  
AUTUMN BOOSTER**

**NHS  
Somerset**

**You can make an appointment if you are**

- 50 or over
- Pregnant
- Clinically vulnerable
- Health & Social Care worker
- Carer (paid or unpaid)



### How to book your NHS Covid-19 Autumn Booster:

Appointments are available to people aged 50 and over, pregnant women, clinically vulnerable / immunosuppressed individuals, health and social care workers and paid and unpaid carers. Anyone who falls into these groups are able to book now [online](#) or by calling 119. Calls to 119 are **free** from mobiles and landlines. 119 provides support in 200 languages.

**Please look out for older relatives, friends and neighbours who may need help and support to book their vaccination appointments.**

[Book An Appointment](#)

[Download an Easy Read Guide](#)

## Reminder for People Working or Living with Individuals on the Learning Disability (LD) Register

All those working or living with individuals who are listed on the LD register, as well as frontline health and social care workers and paid and unpaid carers have a right to access the Covid-19 Autumn booster vaccination as a priority group.



**BOOST YOUR IMMUNITY**

**NHS  
Somerset**

**GET VACCINATED WITH THE FLU + COVID-19 VACCINES**

Having COVID-19 can be threatening, so protect yourself, your family and the people you care for. Don't delay, get your vaccines now.



Everyone on the doctors learning disability register will be invited to have their coronavirus vaccination if they haven't already had it. [NHS England » Improving health](#)

Appointments can be made by calling 119 or booking online through the [National](#)

[Booking Service](#). The vaccine is **free** to those eligible and it's easy to book by selecting "Yes, I am a frontline social care worker". Those eligible just need to self-declare when booking their appointment and will not be required to bring along evidence to the appointment.

All eligible people are strongly encouraged to accept the vaccination that is offered as soon as they are able – it is important to be up to date with the booster and build up protection against severe illness before the winter.

People are also encouraged to get their flu jab and in some cases these may be offered at the same time as the covid vaccination.

[Book An Appointment](#)

A promotional banner for NHS Somerset. The background is a close-up of a child's feet in pink boots with blue stars, standing on a bed of dry autumn leaves. The NHS Somerset logo is in the top right corner. The text "OCTOBER HALF TERM" is in large white letters. Below it, "CHILDREN'S COVID-19 CLINICS IN SOMERSET" is written in white and orange. A red button with "BOOK NOW" and a QR code are in the bottom left.

**OCTOBER  
HALF TERM**

**CHILDREN'S COVID-19 CLINICS  
IN SOMERSET**

**BOOK NOW**

**NHS  
Somerset**

During the October half-term (from 24th October) there will be dedicated Covid-19 children's vaccination clinics held across Somerset. These are by appointment only, but plenty of appointments are currently available. 1st and 2nd Covid-19 vaccinations are available for all children aged 5-17.

Some clinics are specifically for ages 5-11 and others are aged 12+. Full details and locations can be found when making the appointment. To book online visit [Book or manage a coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](#) or call **119**.

[Click Here to book a appointment](#)

# Booking an NHS Free Flu Vaccination



Those who are eligible for the NHS free flu jab can be vaccinated via their Community Pharmacy or GP Surgery.

Those that are eligible may have received a letter from their GP about getting the flu jab and should follow the instructions outlined on that letter.

If an individual has not yet heard from their GP surgery regarding the flu jab and they are eligible for a free flu jab, then please help them to book at a local pharmacy. You can find a local pharmacy and their contact details using the NHS website [Find a pharmacy that offers the NHS flu vaccine - NHS - NHS \(www.nhs.uk\)](#) and give them a call to find out how to get the vaccine.

For more information, please share all these links with your networks:

[Flu vaccination: who should have it this winter and why - GOV.UK \(www.gov.uk\)](#)

[Click Here for more Information](#)

[Check Eligibility](#)

## Public Health Film

Clinton Rogers explores the reasons why the flu jab is so important this winter. He talks to Johanna, a parent-carer who gets the flu jab to protect her daughter and hears from Dr Bernie Marsden, Chief Medical Officer at NHS Somerset, about the dangers of flu and the protection the flu jab offers.



[Click Here to Watch](#)



# Somerset Winter Readiness Briefing



**Thursday 10 November 11am - 12.30pm**

Support your local communities to stay well and cope with rising living costs this winter. This online event will give you an overview of who is more vulnerable in winter and how to signpost to the range of support available in Somerset.



## Winter Readiness Webinar

SCC are holding an online 'Winter Readiness' webinar for health and care professionals, paid and unpaid carers and volunteers working with people and communities who may be more vulnerable this winter. The event will give an overview of who is more vulnerable in winter and how to signpost to the range of support available in Somerset, with a view to helping communities stay well in the context of rising costs this winter.

Support your local communities to stay well and cope with rising living costs this winter. This online event on **Thursday 10 November between 11am and 12.30pm** will give you an overview of who is more vulnerable in winter and how to signpost to the range of support available in Somerset.

### Learn more about:

- 👉 Keeping warm – places and help available to keep warm this winter
- 👉 Keeping well – immunisations and emotional wellbeing and support
- 👉 Financial wellness – how to manage finances when costs are rising
- 👉 Essentials – support with food and other essentials
- 👉 Planning for cold and extreme weather

**Please share this information widely with your networks.**

[Register here for this free event](#)

[Household Support Information](#)

# BIRD FLU HAS BEEN DETECTED IN THIS AREA DON'T RISK SPREADING IT!

Keep to the footpath

Keep dogs on leads

Do not feed wild waterfowl

Do not pick up or touch dead or sick wild birds

Do not touch wild bird feathers or surfaces contaminated  
with wild bird droppings

If you keep poultry or other birds, wash your hands and clean  
and disinfect your footwear before tending to your birds

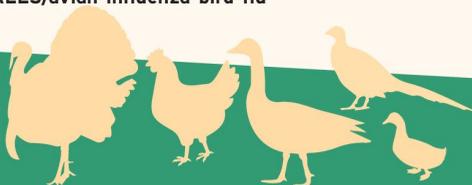
Please report dead wild waterfowl (swans, geese, or ducks) or  
other dead wild birds, such as gulls or birds of prey to Defra's  
GB helpline: 03459 335577

**Find out more at:**

- [GOV.UK/Bird-Flu](https://www.gov.uk/bird-flu)
- [GOV.SCOT/avianinfluenza](https://www.gov.scot/avianinfluenza)
- [GOV.WALES/avian-influenza-bird-flu](https://www.gov.wales/avian-influenza-bird-flu)



Animal &  
Plant Health  
Agency



For More Information

# Somerset Carers Roadshow

The Somerset Carers team will be out and about across Somerset's supermarkets chatting to Carers about the support and advice available to them and raising awareness of the Carers service.

[Click Here for more Info](#)



The banner features the Somerset Carers logo (a stylized 'S' with an arrow) and the text 'somerset carers part of CCS'. Below this, it says 'SOMERSET CARERS ROADSHOW POP BY AND SAY HI!' and 'Meet your local Village Agent and Carers support team to find out how Somerset Carers can help you if you look after another person.' A table lists dates and locations. To the right, there are two photos: one showing a 'Free Goody Bag!' offer and another showing two women at a table with a 'Make Good Things' sign.

19th October	Minehead	Morrisons, TA21 6DG
20th October	Taunton	Morrisons, TA1 1DX
1st November	Wellington	Asda, TA21 8RQ
2nd November	Bridgwater	Morrisons, TA6 3LN
7th November	Langport	Tesco, TA10 9RQ
10th November	Shepton Mallet	Tesco, BA4 5EG
14th November	Frome	Asda, BA11 5LA
16th November	Yeovil	Morrisons, BA20 2AU
17th November	Wells	Morrisons, BA5 15Q
21st November	Chard	Tesco, TA20 2LW
22nd November	Glastonbury	Morrisons, BA6 9ED
23rd November	Wincanton	Morrisons, BA9 9RP

More info: [www.somersetcarers.org/news](http://www.somersetcarers.org/news)

## We want to hear from you

Your feedback is valuable to us and we'd like to receive more from you and your communities. Information on issues you are spotting locally will help us to reduce barriers to accessing healthcare. **Use the button below to give us your details and we'll give you a call back.**



[Get in Touch](#)

