

Helping you to help others



Somerset Health and Wellbeing Advisory Network

As this is the first winter without pandemic restrictions in two years, adults and children may be more susceptible to the usual winter bugs and viruses this year. Winter bugs and viruses are usually mild, but can sometimes become more serious, particularly in younger children or if an infection spreads to a vulnerable family member.

Top 5 things to do to help protect little ones under age five and reduce the risk of infections spreading amongst your loved ones this season.

1. Check children are up to date with their vaccinations
2. Take up any additional vaccinations your child is eligible for
3. Important to ensure children wash their hand and cover their coughs and sneezes
4. Learn about the symptoms of common infections and what you can do if they get worse
5. Support your child's school or nursery by keeping them off when needed

[Click here for more information](#)

Heard of RSV?

RSV is a common winter virus and the most common cause of bronchiolitis in children under 2. Most cases are mild but, in some children, it can be more serious. Learn more about bronchiolitis by clicking on the link: [Bronchiolitis - NHS \(www.nhs.uk\)](#)

Dr Conall Watson, Consultant Epidemiologist for the UK Health Security Agency, said:

“Hospital admission rates for flu have increased in recent weeks and remain highest in those under five. Already this year a small number of young children have needed intensive care. Please book your pre-schooler in for flu vaccine at your GP surgery as soon as you can.”

“Flu nasal spray vaccine is also currently being offered to all primary school children and will be available for some secondary school years later this season.”

UK Health Security Agency **RSV**

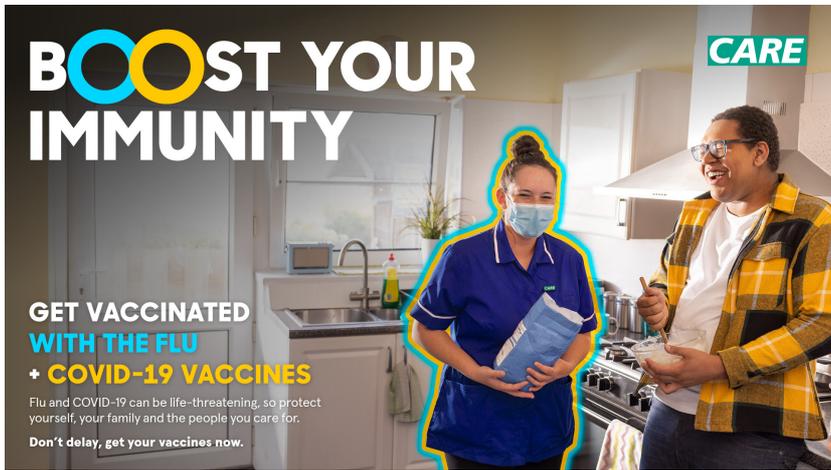
RSV is a common seasonal winter virus. It causes coughs and colds and is the most common cause of bronchiolitis in children under 2

Most cases are not serious and clear up in 2-3 weeks.

It can be more severe in premature babies, those under 2 months and those with underlying health conditions.

[More information on vaccination in Somerset schools – Healthy Somerset](#) including details of the community flu clinics available for children of reception age up to year 6 that are home educated or have missed their in-school opportunity.

To book a FLU inactivated injection please contact 0300 323 0032 to arrange an appointment.



FLU and COVID-19 Vaccination for all Social Care and Health Workers

A reminder to anyone who works in social care, or patient facing / frontline health workers are entitled to **free** a FLU vaccine and COVID-19 jab.

Indications are that there will be high rates of both illnesses this coming Winter. Even if a person is carrying the virus, they may not always show symptoms. These viruses can still be spread to people who are being cared for and loved ones so it is vital to get protected ahead of the Winter and boost your Pimmunity by getting vaccinated.

Appointments for both are widely available across Somerset.

Book FLU Jab

Book COVID-19 Jab

Walk-in COVID-19 Clinics

How to book your NHS 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.

Check Eligibility

More Information on Flu



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



A promotional banner for a COVID-19 vaccination clinic. On the left is a photograph of the 'Clarks VILLAGE OUTLET SHOPPING' sign on a stone building. On the right is a dark blue background with white and green text. The text reads: 'AUTUMN BOOSTER COVID-19 VACCINATION CLINIC Appointments & walk-ins'. Below this, in a white box, it says '3rd - 20th Nov' and '11am -3.30pm'. At the bottom left is the NHS Somerset logo, and at the bottom center is a red location pin icon with the text 'BA16 0BN' next to it.

Autumn Booster walk-ins and appointments at Clarks Village

Between the **3rd and 20th November** there will be a COVID-19 vaccination clinic based in the Alfred Gillet Trust Building at Clark's Village in Street. Appointments can be made in advance, or walk ins are available every day between 11am-3.30pm.

It is open for the following groups:

- 50 & over
- Pregnant women
- Health or social care workers
- Paid or unpaid carers (aged 16+)
- Clinically vulnerable (and all family members)

The nearest car park is the A39 side of the outlet village (follow signs to the white historic Alfred Gillet Trust building).

Appointments can be made here: [Book or manage a coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](#)

Information about the walk-in options here: [Search - Find a walk-in coronavirus \(COVID-19\) vaccination site \(www.nhs.uk\)](#)

Somerset SEND Partnership's
Strategy consultation is open!

Please feedback by
23 December 2022 at:
<https://bit.ly/3N2AIE6>

We want to hear your opinions on the
plans for Special Educational Needs and Disabilities

SEND Somerset's
Local Offer

On Monday 24 October, the [Somerset SEND Partnership](#) released their draft Special Education Needs and/or Disability Strategy to the public for consultation.

This may sound like a daunting thing to read and feedback on, but it's quite exciting!

We need your help to shape the future our SEND services for the next three years.

To draft this Strategy, we used feedback from our "future plans for SEND discussion groups" and we would like to thank everyone that got involved!

We have four themes that we would like to focus on in the next three years:

- Working together
- Getting help as early as possible
- Access to the right support and provision
- Preparing for the future

The consultation will be **open until Friday 23 December 2022** and after the consultation closes, the Partnership will review all feedback and use this to update the strategy.

[SEND Strategy and Feedback](#)

Winter Holiday Activities

Monday 19th – Friday 23rd December

[The Happy Healthy Holidays programme](#) will be returning for the winter, offering an array of free fun activity days for school-aged children and young people from the **19th - 23rd December 2022**. The programme is delivered by [Somerset Activity and Sports Partnership](#) in conjunction with Somerset County Council and will provide support to families by offering healthy food and a range of activities to children receiving benefit-related free school meals in Somerset.

Bookings open on **Tuesday 15th November at 10am**. You must have your unique booking code from your school to book an activity.

[Click here for more information](#)

WINTER HOLIDAY ACTIVITIES

Happy Healthy Holidays is back for 1 week over the winter holidays, offering exciting activity clubs for children who are eligible for benefits-related free school meals.



Monday 19th
-
Friday 23rd
December

Book up to 4
days of
activities

Ages
5 - 16

Food
included

Get your
unique
booking
code from
your school



Find & book FREE local activities by visiting:

www.sasp.co.uk/happy-healthy-holidays

If you have previously signed up to Playwaze, you can log in and book your activity.

For more
information:

✉ hhh@sasp.co.uk

☎ 01823 653992

📱 07843816168 (text / WhatsApp / voice call)



Talking Cafe

COMING UP on November's Talking
Cafe live streamed sessions - watch
via:

YouTube: [Talking Cafe - YouTube](#)

Facebook: [\(10\) Talking Cafe | Facebook](#)

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