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Helping you to help others



Somerset Health and Wellbeing Advisory Network

Public Health Film

In this week's video, Clinton Rogers discusses the importance of getting your Covid-19 Autumn Booster and flu vaccination this Autumn / Winter.



[Click Here To Watch](#)

Flu Vaccination

[Those eligible for the NHS free flu jab](#) can [go direct to a pharmacy](#) (or GP surgery if invited) for a free vaccination. For more information on how to get a free vaccination please visit [Flu vaccine - NHS \(www.nhs.uk\)](http://www.nhs.uk).

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.



[Check your Eligibility](#)

[Find a Pharmacy](#)

This winter, we will all have less immunity to flu and are therefore more likely to catch flu because we have not had flu in general circulation since 2019. 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 season started earlier and infected more people, particularly children aged 5 to 9.

Deputy Chief Medical Officer Dr Thomas Waite said:

“Vaccines have saved many lives over the years for both flu and more recently Covid. But we must not be complacent - infections will rise once again this winter, so it’s really important people get both their Covid and flu vaccines if eligible.

“Vaccines are the best way to protect yourself from serious illness and will help reduce pressure on the healthcare system.”

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.

Some people who can get a booster dose of the Covid-19 vaccine are also eligible for the free annual flu vaccine. If you are eligible for both, you may be able to have them at the same time – if not please go ahead anyway, you can catch up with the other vaccine later.

Covid-19 Autumn Booster

COVID-19 vaccinations are available across Somerset by appointment only.

A blue poster with autumn leaves in the corners. The text reads: "COVID-19 AUTUMN BOOSTER" with the NHS Somerset logo. Below, a red box says "You can make an appointment if you are" followed by a list of eligible groups: 65 or over, Pregnant, Clinically vulnerable, Health & Social Care worker, and Carer (paid or unpaid).

**COVID-19
AUTUMN BOOSTER** **NHS
Somerset**

You can make an appointment if you are

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

Clinics are very busy, but additional capacity is being added every day. [Book online](#) or call 119. Calls to 119 are free from mobiles and landlines and provide support in 200 languages.



Health Inequalities Survey

Somerset Diverse Communities (SDC)

has launched a new project working with Somerset's diverse communities and health/social care providers to address inequalities in both access and care for patients and professionals. SDC part of the Community Council for Somerset (CCS) wants to improve Somerset's health care service for our ethnic diverse communities.

The challenges of inequality in health and care can take many forms. These barriers can lead to lower uptake and engagement with health and social care, preventing access to health care, assumptions and some 'normal' practices can lead to misdiagnoses or late treatment.

[Click here to learn more](#)

[Click here to complete the Survey](#)

- Are you from an ethnically diverse community in Somerset?
- Please share your experience of the health care service and complete our online Survey!
- **Visit: [Health Inequalities Survey](https://surveymonkey.co.uk) (surveymonkey.co.uk)**

This is an opportunity to share your first-hand experiences of Somerset's health and care service.

SDC will be taking part in the following events, please come along and show your support:

Multicultural Frome on the 9th of October at the Cheese and Grain, between 11am – 2pm

Bridgwater Together on the 12th of November at Bridgwater Town Hall from 11am – 3pm.

If you have experiences or a story to tell about how this has affected, you please get in touch with **Kirsten Rushby** Call **07971024496** or email: kirstenr@somersetccc.org.uk



Holiday Activities & Food Programme - Calling All Providers

During the winter school holidays, [SASP](#) and Somerset County Council will join forces again to deliver fun activities and healthy food, under the name '[Happy Healthy Holidays Somerset](#)' (HHHS).

HHHS provides funding to local groups so that they can deliver holiday activities and food to children eligible for benefits-related free school meals across Somerset. SASP have made a PDF map showing **locations most in need of provision**, [available here](#).

Applications for the HHHS winter programme close at **midnight on Wednesday 12th October**. Applications are open for the 2022 winter school holiday only.

[How to Apply to Provide an Activity](#)

[Provider Application Forms](#)

**Mental
Health &
Wellbeing**



[LIFEbeat](#) have some **free** places available on the Mental Health and Wellbeing in RSHE

and PSHE course. The training is suitable for Mental Health and RSHE/PSHE Leads, TAs, ELSAs and Pastoral Care. Places are available on the following dates:

Dates:

Tuesday 11th October 2022

Thursday 10th November 2022

Tuesday 6th December 2022

Time: 9am - 4pm

Venue:

The Pavilion at Shapwick

Northbrook Road

Shapwick

TA7 9LN

The workshop content will cover the following goals:

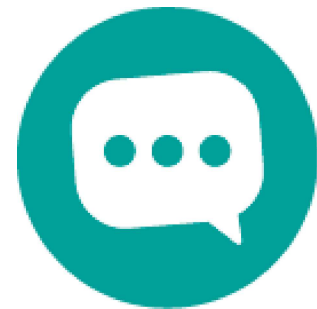
- To explore the curriculum of mental health and wellbeing in RSHE and PSHE and how it links to a whole school approach
- To gain a toolbox of practices and strategies to help pupils nurture positive mental health, self-esteem and resilience.
- To learn creative ways of delivering curriculum to enliven learning and an experience of belonging, connection and wellbeing
- To share and dialogue with colleagues across Somerset.
- To have fun!

[Training Poster & Information](#)

[FREE Registration](#)

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](#)



Local Helplines

Mendip District Council call 0300 303 8588

Sedgemoor District Council call 0300 303 7800

South Somerset District Council call 01935 462462

Somerset West and Taunton Council call 0300 304 8000

Somerset County Council call 0300 123 22224

Helping you to help others

Resources and Further Information:

For the latest local information as well as digital resources, posters and flyers please visit: <https://www.somerset.gov.uk/coronavirus/>

For information and resources on staying healthy happy and safe at the time please visit: <https://www.healthysomerset.co.uk/covid-19/>

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