

## Helping you to help others



# Somerset Health and Wellbeing Advisory Network

## High demand for Covid-19 Booster as winter approaches

Somerset's Covid-19 vaccination programme has reported high uptake in the first four weeks of the Autumn Booster campaign. More than 300k people across Somerset are eligible for the booster with jabs being offered from 25 sites comprising of vaccination clinics, community pharmacies and GP surgeries.

Since the 5th September, adults in care homes, the housebound, clinically vulnerable, pregnant women and those aged 65 or over have been invited to have their vaccinations. As the programme continues people who are aged 50 and over will be invited forwards in due course.

With many of the clinics facing high demand, **Gary Risdale, Programme Manager** for the vaccination team said *"we have been very encouraged to see such high interest in people coming forwards for their jabs already. Whilst many of our clinics are fully booked each day we are working hard to open up as much capacity as possible and encourage*



*people to persevere to make their appointments. There are plenty of clinics across the county and our teams are working very hard to see as many people every day as possible. We can reassure people who are housebound or in a care home that we will be in touch, if not already, to visit them soon".*

Vaccinations are available by appointment only and eligible people can either call 119 or go [online](#) to book. It is also not too late for people who are yet to have their primary vaccinations to come forward. Appointments are available for first, second or initial boosters for adults and children who were aged 5+ before the 1st September 2022.

[Book An Appointment](#)

[Download an Easy Read Guide](#)



[Click Here for more Info](#)

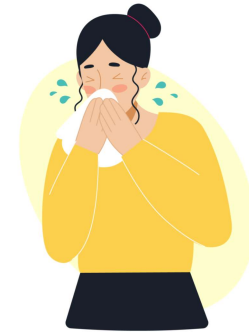
[Covid Pregnancy Poster](#)

## Covid-19 Vaccine for Pregnant and Breast Feeding Women

The COVID-19 vaccine is strongly recommended for pregnant and breastfeeding women by the Royal College of Obstetricians and Gynaecologists and the Royal College of Midwives. The vaccines are the safest and most effective way to protect pregnant women and their babies.

The Joint Committee on Vaccination and Immunisation (JCVI) advice is that pregnant women are more at risk of severe COVID-19 disease. The autumn booster is being offered to those at high risk of complications from COVID-19 infection, who may not have been boosted for a few months. This includes pregnant women. As the number of COVID-19 infections increases over the winter, this booster should help to reduce the risk of being admitted to hospital with COVID-19. The booster may also provide some protection against mild Omicron infection but such protection does not last for long

# Booking an NHS Flu Vaccination



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

If you are eligible, you may have received a letter from your GP about getting your flu jab, you should follow the instructions outlined on that letter.

If you have not heard from your GP surgery regarding your flu jab and you are eligible for a free flu jab then please book at your local pharmacy. You can find your local pharmacy and their contact details using the NHS website [Find a pharmacy that offers the NHS flu vaccine - NHS - NHS \(www.nhs.uk\)](https://www.nhs.uk) and give them a call to find out how to get your vaccine.

[Click Here for more Information](#)

[Check your Eligibility](#)

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## Walk for a Life Event THIS Saturday 8th October

**Walk for a Life even this Saturday aim to remember those we have lost to suicide and raise awareness of suicide prevention locally.** We will also be publicly launching the new Orange Button Community Scheme on the day, more information about the scheme is available here - [Orange Button – Community awareness scheme – Healthy Somerset](#).

The walk starts at **10am outside Straggler's Coffee House** (inside the Somerset County Cricket Ground), with various organisations providing information and activities throughout the day long event 11.00 – 15.00 inside Straggler's Coffee House. More information about the event is available on the website - [Walk for a Life](#).

Please share widely with your networks – it would be great to see as many of you there as possible to support this very important cause.

# WALK FOR A LIFE

To remember those we  
have lost to suicide and  
raise awareness of  
suicide prevention

8 October

Walk start time: 10am

 Stragglers Coffee House, Taunton Cricket Ground, St. James Street, Taunton  
TA1 1JT - Following a wheelchair/pushchair friendly loop through Taunton.

Activities: 11am - 3pm

Rejoin us at **Stragglers Coffee House** after the walk to take part in various activities:

- Shared reading
- Crafts
- Find out more about the new Orange Button Community Suicide Awareness Scheme
- Art Exhibition from students at Somerset Recovery College
- Information from local services
- Sign up for Suicide Awareness training
- Display of Somerset Book of Hope
- A safe space for support
- Lived experience videos

For more information, visit: [www.walkforalife.org.uk](http://www.walkforalife.org.uk)

By encouraging understanding, reaching in, and sharing experiences, we want to give people the confidence to take action. **Please send your contributions to [BookOfHope@somerset.gov.uk](mailto:BookOfHope@somerset.gov.uk) using the subject "Book of Hope"**



## #AskAboutAsthma 3rd - 9th October

**#AskAboutAsthma is back for 2022 for its sixth year. The campaign is about making simple changes to children and young people's care that will make a big difference to how they experience their asthma.**



The campaign encourages children and young people and their parents and carers to understand how to best manage their asthma with four measures:

1. Get an asthma action plan in place
2. Understand how to use inhalers correctly
3. Schedule an asthma review – every year and after every attack,
4. Consider air pollution and its impact on lung health – we want to ensure that every asthma conversation considers indoor and outdoor air pollution.

Simple changes can improve the air quality within Somerset and help safeguard the lung health of everyone, not just people with asthma. For example walking or cycling to school or work, carpooling and turning off engines when idle, or having more greenery in and around homes, schools and offices.

Please share this information widely with your networks.

[More Information](#)

[NHS Information on Asthma](#)

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## Self Harm Training

There are now training dates available for Self Harm training for the **Senior Mental Health and Pastoral Leads in Education settings.**

**October**

**Date:** Monday 17th October

**Time:** 9:00 – 10:30am





**Eventbrite Registration - [Self harm awareness - Senior mental health or Pastoral leads](#)**

## November

**Date:** Tuesday 22nd November

**Time:** 2:00 – 3:30pm

**Eventbrite Registration - [Self harm awareness - Senior mental health or Pastoral leads](#)**



Somerset County Council Public Health are working with Harmless to offer

## Children and Young People Self Harm Awareness Training

**Course length: 90 minutes**

**Target Audience**  
Senior Mental Health Leads working with individuals at risk of self harm

**Learning Outcomes**

- Improve contextual knowledge of self harm
- Understand how to implement effective school policies, plans and responses to self harm in line with national policy and best practice
- Understand the relationship between self harm and suicide
- Raise confidence in responding to, and supporting, someone who self harms
- Develop evidence-based strategies and brief interventions to help someone who self harms
- Q & A

Visit [www.cypsomersethealth.org](http://www.cypsomersethealth.org) for training details and 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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