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Helping you to help others



## Somerset Health and Wellbeing Advisory Network

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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](#)

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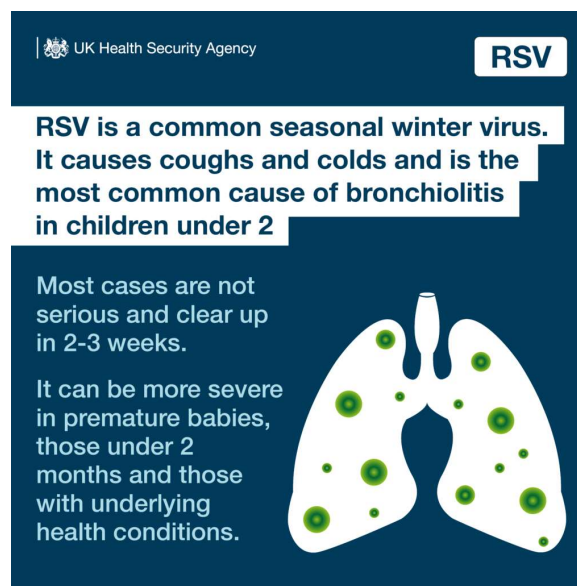
## Heard of RSV?

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 \(www.nhs.uk\)](https://www.nhs.uk/conditions/bronchiolitis/).

**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.”



[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.

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**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](#)

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### 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](#)





**AUTUMN BOOSTER**  
**COVID-19**  
**VACCINATION CLINIC**  
Appointments & walk-ins

**3rd - 20th Nov**  
**11am -3.30pm**

**BA16 0BN**

## 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 \(www.nhs.uk\)](#).



A purple poster for the Somerset SEND Partnership's Strategy consultation. The main text reads "Somerset SEND Partnership's Strategy consultation is open!". Below this, it says "Please feedback by 23 December 2022 at: https://bit.ly/3N2AIE6". A QR code is provided for more information. The poster also includes the text "We want to hear your opinions on the plans for Special Educational Needs and Disabilities" and the logo "SEND Somerset's Local Offer". There are three circular inset images: one in the top left showing two young men, one in the center showing two young girls, and one in the bottom left showing a young girl in a superhero costume.

**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 of 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

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## 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](http://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)



Department  
for Education



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

**YouTube:**[Talking Cafe - YouTube](#)

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

**Twitter:**[\(1\) CCS \(@RuralSomerset\) /  
Twitter](#)

Watch LIVE every Wednesday at 1pm  
and ask questions in the comments for  
instant answers!

**9th November** - Move More Together  
with SASP

**16th November** - Interfaith Week -  
celebrating Somerset's Faith  
communities

**23rd November** - Reduce Week with  
Somerset Waste Partnership

**30th November** - Flu Vaccinations in  
Somerset - everything you need to know.

Want to take part and SHOUT about the  
organisation or community project you  
are passionate about? Contact  
[hannah@somersetccc.org.uk](mailto:hannah@somersetccc.org.uk) or  
message the Talking Cafe page!

Don't forget you can search for previous  
live recordings by subject here: [Village  
Agents | Talking Cafe Live!](#)  
[\(somersetagents.org\)](#) - just select the  
topic that interests you from the drop-  
down menu and all relevant Talking Cafe  
recordings will be available!

**Talking Cafes also take place in venues  
across Somerset** throughout the week -  
we have 20 venues open, nearly back to  
pre-pandemic levels! Anyone over 18  
years old can drop in to meet their local  
Village Agent for advice and support.

The most up-to-date poster can be found  
here [Talking Cafe Schedule](#)  
[\(ccslovesomerset.org\)](#).

Please share with any of your networks  
which you think would ben. If you would  
like to take part in a future Talking Cafe  
live, please do get in touch with **Debi  
Slaiter** [debis@somersetccc.org.uk](mailto:debis@somersetccc.org.uk) or  
**Hannah Burbedge**  
[hannah@somersetccc.org.uk](mailto:hannah@somersetccc.org.uk)

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# 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

## 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/>



You have received this Health and Wellbeing newsletter from Somerset County Council as you are currently part of the Health and Wellbeing Advisory Network. If you no longer wish to receive this newsletter, [click here to unsubscribe](#)

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**Helping you to help others**