

Helping you to help others



Somerset Health and Wellbeing Advisory Network

This Autumn and Winter we expect to see both flu and Covid viruses circulating. With the UK experiencing its first flu season since 2019, the population will have less immunity than previous flu seasons. Preparations for the potential impact of this on our population's health and well-being, centre on vaccination for both Flu and Covid-19, targeted to at risk groups. The best way to protect ourselves our friends and our families, is by taking up all the vaccinations that we are eligible for.

What will the flu vaccination programme look like for Autumn / Winter?

The Department of Health and Social Care (DHSC) have widened the offer of the [free flu vaccine](#) to more eligible groups. These additional groups will only be eligible once the most vulnerable, including previously announced pre-school and primary school children, those aged 65 years and over and those in clinical risk groups, have been offered the jab.





The additional groups set to be offered the free flu vaccine in England will be:

- all adults aged 50 to 64 years (including those who turn 50 by 31 March 2023)
- secondary school children in years 7, 8 and 9, who will be offered the vaccine in order of school year (starting with the youngest first)

[If eligible for a free flu vaccine](#), people will be sent a invitation to book an appointment either at their GP or a local pharmacy. Everyone who is eligible for the free flu vaccine will be able to get it. When having a appointment for a Covid-19 booster vaccine at a GP surgery or pharmacy, you may also be offered a flu vaccine at the same time.

Its really important that people do not delay booking their flu vaccine appointment so that you can get both vaccines together. Only some people will be offered both vaccines at the same time.

[Flu Programme Guidance - Schools](#)

[Flu Programme Guidance - Pre Schools](#)

What will the Covid vaccination programme look like for Autumn / Winter?



[More Information](#)

People aged 50 years and older, residents in care homes for older people, those aged 5 years and over in a clinical risk group and health and social care staff will be offered a booster of Covid-19 vaccine this autumn.

The autumn booster is being offered to those at high risk of the complications of Covid-19 infection, who may have not been boosted for a few months. As the number of Covid-19 infections increases over the winter, this booster should help to reduce your risk of being admitted to hospital with Covid-19.

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 a flu vaccine, 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. Please wait to be called forwards by the NHS.

Walk In Covid Vaccination Clinics for first 2 doses of Covid-19 Vaccination



The Autumn Booster vaccination programme starts on the 5th Sept and all clinics are likely to become very busy. If you have yet to have your 1st, 2nd or initial booster, please consider getting it now. Please check [Grab a Job to find a clinic near you](#).

Local Vaccine Centres

Grab a Job

NBS - Appointments

Sedgemoor

Bridgwater Town Hall, High St, TA6 3BL

Every Friday: 18+ only: 9am - 2pm Walk-in

Children only age 5 - 11: 2:30pm - 5pm

*check [GAJ](#) for specific children's (5+) clinics & times

Appointments now open on [NBS](#).

Bridgwater Community Hospital, Bower

Every Sunday: 9am - 5pm

Children only age 5+: 2:30pm - 5pm

*check [GAJ](#) for specific children's (5+) clinics & times

Somerset West and Taunton

Tower Vaccination Centre: Tower Road,
Taunton, TA1 4AF

Mon - Sat for the first week of

September: 9am - 6pm

*Thursdays 9am - 7pm

Book a Children only age 5+:

*check [GAJ](#) for specific children's (5+)
clinics & times

Appointments now open on [NBS](#).



Minehead Community Hospital, Luttrell
Way, Minehead, TA24 6DF

Every Tuesday: 8:30am - 6pm

Children only age 5+: 2:30pm - 7pm

*check [GAJ](#) for specific children's (5+)
clinics & times

Wellington Community Hospital, Bulford
Lane, Wellington, TA21 8QQ

Every Thursday: 9am - 5pm

Children only age 5+: 2pm - 5pm

*check [GAJ](#) for specific children's (5+)
clinics & times

South Somerset

Fleet Air Arm Museum, RNAS Yeovilton,
Ilchester, BA22 8HT

Every Tues and Thurs: 9am - 4:30pm

All vaccinations from age 5+

Wincanton Community Hall, (Verrington
Vaccination Centre) Dancing Lane,
Wincanton, BA9 9DQ

Monday, Wednesday, Friday: 8:30am -
2pm (**18+ only**)

2:30pm - 5:30pm (**5 - 11 only**)

Public Health catch-up film

Clinton talks to Dr
Solomon Lebesse about
the national Know Your
Numbers campaign, and
shares his personal
experience of the
importance of knowing
your blood pressure.



[Find Out More](#)

Bid to help reverse opioid overdoses

Somerset Drug & Alcohol Service (SDAS), run by social enterprise **Turning Point** has announced a new project in partnership with Avon & Somerset Police.



This new initiative will see local PCs and PCSOs volunteer to receive training from **SDAS** to carry and use Naloxone (Nyxoid nasal spray) to help reverse opioid overdoses they may encounter as part of their day-to-day role.

The latest ONS figures for drug related deaths are the highest number since records began in 1993 and 6.5% higher than in 2020. The death rate in 2021 was 81.1% higher than it was in 2012. With such stark figures it is essential that more measures are put in place to reduce this number. This new partnership will help to tackle this as Naloxone is a lifesaving medication that can be thought of in the same way as a defibrillator or an epi pen for anaphylactic shock. It will buy the casualty some time while waiting for medical professionals to arrive as it is not intended to replace emergency support from the ambulance service.

In Somerset, Naloxone is available from 15 community pharmacies as well as SDAS Hubs in Yeovil and Taunton and distributed to appropriate SDAS service users, including family and friends. As part of this new project, SDAS will be working with Avon and Somerset Police to train and support frontline officers to carry Naloxone.

Find out more at [Somerset Drug and Alcohol Service partners with Avon & Somerset Police in a bid to help reverse opioid overdoses.](#) | [Somerset County Council Newsroom \(somersetnewsroom.com\)](#).

Watch ITV's Report

Hear from Peer Mentors



Funded by:



SOMERSET
County Council

Delivered by:




Free

Children and Young People Self Harm Awareness Training

For parents, carers and family members in
Somerset

These FREE sessions will be available and tailored to a range of audiences including education and community frontline staff, parents, carers and family members.

Sessions for Parents, Carers and Family

Date – Tuesday 20th September 2022

Time – 1.00pm – 2.30pm

Registration - [Self Harm Awareness
Registration 20 09 22](#)

Date – Thursday 13th October 2022

Time – 5.00pm – 6.30pm

Registration – [Self-Harm Awareness
Registration 13 10 22](#)

Date – Saturday 26th November 2022

Time – 10.00am – 11.30am

Registration - [Self Harm Awareness
Registration 26 11 22](#)

Sessions for frontline practitioners

Date – Friday 23rd September 2022

Time – 09:00 – 13:00

Registration - [Self Harm Awareness -
Frontline Practitioners 23 09 22](#)

Date – Thursday 13th October 2022

Time – 13:00 – 17:00pm

Registration - [Self Harm Awareness -
Frontline Practitioners 13 10 22](#)

Date – Saturday 5th November 2022

Time – 09:00 – 13:00

Registration - [Self Harm Awareness -
Frontline Practitioners 5 11 22](#)

Further details and registration: www.cypsomersethealth.org website under the [Training Menu](#).



31 **COMING UP on September's Talking Café live streamed sessions - watch via:**

7 September: [AGE UK SOMERSET](#)

Exercise classes and services available in Somerset

14 September: [SOMERSET MICRO-ENTERPRISE SUPPORT](#)

Helping people to become self-employed Micro-Providers with free advice and support on how to set up, get accredited, and find clients

21 September: [SOMERSET WASTE PARTNERSHIP](#)


Somerset Recycling Week 2022 – get involved!

28 September: [CARERS AND CARERS GROUPS](#)

What to expect from going to a group and where they are in Somerset

Talking Cafés are taking place in venues across Somerset throughout the week - we have 17 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 <https://somersetagents.org/talking-cafes/>

 Want to take part and SHOUT about the organisation or community project you are passionate about? Contact hannah@somerstrcc.org.uk or message the Talking Café page!

If anyone would like to take part in a future Talking Café live please do get in touch with Chrissy Brewers christineb@somerstrcc.org.uk or Hannah Burbedge hannah@Somersettrcc.org.uk

YouTube

Facebook

Twitter

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/>

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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