

Your Health Your Neighbourhood



November 2020



A regular newsletter providing local help and support to promote self-care and better health. For advertising enquiries, contact rbccg.winyateshc@nhs.net. The Nightingales team are Winyates, Crabbs Cross Medical Centre, Crabbs Cross Surgery, The Ridgeway, Hollyoaks & Hollywood.

Public Health England **NHS**

flu: 5 reasons to vaccinate your child

- 1. Protect your child.** The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia
- 2. Protect you, your family and friends.** Vaccinating your child will help protect more vulnerable family and friends
- 3. No injection needed.** The nasal spray is painless and easy to have
- 4. It's better than having flu.** The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record
- 5. Avoid costs.** If your child gets flu, you may have to take time off work or arrange alternative childcare

What should I do?

Contact your child's GP if your child was aged two or three years old (on the 31 August of the current flu season) and you haven't heard from them by early November.

If your child is at primary school or in year 7 of secondary school, the school will send you a leaflet and consent form. Please sign the form and return it.

If your child has a health condition that puts them at greater risk from flu, or lives with someone on the NHS Shielded Patient List, they can get the flu vaccine from their GP.

For more information visit www.nhs.uk/child-flu

CHAT HEALTH

If you're aged 11–19 you can text [07507 331 750](tel:07507331750) to speak to a school nurse for **free** confidential advice and support on a range of health and wellbeing issues. This includes bullying, emotional health, alcohol, drugs, and relationship problems.

Chat Health is available Monday to Friday 9am–4pm.



Your GP surgery is still open. It is important that you contact them for help if you need it. Fewer patients have been consulting a GP or nurse for new physical or mental health problems during the Covid pandemic, which is concerning. Please do not ignore symptoms; if you need advice for anything other than Coronavirus, don't be afraid to contact your GP surgery online or by telephone.

Worcestershire County Council

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As we are all being asked to stay at home to save lives, for people who do not have the support of friends, family or neighbours, help is at hand.

Here2Help Worcestershire will provide the support you need during the lockdown.

Call 01905 768053 or visit the website on worcestershire.gov.uk/coronavirus

15 BENEFITS OF EXERCISING OUTDOORS

- It is easy to access
- Boosts your mood
- Helps keep heart healthy
- Can help relieve tension
- It is low cost
- You will increase your Vitamin D
- Can improve your concentration
- Improves your wellbeing
- Boosts your immune system
- Boosts self esteem and confidence
- Gives you contact with the natural world
- Reduces stress levels
- Increases sensory stimulation
- Can help to improve sleep
- Nature can boost your creativity

Lockdown 2.0

From 5th November, England are on a second month-long lockdown.

- ➔ **Stay home.** You can leave for work (where you cannot work from home), essential shopping, education, childcare, outdoor exercise, and to access critical services.
- ➔ **Avoid meeting other people.** You must not meet socially with another household; however, you can meet *one* other person outdoors staying 2 metres apart. Do not mix indoors with people from another household.
- ➔ **Public services remain open.** This includes GP surgeries, hospitals, and dentists.
- ➔ For a full, detailed list please visit www.gov.uk/guidance/new-national-restrictions-from-5-november