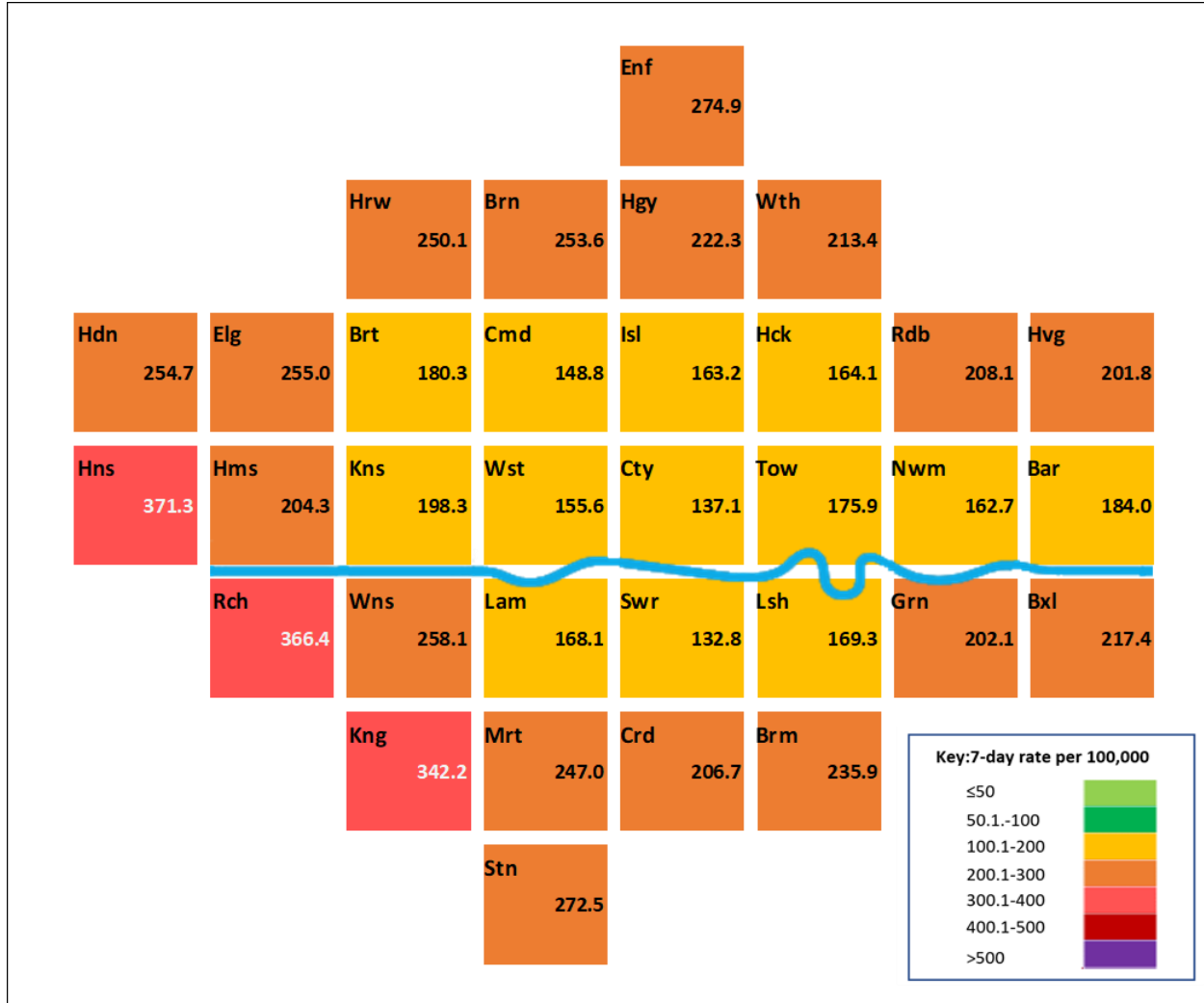


Agenda

1. Epidemiology
2. COVID-19 Vaccine Booster
3. Flu Vaccine
4. Prevention and Testing
5. Vaccine Bus
6. COVID-19 Vaccine for Children
7. Keep Warm, Keep Active, Keep Connected

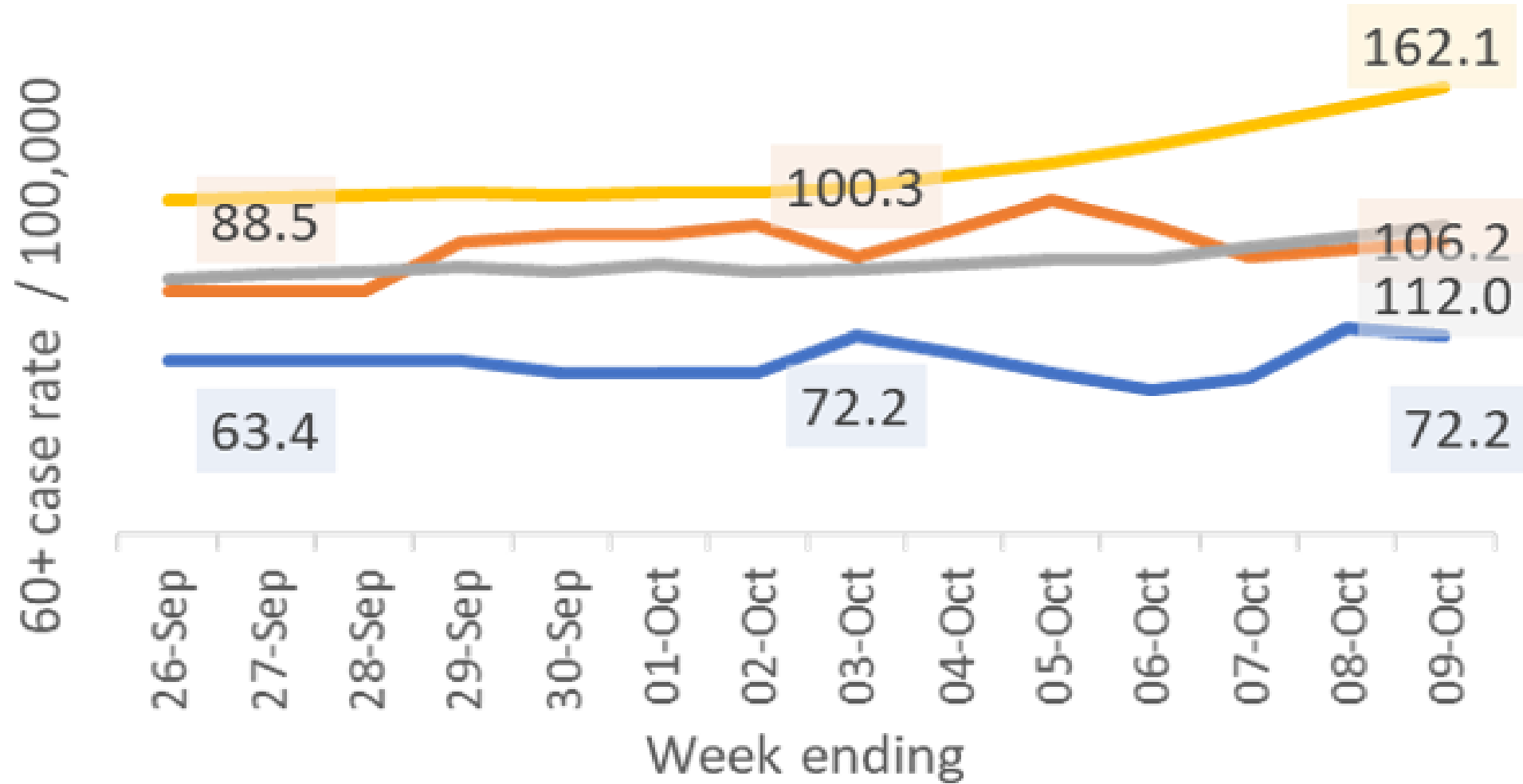


Case Rate Per 100,000 across London



Local authority	Case rate, % change from last week	Local authority	Case rate, % change from last week
Hounslow	371.3 24%	Hammersmith and Fulham	204.3 -3%
Richmond upon Thames	366.4 25%	Greenwich	202.1 0%
Kingston upon Thames	342.2 9%	Havering	201.8 -12%
Enfield	274.9 27%	Kensington and Chelsea	198.3 -4%
Sutton	272.5 10%	Barking and Dagenham	184.0 18%
Wandsworth	258.1 17%	Brent	180.3 6%
Ealing	255.0 -2%	Tower Hamlets	175.9 6%
Hillingdon	254.7 7%	Lewisham	169.3 15%
Barnet	253.6 8%	Lambeth	168.1 5%
Harrow	250.1 3%	Hackney	164.1 4%
Merton	247.0 -9%	Islington	163.2 9%
Bromley	235.9 8%	Newham	162.7 -8%
Haringey	222.3 18%	Westminster	155.6 1%
Bexley	217.4 6%	Camden	148.8 -11%
Waltham Forest	213.4 17%	City of London	137.1 -12%
Redbridge	208.1 7%	Southwark	132.8 -14%
Croydon	206.7 8%		

+ 60 Case Rate Per 100,000 across London



COVID-19 Vaccine Booster

The NHS is now providing COVID-19 booster vaccines for certain groups.

Those who are eligible include:

- people aged 50 and over
- those aged 16 to 49 with a condition that puts them at a higher risk
- people who live or work in care homes
- health and social care workers
- people who care for or live with someone who is immunosuppressed

You'll be offered a booster at least **six months** after you had your second dose.

You can book online on the national booking portal or call 119.

[Book or manage a booster dose of the coronavirus \(COVID-19\) vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Flu Vaccine

- Flu and COVID-19 can both be life-threatening and spread more easily in winter, when we are all crowded together inside.
- Most adults and children will be eligible for a flu vaccine, COVID-19 booster or both.
- It's offered free on the NHS to certain groups, including those who are 50 and over, pregnant, children, or have certain health conditions.
- It's the most effective way to boost our natural immunity and protect ourselves from these viruses.
- If you are eligible for one or both vaccines, please book your vaccine appointment now and encourage residents to do the same to boost our immunity this winter.
- The nasal spray flu vaccine is also offered to children:
 - primary and secondary school children up to the age of 16 are offered their flu vaccine at school.
 - This year there is an alternative: injected flu vaccine which doesn't contain porcine
- National campaign starts 11th October.

[Flu vaccine - NHS \(www.nhs.uk\)](http://www.nhs.uk)



BOOST YOUR IMMUNITY THIS WINTER

WITH YOUR FLU VACCINE + COVID-19 BOOSTER

Flu and COVID-19 can be life-threatening, so protect yourself, your family and patients.

Don't delay, get your free vaccines now.

The advertisement features a photograph of a healthcare professional in a grey uniform and mask standing at the head of a patient's bed. The patient is a woman wearing a blue surgical mask and a white hospital gown. A male healthcare professional in a pink shirt and blue surgical mask stands by the bedside, looking at a document on the bed. The background shows a hospital room with a window and an NHS logo. The text is overlaid on the left side of the image.

Prevention and Testing

When someone with COVID-19 breathes, speaks, coughs or sneezes, they release particles containing the virus.

Good ventilation reduces the risk of airborne transmission by up to 70%.

To help reduce the risk of infection:

- Let fresh air in if you meet indoors
- Meet outdoors where possible
- Wear a face covering in crowded places, including on public transport
- Testing – critically important: please continue to LFT twice a week.
 - Recent changes on Gov.uk website, have made it easier to get a PCR test (even if you don't have 1 of the 3 key symptoms)



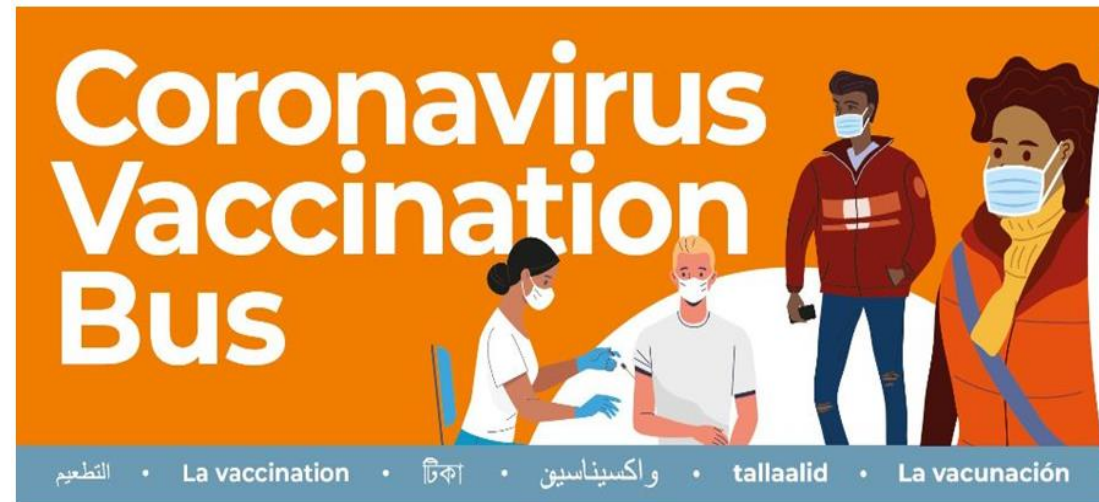
Vaccine Bus, Clinics and Pharmacies

If you're 16 or over and haven't had your first dose of the COVID-19 vaccine, book or walk in to one of the NHS [vaccine clinics or pharmacy sites across Westminster](#) or visit the [vaccine bus](#) making stops throughout Westminster and RBKC .

[Vaccine bus | Royal Borough of Kensington and Chelsea \(rbkc.gov.uk\)](#)

RBKC: Pharmacies and Clinics

<https://www.rbkc.gov.uk/coronavirus-covid-19/nhs-public-health-england-and-uk-government-advice/coronavirus-faqs-vaccine>



COVID-19 Vaccine for Children

- This autumn, all children aged 12 to 15 will be offered one dose of the Pfizer COVID-19 vaccination.
- The programme will take place primarily through schools.
- Children who are unable to receive the vaccination at school will be followed up with an offer via their GP.
- A consent form and information leaflet will be used to seek parental consent in the first instance.

12–15-year-old COVID-19 vaccination during half term

Are you aged 12-15 or have children aged 12-15 yet to receive their COVID-19 vaccine? The following COVID-19 vaccination clinics are taking place over half term so that 12–15-year-olds can be vaccinated outside of school:

- St Charles Centre for Health & Wellbeing, Exmoor Street, W10 6DZ on Sunday 24th October – 10am-2pm
- Violet Melchett Health Centre, 30 Flood Walk, SW3 5RR on Friday 29th October – 10am-2pm
- Venture Centre, 103A Wornington Road, North Kensington, W10 5YB on Friday 29 October, 9am to 5pm
- *In Westminster 12-15 year olds can access the vaccination at the walk-in pop-up vaccination centres in Westminster over half term so that they can be vaccinated outside of school.*
- A pop-up clinic is also taking place at Harris Academy St John's Wood, Marlborough Hill, NW8 0NL on Wednesday 27 October, 9am to 5pm
- In addition to the clinics running during half-half term, 12–15-year-olds can now book their COVID-19 vaccination on the [NHS website](#). You may also be invited by your GP to vaccination clinics they are running.

12-15 year old COVID-19 vaccination during half term

You don't need to book a slot at any of the clinics, you can simply walk-in on the day. Before attending, the NHS asks that you:

- **Provide consent:** Parents/guardians are asked to complete and bring the NHS consent form with them, even if you have already previously done so. If you are unable to print the consent form in advance a copy will be available at the clinic.
- **Ensure that your child is accompanied on the day of clinic**

In addition to the clinics running during half-half term, 12-15 year olds can now book their COVID-19 vaccination on the NHS website. You may also be invited by your GP to vaccination clinics they are running.

Keep Warm, Keep Active, Keep Connected

Keep Warm

It's important to keep warm in winter – both indoors and out. Keeping warm over winter can help to prevent colds, flu and more serious health problems.

Some people are more vulnerable in the cold. Remember to check in on any frail or older residents, neighbours or relatives. Please remind them of the simple but important steps they can make to stay warm and well including:

- Heating their home to at least 18°C
 - Keeping active when indoors
 - Wearing several layers
 - Keeping up to date with the forecast
- Check to make sure they have enough food and drinks, have access to all the help they're entitled to and any medicines they might need.



Keep Warm, Keep Active, Keep Connected

Keep Active

Beat the winter blues by keeping active this January.

Being physically active helps keep a healthy body and mind. It reduces the risk of developing diabetes, heart disease and certain cancers, and improves our mental health.

Try to reduce the amount of time you spend sitting down during the day. It doesn't matter what you do, as long as it's something you enjoy and keeps you moving. Don't do anything that doesn't feel comfortable and trust your instincts about your own limits.



Keep Warm, Keep Active, Keep Connected

Keep Connected

This time of year can be hard. Connect with other people to improve your mood and get the most out of life.

Good relationships are important for our mental wellbeing.

They help build a sense of belonging, provide emotional support and allow you to support others, and give you an opportunity to share experiences.

