

(COVID) Community Champions

Briefing

w/c 10 April 2023



FINAL BRIEFING

This will be the last Community Champions publication. Thank you for all your hard work, commitment, and engagement with the briefing.

We would like to continue sharing Public Health news with you via our bi-monthly Public Health Bulletin:

[Welcome to the Public Health Bulletin](#)

The Public Health Bulletin contains topical articles and updates and is distributed bi-monthly. The mailing list consists of GPs, pharmacies and individuals who have subscribed to the bulletin. [Sign up here.](#)

Covid-19 Vaccine updates

Children aged 6 months to 4 years in clinical risk groups:

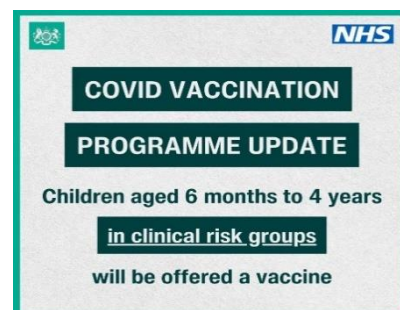
The [Joint Committee on Vaccination and Immunisation \(JCVI\)](#) has advised that clinically vulnerable children aged 6 months to 4 years should be offered a coronavirus (COVID-19) vaccine.

The JCVI does not currently advise COVID-19 vaccination of children aged 6 months to 4 years who are not in a clinical risk group.

NHS England has confirmed it will begin offering vaccinations to those eligible in England from mid-June. Parents should wait to be contacted before coming forward. Visit [Gov.uk](#)

First & second doses of the vaccine will end for most on 30th June 2023. Visit [NHS](#)

Spring covid-19 booster Those aged 75 and above or those with a weakened immune system can now book their spring covid-19 booster. For more information visit [Gov.uk](#)



Please wait to be contacted by the NHS if you're eligible

Local Vaccine Information

NHS Surrey Heartlands

- [Frequently Asked Questions](#)
- [Vaccination Programme Updates](#)
- [Vaccination Sites](#)
- **Twitter:** @SurreyHeartland
- **Facebook** @SurreyHeartlandsHCP

Frimley Health & Care

- [Frequently Asked Questions](#)
- [Vaccination Programme Updates](#)
- [Vaccination Sites](#)
- **Twitter:** @FrimleyHC
- **Facebook:** @FrimleyHealthandCare

Health and Wellbeing: April is stress Awareness Month

[April is stress awareness month](#)

We all have different things that can use stress and take a toll on our mental/physical health. But there are things that we can do to decrease the level of stress in our lives.

Here are few simple tips to help deal with stress:

NHS

TOP TIPS FOR DEALING WITH STRESS

TIP 01
Divide big tasks into small ones

TIP 02
Create to-do lists

TIP 03
Stay active

WHEN THINGS AREN'T SO GOOD OUT THERE... MAKE INSIDE FEEL BETTER.
Visit **Every Mind Matters** for more tips and advice

Better Health every mind matters

There are a range of service in Surrey that can offer support for emotional and mental wellbeing. You do not have to deal with stress alone.

Links for support:

- ✓ Mental Health Support Services [Healthy Surrey](#)
- ✓ NHS Better Health [Every Mind Matters](#)



Share: April is Stress Awareness Month, take steps to decrease stress today. Visit [NHS](#)