

Protecting resident health this winter

Update from Public Health

Public Health



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Overview

Voluntary and Community Sector Organisations play a vital role in keeping communities safe during winter. This presentation provides overview of key guidance and resources to assist protecting the health of communities.



Weather preparedness – Why is it important? Who is at risk?



Why is winter a particularly challenging time for older people?



The UKHSA Adverse Weather and Health Plan, alerts and action cards



Promote winter vaccinations to protect health



What actions are needed?

Weather preparedness - Why is it important?

Green Cold weather preparedness core alerting period 1st of November – 31st of March.



Why is cold weather preparedness so important?

- The winter period not only sees a significant rise in deaths but also a substantial increase in illnesses.
- The cold weather impact on health - predictable and mostly preventable.
- Preparedness helps prevent avoidable harm to health by:
 - Alerting people to the negative health effects.
 - Empowering people to prepare and respond appropriately



Winter preparedness is everybody's responsibility

Thinking ahead and preparing for what the weather may bring can make a real difference.

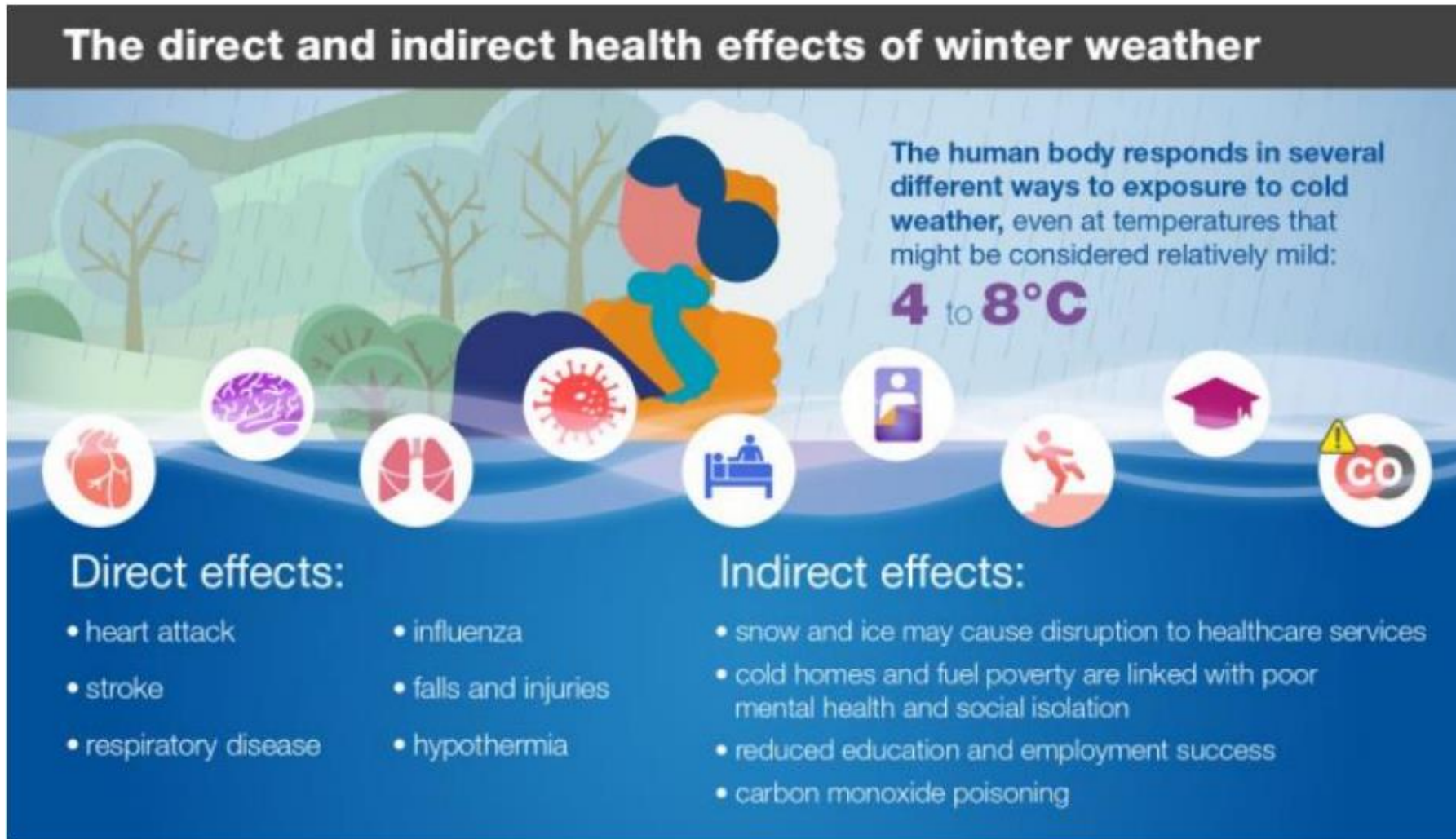
There are some simple steps you can do to help residents to stay safe and healthy at this time of year such as helping them to prepare their homes and encouraging them to take care of their families and friends.

An extreme cold period is defined as: a week where the average temperature is below 2 degrees Celsius.

Health impacts of adverse weather

The impacts of adverse weather events can impact everyone. The extent to which individuals, societies, and nations experience the negative health impacts of adverse weather events will vary.

Anyone can become unwell if they get too cold. Some people are more at risk than others.



Key populations most at risk from cold weather

Cold-related ill-health is a complex issue involving many factors. However, there are a variety of health risks that can be brought on or exacerbated by cold weather. Populations that are particularly at risk from the effects of cold weather include:

- Older people (aged 65 years and over)
- Babies and young children (particularly those aged 5 years and younger)
- People with long-term health conditions such as cardiovascular or respiratory disease, or a mental health condition
- Pregnant women
- People with learning disabilities
- People at risk of falls
- People who live alone and may be unable to care for themselves
- People who are housebound or have low mobility
- People living in deprived circumstances
- People experiencing homelessness or people sleeping rough

A comprehensive overview of risk groups is available in the AWPB [supporting evidence document](#).



Why is winter a particularly challenging time for older people?

Winter can be extremely challenging for people in later life

Some challenges older people face include:

- * Living with long term health conditions
 - * Such as arthritis and asthma – colder weather can worsen these conditions
- * Older people struggle to regulate body temperature
 - * Strokes/heart attacks are more common in winter season due to impact of lower temperatures on the heart and circulatory system
- * Increased risk of falls
 - * Icy surfaces, reduced movement
- * Loneliness and isolation
 - * Impact on physical and mental health
- * Respiratory diseases more common in winter months – older people are more susceptible to these

Additional challenges this winter:

- * Cost of living – staying warm and managing finances
- * Introduction of means-tested Winter Fuel Payment
- * Health and care system capacity

Impact of winter on older people Heading into Winter 2023/24, Age UK's research showed that:

- * Almost a third (31% - 8 million people) of people said that their health had got worse
- * 91% of respondents (23.4 million people) said that they were worried about the cost of living
- * 11.3 million older people (44%) said they were concerned or very concerned about the upcoming winter
- * 40% of people were worried they would not be able to heat their home
- * 19% of people were worried they would not be able to eat enough
- * 13% of people were worried they would not be able to afford the care and support they need

Age UK Polling: Kantar Research Express conducted an online self completion survey between 7th September 2023 and 21st September 2023 amongst

2,621 adults in the UK aged 50+

Age UK will be undertaking this research again this year.

For more tips, advice and ways to get support this winter, visit www.ageuk.org.uk/winter or call the Age UK Advice line free on 0800 169 65 65 (8am – 7pm, 365 days a year).

Guidance, alerts, action cards and support services

The [Adverse Weather and Health Plan \(AWHP\)](#), alerts service and sector specific action cards are essential resources and guidance to help prepare for cold weather.

Cold-Health Alert action card

This Cold-Health Alert action card summarises the suggested actions that voluntary and community sector (VCS) organisations should consider to prepare for and respond to each alert type

Checklists have been created to support implementation of action cards

Documents

[Cold-Health Alert action card for commissioners](#)

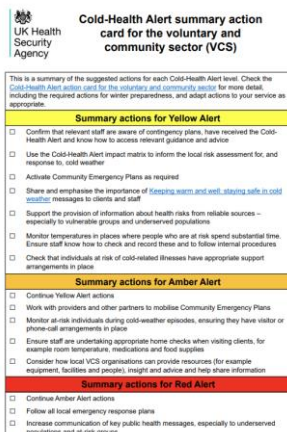
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[Cold-Health Alert action card for health and social care providers](#)

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[Cold-Health Alert action card for the voluntary and community sector](#)

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Cold-Health Alerts service

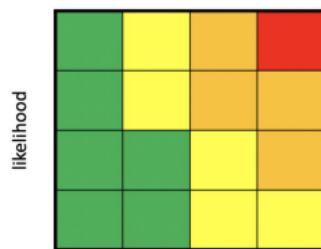
The core alerting service operates in England from **1st November to 31st March**.

Cold-Health Alerts are operated by UKHSA in partnership with the Met Office.

The alerts tell people about:

1. The weather forecast
2. The effects of the weather
3. Advice about what to do to stay safe

For more information about the alerts system please see the [Weather-Health Alerting System: user guide – easy read](#)



Register for alerts [here](#)



Who has registered for the alerts?

Local Authority initiatives helping residents to keep warm and well this winter.

Winter is coming, and here are some of the ways the council can help you if you're struggling with your money or health.

- Warm Packs
- Wandsworth and Richmond Assessment Point (WRAP)
- Healthy Homes
- Community Spaces



Details will be circulated

Action cards [here](#)

Review checklist [here](#)

Winter vaccination – Why is it important?

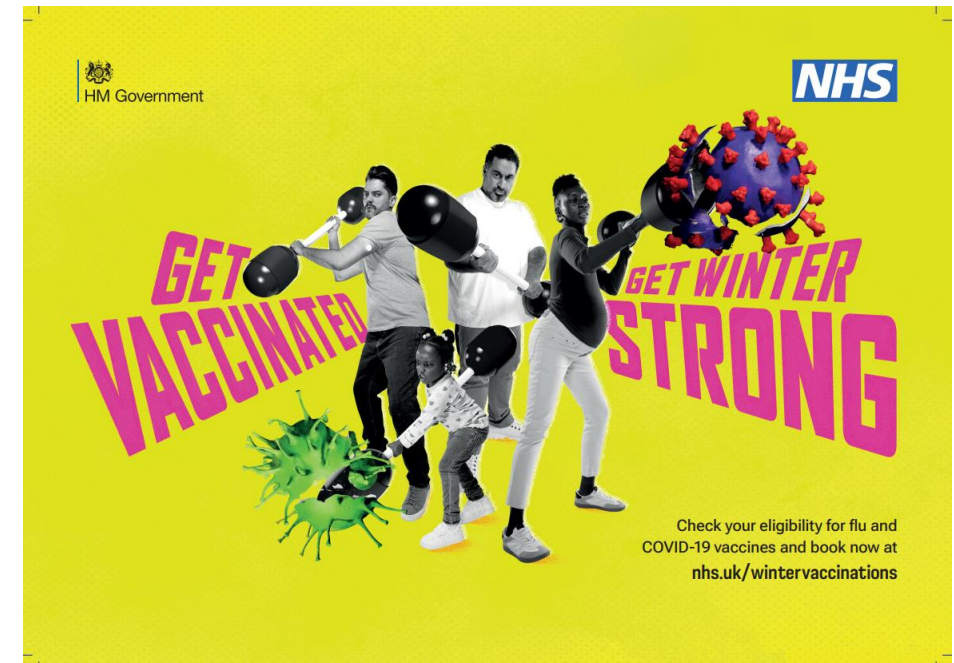
Winter vaccinations, including the Influenza (flu) and COVID-19 Booster vaccines, are critically important to protect those at risk from serious illness from winter viruses.

Each year, flu causes thousands of people to be hospitalised. Over the past two winters at least **18,000 deaths were associated with flu**, despite last winter being a relatively mild flu season.

Having a COVID-19 vaccine is effectively **reduces a person's chances of hospitalisation by around 50%**, as compared to those who had their last dose at least six months ago and who do not opt to receive a vaccine.

It is important that as many eligible people as possible have a flu and COVID-19 vaccine to build their protection against severe illness before winter hits. **Those who have the vaccine are more likely to have milder symptoms and recover faster, cutting their risk of hospitalisation and reducing pressure on the NHS.**

Even if you had the flu and COVID-19 vaccines last year, **it is important that you are vaccinated again this year.** Protection fades with time, so getting vaccinated each year will top up your protection. In addition, the flu virus frequently changes, so the type of flu virus the vaccine protects against is updated each year.



Eligibility and key guidance: flu vaccine

The flu vaccine is a critically important public health intervention to reduce morbidity and mortality in those most at risk. It helps the health and social care system to manage winter pressures by reducing demand for GP consultations and hospitalisation.

The [national flu immunisation programme letter](#) is published annually to provide guidance and next steps for the season.

Eligible groups

Eligibility is based on the advice of the Joint Committee on Vaccination and Immunisation (JCVI).

From 1st September:

- **pregnant women**
- all **children aged 2 or 3 years** on 31 August 2024
- **primary school aged children** (from Reception to Year 6)
- **secondary school children** (from Year 7 to Year 11)
- all **children in clinical risk groups** aged from 6 months to less than 18 years

From 3rd October:

- those aged **65 years and over**
- those aged **18 years to 65-years in clinical risk groups** (as defined by the [Green Book, Influenza Chapter 19](#))
- those in **long-stay residential care homes**,
- **carers** in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- **close contacts of immunocompromised individuals**
- **frontline health and care staff**

Getting the vaccine

Adults:

- Contact your GP surgery
- [Book an appointment at a pharmacy online](#)
- [Book an appointment on the NHS App](#)
- Pregnant women – attend maternity services
- Care home resident – at care home
- Frontline health / social care worker – from employer

Children:

- Children aged 2 or 3 years – at GP surgery
- School aged children – at school by [HRCH](#)

Most flu vaccinations should be completed by the **20th December 2024**. Flu vaccinations will be available until Monday 31 March 2025



More information about the flu vaccine and who is eligible can be found on the [NHS website](#)

Eligibility and key guidance: COVID-19 booster vaccine

The COVID-19 vaccination programme aims to prevent severe illness, resulting in hospitalisation and death, from COVID-19. The focus of the programme is on offering vaccination to those most at-risk, particularly those with underlying health conditions that increase their risk of hospitalisation following infection.

Eligible groups

Eligibility is based on the advice of the Joint Committee on Vaccination and Immunisation (JCVI).

From 3rd October:

- adults **aged 65 years and over**
- **residents in a care home** for older adults
- individuals aged 5 months to 64 years in a **clinical risk group** (as defined in tables 3 or 4 in the COVID-19 chapter of the Green Book)
- **frontline health and social care workers**
- **staff working in care homes** for older adults

Co-administration: Vaccination of all COVID-19 cohorts will start on 3rd October at the same time as all other adult flu cohorts to support co-administration of flu and COVID-19.

Getting the vaccine

- Contact your GP surgery
- [Book a COVID-19 appointment online](#)
- [Book an appointment on the NHS App](#)
- Visit a [walk-in COVID-19 vaccination site](#)
- Care home resident – at care home
- Frontline health / social care worker – from employer

Most COVID-19 vaccinations should be completed by the **20th December 2024**, with outreach activities for COVID-19 vaccination to be delivered to underserved communities until the **31st January 2025**.



More information about the COVID-19 vaccine and who is eligible can be found on the [NHS website](#)

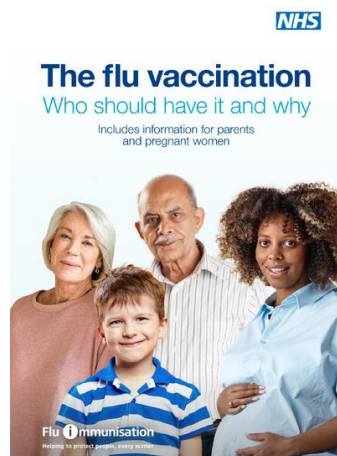
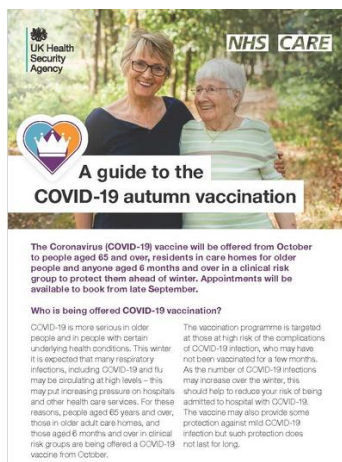
Please help promote the flu and COVID-19 vaccines to eligible residents

NHS England and UKHSA produce a range of communication resources and assets to promote the importance of winter vaccinations, and raise awareness of programme eligibility and where to access vaccination.

The **flu and COVID-19 communications toolkit** contains information, statistics, key messages, social media assets and suggested copy to support stakeholders to explain and promote the campaign.

Vaccination flyers and leaflets

Flyers and leaflets to explain the importance of the winter vaccines and who is eligible are available to order for free from the **Health Publications** website. Resources can be ordered or downloaded, with delivery in 3 to 5 working days.



Get Vaccinated, Get Winter Strong campaign

Get Vaccinated, Get Winter Strong is the UKHSA and NHS England's annual marketing campaign to promote vaccination. Campaign resources can be downloaded from the **DHSC Campaign Resource Centre**.



How can you/your service help keep residents safe – What action is needed?



Read the [Adverse Weather and Health Plan](#) and familiarise yourself with guidance. Make sure you have up to date local plans and when required implement [local action cards](#).



Make sure you, colleagues and partners [register](#) for Cold-Health Alerts



cascade further to partners



Cascade Public Health messages to residents/local partners to enable awareness around cold weather harms and promote autumn-winter vaccination to eligible residents.



If you are having any events this winter attended by a reasonable number of residents eligible for winter vaccines (e.g. 8 or more), the NHS may be able to attend to offer vaccination. Please contact healthprotection@richmondandwandsworth.gov.uk for more information.



Respond to assurance requests around preparedness and actions taken in response to cold weather events. Public Health or commissioners may request these up until 31st March 2025.



Winter Health Plan 2024-25

INFORMATION PACK



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Cold Weather and Health

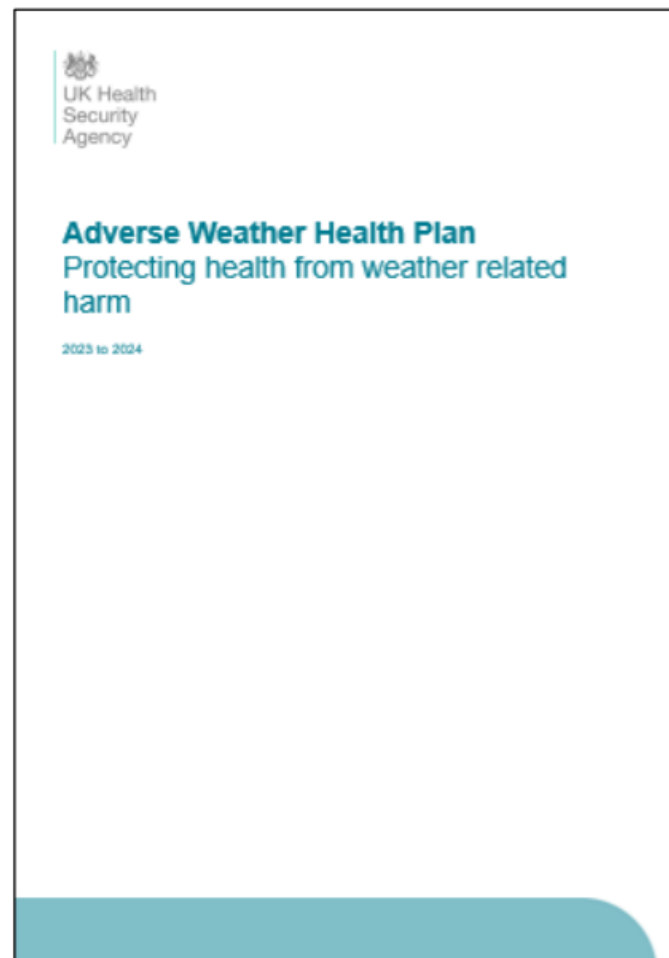
UK Health Security Agency Adverse Weather Health Plan & tools 2024


The UK Health Security Agency (UKHSA) has launched a new [Adverse Weather and Health Plan \(AWHP\)](#) as part of a commitment under the climate change [National Adaption Programme](#) to bring together and improve existing guidance on weather and health.


The AWHP builds on existing measures taken by the government, its agencies, NHS, LAs to protect individuals from the health effects of adverse weather.

Bringing together the previous Heatwave Plan for England, and the Cold Weather Plan for England.

Underpinned by; evidence, new impact-based Weather Health Alerts and supporting materials.



 Cold-health alert service

 Accompanying Action Cards

Local organisations and partnerships should consider developing plans considering the AWHP 9 action areas:

- Service delivery
- Capacity building
- Organisational arrangements
- Communications
- Risk management
- Early Warning Systems
- Research and data analysis
- Quality assurance
- Policy development and accountability

Cold-Health Alerts service

The Weather-Health Alert (WHA) system was developed as part of a joint collaboration between the UKHSA and the Met Office

The core alerting service operates in England from **1st November to 31st March**.

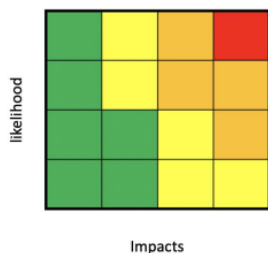
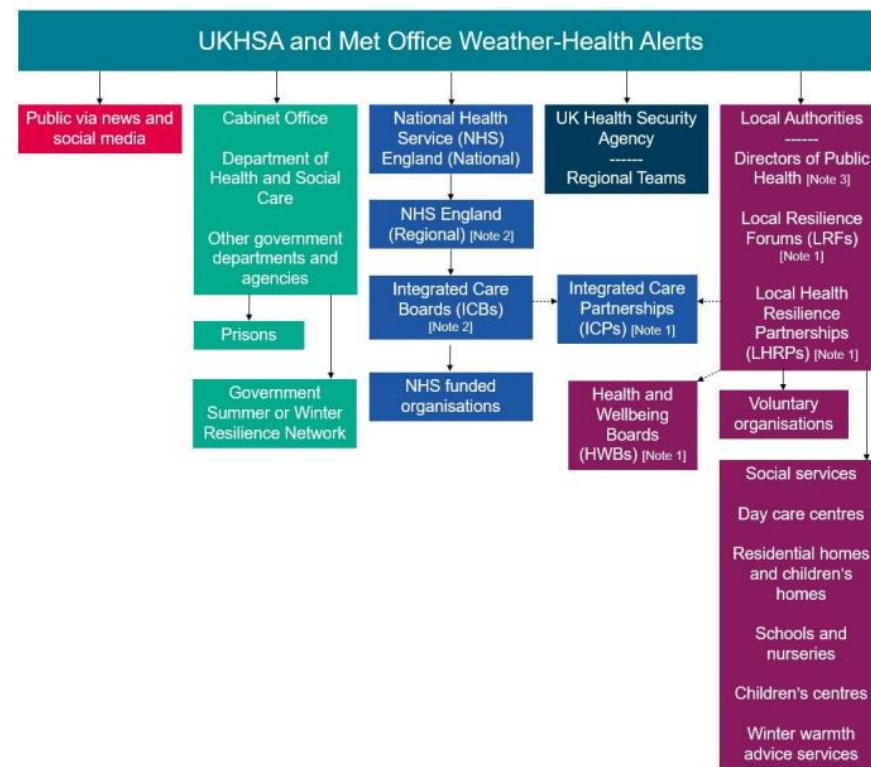
Cold-Health Alerts are operated by UKHSA in partnership with the Met Office.

The alerts tell people about:

1. The weather forecast
2. The effects of the weather
3. Advice about what to do to stay safe

For more information about the alerts system please see the [Weather-Health Alerting System: user guide – easy read](#)

Figure 1. Typical cascade of Weather-Health Alerts



 Make sure you, colleagues and partners [register](#) for Cold-Health Alerts

 cascade further to partners

Health effects of adverse cold weather

The direct and indirect health effects of winter weather

The human body responds in several different ways to exposure to cold weather, even at temperatures that might be considered relatively mild:
4 to 8°C

Direct effects:

- heart attack
- stroke
- respiratory disease
- influenza
- falls and injuries
- hypothermia

Indirect effects:

- snow and ice may cause disruption to healthcare services
- cold homes and fuel poverty are linked with poor mental health and social isolation
- reduced education and employment success
- carbon monoxide poisoning

Guidance, action cards and resources

The Adverse Weather and Health Plan (AWHP), alerts service and sector specific action cards are essential resources and guidance.

Key guidance for Adult Social Care – please review, implement and cascade to partners and commissioned services

A series of action cards set out the required action of different organisations at the levels of cold weather alert.

The Cold-Health Alert Action cards are available for:

- Commissioners
- Health and social care providers
- Voluntary and Community Sector organisations (VCS)

Checklists have been created to support implementation of action cards for the VCS and commissioners.

Commissioners

- [Cold-Health Alert action card for commissioners](#)
- [Summary action card for commissioners](#)

Voluntary and Community Sector

- [Cold-Health Alert action card for the voluntary and community sector](#)
- [Summary action card for voluntary and community sector](#)

Adult Social Care and care homes

- [Cold-Health Alert action card for health and social care providers](#)
- [Summary action card for care homes and other residential settings](#)
- [Supporting vulnerable people before and during cold weather: for adult social care managers](#)
- [Supporting vulnerable people before and during cold weather: healthcare professionals](#)

General guidance

Cold Weather and Health Guidance for the Public: [Keep warm and well](#) (Guidance, home checklist and poster)

Also available in: [العربية](#); [বাংলা](#); [Español](#); [જોજિયન](#); [Italiano](#); [ਪੰਜਾਬੀ ਗੁਰਮੁਖੀ](#); [Polski](#); [Português](#); [Română](#); [Українська](#); [رہنمائی](#), [Easy Read](#)

Sector specific guidance

- [Supporting vulnerable people before and during cold weather: people homeless and sleeping rough](#)
- [Looking after children and those in early years settings before and during cold weather: teachers and other educational professionals](#)

[Alert Warm spaces in England toolkit](#)

[Warm spaces in England: an evidence review and toolkit for local organisations](#)

Capacity building

[E-module on cold homes and health for frontline practitioner - Helping People Living in Cold Homes](#)

Key public health messages

About cold weather and health

Whilst exposure to cold weather can affect anyone, some people are particularly at risk. These include:

- older people (aged 65 years and over)
- people with long-term health conditions such as cardiovascular or respiratory disease, or a mental health condition
- pregnant women
- young children (particularly those aged 5 and under)
- people with learning disabilities
- people at risk of falls
- people who live alone and may be unable to care for themselves
- people who are housebound or have low mobility
- people living in deprived circumstances

There are many reasons for the increased risk of ill-health in cold weather. These include:

- poor quality housing and particularly cold homes
- higher frequency of circulating infectious diseases, such as flu and norovirus during the winter months
- physical hazards such as snow and ice.

Look out for others

- You can get vaccinated to help reduce risk from respiratory illnesses during the winter. This is particularly important if you have certain long-term health conditions that mean you are more vulnerable to the effects of cold weather. You can check your eligibility for a [flu vaccination](#) or [COVID-19 booster](#) online. Contact your pharmacist or GP or visit the NHS England website to learn more.
- You should treat minor winter ailments like colds or sore throats promptly. NHS England provides information on steps you can take to manage [colds](#) or [sore throats](#) yourself, and when it may be appropriate to visit your local pharmacist for further advice and treatment. You can find details for your nearest pharmacy by [searching online](#)
- Contact your pharmacist, NHS 111, or GP if you're worried about your health. In emergencies, dial 999.
- Stay Warm Indoors. Move around or stretch regularly, and ventilate rooms to reduce germ spread.
- Wear shoes with good grip to avoid slips and falls.
- Ensure you have enough medication and food before bad weather. Seek help if you can't leave the house.
- Check on older neighbours and friends, offer help with their needs, and contact healthcare services if you're worried about their health.

Communications and campaigns resources



Keeping warm and well: staying safe in cold weather

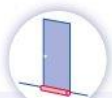
Plan ahead



Check the weather forecast and the news



Make sure you have sufficient food and medicine



Take simple measures to reduce draughts at home

Keep yourself warm



Heat rooms you spend most time in to 18°C if you can



Keep bedroom windows closed



Wear multiple layers of thinner clothing

Prepare your home



Check what financial support may be available for you



Use energy saving tips to save money on heating



Make sure appliances are safe and working well

Look after yourself and others



If you're eligible, get vaccinated against flu and COVID-19



Check on others who may be vulnerable



Get help if needed. Call NHS 111 or in an emergency 999

For more information go to:

[Top tips for keeping warm and well this winter - www.GOV.UK](https://www.gov.uk)

[Keeping Warm and Well poster](#)



Cold-Health Alert summary action card for the voluntary and community sector (VCS)

This is a summary of the suggested actions for each Cold-Health Alert level. Check the [Cold-Health Alert action card for the voluntary and community sector](#) for more detail, including the required actions for winter preparedness, and adapt actions to your service as appropriate.

Summary actions for Yellow Alert

- Confirm that relevant staff are aware of contingency plans, have received the Cold-Health Alert and know how to access relevant guidance and advice
- Use the Cold-Health Alert impact matrix to inform the local risk assessment for, and response to, cold weather
- Activate Community Emergency Plans as required
- Share and emphasise the importance of [Keeping warm and well: staying safe in cold weather](#) messages to clients and staff
- Support the provision of information about health risks from reliable sources – especially to vulnerable groups and underserved populations
- Monitor temperatures in places where people who are at risk spend substantial time. Ensure staff know how to check and record these and to follow internal procedures
- Check that individuals at risk of cold-related illnesses have appropriate support arrangements in place

Summary actions for Amber Alert

- Continue Yellow Alert actions
- Work with providers and other partners to mobilise Community Emergency Plans
- Monitor at-risk individuals during cold-weather episodes, ensuring they have visitor or phone-call arrangements in place
- Ensure staff are undertaking appropriate home checks when visiting clients, for example room temperature, medications and food supplies
- Consider how local VCS organisations can provide resources (for example equipment, facilities and people), insight and advice and help share information

Summary actions for Red Alert

- Continue Amber Alert actions
- Follow all local emergency response plans
- Increase communication of key public health messages, especially to underserved populations and at-risk groups

For downloadable summary posters, go to:

- Action card for [services delivering care to people in their homes](#)
- Action card for [hospitals and other healthcare settings](#)

[Met Office WeatherReady Campaign](#)

These pages provide up-to-date, expert seasonal advice from carefully selected organisations to help you prepare for and respond to the weather, to stay safe and protect yourself, your homes and businesses.



Met Office
HM Government
Are you **WeatherReady?**

Look after your health and wellbeing this winter

- Get your flu jab
- Exercise and eat well
- Make the most of the natural light
- Check in on elderly or vulnerable neighbours
- Store key information and phone numbers somewhere safe



Local Authority initiatives helping residents to keep warm and well this winter.

Fuel poverty support service (WRAP)

The council works with Thinking Works to provide a fuel poverty and energy advice service. The service is open to Wandsworth residents:

- **Aged over 65**, OR who
- **Have any long-term limiting illness or disability**, OR who
- **Have a low income**

The service offers energy advice, small energy saving measures, brief health interventions and onward support.

Full information is provided by clicking the links below:

[Wandsworth winter warmth](#)

Wandsworth Cost of Living Team

We're with you this winter

winter is coming, and here are some of the ways the council can help you if you're struggling with your money or health.

Community Spaces

- a network of places will be open across the borough where people can keep warm, enjoy activities and get free hot drinks and in some cases food. It includes children centres all libraries and other venues such as churches and community centres. Find your nearest at: [Wandsworth community spaces](#)

Warm Packs

the successful warm pack scheme has been improved to save people more money, and is available to more households this year. People living in energy inefficient homes with household income of less than £40,000 a year can get a pack containing LED light bulbs, radiator foil and draught excluding tape. You will get a letter if you are eligible to receive a warm pack.

Healthy Homes Check-ups

contact our partners at thinking works for help to keep warm and well this winter. This service is free for people who have low incomes, young children, over 65 or who have long term health conditions or disability. Find out more at:

[Wandsworth winter warmth](#)

Claim What You Are Entitled To

make sure you don't miss out on any benefits – you can use our benefits calculator to find out what you could claim.

Visit [wandsworth.gov.uk/hub](https://www.wandsworth.gov.uk/hub)

families can also get support through free school meals, uniform grants and free school breakfasts.

Visit [wandsworth.gov.uk/fis](https://www.wandsworth.gov.uk/fis)



Chantelle's Community Kitchen, seen here at the Alton Big Day Out, serves more than 270 hot meals a week in Roehampton. Last winter 67 community spaces together provided more than 2,000 hot meals.

WRAP up warm
this winter



WRAP

Wandsworth & Richmond Assessment Point

Supporting older people to prevent falls in winter

Action required: Review and implement

Understanding falls risk in older people – why is falls prevention important

- Anyone can have a fall, but they are more common in older people, especially if they have a long-term health condition. According to the NHS around 1 in 3 adults over 65 and half of people over 80 will have a fall each year. (2)
- A survey commissioned by Age UK has found that millions of older people are worried about falling over, with 4.3 million (36% of those who replied to the survey) saying it topped their list of concerns. (1)
- The consequences of a fall are often more serious for older people, affecting their health and wellbeing. Falls can also cause preventable hip fracture.
- Older people tell us that they go out less in winter so you might think the risk of falling is lower. In fact, most falls happen at home, meaning there are opportunities to highlight the need to be careful in the home as well as outside.
- Research by Age UK Scotland suggests that falls risk could be heightened for older people who are struggling to heat their homes due to the cost-of-living crisis. Cold indoor environments can reduce muscle strength and therefore increase risk of falling. (3)

Opportunities for communications

- Start conversations to help people become aware of the issue and the steps they can take to reduce their risk.
- Highlight the potential effect of medication, dehydration, malnutrition, vision problems or wires from heaters causing trips and hazards.
- Staying in more during winter can lead to social isolation. Consider referring people to social prescribers at Enable (Wandsworth) to encourage them to get out and about.
- Recommend well-fitting shoes with good grips and taking it slow and steady with smaller steps.
- Recommend that people build up their strength with regular strength and balance exercises, see falls prevention webpages for signposting or AGE UK Wandsworth.
- Advertise free grit offers from the council and signpost people to ask for support if needed.
- For more information signpost to the Age UK staying steady guide. (4)
- Remind people that they can self-referral to Wandsworth (6) Falls & Bone Health Services.

Sources:

1. <https://www.ageuk.org.uk/latest-press/articles/2019/may/falls-in-later-life-a-huge-concern-for-older-people/>
2. <https://www.nhs.uk/conditions/falls/>.
3. <https://www.ageuk.org.uk/scotland/latest-news/2022/december/avoiding-falls-this-winter-to-save-a-trip-to-hospital/>
4. [AGE UK Staying Steady Guide](#)
5. <https://hrch.nhs.uk/services/search-services/falls-and-bone-health-richmond#:~:text=The%20integrated%20Falls%20and%20Bone,people%20and%20sustain%20their%20independence.>
6. <https://www.stgeorges.nhs.uk/service/senior-health/integrated-falls-and-bone-health-service/>

Severe Weather Emergency Protocol

The SWEP (Severe Weather Emergency Protocol) and winter provision toolkit is designed to support Local Authorities to provide SWEP responses in order to prevent deaths of people sleeping rough during the winter. It also contains guidance for organisations who are setting up winter provision, including suggested accommodation models.

What is SWEP?

SWEP is activated when temperatures drop below 0°C or during other severe weather conditions that pose a threat to life. The protocol ensures that councils across London, in collaboration with homelessness charities, open additional emergency accommodation to provide shelter for rough sleepers.

Importance of SWEP

SWEP is vital for safeguarding the health and well-being of rough sleepers during harsh weather conditions. By providing emergency accommodation, it helps prevent cold-related illnesses and fatalities among the homeless population.

 For more information regarding SWEP please visit: [SWEP and winter provision toolkit | Homeless Link](#)

MAYOR OF LONDON

SWEP ALERT – 12/01/2024

SWEP IS NOW ACTIVE

Met Office forecasts expect temperatures of 0°C or below in London this weekend. As such, the Mayor of London has called for **SWEP to be activated** across the capital.

Immediate actions required:

- Alert your local SWEP network that the emergency protocol has been activated
- Refer to the attached documents regarding SWEP activation

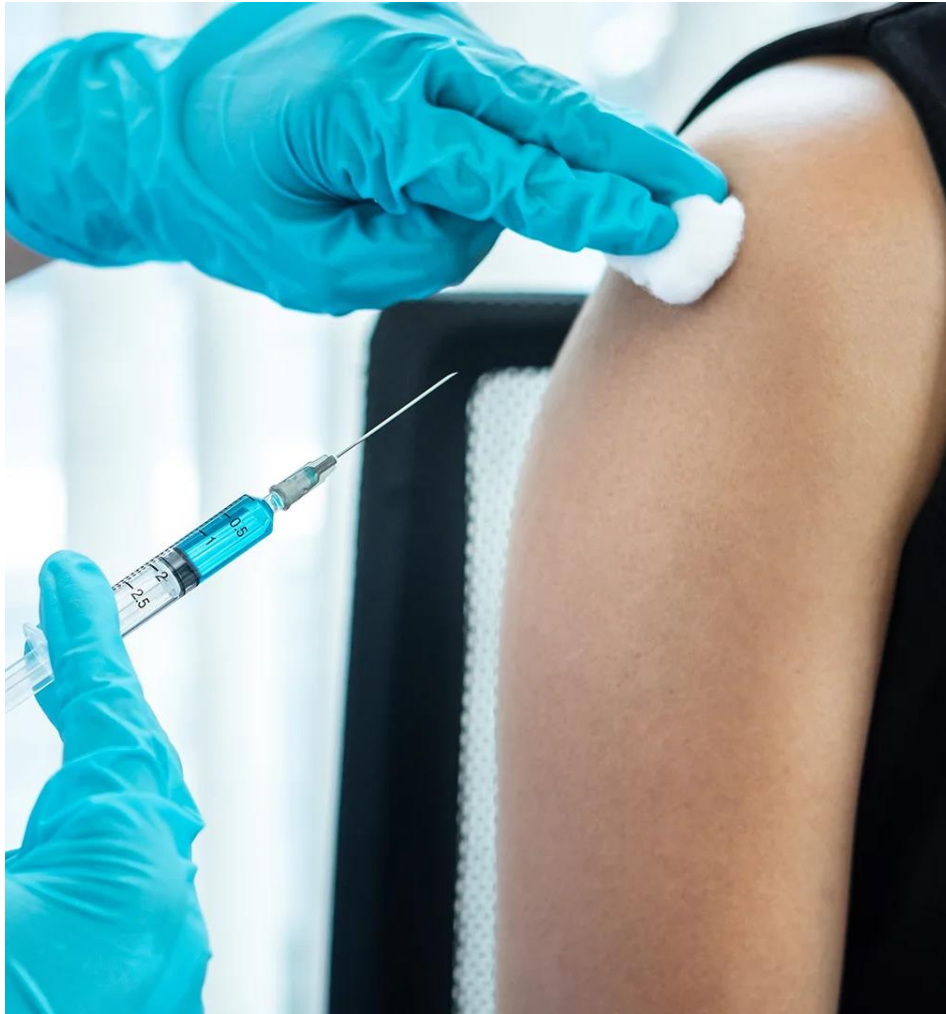
This alert is intended for Severe Weather Emergency Protocol coordinators in London councils. If you are not part of this group you may be receiving this alert for information only. Please contact your local authority rough sleeping lead officer or the GLA (RoughSleepingCommissioning@london.gov.uk) if you do not know why you have received this alert.

The Council will be notified by the Mayor of London when the SWEP is activated.

The Council Rough sleeper Coordinator works with local VCS networks to implement support, and the public are asked to report someone who is bedding down to [StreetLink - Connecting people sleeping rough to local services \(thestreetlink.org.uk\)](#)

SWEP SWEP SWEP

SWEP SWEP SWEP



2024/25 Autumn- Winter Vaccination Programme

Eligibility and key guidance: flu programme

The flu vaccine is a critically important public health intervention to reduce morbidity and mortality in those most at risk. It helps the health and social care system to manage winter pressures by reducing demand for GP consultations and hospitalisation.

The **national flu immunisation programme letter** is published annually to provide guidance and next steps for the season.

Eligible cohorts

Eligibility is based on the advice of the Joint Committee on Vaccination and Immunisation (JCVI).

From 1st September:

- **pregnant women**
- all **children aged 2 or 3 years** on 31 August 2024
- **primary school aged children** (from Reception to Year 6)
- **secondary school children** (from Year 7 to Year 11)
- all **children in clinical risk groups** aged from 6 months to less than 18 years

From 3rd October:

- those aged **65 years and over**
- those aged **18 years to 65-years in clinical risk groups** (as defined by the Green Book, Influenza Chapter 19)
- those in **long-stay residential care homes**,
- **carers** in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- **close contacts of immunocompromised individuals**
- **frontline health and care staff**

Getting the vaccine

Adults:

- Contact your GP surgery
- [Book an appointment at a pharmacy online](#)
- [Book an appointment on the NHS App](#)
- Pregnant women – attend maternity services
- Care home resident – at care home
- Frontline health / social care worker – from employer

Children:

- Children aged 2 or 3 years – at GP surgery
- School aged children – at school by [HRCH](#)

Most flu vaccinations should be completed by the **20th December** 2024. Flu vaccinations will be available until Monday 31 March 2025



More information about the flu vaccine and who is eligible can be found on the [NHS website](#)

Eligibility and key guidance: COVID-19 booster programme

The COVID-19 vaccination programme aims to prevent severe illness, resulting in hospitalisation and death, from COVID-19. The focus of the programme is on offering vaccination to those most at-risk, particularly those with underlying health conditions that increase their risk of hospitalisation following infection.

Eligible cohorts

Eligibility is based on the advice of the Joint Committee on Vaccination and Immunisation (JCVI).

From 3rd October:

- adults **aged 65 years and over**
- **residents in a care home** for older adults
- individuals aged 5 months to 64 years in a **clinical risk group** (as defined in tables 3 or 4 in the COVID-19 chapter of the Green Book)
- **frontline health and social care workers**
- **staff working in care homes** for older adults

Co-administration: Vaccination of all COVID-19 cohorts will start on 3rd October at the same time as all other adult flu cohorts to support co-administration of flu and COVID-19.

Getting the vaccine

- Contact your GP surgery
- [Book a COVID-19 appointment online](#)
- [Book an appointment on the NHS App](#)
- Visit a [walk-in COVID-19 vaccination site](#)
- Care home resident – at care home
- Frontline health / social care worker – from employer

Most COVID-19 vaccinations should be completed by the **20th December 2024**, with outreach activities for COVID-19 vaccination to be delivered to underserved communities until the **31st January 2025**.



Communication resources

NHS England and UKHSA produce a range of communication resources and assets to promote the importance of winter vaccinations, and raise awareness of programme eligibility and where to access vaccination.

Campaign resources

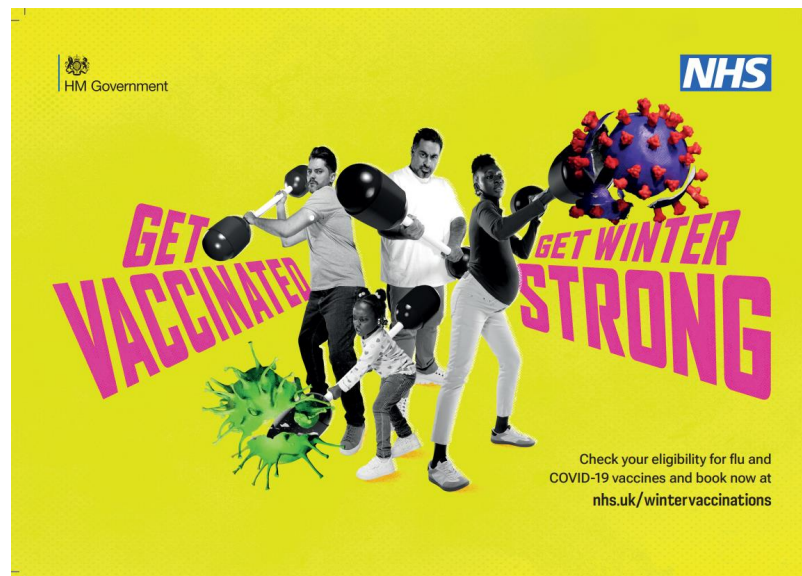
Get Vaccinated, Get Winter Strong campaign resources can be downloaded from the [DHSC Campaign Resource Centre](#).

Targeted resources are available for:

- Health and care workers
- Pregnant women
- Children aged 2 and 3 years
- People with long-term health conditions

Health Publications

Posters, leaflets and other resources are available to order for free or digitally download from [Health Publications](#).



A close-up photograph of a person's hand pointing at a laptop keyboard. The scene is dimly lit with a strong blue color cast. The person is wearing a light-colored, textured sweater. In the background, another person is visible, also working on a laptop, but they are out of focus. The overall mood is professional and focused on technology and learning.

**Training resources to
support staff knowledge**

Supporting Winter Warmth – Making Every Contact Count

The main objective of MECC (Making Every Contact Count) training is to help frontline workers develop the skills needed to:

- Feel comfortable bringing up a conversation about healthy lifestyles and prevention
- Identify people who could benefit from additional support
- Know how and where to signpost to local services for additional support

Training can be accessed on the [Learning Pool TPD site](#).

First time login for Council staff: If an account existed on the previous TPD system, please email tdservice@richmondandwandsworth.gov.uk for a new password. If not, click ‘create new account’ and follow the instructions.

First time login for external users: **Registration is required.** When accessing for the first time, please email tdservice@richmondandwandsworth.gov.uk for a new password. Then select ‘create new account’ and follow the instructions.

Once registered, select ‘Find Learning’ and type the course name ‘Supporting Winter Warmth’ in the search field.



Course Search



e-learning

Vaccination Hesitancy

Making Every Contact Count
MECC module

Can you play a part in protecting our local communities from infectious diseases such as measles and flu?

Do you want to learn new skills to confidently manage conversations about vaccination with residents?

Public Health



Who is the module for?

Anyone working closely with residents, especially parents and elderly people.

This includes:

- Council staff
- Community workers
- pharmacy and healthcare staff (clinical and non-clinical)
- Voluntary sector workers

What will I learn?

- What vaccine hesitancy is
- Key information about vaccines, including the benefits
- Common myths that make residents hesitant towards vaccination.
- How to provide appropriate advice about vaccinations through a MECC conversation.

Please note, this module does not contain clinical information.

Action required: relevant staff to complete training

The module will take you approximately 30 minutes to complete, and you will receive a certificate once you have successfully completed the course and passed the quiz.

Click here to access the MECC module on the Learning Pool platform

Module access Instructions:

Council staff: all staff have single sign in access on Learning Pool. Click on Employed by the council (SSA Staff). The first time you log in, use your work email and, if you have not received your password please email tdservice@richmondandwandsworth.gov.uk

Non-Council staff: please email tdservice@richmondandwandsworth.gov.uk for log in details.



Module available at www.tpd.org.uk