

BLISS=Ability

BLISS=Ability NEWSLETTER November 2021 Issue 1

COVID 19 Update

The Prime Minister issued a vaccine call to arms ahead of Winter, urging everyone over 50-years-old to get their COVID-19 booster vaccine when they are invited to do so. The NHS will contact people to offer them a booster vaccine if they are eligible and anyone who receives an invite should book online or call 119. Data shows that the natural immunity provided by vaccines will wane over time, particularly for older adults and those more at risk from COVID-19.

What is the COVID-19 Booster Programme?

The COVID-19 booster programme is the rollout of an additional vaccine dose to people who have previously received two doses of a COVID-19 vaccine to ensure continued protection for those most at risk from COVID-19.



To find out more about the COVID-19 booster vaccine and who can get it please use the link below

[Coronavirus \(COVID-19\) booster vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Flu Vaccination

The flu vaccination programme is now running and protects people from serious complications from getting flu. People that are eligible for a COVID-19 booster can also get their flu vaccination.



More information on the flu vaccination is at www.nhs.uk/flujab

Help us to Help You

Please if you can use the NHS 111 service if you have an urgent but not life-threatening medical need, rather than going straight to A&E/Emergency Departments. If you have a life threatening emergency please call 999.



Our Self-Care Course covers:

- An introduction to self-care.
- How to manage a long term health condition, and how to make changes to your lifestyle to develop more healthy behaviors.
- Confidence building & increased self-esteem.
- Managing stress & anxiety.
- Healthy eating & nutrition.
- Physical activity.
- Creating your own unique self-care plan.

It is a flexible nine hour course, delivered by a qualified trainer and courses can be arranged to suit you, a group or workplace staff.

FREE to anyone living or working in South Tyneside.

Courses are on the following dates:

To book a place please contact Angela Tel no: 0191 427 166 or email angela.dunn@blissability.co.uk

Wednesday 17th November – 1st December 12.00 – 3.00 pm

Alcohol Causes Cancer Campaign



The aim of the campaign is to provide the public with a compelling stop and think moment around alcohol following worrying high levels of drinking during the pandemic and a record year for alcohol deaths with the highest rate in the North East.

For more information please contact Public Health 0191 427 7000 or

<http://www.change4lifesouthtyneside.co.uk/>

<http://www.wellbeinginfo.org>

If you require our newsletter in an alternative format i.e. large print or audio please contact the office.

CONTACT BLISS=Ability

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