



20 December 2019

News update



Keep well over the festive break

Having a well stocked medicine cabinet, keeping your home heated to at least 18° centigrade and having a free NHS [flu vaccination](#) if you are eligible can all help keep you well over the festive period.

Remember, if you start to feel unwell with a cough or cold your [local pharmacist](#) can provide advice or even

treatment, and if your GP practice is closed [NHS 111](#) can choose the right health service for you.

For a list of Thames Valley pharmacies open on festive bank holidays [see here](#) Remember, you can see a GP in the [evening and or weekends](#) - contact your surgery for more details.



Free NHS nasal spray jab for toddlers

Parents or carers of children aged 2 and 3 are urged to get their toddlers protected against flu with a quick and painless nasal spray vaccine at their GP practice.

Parents are also encouraged to give consent for their children at primary school to have the free nasal spray vaccine. For more information [see here](#)



Catch it, Bin it, Kill it

You can stop the spread of the flu virus by:

- **CATCH IT** – Always carry

tissues and use them to cover your nose and mouth when you cough or sneeze

- **BIN IT** – Dispose of used tissues as soon as possible
- **KILL IT** – Clean your hands with soap and water as soon as you can and make sure you wash them frequently

Partnership Information



What do you think of children's therapy services?

Parent and carers, please share your views and experiences of children's integrated therapies service (occupational, physio and speech and language therapies) at two free workshops in the new year.

These are being held on Tuesday 21 January (6pm to 8pm) at the Wesley Memorial Hall in Oxford and also on Friday 24 January (12 noon to 2pm) at Jubilee House, Oxford Business Park.

To register your attendance either for 21 January [see here](#) or 24 January [see here](#)



Share your views on the Banbury Safe Haven

This is due to open early in the new year, and will provide out of hours support for people in a mental health crisis.

We are interested in hearing from people who have had a mental health crisis, and their families or carers at a meeting on Friday 10 January 2020 (11am to 1pm) Banbury Wellbeing Hub, Britannia Road, Banbury, OX16 5DN.

To register your attendance email: getinvolved@oxfordshiremind.org.uk or contact 07710 092849.

Consultations



View all County Council consultations

You can view and take part in Oxfordshire County Council's consultations.

You can see more information about a specific consultation by visiting the relevant webpage [click here](#)