



9 December 2019

News update



Free flu jabs for patients with a long term condition

If you have diabetes, asthma or a heart condition you can have a free NHS flu vaccination to protect you and your family this winter.

Living with an underlying health condition including kidney disease and obesity puts you more at risk of the complications of flu which could result in a stay in hospital or even death.

Watch a short film about a patient with Type 2 diabetes explain why he always has a flu vaccine - [see here](#)



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](#)



Order your repeat prescriptions in time for Xmas

Over the bank holidays most pharmacists and GP surgeries will be closed so our advice is to plan ahead and order repeat prescriptions at least five days before the start of the festivities.

To see which pharmacies are open over the Xmas and new year bank holidays in Oxfordshire, Buckinghamshire and Berkshire [see here](#)



Stop the spread of the winter vomiting bug

The best way to protect yourself and family and friends against norovirus is to wash your hands well and often. For more information [see here](#)

Partnership Information



SOS service available in Oxford this winter

If you feel unwell or need treatment during a night out in the city the SOS team will be on hand to provide advice and support.

The team of paramedics are based in the city centre's Bonn Square with their SOS ambulance every Friday and Saturday night (10.45pm to 5.15am) until February of next year.

The service is aiming to reduce the number of people using the local emergency department. For more information [see here](#)



Join an 'end-of-life care at home' workshop

If you have experience of hospice at home services as a carer or volunteer you can share your thoughts on the findings of a major study into this area.

Two workshops are being held one in Leeds (16 January 2020) and the other in London (23 January 2020) where the findings will be discussed and your feedback will help shape guidelines for a better service.

For more information and to reserve your place at either venue [see here](#)

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](#)