



# LD BIG HEALTH WEEK

## Preparing for Winter

Thursday 5<sup>th</sup> November 4.45 - 5.30pm

Presented by

South East London Clinical Commissioning group

Ian Ross, Associate Director of Planned care and Cancer

Rena Amin, Associate Director, Medicines Optimisation

Yvonne Davies, Primary Care Commissioning Manager

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A session informing participants on how to prepare for winter and the importance of getting your flu jab.

The session also covered;

- Recent Covid19 guidance
- NHS England Easy read Newsletters for people with Learning Disabilities

**NHS England and NHS Improvement Flu Video:**

<https://youtu.be/0NbP-G7q414>

**Wearing a Facemask:**

[https://www.youtube.com/watch?v=IRf8\\_jt0nMU](https://www.youtube.com/watch?v=IRf8_jt0nMU)

**Government guidance Stay at home from 5<sup>th</sup> November**

<https://www.gov.uk/guidance/new-national-restrictions-from-5-november#stay-at-home>

**NHS England and NHS Improvement Easy Read Newsletters**

<https://www.england.nhs.uk/learning-disabilities/about/get-involved/newsletters/>