

Report for Sellindge Parish Council Meeting 08 October 2024

October is also Stoptober where KCC's Public Health Team have a special campaign to get the county's remaining 145,000 smokers to quit the habit. There's information on the KCC website about the services available to help people and they include trained advisors offering face-to-face, phone or video support, prescription products and a personal quit plan. Please encourage any smokers you know to take advantage of this.

The Public Health Team are also joining with the NHS to encourage all those eligible to take up the vaccinations they are offered this autumn. Covid is still with us and flu is always a risk in the winter. New for this year is the RSV vaccine for those between 75 and 79 years old which helps protect against respiratory syncytial virus.

Also on the KCC website is *KentTogether* which pulls together all the various schemes on offer to people who may have financial or mental health problems. There are many schemes available and discretion to help those in need who don't precisely fit any category.

There are a number of consultations under way including education strategies and support services for children and you can take part at <https://letstalk.kent.gov.uk/>

Susan Carey

Member for Elham Valley, Kent County Council