**The Medical Centre – Frances Street - Newsletter**

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**Coronavirus Vaccine Booster Update**

The COVID-19 booster vaccine programme has started! This provides people with extra protection against the virus. The vaccine is available to people at risk six months since their second dose. If you are eligible, see below, drop in at Lakeside Shopping Village any day (apart from Wednesday) 9am-5pm for your vaccination, no appointment needed.

* People aged 50 years +
* Carers aged 16 +
* Frontline health and social care workers
* People who live and work in care homes
* People aged 16+ with a health condition that puts them at risk of becoming very ill from COVID-19
* People aged 16+ who live with someone who is at high risk from getting infections

**Staying Active:**

It can be hard in the colder months to remain active as you may not want to go outside. It is important that we still do exercise when we can to keep are bodies fit and healthy!

Here are some top tips:

* Take the stairs instead of a lift
* Go for a walk on your dinner break
* Do low impact exercises such as Pilates and tai chi
* Go swimming or try aqua aerobics
* Split exercise it into 10-minute bouts or more throughout the day

**Flu Clinics**

Our flu clinics have started. Please phone the practice to book your appointment. This is the best time of year to get the vaccine before flu starts to spread. We strongly advise if you are eligible to make an appointment.

* People aged 55 years +
* Pregnant Women
* Those in clinical risk groups
* Carers
* Frontline health and social care workers
* People who are in a long-stay residential home
* People who live with someone who is at risk from getting infections.