

The background of the slide is a scenic coastal landscape. It features a person standing on a grassy cliff edge, looking out over a turquoise sea. The sea is surrounded by steep, rocky cliffs. In the distance, there are small islands or rocks in the water. The sky is blue with some white clouds.

Overview & Scrutiny

6 November 2025

Public Health update on system Winter readiness

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Our role in:

Maintaining year round resilience & readiness

Preventing & managing outbreaks

Promoting & protecting health through vaccination

Year round resilience & readiness (it's not just Winter)

Adverse Weather & Health Planning



Adverse Weather and Health Plan
Protecting health from weather related
harm
2025 to 2026



- prevent mortality
- prevent morbidity
- reduce the use of healthcare

Adverse Weather & Health Planning



Adverse Weather and Health Plan

Protecting health from weather related harm

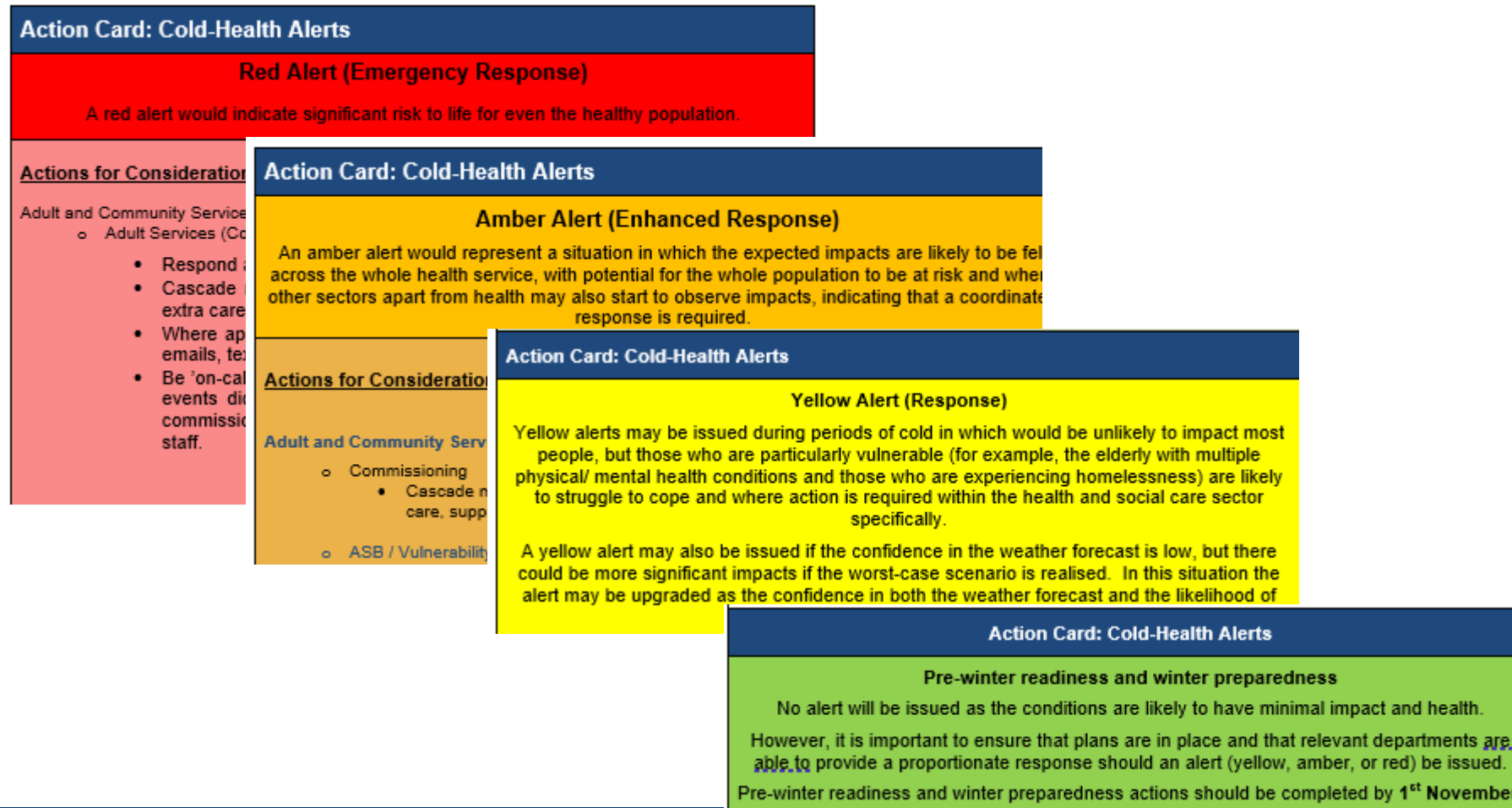
2025 to 2026



- Multi-agency
- Shared plans
- Build capacity
- Training & awareness
- Heat & cold weather alerts
- Comms & campaigns
- Surveillance

In Torbay – localised team based action cards

- Public Health
- Emergency Planning
- Adult Social Care
- Children's Services
- Events
- Rough Sleeping
- Highways, Harbours, Parking
- Health and Safety
- Communications
- HR



In Torbay – what do we do?

Priorities

- Know our 'vulnerable groups'
- Know who to talk to
- Have our messages ready
- Trusted voices
- Economic hardship
- Pre-agreed escalation
- Corporate risk register

Activities

- Advice & guidance
- Signpost to support
- Transport, roads
- SWEP protocol for rough sleepers
- 'Keep warm, safe & well'

Keeping Warm



Energy saving tips

- Try to keep heating at 18°C in main living area.
- Close curtains at night.
- Have regular boiler servicing.
- Layer clothing at home.
- Draught proof your home.
- Book a **FREE** energy home visit with

66+

Are you state pension age?

- Pension Credit to top up your home or Age UK Torbay



Rent or mortgage advice

- If you're at risk of losing your home, call our housing advice



Council tax advice

- If you're on a low income, you may be able to receive up to 10% discount. Call **01803 2072**



Where else to get help

- Citizens Advice

Keeping Safe



Tips to manage damp, mould and cold in your home

- Keep all rooms in use heated to reduce condensation.
- Prevent heat loss through walls and windows.
- Make sure vents and air holes moisture can get out.
- Reduce excess moisture; use extractor fans while cooking, try not to



Travel safely

- Check weather conditions before



Avoid falls

- Keep moving to maintain strength
- Get regular eye and hearing checks
- Be careful of ice, slippery leaves
- Take care of your feet and wear

The Torbay Community Helpline residents for help with anything from wellbeing support. Call **01803 446022**

www.torbay.gov.uk/w

Keeping Well



Get your vaccines

- Get Flu, COVID-19 and other winter vaccines. Ask your pharmacist, or call NHS **119**



Wash your hands

- One of the simplest ways to stay well.



Look after your wellbeing

- Connect with the people around you.
- Keep learning by trying something new.
- Give a bit of your time to a friend or someone in your community.
- Take notice of nature and the world around you.
- Be active and take a little bit of exercise every day.
- If you are feeling a bit lonely or disconnected get in touch with your local Community Helpline. Call **01803 446022**



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Keeping Winter Well in Torbay



Seasonal vaccination programme 2025-26

Why is vaccination so important?

- Prevents disease, saves lives
- Protects the vulnerable
- Keeps the NHS and Care system moving
- Estimated over 100,000 hospital admissions prevented by flu vaccination Winter 2024/25
- Estimated 7,700 'excess deaths' (above average) from flu in 2024/25, 15,800 in 2023/24
- Vaccine uptake has been dropping since the pandemic – esp in young children, pregnancy, people with chronic health conditions



Winter vaccines 2025/26

Flu

- 65+
- Pregnancy
- Children 2-16
- Health risk groups
- Carers
- Care homes
- Health & care workers

Covid-19

- 75+
- Older adult care homes,
- Immuno-compromised (weakened immune system)



Flu vaccine: for children age 2-16

Protect your child

Flu vaccination is safe in every stage of pregnancy

You will be able to get
a flu vaccine from:

- your GP surgery
- a pharmacy that offers
flu vaccination
(if you're aged 18 or over)

Some people may be able
to get vaccinated through
their maternity service.



PROTECT YOUR CHILD FROM FLU

Free NHS nasal spray
from 1 Sept



FLU VACCINE CLINIC:



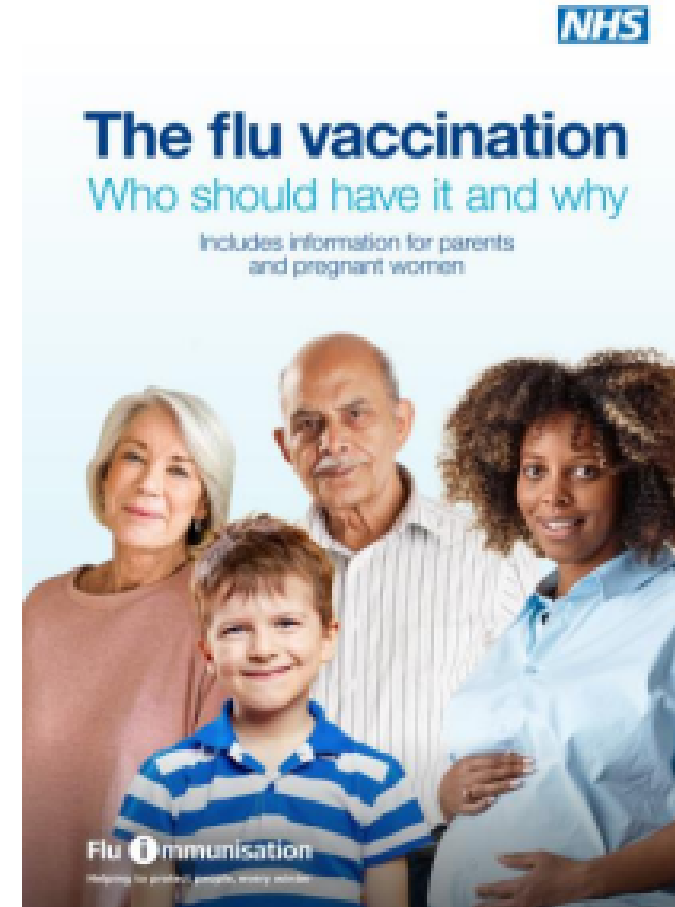
Flu can hit children
and older adults
hardest. Vaccinate now



The flu vaccine is safe
in pregnancy –
and it protects your
baby too.

Uptake in Torbay

- Similar to England rates
- Just below Devon in most groups
- Lower than we want it to be to protect our population
- Esp in children, & people with health risk conditions
- Lower since the pandemic



What is our role?

Work, with partners, to promote uptake:

- *Make it known* – increase awareness
- *Make it easy* - support outreach
- *Make it understood* – combat dis/misinformation



What are we doing

- GPs are vaccinating locally this year
- Pharmacies are offering more vaccines, including for children
- We support vaccines for:
 - Homeless, hostel
 - Town centre pop up clinics
 - Some workplaces
 - Outreach events
 - Council staff

Health officials worried as flu season comes five weeks early



Nick Trigg

Health correspondent

30 October 2025

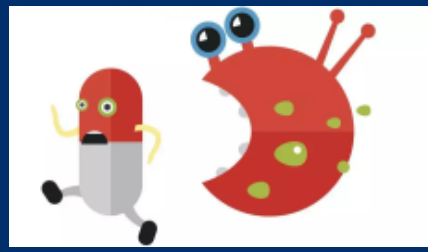
The UK's winter flu season has begun five weeks earlier than usual, health officials are warning.

The UK Health Security Agency said cases were rising quickly among children and young people – and warned the virus would soon start to spread across older age groups.

The organisation urged people eligible for the flu vaccine to come forward to get protected.

An update on AMR – keeping our medicines working

Quick recap



Infections last longer & are more difficult to treat

Estimated impact:

- Over a million deaths globally
- 10 million a year by 2050
- 35,200 deaths each year in the UK. Now.



Local action

- Like climate change, it's an enormous challenge, but there are things we can all do
- Work with schools & early years
- NHS
- Care homes
- AMR Week 2025 – join the superbug squad....



that you've missed and that shows them

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Summary

- Building population resilience to infections is vital
- We have tools that will protect our population & we need to do all we can to promote these
- Individually & collectively, we can all model safe behaviours – get our vaccines, wash our hands, use antibiotics wisely, be Winter ready, look out for those who are vulnerable
- Partnerships are at the heart – with the NHS, Care providers, hostels, education, businesses, carers, with our communities