

COVID-19 Vaccine Update No 30

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Vaccination invitations going out for 16- and 17-year-olds in Sussex



Thousands of invitations are going out to 16- and 17-year-olds in Sussex this week so that they can benefit from the all-important protection needed to prevent severe illness from COVID-19.

Vaccination is also being offered to children aged 12 to 15 who have a higher risk of getting seriously ill from COVID-19 or who live with someone at high risk of catching it. Children and their parents in this group will be contacted by their GP practice or a vaccination service to book their vaccination appointments. While we know that the majority of younger people aged 16 -17 aren't at risk of severe illness if they catch COVID-19 themselves, we do know that infection rates among this group have been increasing. It's vital for them to get their all-important protection before they go back to school, college or begin work to help stop the spread in our communities.

People in this age group can get their vaccination by attending a walk-in session or by waiting to be contacted by their GP or local vaccination service to arrange an appointment.

Sites that are available running vaccinations for this age group are on

the [Sussex Health and Care Partnership website](#).

Local GP led vaccination services will also be arranging booked appointments for 16 to 17 year olds, and they will be contacting everyone on their registered lists in the coming days.

The Sussex COVID-19 vaccination programme has produced some [frequently asked questions](#) for younger people aged 16 -17 years old.

People aged 20-24 currently
have the highest COVID-19
infection rate in England.

[Watch a short video shared by @NHSuk on Twitter](#) about the importance of getting both jabs.

This week in numbers...

To date, more than 1.15 million people have received both of their vaccines and now have the highest level of protection.

This means that 92% of individuals in cohorts 1-9 in Sussex have received their first dose, and 89% have received their second dose.

The local NHS is reminding everyone that it is never too late – if you are yet to have your first vaccination, book your appointment today or come to one of our walk in sessions.

[Read more about the vaccination programme](#)

Walk in sessions this week - 1st and 2nd doses



There continue to be walk in sessions taking place this week and weekend to help to make it as easy as possible to get a vaccine for any adult.

Most offer first and second dose (after 8 weeks from the date of your first).

No appointment is needed and you can simply attend during their opening hours.

The vaccine is completely free, and there is no charge to attend the vaccination sessions.

[See the walk in sessions for this week and next.](#)

Mental health and wellbeing resources for young people



[Resources have been created to support young people with mental health and wellbeing.](#)

The toolkits, created by partners across Sussex Health and Care Partnership give top tips on how to look after your mental wellbeing and links to helpful resources and tools. They have been sent to schools across Sussex to be shared with parents and young people as well as to GPs, community groups, and organisations who are working with young people.

If you are interested in receiving copies of the resources please contact sxccg.comms@nhs.net

Sussex Partnership NHS Foundation Trust have also developed some useful '[Recipes 4 Wellbeing](#)' cards that might help parents and carers support a young person experiencing difficulties with their mental wellbeing.

More information

Much more information about the vaccination programme is available on our website, including details of the [services available in each area](#), [latest data](#), [stakeholder briefings](#), answers to [frequently asked questions](#) and links to all the national leaflets and materials.

Thank you for your support in helping to keep our local communities updated

and informed about this fast-moving and unprecedented vaccination programme.

> [Find more information about the Sussex COVID-19 vaccination programme](#)

If you have any questions, concerns, comments or suggestions please contact Patrick Brady – Email plb11@btinternet.com Mobile 07977 50643