

Happy holidays!

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December 2019

Volunteers in fine voice for Christmas party



On 4 December, we spent a wonderfully festive afternoon singing carols with the Chippenham Singing for Lung Health Choir at our volunteers' Christmas party.

The choir, which was set up thanks to a grant from our [Community Cash Fund](#), performed some of their favourites before we joined in with some Christmas classics.

A huge thank you to Choir Leader and Music Therapist Esther Rose Heinrichs and all the choir members for putting a smile on everyone's face!

Have you used the Advice and Contact service?



We're asking for the views and experiences of people who have been in touch with Wiltshire Council's Advice and Contact team, which provides support and information on adult social care services.

Our survey will look at how well this new service is working and identify any areas that could be improved.

[Take the survey](#)

Survey asks military families for feedback



There's still time for military families to complete a survey about how they access GP surgeries, dental care, mental health, social care and other services.

Following a huge army rebasing programme this summer, we'd like to hear how families have been getting on in finding new services, and how services in Wiltshire compare to where they were living before.

[Take the survey](#)

Are you eligible for a free flu jab?

Getting the flu jab is just one way you can keep yourself healthy this winter, and protect your family too. If you're pregnant, over 65, or have a long term condition, make sure you get your free flu vaccine.



If you are someone's main carer, or live in a residential care home, you can also get a free jab, while children can get a free nasal spray.

[Read more](#)

Get advice on staying well this winter



As winter approaches, there are things you can do to stay well and NHS services to help when you need it. The NHS website offers [handy advice](#) on keeping a healthy body and mind during the colder months.

Don't forget that many GPs and pharmacies may close over the Christmas period. Make sure you stock up any prescription medicines you need before the holidays.

[Read more](#)

Dates for your diary



Community Christmas Shindig

11 December, St James' Church, Devizes

Carers Support Group

14 January, The Old Bell Inn, Warminster

Big Community Cancer Conversation

15 January, Market Lavington Village Hall

Wiltshire Services Users AGM

30 January, Springfield Community Campus, Corsham



Merry Christmas and Happy New Year from all of us at Healthwatch Wiltshire!



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