

LANCASTER INTEGRATED CARE COMMUNITY

Newsletter August 2025

Integrated Care Community's (ICCs) are partnerships made up of representatives from local organisations, services and groups who work together to improve health and wellbeing outcomes whilst reducing inequalities in their district. Lancaster ICC comprises over 120 separate organisations from the public, emergency, statutory, charitable and voluntary sectors.





IMMUNISATIONS

Did you know that the very first vaccine was successfully given in 1796 to combat smallpox. Since then, over the decades and centuries, many more vaccines have been developed, enabling us to combat and in some cases, completely eradicate some of the worlds most deadliest diseases.

Vaccines work by triggering the body's immune response to a disease without causing the actual illness. They introduce a weakened or inactive version of a pathogen (or parts of it) to the body, prompting the immune system to develop antibodies and memory cells. This prepares the body to fight off the real pathogen if encountered later, providing protection against future infection.

In this month's newsletter, we aim to share with you, the vaccines that are currently available and when to have them but before that, we'd like to share some myths and facts about vaccines.

Myth: Vaccines can give you the disease they're supposed to prevent.

Fact: Most vaccines contain inactivated or weakened versions of the disease-causing agent, which cannot cause illness. These weakened or inactivated agents trigger an immune response without causing the actual disease. Some vaccines, like the nasal spray flu vaccine, use a weakened live virus, but these are also designed to be much milder than the actual flu.

Myth: It's better to get the disease naturally to build immunity.

Fact: While natural infection does build immunity, it also carries the risk of serious complications, hospitalisation, and even death. Vaccines provide a safer and more reliable way to develop immunity without the risks associated with contracting the disease.

Myth: Vaccines are not effective.

Fact: Vaccines have been incredibly effective in eradicating or significantly reducing the incidence of many dangerous diseases, like smallpox, polio, and measles. While no vaccine is 100% effective, they significantly reduce the risk of contracting the disease and its complications.

Myth: You don't need to get vaccinated against the flu every year.

Fact: The flu virus is constantly evolving, so new vaccines are developed each year to target the most prevalent strains. Annual vaccination is recommended to provide the best protection against the current flu strains.



IMMUNISATIONS

8 weeks old:

6 in 1 vaccine that covers - diphtheria; hepatitis B; Hib (Haemophilus influenzae type b); polio; tetanus; whooping cough.

Rotavirus - a common cause of diarrhoea and vomiting.

MenB - which helps protect against meningococcal group B bacteria that can cause serious illnesses, including meningitis and sepsis.

12 weeks old:

6 in 1 vaccine - 2nd dose.

Rotavirus - 2nd dose.

MenB - 2nd dose.

16 weeks old:

6 in 1 vaccine - 3rd dose.

Pneumococcal - which helps protect against serious illnesses like pneumonia and meningitis. It's recommended for people at higher risk of these illnesses, such as babies and adults aged 65 and over.

1 year old:

MMR vaccine - gives long-term protection against measles, mumps and rubella.

Pneumococcal - 2nd dose

MenB - 3rd dose

Hib/MenC vaccine (for children born on or before 30 June 2024) is given to babies when they're 1 year old to protect them against Haemophilus influenzae type b (Hib) and meningitis C. Babies who are born on or after 1 July 2024 will not get the Hib/MenC vaccine, they will get a new 4th dose of the 6-in-1 vaccine when they are 18 months old instead.

18 months old:

6 in 1 vaccine - 4th dose (for children born on or after 1st July 2024).

MMR - 2nd dose (for children born on or after 1 July 2024).

2-15 years old:

Children's flu vaccine - (every year until children finish Year 11 of secondary school).

3 years and 4 months old:

MMR - 2nd dose (for children born on or before 30 June 2024).

4-in-1 pre-school booster - which boosts the protection provided by the 6-in-1 vaccine and covers diphtheria, polio, tetanus, whooping cough.



IMMUNISATIONS CONT...

12-13 years old:

HPV vaccine - reduces your chances of getting human papillomavirus (HPV), a common virus that's spread through skin contact.

14 years old:

Td/IPV vaccine (3-in-1 teenage booster) - helps protect against tetanus, diphtheria and polio.

65 years old:

Flu vaccine - given every year after turning 65.

Pneumococcal - one dose after 65.

Shingles vaccine - (if you turned 65 on or after 1 September 2023).

70-79 years old:

Shingles vaccine

75-79 years old:

RSV vaccine - which helps protect against respiratory syncytial virus (RSV), a common virus that can make babies and older adults seriously ill.

75 years old and over:

COVID-19 vaccine - usually given in spring and winter.

Condition Specific Vaccines

Vaccines for pregnant women:

Flu vaccine - during flu season.

Whooping cough (pertussis) vaccine - given around 20 weeks pregnant.

RSV vaccine - given from 28 weeks pregnant.

If starting college or university, you should make sure you've already had:

The **MenACWY** vaccine – which protects against serious infections like meningitis. You can still ask your GP for this vaccine until your 25th birthday.

The **2 dose of MMR** vaccine – as there are outbreaks of mumps and measles at universities. If you have not previously had 2 doses of MMR, you can still ask your GP for the vaccine

The **HPV vaccine** – which helps protect against genital warts and cancers caused by the human papilloma virus (HPV), such as cervical cancer.

There are also additional vaccines for at risk people, ie. people who may be more vulnerable due to age or certain health conditions.

Speak to your GP surgery if you think you or your child may have missed any vaccinations. It's best to have vaccines on time, but you can still catch up on most vaccines if you miss them. www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them

SEPTEMBER 2025

September 1st - Healthy Eating Week

September 1st - Migraine Awareness Week

September 1st - Blood Cancer Awareness Week

September 1st - Organic September

September 1st - Urology Awareness Month

September 1st - World Alzheimer's Month

September 1st - Second-hand September

September 5th - Breathe Easy Lancaster - a monthly drop-in group for anyone 18+ living with a chronic lung condition, speakers, gentle exercise, refreshments and lovely company on offer. Everyone is welcome. 2-4pm The Oak Centre, St John's Hospice.

September 5th - International Day of Charity 2025

September 6th - National Read a Book Day

September 8th - Know Your Numbers (Blood Pressure) Week

September 9th - Sexual Health Week 2025

September 11th - Diverse Heritage Day

September 15th - Pension Awareness Day

September 16th - Orchid Male Cancer Week

September 16th - Rheumatoid Arthritis Awareness Week

September 19th - International Talk Like A Pirate Day ooo argggh!

September 20th - Great British Beach Clean

September 22nd - National Eye Health Week 2025

September 23rd - Organ Donation Week 2025

September 24th - Lancaster ICC Monthly Meeting - in September we are meeting online. The meetings provide an opportunity to listen, learn what's new, what's changed, what's stopped in a wide variety of organisations across the district; update; network; get support, advice and guidance for individuals and projects.

September 26th - Mesothelioma Awareness Day 2025

September 29th - World Heart Day 



The Cornerstone Music Café



EVERY MONDAY AFTERNOON
1.00 pm to 3.00 pm

COME ALONG AND JOIN IN



PLAY
SING



JUST LISTEN AND ENJOY

We are group of amateur musicians who enjoy
playing and performing together

in a warm and supportive atmosphere.

Singers and any instrumentalists welcome.

Absolutely no auditions!

We also run workshops and performances for
Residential Homes and community support
groups.

HAVE YOU EVER SERVED IN THE ARMED FORCES?

ARE YOU A VETERAN?

ARE YOU A FAMILY MEMBER OF THE ARMED FORCES COMMUNITY?

Need support with:

Homelessness

Housing

Mental Health

Addiction

Welfare, benefits and employment

Family outreach support
across Lancashire

Prison in-reach support



**Saxton
Centre Hub**

Supported Housing
for
Armed Forces
Veterans



OPENING TIMES

Monday - Friday
9am - 5pm

CONTACT US



01524 481692 (New Number)



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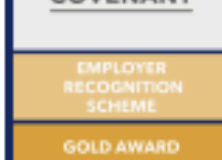


1 Alexander Road, Morecambe, LA3 1TH

www.healthierheroescic.co.uk

**THE ARMED FORCES
COVENANT FUND TRUST**

OpFORTITUDE





COMMUNITY
FOUNDATION
VETERANS

ARMED FORCES VETERANS COFFEE MORNING 2025 DATES

10AM - 12PM AT THE MAZUMA MOBILE STADIUM

**Morecambe football club is hosting
Monthly Armed Forces Veterans Coffee Morning.**

**22 JANUARY
26 FEBRUARY
26 MARCH
23 APRIL
28 MAY
25 JUNE**

**23 JULY
27 AUGUST
24 SEPTEMBER
22 OCTOBER
26 NOVEMBER
24 DECEMBER**

For further information, please contact:

**Tony Brankin, Veterans Officer,
mobile: 07450372211 or**

email: veterans@morecambefccf.com

Open to Veterans, Serving Personnel, Spouses and Families

The event along with parking is free, see you there!





Parent programme: Supporting your child following the death of someone they love

12.00 - 2.30pm

**Thursday 12th
June**

**Thursday 11th
September**

**Thursday 20th
November**

**Forget Me Not Centre at St John's Hospice,
Slyne Road, LA2 6ST**

Join this workshop for parents and carers of children following the death of someone they love. Learn how to talk with your child about what has happened, the kinds of reactions your child might have and how to support your child with their grief.

Sessions must be booked

To express an interest please call 01524 551 195 or email SJH.FamilySupport@sjhospice.org.uk



LANCASTER DIGITAL DIRECTORY

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Lancaster District Directory

Serving Lancaster, Morecambe, Carnforth and surrounding areas. Find support for your health and wellbeing, join social activities, and get help with cost-of-living problems.



For all your health, wellbeing and social activity needs in the Lancaster district.

Whether you are looking for a local knitting, singing or youth group or for support with your physical or mental health.

The Lancaster District Digital Directory can be searched by location or key word.

directory.lancastercvs.org.uk

Activities by Map

Browse all activities on our map

