



Flu Season 2025

Flu vaccinations will begin in October, and we encourage all eligible patients to get protected before the winter months.

You are eligible to receive a free flu vaccine at the GP practice if you are:

- Aged 65 or over
- Pregnant
- Aged 18 to 64 with certain long-term health conditions (such as severe asthma, diabetes, heart, liver, or kidney disease)
- A carer (in receipt of Carer's Allowance or caring for someone vulnerable)
- A household contact of someone with a weakened immune system
- A frontline health or social care worker employed by a registered care provider

There's no need to wait for a letter or official invitation - we're now taking bookings and would be glad to see you. **Get in touch early to secure your appointment.**

Protect yourself, support your local NHS, and book your flu vaccine with us this season.

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Why Vaccination Matters - Protecting More Than Just Yourself

A recent tragedy has reminded us all of something incredibly important: vaccinations don't just protect the individuals who receive them - they protect entire communities. Choosing to vaccinate yourself or your child is one of the most powerful ways to safeguard not only your own health but also the health of those around you.

Vaccines work by building immunity, which helps stop the spread of contagious diseases. When enough people are vaccinated, it creates what's called "herd immunity" - this means diseases have fewer opportunities to spread, protecting people who can't be vaccinated themselves.

These vulnerable groups include babies too young for vaccines, people with certain medical conditions, and those with weakened immune systems.

Unfortunately, when vaccination rates drop, outbreaks of serious illnesses can quickly happen. Diseases that were once rare can make a comeback, putting many people at risk. This can lead to hospitalisations, long-term health complications, and in the worst cases, loss of life.

Why Your Vaccination Choice Matters

- **Protecting vulnerable people:** Some people cannot get vaccinated due to age, allergies, or health problems. Vaccinating those who can helps shield these individuals from exposure.
- **Stopping outbreaks before they start:** High vaccination coverage prevents diseases from spreading widely. This keeps schools, workplaces, and communities safer.
- **Preventing complications:** Many vaccine-preventable illnesses can cause serious health problems or lasting damage. Vaccines reduce the risk of these outcomes.

What You Can Do Today

- **Check your records on the NHS App:** Make sure your vaccinations, and those of your children are up to date. If you're unsure or if you're having trouble with the NHS App, you can contact us.
- **Book missed vaccines:** It's never too late to catch up on vaccines you may have missed. Your GP or Nurse can advise on the best schedule.
- **Talk openly:** If you have concerns or questions about vaccines, you can speak with your GP or Nurse to receive accurate and trustworthy information.