

# **Get Ready for the 2025-2026 Flu Season**

It's that time of year again with the flu season fast approaching, and our team at **Preston Park Surgery is ready!**

## **Protect Yourself, Protect Others – Get Your Flu Jab with Us**

Hello everyone,

Getting your flu jab not only protects you, but also your loved ones and the most vulnerable members of our community. When you have your vaccination **with us at the surgery**, you're supporting your local NHS team to keep providing the care and services you rely on.

Every jab given here helps us, helps you, and helps our community stay safe and well this winter.

**Here's everything you need to know about this year's flu vaccination campaign, including who's eligible, when clinics will run, and how to get booked in.**

### **Why the Flu Vaccine Matters**

Each year, flu can cause serious illness—especially in vulnerable groups.

Getting vaccinated helps:

- Protect individuals at highest risk
- Reduce flu-related hospitalisations and deaths
- Prevent transmission in the community
- Safeguard children and those in care homes

### **Who Can Get the Flu Vaccine?**

**From 1 September 2025, the following groups are eligible:**

- Pregnant women
- Children aged 2 or 3 on 31 August 2025
- Children aged 6 months to under 18 in clinical at-risk groups
- All primary and secondary school children (Reception to Year 11)\*

*\*School-aged children will mainly be vaccinated by the School Immunisation Service, though parents may request vaccination at the surgery if preferred.*

**From 1<sup>st</sup> October 2025, the following groups will also be eligible:**

- All adults aged 65 and over
- Adults aged 18–64 in clinical risk groups
- Care home residents
- Carers and main care providers
- Close contacts of people who are immunocompromised
- Frontline health and social care workers

## **Key Clinic Dates at the Surgery**

- **Saturday 4th October 2025**
- **Saturday 11th October 2025**

Invitations will be going out via text message, with a link for easy online booking. For those unable to book online, our team will be in touch directly to arrange appointments.

**Weekday appointments will also be offered and available throughout the season.**

### **What About Housebound Patients or Care Homes?**

Flu vaccinations for housebound patients and those in care homes will be delivered by the local PCN team. Dates for these visits will be communicated soon.

### **What Happens Next?**

**Here's what to expect:**

- Invitations sent via SMS to eligible patients
- Online booking links for convenience
- Social media updates and local news coverage
- Regular clinic availability for flexible booking

**Let's stay healthy this flu season**

**Get vaccinated, Protect yourself, Protect others**