Community Health Champions Community Newsletter September 2026

COMMUNITY HEALTH CHAMPIONS

Your guide to winter vaccines and who can get them

Flu

Vaccinating children protects them from flu and also helps reduce the spread of flu to others.

- Most school-aged children will be offered their flu vaccination at school.
- Parents of two and three year olds and children in clinical risk will be invited to arrange an appointment through their GP.
- Pregnant women can get the flu vaccine at any stage of the pregnancy and should speak to the GP practice or pharmacy. The vaccine provides important protection to newborns.

A nasal spray vaccine is provided for most children, but alternative injectable vaccinations are also available if preferred. For those who cannot have gelatine, alternative flu vaccination options are available.

Vaccinations begin from 1st October. Other eligible groups should wait for an invitation from their GP practice.

COVID-19

The COVID-19 vaccines are offered to people who at increased risk of getting seriously ill from COVID-19.

You can get a COVID-19 vaccine if you:

- are aged 75 or over (including those who will be 75 by 31 January 2027).
- are aged 6 months to 74 years and have a weakened immune system because of a health condition or treatment.
- live in a care home for older adults.

Vaccination appointments will take place from 1st October.

If you're eligible for the winter COVID-19 vaccine, you can book in the NHS app now or by scanning the QR code.

RSV

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

The RSV vaccine is given as an injection in your upper arm.

You can get a free RSV vaccination on the NHS if:

- you're 28 weeks pregnant or more – the vaccine is recommended during every pregnancy to help protect your baby after they're born.
- you're aged 75 or over.
- you're aged 65 to 74 and have a weakened immune system or have a long-term lung condition (this does not include asthma).
- you live in a care home for older adults.