Southwark Immunisation Team

Phone number: 020 8614 5496

Email address: HRCH.Southwarkimms@nhs.net

September 2025

Dear parent or carer,

> **Your child's flu vaccination is now due. The Southwark Immunisation Team will visit your child's school on Thursday 23rd October 2025.**

This vaccination is recommended to help protect your child against flu. Flu can be an unpleasant illness and can cause serious complications. Vaccinating your child will also help protect more vulnerable family and friends by preventing the spread of flu. If you would like to know more about the flu vaccine, please visit the NHS website. A leaflet can also be collected from your child's school.

Please discuss the vaccine with your child, and use the link provided to access and complete the electronic consent form:
https://cypcis.kingstonandrichmond.nhs.uk/flu/2025/southwark

Your child will be offered the live nasal flu spray or the injectable porcine-free flu vaccine. The nasal spray vaccine is a quick and simple spray up each nostril. Alternatively, you can choose for your child to have the injectable porcine-free vaccine. This is given as an injection into the upper muscle of the arm.

It is recommended that your child have the flu vaccine every year due to changes in flu strains circulating each year, even if they had the vaccine last year.

Please ensure you complete the consent form, even if you choose not to vaccinate your child this year. NHS England requires that we provide numbers of parents that do not consent to their child being vaccinated. If you do not complete your consent form, you may be contacted by phone, text, or letter, to offer your child future opportunities to receive a vaccination. If you return a 'no' consent, we will not make any further contact this year. For more information on this, please see our privacy notice.

We offer all children and young people the opportunity to receive their vaccinations in an appropriate and comfortable environment. Our teams hold clinics over the school holiday periods, some weekends, and after school sessions. Please contact your local immunisation team to book a clinic appointment, or for more information.

We have included some frequently asked questions about the flu vaccine below. If you have any queries about the flu vaccine, please contact your Immunisation team:
- 020 8614 5496
- HRCH.Southwarkimms@nhs.net

Yours sincerely,

Southwark Immunisation Team

South London Children and Young People's Community Immunisation Service is provided by Kingston and Richmond NHS Foundation Trust

Secondary school flu letter – September 2025

The Flu vaccine
Frequently Asked Questions

Are there any side effects?

Possible side effects include:
- a blocked or runny nose
- feeling tired
- a headache
- a slightly raised temperature

More serious side effects, such as a severe allergic reaction are very rare. You cannot catch flu from either of the flu vaccines.

I had a flu vaccine last year - do I need another one?

Yes, every year, scientists predict the most likely flu strain based on flu seasons in other countries. Last years vaccine will not protect you against this years flu strain. Getting your annual flu vaccine is the best way to stay protected.

What if I miss my vaccine at school?

Our Immunisation teams run catch-up clinics after school, at the weekends, and during the school holidays. Head to our website to see all the details of our clinics:
www.kingstonandrichmond.nhs.uk/services/service-search-z/immunisations-childrens

Can I consent for my own vaccines?

Wherever possible, we always try to receive consent from a parent or guardian before administering vaccines.

Young people under 16 years old can consent to their own treatment if they are deemed to understand the risks and benefits of receiving it. This is known as being Gillick competent. Each young person is assessed on a case-by-case basis.

Does the vaccine contain gelatine?

The most common flu vaccine for children is the nasal flu spray. This contains a small amount of porcine gelatine.
If you do not consume porcine gelatine, you can choose to have the injectable flu vaccine. It does not contain any gelatine. Your parent or carer will have to select this option on the consent form.

September 2025