



### Have your RSV vaccine to help protect you

Respiratory syncytial virus (RSV) is an infectious disease of the airways and lungs. It is a common cause of coughs and colds. It usually gets better by itself, but it can be serious for some babies and older adults.

In babies, RSV is a common cause of a type of chest infection called bronchiolitis. This can cause breathing problems and may need to be treated in hospital.

RSV can also cause a serious lung infection (pneumonia) in babies and older adults.

### RSV vaccination from September 2024

A single dose of vaccine will help to boost protection as you reach an age group at highest risk of serious RSV infection. Unlike the flu vaccine you do not need to have the RSV vaccine every year.

The vaccine will help protect against RSV & will be available on the NHS from 1 September 2024.

You'll be able to get the vaccine if:

- ◆ you're aged 75 to 79
- ◆ you're 28 weeks pregnant or more , help protect your baby for the first few months after they're born

**Please book online or at reception: Tue 10th September at Furzton Medical Centre**

### Your Patient Participation



Your patient participation group (PPG) is made up of a group of volunteer patients, the practice manager and one or more of the GPs from the practice. The group covers both the Bedford Street Surgery and Furzton Medical Centre. No medical or patient information is shared or discussed at the meetings.

The changes to the NHS and the focus on patient involvement means that the PPG now has an increasingly proactive role to ensure that patient views are captured and understood by the Practice. The patient participation group meets on a regular basis to discuss the services on offer, and how improvements can be made for the benefit of patients and the practice.

In order to gather a truly representative sample of patients together, we welcome patients from all manner of diverse backgrounds including young people, students, workers, retired people, people with long term conditions, and people from non-British ethnic groups.

If you are interested in joining the PPG visit the website [www.bedfordstreetsurgery.co.uk](http://www.bedfordstreetsurgery.co.uk) and click on Practice Information and scroll down to Patient Participation Group to register, or come in to the practice and speak with a member of our reception team.

For a larger font ask at reception

**Why flu vaccination is important**

Flu vaccination is safe and effective. It's offered every year through the NHS to help protect people at risk of getting seriously ill from flu. The best time to have your flu vaccine is in the autumn or early winter before flu starts spreading. Flu vaccination is important because, while flu is unpleasant for most people, it can be dangerous and even life threatening for some people, particularly those with certain health conditions.

Flu is unpredictable. Flu vaccination provides the best protection. There are different strains of flu virus. The strains that are most likely to cause illness are identified in advance of the flu season. Vaccines are then made to match them as closely as possible. Even if the vaccine doesn't perfectly match a strain it usually provides some protection against it.

**When you should have the flu vaccine**

Most eligible adults will be able to get the flu vaccine from 3 October 2024. This may be later than you've had the vaccine before, but it means you'll have the best protection when flu is most widespread.

**Who can have the flu vaccine?**

Flu can affect anyone but if you have a long-term health condition the effects of flu can make it worse. You should have the free flu vaccine if you are: Summary of eligible groups

The groups eligible for flu vaccination in the 2024 to 2025 flu season from 1 September 2024 include:

- all children aged 2 or 3 years on 31 August 2024
- those aged 6 months to under 18 years in clinical risk groups

The groups eligible for flu vaccination in the 2024 to 2025 flu season from 3 October 2024 include:

- those aged 65 years and over (including those who are 64 but will be 65 on or before 31 March 2025)
- those aged 18 years to under 65 years in clinical risk groups

**Please book your flu vaccine with us, you can book online, via reception or by telephone.**

**Over 65 clinic**

Bedford St: Thursday 3rd October  
Furzton: Tuesday 8th October

**Unders 18yrs to 64 yrs:**

Bedford st: Thursday 10th October  
Furzton: Tuesday 15th October



Please check online or with reception if you cannot attend any of these dates.