Whitewater Health

Patient Participation Group

November 2025

Stay Protected This Winter: Get Your Vaccinations Up to Date

Your guide to staying healthy and safe this winter:

As the colder months approach, staying healthy becomes more important as winter brings a surge in respiratory illnesses like flu, COVID and RSV (Respiratory Syncytial Virus), which hits vulnerable groups the hardest.



The good news? Vaccines are your best defence and the NHS offers Flu, COVID & RSV booster vaccines free to those most at risk; including people over 65 and those with certain health conditions (and their carers), pregnant women and front-line workers.
Note: The RSV vaccine is available for those 75-79 years old.

And don't forget, children 2 to 16 years (incl. Yr1) and those over 17 with long-term health issues are eligible for the flu vaccine; typically provided at school.

The vaccines are safe, effective & reduce the risk of serious illness & hospitalisation.

Even if you're fit and healthy, getting vaccinated helps protect your loved ones and eases pressure on the NHS. **A simple step that can make a big difference.**

How to Book Your Vaccinations:

- Visit nhs.uk/wintervaccinations
- Book online at Pharmacy-online or via the NHS App
- Call 111
- Contact your local pharmacy or GP
- Don't forget, some employers offer the flu vaccine at work

Help keep our communities safe and strong this winter.

Vaccine Availability Calendar:

Month	Availability
October/November	***Flu, COVID booster & RSV Vaccination***
November/December	***Flu, COVID booster & RSV Vaccination***



PPG Contact Details:

(Please Note: The PPG is unable to deal with any medical or personal matters)

Email: Whitewaterppg@gmail.com
https://www.facebook.com/WhitewaterPPG

Practice/Surgery Contact Details :

Website: www.whitewaterhealth.nhs.uk
Telephone (Hartley Wintney - 01252 842087); (Hook - 01256-762125)