

# Long Furlong Medical Centre

## Flu Vaccination Information

August 2025

### Welcome to the Long Furlong Newsletter

Please tell us if you have any feedback about this newsletter or ideas for content in the next issue by emailing [bobicb-ox.pm.longfurlong@nhs.net](mailto:bobicb-ox.pm.longfurlong@nhs.net)

### Practice News

Alfie Gamage has joined the practice as Health Care Assistant

Dr Sandeep Dhungana is now a Partner of the practice, with effect from 1<sup>st</sup> June 2025

Results from the recent Patient Survey are available to view on our [website](#)

### Flu Vaccination Information 2025

[When should you get your flu vaccine? - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

#### At Risk Groups

Those in the risk groups below are more likely to develop potentially serious complications of flu, such as pneumonia so it is recommended they have a flu vaccine every year to protect them:

- Age Over 65 (including those who will be 65 by 31 March 2025)
- Pregnant women
- Under 65 with an underlying chronic disease:
  - Respiratory disease including severe asthma or COPD
  - Heart Disease
  - Kidney Disease
  - Liver Disease
  - Neurological Disease
  - Spleen dysfunction or no spleen
  - Weakened immune system due to disease or drug treatment
  - If you are in receipt of a Carer's Allowance
  - Those living with anyone with a weakened immune system
- Health & Social Care Workers who are registered patients at the practice who are employed by a registered residential / nursing home or registered domiciliary care provider and health and care staff employed by a voluntary managed hospice provider who are directly involved in the care of vulnerable patients / clients aged 65 yrs+ who are risk from exposure to influenza.

## Flu Clinic Dates & Booking 2025

Appointments for all clinics can be booked online **via Patient Access**

### **Adult's Aged 65 and Over Flu Vaccine Clinics**

Where: at the surgery on

Thursday 2<sup>nd</sup> October

Friday 3<sup>rd</sup> October

Tuesday 7<sup>th</sup> October

Wednesday 8<sup>th</sup> October

Thursday 9<sup>th</sup> October

More clinics for adults & children will be offered as the vaccines become available. Please check our website for regular updates. [www.longfurlongmedicalcentre.co.uk](http://www.longfurlongmedicalcentre.co.uk)

### **Children's Flu Information**

**All children aged 2 and 3 years on 31 August 2024** - Will receive the nasal vaccine at the GP surgery.  
**School-aged children (from Reception - Year 11)** - Will receive the nasal vaccine at school this year.

### **Children's Nasal Flu Vaccine Clinic**

Where: at the surgery on

Friday 19<sup>th</sup> September

Tuesday 23<sup>rd</sup> September

Wednesday 24<sup>th</sup> September

Thursday 25<sup>th</sup> September

Tuesday 30<sup>th</sup> September

## Your Patient Participation Group

### **Who We Are**

Your Patient Participation Group (PPG) presently consists of 16 patients.

12 are able to attend our quarterly, on-line "Teams" Meetings, 4 are email only members.

All are volunteers, who support and influence healthcare at Long Furlong Surgery by offering the patient's perspective.

At our meetings we are joined by a GP Partner and the Practice Manager

### **What We Do**

Our purpose is:

- To provide a patient perspective of the practice
- To gather views and feedback from patients
- To help improve the experience of patients attending the surgery.
- To improve communication through the practice website as well as through noticeboards, emails, texts and social media.
- To share ideas to help patients to take more responsibility for their own health and to help improve the services offered by the practice.
- To act as a representative group that can be called upon to influence the local provision of health and

social care.

### **What the PPG Doesn't Do**

- We do not deal with personal medical issues or complaints, as there are already well-established procedures that deal with these.
- What commitment is required on your part if you would like to join?
- We meet online quarterly and that meeting takes up to 90 minutes.
- We ask you to give your views about issues at the practice and possibly upcoming changes at the meeting or by email.
- We have a low volume of emails with an occasional flurry if there is an important issue to discuss.
- In summary, it is a low time commitment with occasional emails and if you can attend a quarterly meeting.
- It is important to mention that we have recently introduced an occasional face-to-face social meeting for coffee.

### **How can you become a member?**

All patients of Long Furlong Surgery are able to become members of the Patient Participation Group. There is no membership or joining fee and no training is required. If you wish to:

- Join us, give us your views/feedback or just find out more.

Please email the PPG at [bobicb-ox.ppg.longfurlongmedicalcentre@nhs.net](mailto:bobicb-ox.ppg.longfurlongmedicalcentre@nhs.net) or leave your details at reception for the attention of the PPG Secretary.

**We are very keen to recruit younger patients and patients with young families.**

### **From the chair of the PPG:**

*The PPG would like to hear from the patients of LFMC about their views on the services provided. Using the email address above, please let us know if any issues you might have (good or bad) and any comments on improvements you would like to see. The PPG meets regularly (quarterly) with the management and senior partner of the Practice to discuss how services can be improved or pass on views on good points. Thank you*

# Get your free flu jab



Some people with a learning disability can get very ill if they get flu.



The best way to avoid flu is to get a free flu jab.

**NHS**  
GP surgery

You can have the flu jab at your GP surgery.

**Pharmacy** +

Or you can have the flu jab at a pharmacy.



If you are scared of needles, tell the nurse. You may be able to have the vaccine as a nose spray instead.

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**Choose the right service**

**Help us help you**



### **Self-care at home**

Treat headaches, coughs and colds, small cuts and grazes at home.



### **Use NHS 111**

Feeling unwell? Need medical advice?  
GP practice or dentist closed?



### **Visit your local pharmacy**

For emergency supply of repeat medicines.  
Advice on minor infections and ailments.



### **Contact your GP practice**

For persistent symptoms, concerns about aches and pains. Vomiting. Asthma.



### **Visit a minor injury unit**

For sprains and strains, broken bones.  
Minor scalds and burns. Minor head injuries.

**999**

### **Call 999**

Please only call 999 in a life-threatening emergency.