

Greenwich Immunisation Team

Phone 0203 9033345

Email HRCH.Greenwichimms@nhs.net

November 2025

Dear parent or carer,

Your child's flu vaccination is now due.

The Greenwich Immunisation Team will visit your child's school

We will be making our second visit to school soon to give the flu vaccine to children who have consent.

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 fill in the online consent form using the link below:

<https://cypcis.kingstonandrichmond.nhs.uk/flu/2025/greenwich>

If you already filled in a form, you do not need to do it again.

If you return a **'Yes'** if you want your child to have the vaccination. A **'No'** consent if you do not want to receive the vaccination, we will not contact if you complete this.

If you want to change your consent, please contact the Greenwich Immunisation Team:

 020 3903 3345  krft.greenwichimms@nhs.net

Please inform school on the day of visit before 8:30am. If there has been any change to your child's health e.g unwell, new medication, taking steroids due to worsening of asthma or if your child had the vaccination at the GP.

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:

- Tel: 0203 9033345
- HRCH.Greenwichimms@nhs.net

Yours sincerely,

Greenwich Immunisation Team

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.