



Who's eligible for the 2026 COVID-19 vaccine, or 'Spring Booster'?

As we move into spring, protection from any earlier COVID-19 vaccination you may have had will be starting to wane.

For those who are more likely to become seriously ill from COVID-19, the NHS offers a free vaccine in the spring to top up their protection. This was previously known as the 'Spring Booster'.

The eligibility criteria is the same as for spring 2025:

- adults aged 75 years and over (by 30 June 2026)
- residents in a care home for older adults
- individuals aged 6 months and over who have a weakened immune system

Booking the spring COVID-19 vaccine

The NHS will invite you to come forward but you do not need to wait for this, if you are eligible book as soon as possible. The National Booking System opened on 7 April to book appointments from 13 April. If you or someone you know can't get online, **book by calling 119 free of charge**, where a translator is available if needed. Last appointments will be on 30 June 2026, with the last day to book on 29 June.

Getting your COVID-19 vaccine is very convenient, with thousands of appointments available across the country every day, usually at pharmacies.

While having your spring vaccine around 6 months after your last dose is the usual timeframe, you can have it as soon as 3 months after a previous COVID-19 vaccine dose. If you are eligible, you can get protection from a spring COVID-19 vaccination even if you have not taken up a COVID-19 vaccine offer in the past. Most people do not need extra vaccinations to make up for any they have missed, but your doctor may advise a further dose if you have a severely weakened immune system.

It is important that everyone who is eligible takes up the offer this spring **before the vaccination programme closes on 30 June 2026**.



**Free NHS COVID-19
vaccinations are now available
to protect you this spring**

Get your free vaccine if you're:

- 75 or over
- Have a weakened immune system (as a result of certain health conditions or treatments)

How to get it:

- Book online at nhs.uk/get-vaccination
- Call 119

Adult care home residents will be offered it through their care home.





NHS

**75 or over? Protect yourself
from serious lung infection.**

If you are aged 75 or over, contact your GP practice to book in for your free respiratory syncytial virus (RSV) vaccine.

Only one vaccine is needed for protection for a few years.

Find out more: [nhs.uk/rsv-vaccine](https://www.nhs.uk/rsv-vaccine)

Respiratory syncytial virus (RSV)

RSV is a major cause of lung infections like bronchitis and pneumonia, and can be particularly dangerous for older adults leading to difficulty breathing hospital admission

- The RSV vaccine helps to prevent severe illness in those most vulnerable to RSV, helping to cut the risk of being admitted to hospital and protecting lives
- A single dose of the vaccine helps to provide protection for a few years (its full duration of protection is being measured in real time)
- The vaccine has been shown to provide strong protection for older people – a study recently found it is around 87% effective against the most severe forms of illness needing oxygen in hospital
- Older adults eligible for the RSV vaccine includes all those aged 75 and over and those living in a care home for older adults
- If you are aged 75 and over, contact your GP surgery to book in for your free RSV vaccine.
- Some pharmacies in parts of England are also offering the RSV vaccine. You can book an appointment online, or search for a pharmacy where you can get vaccinated without an appointment. Find out if you can get a free RSV vaccination at a pharmacy near you
- If you live in a care home for older adults, speak to a member of staff about how you can get the RSV vaccine



HAVE YOU HAD

YOUR FREE

NHS HEALTH CHECK?

The NHS Health Check is a free "midlife MOT" for adults in England aged 40 to 74 designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes, and dementia. Offered every five years, it assesses risk factors like blood pressure, cholesterol, and BMI to help prevent these conditions.

Why is it important?

Thousands of people have already had an NHS Health Check. They are now armed with information and support to reduce their risk of developing heart and vascular problems. Why not join them?

Together, the vascular conditions identified by the **NHS Health Check** are the biggest cause of preventable deaths in the UK, affecting more than **4 million people**.

Every year, the NHS Health Check is expected to help:

- save 650 lives
- prevent 1,600 heart attacks and strokes
- prevent 4,000 people from developing diabetes
- detect at least 20,000 cases of diabetes or kidney disease earlier

If you want to avoid being a statistic, it's worth making an appointment for an NHS Health Check as soon as you get your invitation.

Did not attend Appointment



In February & March, we booked a total of **7077** appointments. **318** patients did not attend (DNA)

If you are unable to keep your appointment, please make every effort to cancel it so that it may be offered to someone else.

To cancel your appointment:

- phone us AT ANY TIME on 0208 530 4108 and select Option 1
- use your NHS account (through the NHS website or NHS App)



We have an active **Patient Participation Group** which meets regularly to discuss what has been happening in the practice. We want to understand how we can improve our service to you and how you feel about our surgery, staff and quality of care.

Your views are important and will be listened to. It may not be possible to act on every suggestion, but all feedback is extremely valuable.

We need people of all ages and backgrounds to join the team so that we can truly represent the diversity of our patients.

Interested?

Please contact **Michelle Greene 07941 077350**