

Civic Medical Centre Newsletter: October 2026

Autumn/Winter vaccinations

Getting the vaccinations you're offered every year is important. It tops up your protection and reduces your risk of getting severe symptoms.

We are now offering Influenza, COVID-19 and Respiratory Syncytial Virus (RSV) vaccinations. The surgery are offering these free vaccinations to people who are most at risk of becoming seriously unwell.

Please be aware that eligibility is different for each vaccine.

Flu vaccination

You can get the free NHS flu vaccine if you:

- are aged 65 or over (including those who will be 65 by 31 March 2027)
- are aged 18 to 64 and have certain long-term health conditions
- are pregnant
- live in a care home
- are the main carer for an older or disabled person, or receive a carer's allowance
- live with someone who has a weakened immune system
- are experiencing homelessness or staying in a homeless hostel or night shelter

The adult influenza vaccination programme starts from **1st October 2026**, although pregnant women and some other eligible patients may be offered the vaccination earlier.

If you are eligible, please take up the offer of vaccination to help protect yourself and those around you during the winter months.

COVID-19 vaccination

You can get a COVID-19 vaccine if you:

- are aged 75 or over (including those who will be 75 by 31st January 2027)
- are aged 6 months to 74 years and have a weakened immune system because of a health condition or treatment
- live in a care home for older adults

COVID-19 vaccinations are available from **1st October 2026**. Eligible patients will be invited to book via a text message or by letter.

RSV vaccination

The RSV vaccine helps protect against infection with RSV, a common virus that can make babies and older adults seriously ill. It's offered on the NHS if you're pregnant or at higher risk of getting seriously ill from RSV.

You can get a free RSV vaccination on the NHS if:

- you're 28 weeks pregnant or more – the vaccine is recommended during every pregnancy to help protect your baby after they're born
- you're aged 75 or over
- you're aged 65 to 74 and have a weakened immune system or have a long-term lung condition (this does not include asthma that is under control)
- you live in a care home for older adults

The RSV vaccination is available throughout the year.

We are holding some large Saturday clinics to reduce the impact on services during the week and have plenty of availability so please call the surgery to book if you are eligible and have not already booked your vaccine.

Repeat prescriptions?



Cheshire &
Merseyside
Anchor
Institute

NHS

Only order what you need



If you have enough medicine at home, there's no need to order now – **you can request more in future.**

cheshireandmerseyside.nhs.uk/medicines-waste