South London Children and Young People's Community Immunisation Service

Lewisham Immunisation Team

02039033635

krft.lewishamimms@nhs.net

9/09/2026

Dear parent or carer,

Your child's flu vaccination is now due.

The Lewisham Immunisation Team will visit your child's school on 6/11/26

This vaccination is recommended to help protect your child against flu. Flu can be an unpleasant illness and can cause serious complications. Vaccinating your child will also help protect more vulnerable family and friends by preventing the spread of flu. If you would like to know more about the flu vaccine, please visit the NHS website.

Please discuss the vaccine with your child, and use the link provided to access and complete the electronic consent form:
http://cypcis.kingstonandrichmond.nhs.uk/flu/2026/lewisham

Your child will be offered the live nasal flu spray or the injectable porcine-free flu vaccine. The nasal spray vaccine is a quick and simple spray up each nostril. Alternatively, you can choose for your child to have the injectable porcine-free vaccine. This is given as an injection into the upper muscle of the arm.

It is recommended that your child has the flu vaccine every year due to changes in flu strains circulating each year, even if they had the vaccine last year.

If you do not complete your child's consent form, you may be contacted by phone, text, or letter, to offer your child the vaccine. If you return a 'no' consent, we will not make any further contact this year.

We offer all children and young people the opportunity to receive their vaccinations in an appropriate and comfortable environment. Our teams hold clinics over the school holiday periods, some weekends, and after school sessions. Please contact your local immunisation team to book a clinic appointment, or for more information.

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:

- 02039033635
- Krft.lewishamimms@nhs.net

For more information on our Service and the consent process, please see our privacy notice.

Yours sincerely,

Lewisham 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.

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

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.

I had a flu vaccine last year - do I need another one?

Yes, every year, scientists predict the most likely flu strains based on flu seasons in other countries. Last year's vaccine will not protect you against this year's flu strains. Getting your annual flu vaccine is the best way to stay protected.

September 2026