

Long Furlong Medical Centre

Flu Vaccination Information

August 2026

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

Practice News

We are delighted to welcome the following new members of staff to our practice:

Dr Manpreet Ahluwalia has started as a Salaried GP, she will be working on Monday.

Dr Sherry Mombay has joined the surgery as a Salaried GP, she will be working Wednesday and Thursday.

Sarah Bakker and Liz Chapman have joined the Patient Services team.

Sharp Box Collections

We can no longer accept sharp boxes at the surgery. If you need a box collected, please request the appropriate letter from the surgery. You will need to send the letter to the council to arrange collection.

Flu Vaccination Information 2026

[When should you get your flu vaccine?](#) - GOV.UK (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 2026)
- 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 2026

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 1st October
Tuesday 6th October
Thursday 8th October
Friday 9th October
Tuesday 13th October
Wednesday 14th 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

Children's Flu Information

All children aged 2 and 3 years on 31 August 2025 - 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

Tuesday 22nd September
Thursday 24th 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 we ask you to give your views about issues at the practice and possibly upcoming changes at the meeting or by email.
- To help improve the experience of patients attending the surgery.
- To improve communication through the practice website as well as through notice boards, 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.
- 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 activity with occasional emails and an occasional flurry if there is important information to discuss. There is no obligation to attend the quarterly meetings with the Practice.
- We meet online quarterly and that meeting takes up to 90 minutes
- It is important to mention that we have recently introduced an occasional face-to-face social meeting for coffee.

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.

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. The level of commitment required is up to you. 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 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.

Message from the chair of the PPG;

My review of how we operate as a PPG is nearing completion. I am finalising a document outlining the options and suggesting a way forward. This will shortly be reviewed by the existing PPG members and, once agreed, will be sent to the Practice Manager for agreement by them. Finally, the changes, if appropriate, will be communicated to all patients via the website, handouts and posters in the patient waiting room and via the Newsletter. Thank you

What does the NHS App do?

Use the NHS App to:

- check your symptoms
- find out what to do when you need help urgently
- book and manage appointments at your GP surgery
- order repeat prescriptions
- view your GP medical record securely

- register to be an organ donor
- choose how the NHS uses your data



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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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**HELP US
HELP YOU**
PROTECT AGAINST FLU

Flu **i**mmunisation
Helping to protect everyone,
at every age

RETURN UNWANTED MEDICINES TO A COMMUNITY PHARMACY FOR SAFE DISPOSAL



WHAT CAN BE RETURNED?

- ✓ **Prescription medicines**
e.g. tablets, capsules, liquids, creams, ointments, inhalers etc.
- ✓ **Over-the-counter medicines**
e.g. painkillers, cold and flu remedies, antihistamines etc.
- ✓ **Unwanted or expired medicines**
even if partially used or out of date
- ✓ **Controlled drugs**
may need to be handed in separately from other medicines in **the original container** and signed over to the pharmacy team

WHAT CANNOT USUALLY BE RETURNED?

- ✗ **Needles, syringes, sharps**
these need to be placed in a special "sharps bin" for safety reasons.
Please contact your local council to arrange collection
www.gov.uk/request-clinical-waste-collection
- ✗ **Non-medicinal waste**
e.g. chemicals, veterinary products, dialysis kits, paints, solvents, oil, batteries, pesticides or garden chemicals
Please contact your local council for advice on the safe disposal of items listed above.

Removing the outer packaging e.g. cardboard boxes and patient leaflets, before returning medicines to the pharmacy can also reduce the volume of medicines waste which needs to be destroyed.

These can be recycled through general household recycling schemes, remember to remove labels which contain your name and address etc. before recycling.