



## **Belvoir Health Group Flu and Covid Clinics 2025**

**Saturday 4<sup>th</sup> October Bingham 8.30 -13.30**

**Wednesday 8<sup>th</sup> October Cotgrave 8.30-12.30**

**Tuesday 14<sup>th</sup> October Bingham 8.30-12.30**

**You will be invited to book via a booking link sent by email or text.**

Who is eligible for the autumn 2025 COVID-19 vaccination programme?

- **Older adults:** Everyone aged 75 years and over.
- **Care home residents:** People living in care homes for older adults.
- **Immunocompromised individuals:** Individuals aged 6 months and over who are immunosuppressed (have a weakened immune system).

Who is eligible for the autumn 2025 influenza vaccination programme?

### **Adults**

- **Individuals aged 65 and over:**
- **Pregnant women:** can receive the vaccine at any stage of their pregnancy.
- **People aged 18 to 64 in a clinical risk group**, such as those with chronic conditions like asthma, diabetes, heart, kidney, liver, brain or nerve conditions, or a weakened immune system.
- **Household contacts of immunocompromised individuals**
- **Carers:** in receipt of carer's allowance or who are the main carer of an older or disabled person.
- **Frontline health and social care staff**
- **Those living in long-stay residential care homes.**

### **Children**

- **Children aged two or three** on 31 August 2025.