



Influenza & Covid-19 Vaccinations

As we head into Autumn and hopefully some cooler days and much needed rain, it's time to start thinking about protecting ourselves from Winter illnesses before they strike, particularly children, older patients and those who are vulnerable due to chronic health conditions, read on to learn who is eligible for which vaccine and how to obtain the vaccine.

2026/27 Flu Vaccination Campaign

The 2026/27 Flu Season runs from 1st September 2026 to 31st March 2027.

Vaccination start dates are set nationally each year:

- For 2026, only pregnant women and children receiving Fluenz can be vaccinated from 1st September.
- All other eligible patients can be vaccinated from 1st October.

Invitations are sent to all eligible patients either by SMS or letter.

We are holding Saturday Clinics on 3rd October and 24th October. Weekday appointments will be available from 26th October onwards.

Patients who are not eligible can pay at a pharmacy for a private flu vaccination.

Housebound patients will be visited by a member of the Arlington Road Team, they will be notified in advance of their scheduled visit.

2026/27 Flu Vaccination Eligibility Criteria

- Patients aged 65+
- Patients aged 16-64 years in **clinical at-risk groups***
- Residents of long-stay care homes
- Carers receiving carer's allowance or who are the main carer for an elderly disabled person
- Close contacts of immunocompromised individuals
- All frontline health and social care workers
- All those seriously overweight (BMI of 40 or above)
- Pregnant women

***Clinical at Risk Groups are defined as follows:**

- A heart problem
- A chest complaint or serious breathing difficulties, including bronchitis, emphysema or



- asthma that is treated with a steroid inhaler or tablets
- Kidney disease
- Lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)
- Liver disease
- A Stroke or TIA
- Diabetes
- Some Neurological conditions, such as Multiple Sclerosis or Cerebral Palsy
- A Learning disability
- A problem with your Spleen, such as Sickle Cell Disease, or you have had your spleen removed

Eligible Children this season:

- Children aged 2 or 3 years on 31.08.2026. Vaccinated by Arlington Road (Fluenz Nasal Spray)
- Primary school aged children (Reception to Year 6). Vaccinated by School Nurse Team (Fluenz Nasal Spray)
- Secondary school aged children (Years 7-11). Vaccinated by School Nurse Team (Fluenz Nasal Spray)
- Children aged 2 to under 18 years in clinical risk groups. Vaccinated by Arlington Road or the School Nurse Team (Fluenz Nasal Spray)
- Children between 6 months and 2 years in clinical risk groups. Vaccinated by Arlington Road (Inactivated Flu Vaccination Injection)

Covid-19 Vaccination Autumn Booster Campaign

The Autumn Booster Campaign begins on 1st October 2026 and ends on 31st January 2027.

The following cohorts are eligible for a booster:

- Adults aged 75 years and over
- Residents in care homes for older adults
- Individuals aged 6 months+ who are immunosuppressed

How to get the vaccine:

- We are able to offer the Covid 19 vaccination to all eligible patients who attend one of our Saturday Flu Clinics
- Eligible patients who attend one of our weekday Flu Clinics or get their Flu vaccine from a pharmacy, will also need to get their Covid vaccination from a Pharmacy or the Clinic at Eastbourne Library.
- To book a Covid vaccination at a pharmacy or the Library visit <https://www.nhs.uk/nhs-services/vaccination-and-booking-services/book-covid-19-vaccination/> or call the National Booking Line on 119.
- **Housebound patients** will be visited by a member of the Arlington Road Team, they will be notified in advance of their scheduled visit.

RSV (Respiratory Syncytial Virus) Vaccination

The Respiratory syncytial virus (RSV) is a common cause of coughs and colds. RSV infections usually get better by themselves but can sometimes be serious for babies and older adults. It can cause illnesses, such as pneumonia (lung infection) and bronchiolitis (a chest infection that affects babies). These illnesses can cause serious breathing problems. They may need to be treated in hospital and can be life threatening.

Until now older patients have routinely been offered the vaccination when they turn 75, remaining eligible until the day before their 80th birthday.

The vaccination campaign has been extended in two ways.

1. From 21st July 2026, NHS England have begun contacting unvaccinated patients aged 80 and over who became eligible from 1st April 2026. These patients will be contacted by NHS England and the invitation will ask patients to contact their GP Practice to arrange vaccination.
2. From 1st September 2026, the programme will expand to include adults aged 65 to 74 who fall within either of the following at risk groups.

Chronic respiratory disease - This includes individuals with a severe lung condition, including:

- Poorly controlled asthma*
- Chronic obstructive pulmonary disease, including chronic bronchitis and emphysema
- Bronchiectasis
- Cystic fibrosis
- Interstitial lung fibrosis
- Pneumoconiosis
- Bronchopulmonary dysplasia

*Poorly controlled asthma is defined as one or more of the following:

- Two or more courses of oral corticosteroids in the previous 24 months
- Maintenance oral corticosteroid treatment
- One or more hospital admissions for asthma in the previous 24 months

Immunosuppression due to disease or treatment - This includes, but is not limited to:

- Patients receiving chemotherapy that causes immunosuppression
- Patients undergoing radical radiotherapy
- Solid organ transplant recipients
- Bone marrow or stem cell transplant recipients

- People living with HIV at any stage
- Patients with multiple myeloma
- Patients with genetic disorders affecting the immune system, including IRAK-4 deficiency, NEMO deficiency, complement disorders and severe combined immunodeficiency
- Patients receiving immunosuppressive or immunomodulating biological therapy, including anti-TNF treatment, alemtuzumab, ofatumumab and rituximab
- Patients receiving protein kinase inhibitors or PARP inhibitors
- Patients receiving steroid-sparing treatments such as cyclophosphamide or mycophenolate mofetil
- Patients receiving, or likely to receive, systemic steroids for more than one month at a dose equivalent to prednisolone 20 mg or more per day
- Anyone with a history of a haematological malignancy, including leukaemia, lymphoma and myeloma
- Patients requiring long-term immunosuppressive treatment for conditions including systemic lupus erythematosus, rheumatoid arthritis, inflammatory bowel disease, scleroderma and psoriasis

Please note that immunosuppressed patients may have a reduced immune response to the vaccine.

The new 65 to 74 clinical risk group will be invited by the Practice and must not be vaccinated under the expanded criteria before 1 September 2026.

Happy Retirement Mary Attoe!

It's with sadness that we announce after more than 14 years' service, Mary Attoe will be retiring from her role as Healthcare Assistant on Wednesday 30 September 2026.

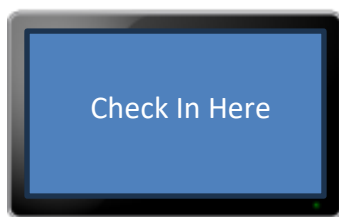
Mary joined Arlington Road Medical Practice on 25 July 2012 and has been a valued member of the nursing team ever since. Throughout her time with the practice, she has provided compassionate, high-quality care to thousands of patients and has been a trusted, supportive colleague to so many of us.

Mary's knowledge, kindness, professionalism and commitment to patient care have made a lasting impact on both the practice and the people she has worked alongside. She will be greatly missed by colleagues and patients alike.

We thank Mary for her outstanding contribution over the past 14 years and wish her a long, happy and well-deserved retirement.



New Self Check-In Screen



We have now installed a second self-check-in screen in our reception area to help improve the flow of patients and reduce queues at reception.

If you have arrived for an appointment and do not need any further assistance, advice or input from our reception team, we encourage you to use one of the check-in screens to let us know you have arrived.

The screen will confirm the clinician you are seeing and advise you which waiting area to use. If your clinician is running late, this information will also be displayed on the screen.

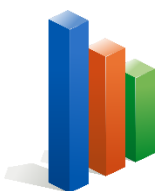
Using the self check-in screens helps us to keep queues to a minimum and allows our reception team to assist patients who require additional support.

Emergencies Only Afternoon



On the afternoon of **Tuesday 15th September**, the Practice will be operating an **emergency-only service** due to essential staff training and an upgrade to our telephone system.

The Practice door will be closed during this time. However, if you require **urgent medical advice or treatment** that cannot be provided by a pharmacy and cannot safely wait until the following day, please call us on our usual number: **01323 727531**.



Patient Survey Results

Overall, we are pleased with the direction of travel from this year's GP Patient Survey. There are some encouraging improvements, particularly around telephone access, patients' experience of contacting the practice and continuity of care. These are all areas we have been working hard to improve over the last 12–18 months and it is reassuring to see patients beginning to recognise these changes.

Our reception team continue to receive excellent feedback, which reflects the professionalism, compassion and resilience they demonstrate every day despite increasing demand.

Equally, improvements in telephone access suggest that the changes we have made to our telephony system and the way we manage calls are beginning to have a positive impact.

That said, the survey also highlights that there is still more work to do. Whilst access remains important, patients are increasingly looking for clear communication, consistency and confidence in knowing what will happen next. We also need to continue developing our digital offer whilst recognising that many of our patients still prefer traditional methods of contacting the practice. Our focus for the next year will be clearer communication, consistency in our response and digital access.

To view the full survey results [click here](#).

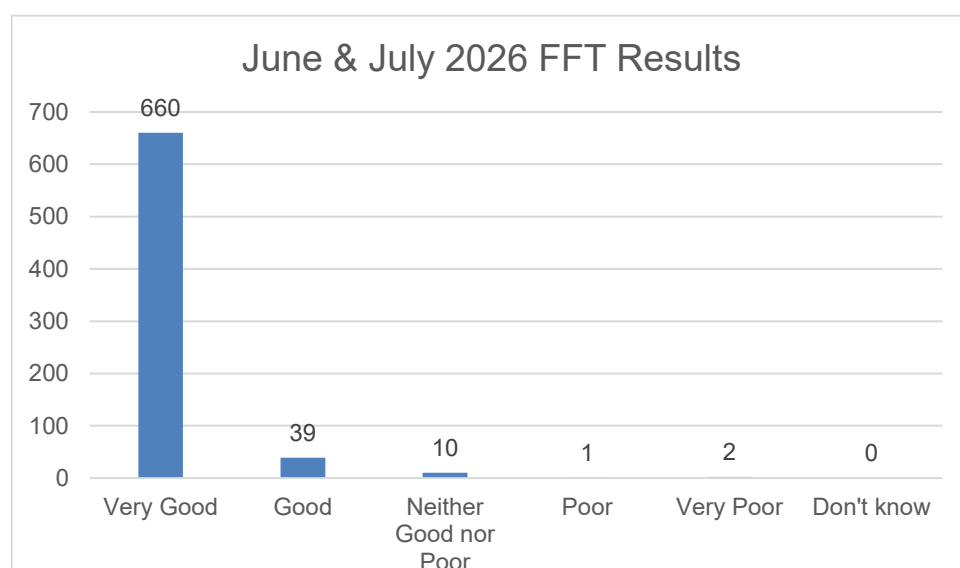
Friends and Family Feedback

Thank you to everyone who has recently taken the time to complete our Friends and Family Test (FFT) survey.

Patients who are signed up to receive appointment reminders will receive an SMS following their appointment, giving them the opportunity to complete the survey. Alternatively, the survey can be completed [online via our website](#), or paper copies are available at Reception. Completed paper surveys can be placed in the Friends and Family Test Box in Waiting Area A.

The FFT is a valuable tool that helps us understand what we are doing well, while also highlighting areas where we can improve. We read all of your comments each month and take your feedback and suggestions seriously. The overwhelmingly positive feedback is a real source of encouragement for the whole team.

We are delighted that **99% of patients who completed the survey during June and July rated their experience as either Very Good or Good**. To give you an idea of how representative the feedback is, **712 patients voluntarily completed the survey over these two months**. Our combined results for June & July 2026 are as follows:-



Your feedback really does make a difference and helps us to continue providing the best possible service to our patients. Thank you to everyone who takes the time to share their experience with us.

Eastbourne Integrated Community Team (ICT)

Working together for a healthier Eastbourne

Eastbourne ICT brings together organisations across health, social care and community services, local government and the voluntary sector to delivery joined-up, proactive care that improves health and wellbeing for local people.



WHAT IS AN ICT?

ICTs are a partnership of local organisations working together in a neighbourhood team.

We share priorities, plan together and deliver joined-up services close to home, so people can access the right support at the right time.



WHY ARE WE DOING THIS?

The Government's 10 Year Health Plan sets out a shift from hospital to community.

This means more focus on:

- ✓ **Prevention** rather than crisis care
- ✓ **Earlier** intervention
- ✓ **Joined-up** services
- ✓ **Reducing** health inequalities
- ✓ **Better support** for people with complex needs

Eastbourne ICT is how we will deliver this locally.



WHAT DOES THIS MEAN FOR PRACTICES?

The ICT is not replacing GP practices. It is designed to support practices by improving collaboration with:



Community Nursing



Adult Social Care



Mental Health Services



Community Pharmacy



South Downs Health and Care GP Federation (Eastbourne)



Voluntary & Community Organisations



Local Authority Partners

The aim is to make it easier to access the right support for patients.



OUR INITIAL FOCUS AREAS

We will start by focusing on biggest opportunities to improve health and prevent illness.



Cardiovascular Health



Diabetes



Hypertension (High Blood Pressure)



Obesity & Healthy Lifestyle



Mental Wellbeing

These areas make the biggest difference to people's long-term health and independence.

WHAT ARE NEIGHBOURHOODS?

Eastbourne is one of 15 Integrated Community Teams (ICTs) across Sussex. Brighton & Hove operates through three ICTs: East, Central and West.

Neighbourhoods are local areas of approx. 50,000 people where services work together around the needs of the local communities.

We work with existing Primary Care Networks (PCNs) to improve care around local populations, not organisations – working locally with partners and communities to focus on prevention, early help and reducing inequalities.

HOW IT'S CURRENTLY WORKING

THROUGH SDHC ON BEHALF OF EASTBOURNE

South Downs Health and Care (SDHC) GP Federation is the Local Provider Collaborative (LPC) for Eastbourne.

SDHC is coordinating the development of Eastbourne's ICT, bringing partners together, aligning priorities and supporting the delivery of our shared goals.



HOW THIS FITS INTO THE BIGGER PICTURE



Government's 10 Year Health Plan



Integrated Care Board (Sussex)



Neighbourhoods
(Including Eastbourne)



Integrated Community Teams
(15 across Sussex)

WORKING TOGETHER FOR PATIENTS



GP PRACTICES
Continuity of
clinical care



**COMMUNITY
SERVICES**
Prevention and
early support



**MENTAL HEALTH
SERVICES**
Supporting wellbeing
and recovery



SOCIAL CARE
Independent living
and support



**COMMUNITY
PHARMACY**
Advice, checks
and medicines



**VCSE &
COUNCILS**
Community voice
and local insight



**BETTER
PATIENT
OUTCOMES**

- Better health
- Reduced inequalities
- Joined-up care
- Healthier communities

WHAT THIS IS NOT

It is not a change to GP contracts or an additional management layer on top of core General Practice or bureaucracy.



**It is a way of helping
organisations work
together more
effectively around
patients.**



OUR VISION

***“A healthier, fairer
Eastbourne where everyone
receives the right health and
care support when they need it,
with communities and services
working together to prevent ill
health and help people stay well
for longer”***



YOUR VOICE MATTERS We will continue to listen, involve
and work with practices at every stage.



Get involved



Share ideas



Help shape the future

Working together today for a healthier Eastbourne tomorrow.

