

Flu vaccinations 2018

Haydon Bridge and Allendale Medical Practice are running flu clinics throughout

October and November on the following dates and times for their patients who are eligible for a free flu vaccination:

Allendale Health Centre

- 11 October 8am-1pm and 2pm-7pm
- 29 October 8am-1pm and 2pm-6pm

The Chapel, Haydon Bridge

- 5 October 8.30am-1pm and 2pm-4pm

Haydon Bridge Health Centre

- 1 November 5.30pm-7.30pm
- 3 November 9am-12midday

If you can't make the flu clinic and are already coming into the practice for a routine appointment they can arrange for you to have your flu vaccination at the time, please let them know.

The flu vaccine is the best way of protecting yourself against the virus. You will be eligible for a free flu vaccination if you are a registered at the practice as a patient and are:

- Over 65
- Pregnant
- Have certain medical conditions including, but not limited to, chronic (long-term) conditions such as:
respiratory, heart, kidney and liver diseases, neurological conditions such as Parkinson's disease and MS, diabetes, and a weakened immune system (or if you live with someone who has).
- If you receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill

If you have any questions or to check if you are eligible, please contact the practice so they can provide further advice and information.

Haydon Bridge 01434 684216

Allendale 01434 683280

<http://www.haydonbridgesurgery.co.uk/>