Leicestershire Partnership
NHS Trust

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Leicester Road
Glenfield
Leicestershire
LE3 8RA

Tel: 0116 225 6000
www.leicspart.nhs.uk

September – December 2026

Dear Parent / Carer and Young Person,

Annual seasonal flu vaccination is now due

All children from reception to year 11 are being offered a free flu vaccination in school, as part of the national vaccination programme. Flu can be an unpleasant illness and make some people seriously ill. The flu vaccination is **safe and effective**. It helps to protect against seasonal flu and serious related complications, such as bronchitis, ear infections and pneumonia. It will also help to prevent the spread of flu and protect others who are vulnerable. There are two different types of vaccine available:

Nasal spray flu vaccine

This vaccine offers the best protection against flu. It is given as a spray, squirted up each nostril. It's quick and painless.

For some children the nasal spray is not suitable for medical reasons. Our team will review the medical information submitted before offering the flu vaccine.

The nasal vaccine contains traces of a highly processed form of porcine gelatine.

Flu vaccine injection

The injection is given into the muscle in the upper arm, which may cause soreness.

This vaccine is offered as an alternative if the nasal spray is not suitable due to medical reasons or personal choice. This vaccine does **not** contain porcine gelatine

To read the flu information leaflet ,visit: **tiny.cc/fluvaccinationsecondary**. More information for parents and carers is also available on the Leicestershire Partnership NHS Trust

website: **https://lptnhs.com/FluSecondaryParentCarerInfo** Information for young people is available on the Health for Teens website: **https://www.healthforteens.co.uk/search/flu**

Important information: Young people can consent for the vaccine.

If we do not receive a parental or carer consent decision for the vaccination, using the below process, we may allow the young person to self-consent to the vaccination on the day. We will only offer this opportunity to young people aged 13 and above, who have read the appropriate vaccination information and who are assessed by a health professional as having enough understanding to fully appreciate what's involved. Only those who are clearly comfortable in receiving the immunisation will have it.

If parents or carers have responded and refused consent, the decision cannot be overruled by a young person, and we will not vaccinate. More information can be found at: www.leicspart.nhs.uk/service/schoolagedimms

How to give or refuse consent for your child to get the flu vaccination

- Click on the following link:
- https://www.manage-vaccinations-in-schools.nhs.uk/consents/1EPqd620xR/flu/start
- On the consent declaration page, you can consent for the nasal flu vaccine, the injectable flu vaccine or refuse consent.
- You will receive a confirmation email when the form is submitted.

We always encourage young people and their parents and carers to have a conversation about the vaccination on offer and to fill out the form together.

If you are unable to complete the form online, please call us on **0300 300 0007** or e-mail **lpt.sais@nhs.net** with your contact details. If you change your mind about your consent decision, please call us on the number above to change it.

Parents and carers will be contacted directly by text and/or email about when the flu vaccination session will take place. **The online consent system will close one working day before the vaccination session.** You will not be able to submit a consent form on the day.

Yours sincerely,

School Aged Immunisation Service

Telephone: 03003000 007
Email: lpt.sais@nhs.net

Frequently asked questions about the flu vaccine

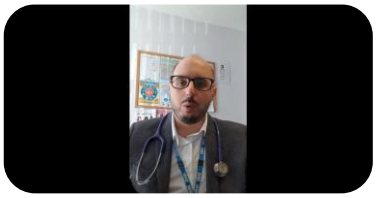
Frequently asked questions	
My child has a health condition and normally has the vaccine from the GP.	They are also able to have the vaccination at school.
What are the side effects of having the flu immunisation?	Children may develop a runny or blocked nose, headache, general tiredness and some loss of appetite. These symptoms are much milder than developing fu or complications associated with flu. Serious side-effects are uncommon.
Why is there a new flu immunisation every year?	Flu viruses change every year, so flu vaccines are updated to protect against the latest strains.
Where can I read the vaccine product leaflet?	For the nasal flu vaccine, visit: tiny.cc/nasalflupil For the injectable flu vaccine, visit: tiny.cc/injectableflupil
Can I have this information in a video format?	Listen to one of our nurses talk about the vaccination: tiny.cc/fluinfo
My child is scared of needles, is there any support available?	You can include this information on your consent form and our team will do their best to support your child. You can download our needle phobia tips flyer: https://lptnhs.com/SAISneedlephobia
What if my child is absent or unwell on the session day?	Details of any additional opportunity for a vaccination will be sent via email.
What's the national vaccination programme?	Visit: www.nhs.uk/conditions/vaccinations to find out more.

If you would like this information in another language, visit:
https://www.leicspart.nhs.uk/service/immunisations-in-schools/

Arabic	ذا كنت ترغب في قراءة هذه الرسالة بلغة أخرى، قم بزيارة موقعنا على الإنترنت
Gujarati	જો તમે આ પત્ર ગુજરાતીમાં વાંચવા માંગતા હો તો અમારી વેબસાઇટ પર જાઓ
Polish	Jeśli chcesz przeczytać ten list w innym języku, przejdź na naszą stronę.
Punjabi	ਜੇ ਤੁਸੀਂ ਇਸ ਪੱਤਰ ਨੂੰ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਪੜ੍ਹਨਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੀ ਵੈੱਬਸਾਈਟ 'ਤੇ ਜਾਓ
Somali	Haddii aad jeclaan lahayd inaad ku akhrido warqadan luuqad kale, booqo boggayaga internetka
Urdu	اگر آپ اردو میں یہ خط پڑھنا چاہتے ہیں تو ہماری ویب سائٹ پر جائیں۔
Ukrainian	Якщо ви хотіли б прочитати цей лист іншою мовою, відвідайте

You can watch a video in these languages:

Arabic



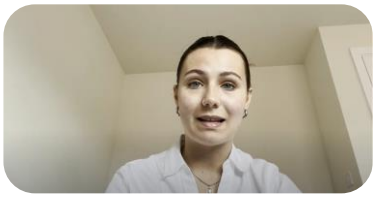
tiny.cc/fluinfoarabic

Gujarati



tiny.cc/fluinfogujarati

Polish



tiny.cc/fluinfopolish

Hindi



tiny.cc/fluinfohindi

Farsi



tiny.cc/fluinfofarsi

Spanish



tiny.cc/fluinfospanish

If you would like to read the flu vaccination leaflet in another language, visit:
www.gov.uk/government/publications/flu-vaccination-leaflets-and-posters

English, Albanian, Arabic, Bengali, Bulgarian, Chinese (simplified), Chinese (traditional, Cantonese), Estonian, Farsi, French, Greek, Gujarati, Hindi, Latvian, Lithuanian, Panjabi, Pashto, Polish, Portuguese, Romanian, Romany, Russian, Somali, Spanish, Tagalog, Turkish, Twi, Ukrainian, Urdu and Yiddish.

Accessible versions of this main leaflet are available to order and download in: Audio, Braille, and Large print.