

Immunisation Service

Trinity House
110-120 Upper Pemberton
Eureka Park
Ashford
Kent
TN23 7SH

Phone: 0300 123 5205

Email: kchft.cyp-immunisationteam@nhs.net

[Live chat with us now](#)

Text chat us now: 07700 140385

Web: <https://www.kentcht.nhs.uk/imms>

   @kchftimmsteam

21 November 2025

Protect your child from flu this festive season

Dear Headteacher,

Flu cases among children are rising earlier than usual this year, and health experts warn that this season could be particularly severe. Latest UK Health Security Agency (UKHSA) data shows flu activity is around three times higher than this time last year, with a sharp increase among school-aged children.

To help keep children and communities safe, we are asking for your continued support with the school flu vaccination programme.

Consent and support for parents

Schools can check which parents/carers have consented or declined via the Cinnamon portal. Please encourage parents who have not yet responded to submit their consent form. If families need help because of language barriers or difficulty completing the form, schools can assist with this or contact our Immunisation Team for support.

Additional school sessions

Our team will be in touch with schools where uptake is low to arrange an additional immunisation session. We appreciate this is a busy time in the school calendar, and we are grateful for your help in making sure children and local communities are protected this winter.

Share a message with your school community.

We have included a message to go out to parents and carers below to support efforts to increase uptake.

Best wishes,

Magdalena Bourne-Fanti

Head of Service
NHS Immunisation Service

Chair John Goulston Chief Executive Mairead McCormick

Trust HQ The Oast, Unit D, Hermitage Court, Hermitage Lane, Barming, near Maidstone, Kent ME16 9NT

Please share the following message with your school community.

Flu cases among children are rising earlier than usual this year and health experts are warning that this season could be particularly severe. Latest UK Health Security Agency (UKHSA) data shows flu activity is **three times higher than this time last year**, with a sharp increase among school-aged children.

Flu is not just a bad cold. It can make children very unwell and is more likely to lead to complications such as pneumonia, bronchitis and ear infections. In severe cases children may become so unwell they need to be admitted to hospital.

Children with long-term conditions like **asthma or diabetes** are at even higher risk. Flu can trigger asthma attacks and make diabetes harder to manage, increasing the risk of serious complications.

Why vaccination matters

The nasal spray flu vaccine is quick, painless and the best protection against flu for children under 16. Vaccinating your child not only protects them but also helps stop flu spreading to vulnerable family members, such as grandparents or babies.

If your child is unable to have the nasal flu due to medical or cultural reasons, they can have an alternative porcine free injectable option.

What to do if your child hasn't had the flu vaccine

- **Consent for your child's school vaccination** [online](#).
- **Missed the school session?** Book a catch-up appointment at a local [community clinic](#)
- **Book a flu injection** at a local [community clinic](#) if needed for cultural or medical reasons.
- **Children aged two to three years** can be vaccinated at our community clinics, at their GP surgery or participating pharmacy.

We may be re-visiting school and will attempt to vaccinate all children who have a yes consent. If your child has been vaccinated at the GP please contact us immediately on 0300 123 5205 as we do not want to duplicate vaccines.

Don't let flu ruin the festive season. Protect your child and your family.

For more information, visit [NHS flu vaccine advice for children](#) or contact [Kent Immunisation Service](#). Vaccines are vital for protecting the population of Kent and Medway; vaccines are the best defence we have against viruses including flu, meningitis, and measles, mumps and rubella. Find more information at [Protecting you](#).