



Patient Participation Group (PPG) Newsletter Nov 2025

NHS App Notifications

We have been asked by NHS England to re-iterate the importance of having notifications switched on and enabled for the NHS App to ensure that all messages are received in a timely manner.

To enable notifications in the NHS App, open the app, navigate to "More," then "Account and settings," and finally "Manage notifications." Toggle on the option to "Send me notifications about new messages." Ensure notifications are also enabled in your other device settings too.

Please note that these changes will need to be done directly via your NHS App. The practice cannot manage these changes from your medical record.

Flu Programme Autumn 2025

Please keep an eye on our website (www.watershipdownhealth.com) for all flu vaccination updates. Please note that we still have flu vaccine available however all Covid vaccines will need to be booked through 119 or the HLOW Covid Helpline Tel 0300 561 0018 (available Monday to Friday 09:00 – 16:00 hrs). The adult programme runs until March 31, 2026.

The national booking system is now open for both covid and flu vaccinations.
<https://digital.nhs.uk/services/vaccinations-national-booking-service>

Flu and Covid Eligibility.

Please note that there are some differences in the eligibility criteria for the flu and covid programmes this year. These are summarised below:

Eligibility criteria for a COVID-19 vaccine in AW 2025/26 are:

- residents in a care home for older adults.
- all adults aged 75 years and over.
- persons aged 6 months and over who are immunosuppressed, as defined in tables 3 and 4 of the COVID-19 chapter of the Green Book.

Please note that providing a Covid vaccination is not a mandatory service for General Practice and most patients will need to book through 119 or the HLOW Helpdesk service – 0300 561 0018.

Eligibility criteria for a Flu vaccine in AW 2025/26 is as follows:

From 1 September 2025

- pregnant women
- all children aged 2 or 3 years on 31 August 2025
- children with certain long-term health conditions (aged 6 months to less than 18 years)
- primary school aged children (from reception to Year 6)
- secondary school aged children (from Year 7 to Year 11)

- all children in clinical risk groups aged from 6 months to under 18 years

From 1 October 2025

- everyone aged 65 years and over
- individuals aged 18 to under 65 with certain long-term health conditions
- care home residents
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- those living with people who are immunocompromised

World Antimicrobial Resistance Awareness Week (WAAW) 2025

18 – 24 November 2025

WAAW takes place from 18 to 24 November each year and is led globally by the World Health Organisation (WHO). It aims to increase awareness of global antimicrobial resistance (AMR) and to encourage best practices among the public, health workers and policy makers to avoid the further emergence and spread of drug-resistant infections.

Introduction to Antimicrobial Resistance (AMR)

There is a wealth of information available to support AMR awareness campaigns. This toolkit brings together these relevant, free, publicly available resources into one place to support local authorities to promote awareness of AMR to children and young people in their local communities.

What is antimicrobial resistance (AMR)?

AMR occurs when microbes, such as bacteria, fungi or viruses, change in a way that makes the drugs used to treat them ineffective. Every time an antibiotic is used, we put pressure on bacteria to evolve and develop antibiotic resistance.

These resistant microbes can then survive, multiply and be passed on to other people and animals meaning that antimicrobial resistant infections can spread rapidly.

Without effective drugs, routine medical procedures, minor injuries and common illnesses can become life-threatening.



10 million people could die every year, by 2050, due to drug resistant infections.

Why is AMR in children important?

Children experience a greater burden from AMR and infections compared with adults. Antibiotic use in children is also high.

Antibiotics are prescribed to children for a range of reasons including the perceived vulnerability of children, concern about a rapid change in clinical state, and to mitigate a perceived risk of future hospital admissions and complications.

Yet, antibiotic use can have harmful short-term adverse effects, such as vomiting and diarrhoea, as well as long-term effects, including increased risk of [atopic dermatitis](#), allergic symptoms, [food allergies](#), allergic [rhinoconjunctivitis](#), [wheezing](#), asthma, increased weight gain, obesity, [juvenile idiopathic arthritis](#), [psoriasis](#), and [neurodevelopment](#) disorders and evidence shows that for some infections, the risk of complications is low and not prevented by prescribing antibiotics.

Reference: [Antibiotic exposure and adverse long-term health outcomes in children: A systematic review and meta-analysis](#) - ScienceDirect

What can we do to prevent AMR?

Raising awareness of AMR is important to encourage collective action to help us reduce the associated risks.

Every year WAAW takes place from 18 to 24 November and is led globally by the World Health Organization (WHO). It aims to increase awareness of global AMR and to encourage best practices to avoid the further emergence and spread of drug-resistant infections.

These campaigns support the aims of the [UK 20-year vision for AMR](#) and [5-year national action plan \(NAP\)](#).



How can we raise awareness of AMR in Children and young people?

The key to raising awareness of AMR in children and young people is through engagement with and participation from local communities, building on local assets to educate and inform people about the global risks of AMR and the prevention and management of infection in children and young people. By working together we can reduce the risk of AMR in children and for future generations.

