



VACCINATION CHAMPIONS

The GM Older People's Network are working with the NHS to share information about vaccinations with people across Greater Manchester who can then share with their communities, groups and networks.

Vaccinations Champions Workshop

Thank you for attending the workshop on being a vaccination champion. The experiences and ideas expressed in the two workshops have been very useful in the strengthening the idea of what a vaccination champion is.

All that we ask is that following the workshop you take the time to share your knowledge with others. This doesn't have to be in any formal way but we recognise that word of mouth is a powerful tool and the aim of this project is to share information as widely as possible.

We have included the slides from the sessions and a summary of the information and advice gathered on ways to be a vaccination champion.

Participants discussed their own experiences of vaccinations, and societal perspectives on vaccinations.

- Some positive experiences with GP practice nurses.
 - Going into the practice is beneficial beyond just the vaccination
 - Good to keep people informed about other screening or preventative measures.
 - Seen as an extra benefit that could be communicated to encourage booking vaccination appointments
- Some negative experiences with GP practices
 - Experience of impersonal treatment
 - For some communities trust can be an issue
 - A sense of being judged if questions or concerns are voiced.

These differing experiences should be taken into account in conversations.

Everyone will be different – the best approach is:

- Present the information and respect the individual's response.
- Talk about historical vaccine campaigns and use previous successes as evidence and positive talking points.
- Share personal stories and tangible examples as powerful talking points
- Where appropriate, challenge high profile political commentary, coming particularly from the US currently
- Recognise the difficulty in avoiding misinformation due to the breadth of unchecked information on social media channels.

Vaccine hesitancy can be built on a mix of genuine concerns and misinformation.

It is important to remain non-judgemental while maintaining the position that vaccination is a positive contribution to health and well-being.

Adult Vaccination

March 2025



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- Manchester Department of Public Health

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Making Manchester Fairer



Manchester is a great city, but not all residents have the same opportunities to be healthy and well, or to reach their full potential.



This results in health inequalities – the preventable gaps between people with the worst health and people with the best health



[Making Manchester Fairer: Anti-Poverty Strategy 2023-2027 | Manchester City Council](#)

Importance of Vaccinations



Why immunise?

Help to protect you from many serious and potentially deadly diseases

Protect other people in your family and community – by helping to stop diseases spreading to people who cannot have vaccines, such as babies too young to be vaccinated and those who are too ill to be vaccinated

Reduce or even get rid of some diseases – if enough people are vaccinated

Immune system weakens as we age

Because they work

Does Immunisation work?

Vaccination is the most important thing we can do to protect ourselves and our children against ill health. They prevent millions of deaths worldwide every year.

Since vaccines were introduced in the UK, diseases like smallpox, polio and tetanus that used to kill or disable millions of people are either gone or are now very rarely seen.

Other diseases like measles and diphtheria have reduced to a very low number of cases each year since vaccines were introduced. These cases are often related to travel.

However, if people stop having vaccines, it's possible for infectious diseases to quickly spread again.

How do they work?

- Vaccination is the safest way to gain immunity against a bacteria or virus that your body has yet to encounter. Vaccines contain a harmless form of the bacteria or virus that causes the disease you are being immunised against.
- Your immune system will still recognise the harmless form of the bacteria or virus in the vaccine without making you sick and will produce a specific immune response to fight it off.
- The immune system then maintains a memory of the bacteria or virus, so if a vaccinated person encounters the bacteria or virus later, their immune system is already prepared to fight it off quickly and prevent an infection from developing.

How safe are vaccines?

- No medicine can ever be completely risk free or 100% effective. However, strong licencing processes and safety tests ensure that the health benefits of medicines and vaccines being given through the NHS greatly outweigh any risks.
- Sometimes cause mild side effects that will not last long – you may feel a bit unwell and have a sore arm for 2 or 3 days

YellowCard

Helping to make medicines safer



A side effect to a medicine?

You can report it using **YellowCard**

Visit www.mhra.gov.uk/yellowcard to report suspected side effects

You can get Yellow Card forms:

- from pharmacies or GP surgeries
- by calling 020 3080 6764

Medicines and Healthcare products Regulatory Agency

MHRA

Be aware of anti-vax stories



Anti-vaccine stories are often spread online through social media and offline.



Always get your vaccine and health information from trusted sources, such as the NHS or World Health Organisation (WHO).



The vaccine information on social media may not be based on scientific evidence and could put you at risk of a serious illness.



All the current evidence tells us that getting vaccinated is safer than not getting vaccinated.

Further information

[Detailed information from the British Society of Immunology](#)

[NHS vaccinations and when to have them – NHS](#)

[AGE UK urges every older person to protect their health by having a winter COVID-19 and flu jab as soon as they can \(December 2024\).](#)

Vaccination Schedule



Complete routine immunisation schedule from 1 January 2025

When you turn...		What?
65 YEARS OLD		Pneumococcal polysaccharide vaccine (PPV) <i>One dose</i>
65 YEARS OLD AND OVER		Inactivated influenza vaccine (flu jab) <i>One dose annually</i>
65 YEARS OLD AND OVER		COVID-19 vaccine - Seasonal booster <i>One dose</i>
65 OR 70 YEARS OLD*		Shingrix shingles vaccine <i>Two doses, 6 to 12 months apart</i>
75 YEARS OLD		RSV vaccine <i>One dose</i>

* if you're 70 to 79 years old and you have not yet received a shingles vaccine, you will be offered the Zostavax shingles vaccine as one dose.

PPV23- Pneumococcal Polysaccharide vaccine

- The pneumococcal vaccine helps protect against serious illnesses like pneumonia and meningitis. It's recommended for people at higher risk of these illnesses, such as babies and adults aged 65 and over.
- The pneumococcal vaccine helps protect against some types of bacterial infections that can cause serious illnesses like:
 - [meningitis](#) (an infection in the brain and spinal cord)
 - [sepsis](#) (a life-threatening reaction to an infection)
 - [pneumonia](#) (an infection in the lungs)
- It can also help protect against other illnesses such as sinusitis and ear infections.

Flu

- The flu vaccine helps protect against flu, which can be a serious or life-threatening illness. It's offered on the NHS every year in autumn or early winter to people at higher risk of getting seriously ill from flu.
 - are aged 65 or over (including those who will be 65 by 31 March 2025)
 - have certain long-term health conditions
 - are pregnant
 - live in a care home
 - are the main carer for an older or disabled person, or receive a carer's allowance
 - live with someone who has a weakened immune system

How to get Flu vaccine



[find a pharmacy that offers NHS flu vaccination](#) (if you're aged 18 or over)



contact your GP surgery to book an appointment



Community outreach- eg van

The last date you will be able to get your flu vaccination is 31 March 2025, but it's best to get vaccinated sooner to protect yourself during winter.

[Flu vaccine - NHS](#)

COVID-19

- The COVID-19 vaccine helps protect against COVID-19, which can be a serious or life-threatening illness. It's offered on the NHS to people at increased risk of getting seriously ill from COVID-19.
- The COVID-19 vaccines are offered because viruses change and protection fades over time. It's important to top up your protection if you're eligible.
 - help reduce your risk of getting severe symptoms
 - help you recover more quickly if you catch COVID-19
 - help reduce your risk of having to go to hospital or dying from COVID-19
 - protect against different types of COVID-19 virus

COVID19 vaccine- Spring

adults aged 75
years and over

residents in a care
home for older
adults

individuals aged 6
months and over
who are
immunosuppressed

How to get COVID19 vaccine



The NHS will contact you if you're eligible for the COVID-19 vaccine.



It's usually offered on the NHS in spring and early winter.

- [book online](#)
- [go to a walk-in COVID-19 vaccination site](#)
- [get vaccinated at a local service, such as a community pharmacy or your GP surgery](#)
- [get vaccinated at your care home \(if you live in a care home\).](#)

[Coronavirus » Local COVID-19 vaccination contacts](#)

Shingles

- [Shingles](#) is a common condition that causes a painful rash. It can sometimes lead to serious problems such as long-lasting pain, hearing loss or blindness.
- You're more likely to get shingles, and it's more likely to cause serious problems, as you get older or if you have a severely weakened immune system.
- The shingles vaccine helps:
 - reduce your chances of getting shingles
 - reduce your chances of getting serious problems if you do get shingles

Shingles eligibility

50+ with severely weakened immune system (no end to this offer)

65-80 if turned 65 by 1st Sept 2023.

70-79

[Shingles vaccine - NHS](#)

RSV- Respiratory Syncytial Virus

- From 1 September 2024, those who turn 75 and those age 75 to 79 will be eligible for a free vaccine to protect them from respiratory syncytial virus (RSV).
- It can also make you become wheezy or short of breath and lead to pneumonia and other life-threatening conditions. There is no specific treatment, and most infections will get better by themselves. Every year thousands of older adults need hospital care for RSV, and some of them will die. RSV can be more severe in people with medical conditions such as heart or lung disease or a weakened immune system.

RSV eligibility



Everyone turning 75 years old on or after the 1 September 2024 will be offered a single dose of RSV vaccine. This is because older adults are more at risk of serious complications from RSV. You can still get the vaccine up to the day before you turn 80.



For the first year of the programme, the vaccine will also be offered to those who are already aged 75 to 79 years on 1 September 2024 as part of a catch up programme.



If you are not yet 75 the NHS will invite you for vaccination once you turn 75.

[Your guide to the RSV vaccine for older adults - GOV.UK](#)

Find out more about
GMOPN

What the network is about

- Giving older people across GM a voice
- Connecting individuals and localities with the means to influence, campaign and have an impact
- older people as experts by experience - bringing together insight and sharing it
- Everyone an equal partner - All working together to make things better
- Meaningful participation and coproduction

Our Values

- ***Being led by older people*** – the network ensures that older people take a leading role in the network, shaping its direction and priorities.
- ***Being Age Proud*** – the network works to celebrate ageing and to emphasise the contributions that older people bring to our society.
- ***Being representative and inclusive*** – encouraging the input of older people from all areas of Greater Manchester, from across the age range and representing all voices, including the most marginalised.



Our Work

- Hold events
- Regular themed meetings
- Publish reports with recommendations
- Campaigns and projects led by older people
- Encourage participation
- Develop partnerships



- Please contact us to find out more
- gmopn@macc.org.uk
- Join the network to hear more about our campaigns and projects
- www.gmopn.org.uk