

LONDON'S

BIG WEEK

22-30 NOVEMBER

**FLU CASES ARE RISING.
GET YOUR FLU JAB.**

NHS

FREE

**WALK-IN
NHS FLU JABS!**

**WALK IN CLINICS for
Adults & Children - Barking & Dagenham**

**Saturday 22 Nov 2025
10am to 2pm**

**Dagenham Library Centre
1 Church Elm Lane, RM10 9QS**

**Sunday 23 Nov 2025
10am to 2pm**

**Barking Learning Centre
2 Town Square, IG11 7NB**

**Saturday 29 Nov 2025
10am to 2pm**

**Dagenham Library Centre
1 Church Elm Lane, RM10 9QS**

**Sunday 30 Nov 2025
10am to 2pm**

**Barking Learning Centre
2 Town Square, IG11 7NB**

FREE REFRESHMENTS - TEA/COFFEE/BISCUITS

**Barking &
Dagenham**

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NHS

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**FLU CASES ARE RISING.
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Get your free NHS flu vaccine **HERE** if you:

- are **aged 65** years and older
- have a **long-term health condition**
- are a **carer** or the main **person looking after** an elderly or disabled relative or friend
- have a **weakened immune system** or live with someone who does
- are **pregnant**
- a **health or social care worker** and your job brings you into contact with patients
- are **aged 2 or 3 years** and older