

# #SpeakOutToHelpOut

Healthwatch MK is the independent champion for people who use health and care services. Our purpose is to understand the needs, experiences and concerns of people who use health and social care services and speak out on their behalf.

We are launching a new series of monthly online discussion groups for you to share your views on what's working and what's not. Each session will be devoted to a specific topic.

## Flu—How was it for you?

Helping to protect against flu is particularly important with COVID-19 in circulation because people vulnerable to COVID-19 are also at risk of complications from flu.

**We want to hear your experiences of getting the flu vaccination—whether good or bad.**

Have you faced any barriers?

If you are eligible for the free flu vaccination, have you been contacted by your GP?

Where did you choose to have your flu vaccination?

Have you chosen not to get the free vaccination even though you are eligible?

**If it matters to you, it could matter to someone else too.**

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### Zoom Meetings:

Tuesday 10<sup>th</sup> November 2020—19.30 to 20.30

Thursday 12<sup>th</sup> November 2020—13.00 to 14.00



To sign up email [info@healthwatchmiltonkeynes.co.uk](mailto:info@healthwatchmiltonkeynes.co.uk) with the date you want to attend. We will send you the Zoom details.

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**healthwatch**  
Milton Keynes