



**The Hangleton
& Knoll Project**

Working for a better community

CLG No. 7265039
Reg Charity No. 1139971



HKP Healthy Lung Workshop, Translated Immunisation Materials Review and Vaccination Walk-in - Summary Report June 2025

1. Overview of Activities

A Healthy Lung Workshop was organised by HKP and delivered in May 2025 to provide information on RSV vaccination and immunisations for lung-related viruses, including COVID-19 and pneumonia. We partnered with public health who delivered information on the vaccines and encouraged the group to ask questions. The session targeted older adults (75+) and ethnically diverse communities, including carers and family members. The workshop featured a Breathe Better participatory element, which was included following feedback from the HK 50+ steering group, this provided practical tools for breathing and overall wellbeing.

A focus group and a 1-1 in-person conversation was organised with Bengali residents to gather feedback on translated immunisation materials, this was supported, facilitated and documented by HKP's equalities and inclusion worker.



**Healthy Lung
workshop for those
aged 75 and above**

**Monday 19th May 10am-12midday
St Richard's Community Centre
Egmont Road, Hove, BN3 7FP**

This 2 hour session will focus on:
Information and conversation
around Respiratory syncytial virus
(RSV), Flu and Pneumonia
vaccinations, plus Covid-19 with a
Public Health specialist.

Followed by a Breathe Better
workshop to support healthy
breathing and healthy life.



BOOKING ESSENTIAL. Free refreshments.
Contact Clare on 01273 410858 / 07422692845 or
E: clare.hopkins@hkproject.org.uk



A walk-in Covid-19 Vaccination session at St Richards community centre in partnership with Brighton and Hove Federation was organised by HKP and took place in June.

This involved liaising with the MVU team, booking the venue, creating an engaging poster/flyer and social media asset. It was promoted out widely via social media channels, community networks and groups targeted to older residents and diverse communities.

2. Demographics

Healthy Lung Workshop (13 Participants):

- **Ethnic Backgrounds:**
 - British Irish female
 - 8 British Indian females
 - 4 White British (1 male & 3 female)
- **Age Groups:** 75+
- **Diverse Community Representation:** Targeted engagement ensured inclusivity.

Focus Group and 1-1 Conversation Reviewing Immunisations Materials (6 Participants):

- Six British Bangladeshi women including 1 aged 68 and 5 ESOL Bengali students (ages 18-45)

3. Healthy Lung Workshop Discussion Points and Outcomes:

- Understanding RSV: RSV resembles a common cold, can cause pneumonia, and can lead to serious illness.
- RSV Eligibility: Attendees asked why RSV vaccination eligibility is determined by age rather than medical history, particularly for asthmatics.
- Clarity on RSV: One attendee requested a more detailed explanation of what RSV was including the symptoms, and any benefits and risks of having the immunisation and what the evidence base was. This individual had a hearing impairment and found it difficult in the group setting to follow the presentation. The HKP Community Development worker followed up with the individual to talk through the RSV Information leaflet and ensured all questions were answered and any concerns addressed.
- Exclusion of 75+ for some immunisations: Some attendees felt excluded and were told that offering immunisations to wider age groups is not always cost-effective. Government policies determine eligibility, and age criteria change over time.
- Immunisation Approach: Attendees advocated for a more person-centred immunisation approach, with improved proactive access to medical records via practice nurses, pharmacists, and GPs.
- Respiratory Hygiene: The importance of hand hygiene, ventilation, and covering coughs/sneezes was reinforced. RSV spreads through droplets landing on surfaces or airborne particles.
- COVID-19 booster eligibility: Same criteria apply to Autumn and Spring boosters—offered to care home residents, 75+, and the immunosuppressed.
- COPD Awareness: COPD causes emphysema, loss of lung elasticity, and is not reversible.
- Shingles Vaccine: Recommended for older adults due to vulnerability, requiring two doses, as shingles can be very painful.

Participant feedback:

- **Confidence in Vaccination Plans:**
 - 8 attendees felt highly confident in their decision to vaccinate.
 - 5 were somewhat confident.
- **New Information Gained:**
 - 10 attendees learned something new.
 - 3 were already familiar with the content.

Conclusion

The workshop was well received, with the majority of attendees finding it useful and informative. General concerns and questions about vaccination eligibility and government policies were raised, highlighting a need for ongoing awareness raising and communication. The Breathe Better workshop was well received, with participants leaving with an accessible breathing exercises guide to practice at home and share with their families.



4. Review of Translated Materials – Bengali

Overview

The translated materials on the Sussex Health and Care website were reviewed by a group of 6 Bangladeshi women. The Focus group was made up of five ESOL Bengali students (ages 18-45) and an in-person 1-1 conversation with a woman aged 68. The aim was to assess whether the materials were accessible, culturally relevant, and clearly understood.

Feedback and discussion outcomes

British Bangladeshi Woman (Age 68)

- **COVID-19 materials**
 - First bullet point ('age 75') was clear and easily understood.
 - Second bullet point ('NHS record advises') was confusing—uncertain whether it applied only to those aged 75+.
 - Positive aspects: Clear contact details for GP and NHS 111 service, which people were familiar with.
 - Translation services were seen as useful and encouraging.
 - QR Code: Unclear purpose and how to use it.
 - Overall translation quality was good.
- **Flu Vaccine materials**
 - Confusing messaging: "Don't miss out on seeing family this winter" did not resonate with many as they live in intergenerational homes and regularly see family.
 - Recommendation: Messaging should emphasise protection for loved ones and family health.
 - Overall translation quality was good.
- **Other materials**
 - "Catch Cough" flyer—imagery was effective, but wording needed refinement (suggestion: use "tissue/hands").
 - Bronchiolitis Flyer—lack of explanation about what bronchiolitis is and what to do if symptoms appear.
 - NHS 111 Flyer—should explicitly mention translation services.
 - Spot the Symptoms Flyer—lacked symptom details.
 - Medical terms in Bengali were often unclear.

ESOL Bengali Students (Ages 18-45)

- **COVID-19 & Flu Vaccine Flyers**
 - Second bullet points were unclear—did not specify whether weakened immunity referred only to people aged 75+.
- **“Catch Cough” Flyer**
 - Word-for-word translation was not effective.
 - Suggested clearer wording using “tissue/hands” alongside imagery.
- **Bronchiolitis Flyer**
 - Limited guidance on symptoms caused concern that it might worry parents unnecessarily.
- **NHS 111 Flyer**
 - Should mention interpreter availability and how to access it.
- **Medical Terms**
 - Complex terms such as “immunity” were not well understood.
- **Spot the Symptoms Flyer**
 - Did not provide clear information about symptoms.

Key Themes & Insights

- **Cultural Representation:**
 - Participants emphasised the **importance of using images featuring people from their culture and religion** to improve relatability.
- **Clarity & Simplicity:**
 - Short, clear sentences and **Easy Read guides** were preferred.
 - **Videos** in different **languages and dialects** would support accessibility for those who struggle with written Bengali.
- **Medical Terminology:**
 - Complex terms **were not commonly understood**—should be simplified or explained in **accessible Bengali**.
- **Encouraging NHS 111 Calls:**
 - Many participants **lacked confidence** in calling NHS 111 due to **language barriers**.
 - Flyers should **clearly encourage calling on behalf of someone**, including reassurance about translation services.
- **Intergenerational Living:**
 - Messaging should be **tailored to reflect extended family living situations** (e.g., adjusting phrases such as “Don’t miss out on seeing family”).
- **Language Accuracy:**
 - Some translations used **Calcutta Bengali**, whereas participants preferred **current spoken Bengali**.
 - Minor grammar issues present, but **nothing major**.
- **QR Code Confusion:**
 - Explanation needed on **what a QR code is** and **how it functions**.
- **Interpreter Access:**
 - Clear **guidance on requesting an interpreter** should be included in all materials.
- **Engagement & Learning Preferences:**
 - **Group learning settings** (e.g., coffee mornings, workshops) were seen as **valuable**.
 - **One-to-one discussions** with professionals were also preferred for reassurance.

Recommendations

Improve Messaging Clarity

- Revise wording on age eligibility and symptoms to **reduce confusion**.

Enhance Cultural & Linguistic Adaptation

- Use **widely spoken Bengali dialects** instead of Calcutta Bengali.
- Simplify **complex medical terms** and **adjust phrasing** to resonate with intergenerational households.

Increase Accessibility Options

- Use **culturally relevant imagery**.
- Provide **videos in multiple dialects** for those who struggle with written Bengali.
- Develop **Easy Read versions** of flyers.

Strengthen Support Pathways

- Improve **visibility on translation services** and how to access interpreters.
- **Explain QR code usage** directly on materials.
- Highlight confidence-building strategies for **calling NHS 111 on behalf of others**.

Diversify Learning & Engagement Approaches

- Encourage **group learning (e.g., coffee mornings, interactive workshops)**.
- Offer **one-to-one conversations** for direct reassurance and information sharing.

5.Walk-in Vaccination session at St Richard's Community Centre outcomes

At the walk-in COVID-19 vaccination session at St Richard's Community Centre, a total of 21 attendees received their vaccination, one person attended despite already being vaccinated, and two were too young to receive it.

The session attracted participants through various communication channels: 16 attendees learned about it via NHS/GP communications, while 8 found out through HKP networks. Of the attendees, 9 were already known to HKP, and 6 specifically mentioned that the accessible and familiar venue was a key reason for their attendance.

The session was supported by HKP staff and volunteers, refreshments were provided alongside information about a variety of community activities. Leaflets about the RSV vaccine were also available.



COVID-19 Vaccinations

Open to those over 75 and those who are immunosuppressed.

Wednesday 28th May
1.30-4.30pm

St Richard's Community Centre,
Egmont Road, Hove, BN2 6DF

Teas, coffees and biscuits.
Drop-in, no need to book.

For more information on eligibility visit:
www.nhs.uk/vaccinations/COVID-19-vaccine/

A Covid vaccine drop-in has also been organised at Portslade Village Centre in June.

**West Area Covid-19 Vaccine Drop
in sessions**
**Open to those over 75 and those
immunosuppressed**
Walk-in sessions, no need to book.
Teas, coffees and biscuits

WEDNESDAY 28TH MAY 1.30-4.30PM St Richard's Community Centre, Egmont Road, Hove, BN3 7FP	WEDNESDAY 11TH JUNE 1.30-4.30PM Portslade Village Centre, 3 Courthope Close, Portslade, BN41 2LZ
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