

Health and care news from across north east London

Welcome to our public bulletin (also available on our [website](#)) keeping local people informed about health and care services; and how you can stay well and keep safe.

In this issue

- Community videos explain the Covid-19 vaccine
- All your latest council Covid information in one place
- Children and young people's mental health support

Covid-19 vaccination update

More than 200,000 people in north east London – and over a million people in London – have had the Covid vaccine so far, in the biggest immunisation programme the country has ever seen.

Most frontline NHS staff, people living in care homes for older adults as well as people aged 80 and over have been vaccinated.

If you or someone in your family is 70 or over, or clinically extremely vulnerable (as defined by the [priority groups identified by the Joint Committee on Vaccination and Immunisation \(JCVI\)](#)) and you have not yet had, or been booked, for your first Covid vaccination, you should:

- contact your GP for an appointment, or
- [book your first vaccination online](#) at one of our large-scale vaccination centres (ExCel and Westfield) and some pharmacies, or
- call 119 to book.

The new NHS Vaccination Centre at Westfield Stratford launched recently – it is open from 8am to 8pm, seven days a week and attendance is by appointment only. It joins the ExCel London at Custom House in Newham as our second large-scale vaccination centre.

The vaccine is safe and effective, and will help protect your most vulnerable friends and family members.

The vaccine saves lives – by getting vaccinated when contacted you are doing your bit.

For answers to queries about the vaccine, see the [ELHCP website, frequently asked questions](#), and [vaccination resource pack](#). Information on vaccination in care homes can be found on the [care homes pages](#) this includes a [care home resource pack](#).

These address some misunderstandings about the Covid-19 vaccine, including the concern that the vaccine affects fertility. Dr Aruna Ramineni, BHRUT consultant gynaecologist and lead for fertility, explains that the vaccine has no effect on fertility in [this video](#).

About East London Health and Care Partnership (ELHCP)

ELHCP is made up clinical commissioning groups (CCG), provider trusts, councils and local communities working together across north east London to improve health and care services.

North east London covers: City and Hackney, Newham, Tower Hamlets, Waltham Forest, Barking and Dagenham, Havering and Redbridge. For information, contact NEL communications on thccg.nelcommunications@nhs.net

Watch our community videos

The Covid-19 vaccination programme is now underway across north east London. We have helpful videos from our communities explaining the vaccine and the importance of having it to protect yourself and reduce the potential of spreading the virus in your community.

- Lola Smith, nurse at King George's Children's Emergency Department has shared why as a BAME member of staff she is encouraging others in our community to get the jab. Watch the video [here](#).
- Dr Hasnain Abbasi, GP director at Tower Hamlets Covid-19 vaccine centre and his team talk about the vaccine and some common misconceptions – watch the video [here](#).
- Dr Muhammad Naqvi and the team from Woodgrange Medical Practice head out to vaccinate housebound patients in [this video](#).
- Senior Imam at East London Mosque, Sheikh Mohammed Mahmoud also discusses the vaccine and tackles conspiracy theories around Covid-19 immunisation – watch the video [here](#).
- NHS England's Associate Chief Clinical Information Officer and NHS doctor, Dr Harpreet Sood, highlights that the vaccine has been endorsed by all religious groups – watch the video [here](#).
- Dr Abdul Wadud Kamali, GP at the Limehouse Practice in Tower Hamlets, recently appeared on Bengali community TV Station, TV One, to discuss the Covid-19 vaccine in Sylheti, and providing reassurance – you can watch it [here](#).

NHS staff urge non-English speaking Londoners to get the Covid-19 vaccine

NHS doctors, nurses and other frontline staff are reassuring people that Covid-19 vaccines are safe, effective and have been independently tested to the highest standards. The clinicians have recorded messages in some of the most commonly spoken non-English languages in the capital.

These include Dr Fharat Raja, a Consultant Oncologist at Royal Free London NHS Foundation Trust who speaks in Urdu, explaining how the vaccine is given and providing clear evidence that the vaccines work and are safe for all.

The languages the videos have been produced in are:

- Urdu
- Arabic
- Turkish
- Bengali
- Polish
- Romanian
- Gujarati
- Punjabi
- Spanish

You can watch the [videos here](#).

A helpful easy-read guide has been created explaining what to expect when receiving your Covid-19 vaccine. You can view it [here](#).

Get the latest Covid-19 advice and guidance

The NHS is still under huge pressure and it is vital we all continue to follow the rules – ‘[Hands. Face. Space](#)’ and stay up to date with [the latest advice](#) – we have brought all the latest information from our north east London councils together in one place, below.

- **Tower Hamlets** council has details of how to [book a test](#), [testing sites](#), [Covid-19 news and updates](#).
- **Waltham Forest** council has details of [business support](#), [changes to services](#), [free face masks](#), and information on local [testing sites](#).
- **Newham council** has details of [community testing](#), information for [families and children](#), [mental health support](#) and how to [avoid Covid-19 related scams](#).
- **Barking and Dagenham** council website includes [vaccination information](#), [lockdown restrictions and advice on how to void Covid related scams](#).
- **Havering council** has details on [changes to services](#), [support for businesses](#), [financial advice](#) and information from the [Havering Community Hub](#).
- **Redbridge council** has details of [guidance for families](#), [young people](#), and [guidance for schools and childcare settings in Redbridge](#).
- **City of London** council website includes [Covid-19 testing information](#), [information on the vaccine](#), [carers’ support](#), [wellbeing services](#), and [education updates](#).
- **Hackney council** has details of [Covid-19 testing](#), [guidance for organisations and businesses](#).

From Barbados to BHRUT: how one NHS worker is helping with the vaccine rollout

Sharon Wright is used to much warmer weather than we’re experiencing at the moment. The ophthalmology specialist lives in Barbados, but having travelled to Dagenham to visit her mum at Christmas, she has been unable to return home due to the lockdown.

However, she’s making the best of the situation and is now one of the vaccinators at BHRUT’s hospital hubs.

She said: “My father sadly passed away last year due to Covid-19 and I decided to come back over Christmas to spend some time with my mum.” But just four days after arriving, the lockdown was announced and Sharon realised she wouldn’t be able to return to Barbados any time soon – that’s why she decided to play her part in the effort to roll out the vaccine in the area where she started her career more than 40 years ago.

See the full story [here](#).

When you need urgent care or advice

Although the NHS in London continues to be under immense pressure, urgent care is still available for you when you need it. Our GPs are increasing the number of consultations (including same-day appointments if required) by phone and video, as well as in person when needed.

NHS 111 is also available day and night for urgent health advice, including concerns about Covid-19 symptoms. You should contact NHS 111 if you need urgent (but not life-

threatening) care. You should contact [NHS 111](#) before going to Accident & Emergency. NHS 111 can book an appointment at a nearby emergency department if needed.

See Kooth for children and young people's mental health support

[Kooth](#) is a digital mental health platform that gives children and young people aged 11-19 immediate access to an online community of peers and a team of experienced, accredited counsellors.

There are no waiting times, no referrals, no thresholds to meet and complete anonymity. The service is open for support 365 days a year, between 12pm-10pm on weekdays, and 6pm-10pm on weekends and holidays. Visit www.kooth.com.