

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

- Covid-19 vaccine videos all in one place
- Patients thankful to return home after battling Covid-19
- NHS diabetes advice line – open for calls

Covid-19 vaccination update

We have now given 339,000 people in north east London their first dose of the vaccine and visited residents in all our care homes for older people. We are providing vaccines to the [key priority groups as identified by the Joint Committee on Vaccination and Immunisation](#).

If you are:

- aged 70 or over or [clinically extremely vulnerable](#) (high risk) and have not had your first vaccination and haven't been booked in yet, please contact your GP, book on the [national booking system](#) or call 119.
- aged 65-69 please book onto the [national booking system](#) for a list of sites or wait to get a letter from the NHS or you will be contacted by your GP.
- aged 16-64 and [clinically vulnerable](#) (moderate risk) or you are in receipt of a carer's allowance, or are the main carer of an elderly or disabled person who is at increased risk of Covid-19 mortality and therefore [clinically vulnerable](#), please wait to hear from your GP or for the national booking system to contact you.
- a resident or work in a care home for older adults and haven't had your first vaccine and aren't booked in for one, please contact your manager.
- a frontline health and social care worker, please book on the [national booking system](#) or contact your manager or book using the staff booking system applicable in your organisation.

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

The [government has announced](#) that following new research on Covid-19 risks more people will be added to the [shielded patient list](#). You will be written to directly if this affects you.

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

There are still more people in hospital than during the first wave of Covid-19 so it is vital we all continue to follow the rules – 'Hands. Face. Space' – and stay up to date with the latest advice.

The ELHCP website best place for the latest on the vaccine

[The ELHCP website](#) was visited over 200,000 times in the last month and remains the best place to go for information on the Covid-19 vaccination programme in north east London, including who is eligible for the vaccine and how to get it. [The FAQs](#) are updated regularly with information on questions that matter to people, like how the [vaccine does not affect fertility](#). You can also visit our [calendar of virtual, public sessions](#) - which you can join for more information or to answer questions on the vaccine.

Covid-19 vaccination videos

Need to know something about the vaccine? We have posted over 40 videos featuring mainly local people, faith leaders and NHS staff. They are designed for a variety of communities, explaining the vaccine and the importance of having it to protect yourself and others. We have gathered these [together by topic and you can watch them via the ELHCP website](#). We will continue to add videos, please watch and share any of these with your friends and family.

Pop-up Covid-19 vaccination clinics across east London

We have been running a series of pop-up vaccination clinics in our community spaces across north east London as part of our ongoing efforts to encourage all eligible people to get their jab. Last weekend over 350 members of the local Charedi Jewish community in Hackney were vaccinated at an event, with another one planned for next week, and you can [read about it here](#). This Tuesday Lea Bridge Road Mosque in Waltham Forest held a clinic for all members of the local community. You can [watch a video of the session here](#).

These events followed a clinic at London Muslim Centre, next door to East London Mosque in Whitechapel, on Saturday 6 February and you can view some of the coverage of the day from [Channel 4](#) and [The Guardian](#).

Patients thankful to return home after battling Covid-19

The last few months have been incredibly challenging for the NHS and our hospitals in particular, as they have worked tirelessly to treat many, very sick people. However, it is also uplifting to start seeing our patients recover and be discharged home, back to their loved ones, following life-saving treatment. You can read patient stories from BHRUT hospitals [here](#) and [here](#).

When you need urgent care or advice

The NHS in London continues to be under immense pressure but urgent care is still available for you when you need it. Our GPs are increasing the number of consultations (including same-day appointments) 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.

Everyone is welcome to see a GP

Anyone in England is entitled to register with a GP practice and to see a GP when they need to. You do not have to have a fixed address and you do not have to show ID, or proof of address or immigration status. Find out how to [register here](#).



The banner features a blue background with the NHS logo in the top right. The main text reads 'Everyone is welcome in general practice'. Below this, a hand holds a yellow card with the NHS logo and the text: 'I have the right to register and receive treatment from a GP practice. I do not need a fixed address. I do not need identification. Anyone in England can see a GP.' To the right of the card is a blue 'OPEN' sign hanging from a string. Further right, the text 'Find out more' is written in yellow, with the URL 'www.nhs.uk/register' below it and a white mouse cursor pointing at the end of the URL.

NHS diabetes advice line - open for calls

The NHS has launched a new helpline to provide support and advice for people while diabetes services are disrupted due to Covid-19.

It is for adults living with diabetes who use insulin. You can access the NHS diabetes advice helpline via Diabetes UK's helpline on **0345 123 2399**, Monday to Friday from 9am-6pm.

A cough that lasts three weeks could be a warning sign

Contact your GP if you've had a cough for three weeks or more, or you have noticed a loved one coughing for three weeks or more, and it isn't Covid-19. It could be a sign of cancer.

It's probably nothing serious, but if it is cancer, finding it early makes it more treatable. Your NHS is here to see you safely.



The advertisement shows an elderly couple sitting on a green sofa in a living room. The man is holding a yellow mug. A yellow warning triangle is overlaid on the image. The text reads: 'A COUGH THAT LASTS THREE WEEKS OR MORE COULD BE A WARNING SIGN'. Below the image, it says 'JUST CONTACT YOUR GP PRACTICE' and 'Clear on cancer help us help you'.

Stressed out? Low mood?

Every Mind Matters can help. We all feel stressed from time to time, and you can visit [Every Mind Matters](#) for simple tips to help manage your stress levels and for expert advice, mood-boosters and helpful suggestions for looking after your mental health.