



## 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

- Easing of Covid-19 restrictions
- Dying Matters
- Diabetes prevention

### Vaccination update

Over 1.15 million Covid-19 vaccinations have now been given in north east London. This image is from our new Facebook vaccine campaign.

**If you're over 38 you can  
book your vaccination now.**

Vaccination against Covid-19 protects you and reduces the risk of serious illness. Let's take control of our future together.

Visit [nhs.uk/coronavirus-vaccination](https://nhs.uk/coronavirus-vaccination)  
If you can't get online, call 119 or contact your local GP



We urge everyone aged 38 and over who has not yet had their first vaccine to book on the [national booking system](#) or call 119. If you are under 40 years old you will be offered the Pfizer vaccine on the national booking system.

### About North East London Health and Care Partnership (NEL HCP)

North East London Health and Care Partnership is our integrated care system, which brings together NHS organisations, local authorities, community organisations and local people to ensure our residents can live healthier, happier lives.

There are also screening questions to identify anyone, such as pregnant women aged 40 and over, who needs the Pfizer vaccine on clinical grounds.

If you are 50 or over or are [clinically extremely vulnerable](#) you can use the [national booking system](#), call 119 or contact your GP. If you are 16-37 and [clinically vulnerable](#), or are a carer, please contact your GP to arrange your vaccination.

Please visit [our website](#), [frequently asked questions](#) and [videos](#) for all the facts.

### **Second doses**

Second doses are really important to give you long lasting protection from Covid-19. Second doses are being brought forward for people aged 50 and over, or who are [clinically vulnerable](#), from 12 weeks to 8 weeks after the first dose.

Nobody needs to contact the NHS. If you are aged 50 or over, or are [clinically vulnerable](#), and have a second vaccination booked for before 25 May then your appointment will stay at the same time and you don't need to do anything. If your second dose is either booked, or scheduled to be booked, after then, you will be contacted with a new appointment or contacted and instructed to book yourself a new appointment. More information [can be found here](#).

### **Easing of Covid-19 restrictions**

The government has announced that the planned easing of restrictions will go ahead. From 17 May (today), you can socialise indoors in a group of up to six people or two households, including for overnight stays. Up to 30 people can meet outside. Pubs, theatres and other venues can open indoors. [Read the guidance on what you can do](#) but remember, many restrictions will still remain in place and social distancing is still very important.

### **Supporting the India coronavirus appeal**

India is facing an unprecedented wave of coronavirus infections. The [Disasters Emergency Committee \(DEC\) is calling for donations](#) to help support them in helping the most vulnerable in India face the devastating surge in Covid-19 cases.

### **Dying Matters**

It has been a year like never before. The Covid-19 pandemic has put death and loss at the forefront of the nation's consciousness.

New research from charity [Dying Matters](#) has found that people in the UK do not have end of life plans in place because they are unaware of what to do, and unsure of how to talk about it. Please [visit their website](#) for information on help and support available.

### **Five ways to wellbeing and Islam**

[Five Ways to Wellbeing and Islam](#), a guide with mental health support information for the Muslim community during Covid-19, has been published by [Good Thinking](#).

It is endorsed by the Muslim Council of Britain, British Islamic Medical Association and the British Board of Scholars and Imams and is available in English, Bengali, Gujarati, Urdu, Somali, Hindi and Arabic. For more information, visit [www.good-thinking.uk/faith-and-belief-communities](http://www.good-thinking.uk/faith-and-belief-communities)

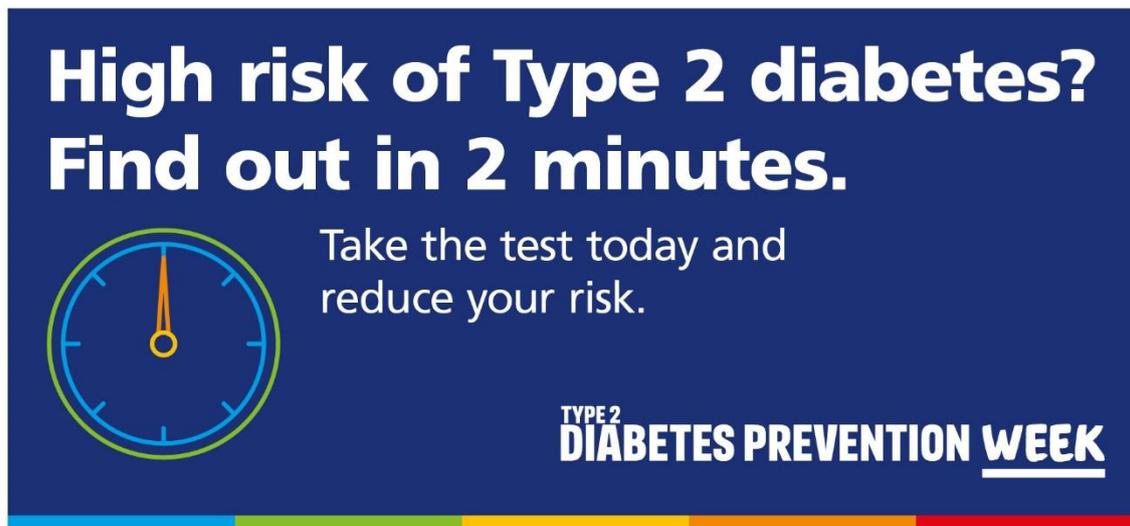
## Diabetes prevention

Type 2 diabetes can lead to serious health complications if left untreated including a significantly increased likelihood of dying with Covid-19. The good news is that you can significantly reduce your risk by making small lifestyle changes with support from your local Healthier You programme. Find out your risk today at [www.riskscore.diabetes.org.uk](http://www.riskscore.diabetes.org.uk).

Around 121,000 people in north east London are living with Type 2 diabetes and [this page](#) brings together information, including a video from a local GP, about local health services to help you in managing your condition through the pandemic.

TYPE 2 DIABETES  
KNOW YOUR RISK

NHS



**High risk of Type 2 diabetes?  
Find out in 2 minutes.**

Take the test today and  
reduce your risk.

TYPE 2  
**DIABETES PREVENTION WEEK**

## Finding mental health support

Reaching out to someone we trust is one of the most important things we can do to keep mentally well. There is also professional help available:

- **Good Thinking** is London's digital mental wellbeing service and has resources to help with the most common mental health conditions: anxiety, low mood, sleeping difficulties and stress. This service has recently been extended to provide mental health support for [children and young people](#) (children and young people in north east London can also find free support at [www.kooth.com](http://www.kooth.com)).
- **Thrive LDN** has tools and resources to support your mental health, including resources on supporting emotional resilience, financial anxiety, bereavement and also how to safely support others.
- **NHS Talking Therapies** is a free NHS counselling service that helps with a range of mental health problems such as depression, anxiety, stress, bereavement and relationship problems.

Links to crisis lines and other north east London services can be [found here](#).