



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.

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Vaccination update

Over 1.3 million Covid-19 vaccinations have now been given in north east London.

HM Government

NHS

**You need
two doses
for maximum
protection.**

We'll let you know when your Covid-19 vaccine is ready for you.

EVERY VACCINATION
GIVES US
HOPE

We urge everyone aged 30 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.

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

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.

If you are 30 or over or are [clinically extremely vulnerable](#) you can use the [national booking system](#), call 119 or contact your GP. If you are 16-29 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. This includes updated links to information on the AstraZeneca vaccine.

Three more pharmacies in NEL start offering Covid vaccines this week. Boots on Armada Way in Beckton and Boots on Bank Street in Canary Warf opened for vaccines on 1 June, and Day Lewis Pharmacy in Romford opens on 5 June. You can see all our existing pharmacy vaccination sites on [this map](#).

The vaccination centre at St Edmund's Church in Chingford has now closed. Staff and volunteers have done a fantastic job in making Chingford one of the most vaccinated areas in London and there are still many other local vaccination centres people can book into using the [national booking system](#) or calling 119. You can get up to date information on our vaccinations sites on [our website](#).

Second doses

Second doses are really important to give you long lasting protection from Covid-19. [Latest research](#) shows how important second doses are in protecting you against new variants of the virus. As a result, second doses for people aged 50 and over are being brought forward. If this affects you, you will be contacted by the NHS and full information on this is in our [frequently asked questions](#).

Also on our website is information on having a second AstraZeneca Covid-19 vaccine. Health experts have said that for almost everyone, irrespective of their age, if they had a first dose of the AstraZeneca Covid-19 vaccine and not suffered a serious reaction then they should have their second dose of the same vaccine.

Long Covid

Can you imagine not being able to walk let alone run or play sport? Covid-19 is really dangerous and lots of younger people are still suffering from the effects of having it.

Extreme tiredness, difficulty breathing, chest pains and more can stop you doing even basic things like walking. These symptoms are called [Long Covid](#) and there is still ongoing research into it. Getting vaccinated makes having these symptoms much less likely.

Children's emergency department reopens 24-hours-a-day

From Monday 7 June, the children's emergency departments at [both King George and Queen's hospitals will be open 24-hours-a-day](#), seven days a week. The children's emergency department at King George Hospital had been temporarily closed overnight as a result of the pressures of Covid-19.

If your child has an urgent, but not life-threatening, health problem and you're unsure whether you need to visit an emergency department, contact NHS 111 first. This service is free and can be done either [online](#) or by calling 111 24 hours a day, 365 days a year. If it's a life-threatening emergency, call 999.

See a GP out of hours

Knowing the right place for medical help can help you get the treatment you need faster. You can get an appointment with a GP in north east London every normal weekday evening between 6.30pm and 10pm (8pm in Hackney and City of London) and every weekend, or on bank holidays, between 8am and 8pm.

Details on how to book these appointments and access other help [can be found here](#).

In memory of Londoners lost

The Mayor of London has opened the [London Blossom Garden](#) at the Queen Elizabeth Olympic Park in Newham as a living memorial to the Londoners who have died during the pandemic. Local communities have helped to shape the design of the garden and it has been created for everyone to find solace in and enjoy: a place for everyone to visit, stop and reflect, and a peaceful haven where wildlife can thrive.

[Thrive LDN](#) has information, support and advice to help cope with grief.

Quit smoking

It was [World No Tobacco Day](#) last week. Stopping smoking is one of the best things you will ever do for your health. It's never too late. Get help here:

<https://www.nhs.uk/better-health/quit-smoking/>



Barts Health submits planning applications for new Whipps Cross hospital

Barts Health is aiming to build a new hospital at Whipps Cross, providing the same core services as today, including A&E and maternity, while offering more modern healthcare facilities, in better surroundings, for the whole community.

They have submitted their planning applications to the council and you can view them on the Waltham Forest Council website under [reference number 211245](#) and [reference number 211244](#). All comments should be made to [Waltham Forest Council](#).