



## 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

- Help set your community's priorities for pandemic recovery
- Get a Covid-19 vaccine and the chance to win a signed West Ham United shirt
- Sign up for pioneering patients' panel

### Flooding affects hospital services

Some services at Whipps Cross Hospital have been affected by flooding. All planned surgery and outpatient appointments have been cancelled and ambulances diverted as staff worked hard to clean up affected areas of the hospital.

The emergency department at Whipps Cross Hospital remains open for walk-ins but patients requiring urgent treatment are being asked to attend alternative hospitals where possible.

Newham Hospital is now fully operational after also being affected by the flooding. Check the [latest updates](#) and [visiting arrangements](#) for each hospital before coming to any site.

### Your chance to help set pandemic recovery priorities for east London

Do you live in Tower Hamlets, Newham or Waltham Forest? Do you identify as Black African, Black Caribbean, Somali, South Asian or Bangladeshi? Help shape the recovery in east London by identifying the top 10 priorities for your community.

Ethnic minority communities have been disproportionately affected by the Covid-19 pandemic – but you can help. [Click here for more information and to complete the survey](#), which is open until 19 September.

### Chair in common appointed for Barking, Havering and Redbridge University Hospitals NHS Trust and Barts Health group

Former MP Jacqui Smith [has been appointed as chair in common for two local NHS trusts](#): Barking, Havering and Redbridge University Hospitals NHS Trust (BHRUT) and Barts Health group. The two trusts will remain separate bodies with their own boards.

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### 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.

## New chief executive for Queen's and King George Hospitals

BHRUT has appointed [Matthew Trainer as the trust's substantive chief executive.](#) For the past three years, he has been CEO of Oxleas NHS Foundation Trust, which provides a wide range of health and social care in south east London and parts of Kent.

## If you're 18 and over (or within three months of your 18<sup>th</sup> birthday) don't get left behind – join your friends, family and millions of others who have had the Covid-19 vaccine.

The Covid-19 vaccine reduces your chance of getting infected by almost 80% after two doses and could mean you don't need to self-isolate.

In north east London, nearly 200,000 18-29-year-olds have had at least one dose of the vaccine, while just under 250,000 people aged 30-39 have had theirs.



You can book your Covid-19 vaccination, either directly at [over 60 vaccination centres in north east London](#) or using the [national booking system.](#)

## How and where to get the vaccine

You can get vaccinated whenever suits you, including at weekends and in the evening. You don't have to wait to be invited and you don't need to bring any paperwork (some people may be asked to prove they are over 18, or within three months of your 18<sup>th</sup> birthday).

- [For centres, opening times, and booking information in Barking, Dagenham, Havering, and Redbridge click here.](#)
- [For centres, opening times and booking information in City and Hackney click here.](#)
- [For centres, opening times and booking information in Tower Hamlets, Newham and Waltham Forest click here.](#)

Don't forget to book your second dose, they're really important in giving you maximum protection from Covid-19. You can book your second dose between eight and 12 weeks after the first. [This animation](#) explains why it's important to get two doses.

## Get a Covid-19 vaccine and be in with a chance to win a signed West Ham shirt

The NHS and partners in north east London and West Ham United Football Club have joined forces to offer someone in north east London the chance to [win a new West Ham shirt signed by the team.](#)

To be in with a chance of winning, you need to [have a Covid-19](#) vaccine by the end of July, and post a picture, video or message to Twitter saying you have had your jab. Just include the hashtags #Ihadmyjab and #WestHamComp in the tweet. The NHS will select the winner at random after 31 July 2021.

## Face coverings and social distancing in health and care settings

Many Covid-19 restrictions were lifted last week, but you still need to wear a face covering and follow social distancing rules when you access or visit health and care settings like your GP or hospital.

Everyone needs to continue to play their part in limiting the spread of infection – particularly with a number of critical care patients being treated for Covid-19 in our local hospitals. If you are 18 or over and haven't already had a Covid-19 vaccination you should come forward for yours as soon as possible.



## Some under-18s to become eligible for the vaccine

If you have a child aged over 12 who is at higher risk of getting ill if they catch Covid-19 or live with people who are more vulnerable to the virus, [they could soon be eligible for the jab](#). Most children will not be offered the vaccine for now as they are at low risk – eligible children will be contacted when it is time for their vaccination.

## Covid-19 vaccination booster

The NHS is planning a Covid-19 vaccine booster programme ahead of this winter. [Expert advice from the Joint Committee on Vaccination and Immunisation \(JCVI\)](#) is that boosters will help maintain protection against Covid-19 and new variants for people most at risk, before winter comes.

## Got a question about the Covid-19 vaccine?

We've got the answer. From how safe is it, to will I get side effects, or why should I get it if I'm low risk? See our [vaccine information for young adults, videos](#) or access our [interactive ChatBot](#).

## Opportunity to sign up for pioneering patients' panel

The Patients Association is looking for people to be on its pioneering lived experienced advisory panel, which aims to improve services and experiences of patients. The association is looking for 10 people to meet for six sessions between September and January to work on this exciting project. See [this leaflet](#) for more information about the panel as well as who the association is looking for, what it will involve and how to sign up if you are interested.