



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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Get vaccinated at London Stadium



If you live in Barking and Dagenham, City of London, Hackney, Havering, Newham, Redbridge, Tower Hamlets or Waltham Forest, book now to have your first Covid-19 vaccination at the London Stadium.

Aged 25+, live in north east London and need your first Covid-19 jab? Come and have your vaccination on Saturday, 19 June from 10am to 8pm at the [London Stadium](#) in the Olympic Park, Stratford.

If you live in Barking and Dagenham, City of London, Hackney, Havering, Newham, Redbridge, Tower Hamlets or Waltham Forest, [register here](#) to have your first Covid-19 vaccination. The event is for booked appointments only – please do not walk-in.

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.

Vaccination update

Over 1.5 million Covid-19 vaccinations have now been given in north east London.



We urge everyone aged 25 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 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 16-24 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. New FAQs include information on the vaccine and women's menstrual cycles, questions around second doses and information for students.

[A map of all the current north east London vaccination centres, including pharmacies, is available online here.](#)

Covid-19 Delta variant

While the number of Covid-19 cases in north east London remains low overall, we are seeing a rise in cases due to the new [Delta variant](#) of the virus. Both of the most-used vaccines (AstraZeneca and Pfizer) are effective against this strain, especially after a second dose.

It is really important that you get your second dose. Some second doses are being brought forward and if this affects you, you will be contacted by the NHS. Full information on this is in our [frequently asked questions](#).

Diabetes Week

It's [Diabetes Week](#) and you can follow the week on social media across the [NEL NHS accounts](#), and share your stories on the [#DiabetesStories](#) hashtag.

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.

Around 129,000 people in north east London are living with 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

**Are you at
risk of Type
2 diabetes?**

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME

Listen to your heart

Atrial Fibrillation (AF) is a heart rhythm disorder which can lead to stroke, heart failure, dementia, depression, anxiety and much more – yet a simple pulse check to listen to your heart rhythm, to see if it is regular or irregular, can easily detect potential AF and help prevent devastating strokes and heart failure.

Find out more at www.knowyourpulse.org where you can learn how to take your pulse manually or using downloadable apps.