

Public Health Team  
Barking Town Hall  
1 Town Square  
Barking  
IG11 7LU

17th March 2026

## Before you travel this Easter, protect your children against measles.

Dear Parent/Carer,

Many countries are reporting increased numbers of measles cases. With the rise of measles cases in North London in 2026, the risk of it spreading to other areas remains a real threat. Measles can cause pneumonia, meningitis, blindness, seizures and long-term complications.

Any child aged one and above who has not received MMR vaccine is invited to get a free vaccination **on Saturday 21st March at MMR outreach clinic in BLC (Barking Library), 2 Town Square, IG11 7NB between 11pm and 3pm.** Two doses of MMR give lifelong protection. MMR/MMRV and gelatine-free vaccines are available. Free food and family activities will be provided to keep children entertained while you wait.

Measles is very infectious, if your child is identified as being a close contact of a person with measles and they are unvaccinated they may be excluded from school for 21 days (following national guidelines). Please see further information on benefits of [MMR Vaccination](https://www.nhs.uk/conditions/measles/) <https://www.nhs.uk/conditions/measles/>

To make the process smoother, please bring your child's red book or vaccination record, however you are still invited even if you don't have your child's red book. If your child is not registered with a GP, they can still get vaccinated and registered.

If you're unsure whether your child has had two doses of the MMR vaccine, you can speak to staff at the clinic or contact by phone 0203 343 2400 (OPT 1) [Catch-up clinics | Barking & Dagenham](#) for school age children. For young children age 0-5 you can book out-of-hour appointments [Booking Measles | Together First CIC](#)

Yours faithfully



**Matthew Cole**

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