

Lambethtalk

SPECIAL COMMUNITY EDITION / JANUARY 2021



Covid-19 vaccines in Lambeth page 6



For safety, this magazine has been delivered following Public Health England guidelines. It may be safely read.



Covid-19 has highlighted how technology is now essential for access to, and delivery of Lambeth Council services and for residents and businesses to stay connected, learn, keep well, access help and advice, and be engaged in society.

Stay connected

A number of Lambeth residents – children and young people, older people, disabled and vulnerable adults – are digitally excluded in some way:

- No computer, tablet or smartphone to get online, or only have a shared one
- No reliable internet connection, not enough data allowance, or poor Wi-Fi where they live
- Lack of IT skills, confidence, motivation, or access.

Many organisations are working to tackle this issue. Lambeth Council's new £200,000 Digital Inclusion Fund will help voluntary and community sector (VCS) organisations and schools address digital poverty, getting those who most need it connected online.

Get support

If you need support to get online we recommend that you ask your local services or organisations that are supporting you. This might be a school, a keyworker, a social worker, a community group or a local charity. They will be able to advise you on the types of support that are available, including the possibility of helping you access a device.

If you need more information, take a look or ask someone to look at www.lambeth.gov.uk/digitalaccessforall

Donate devices

You can help combat digital poverty by donating laptops, tablets, and mobile phones to be securely erased and redistributed:

- Lambeth TechAid (all devices including laptops, tablets, desktops): <https://app.techaid.ju.ma/donate-device>
- Community Calling (smartphones): <https://www.hubbub.org.uk/communitycalling>

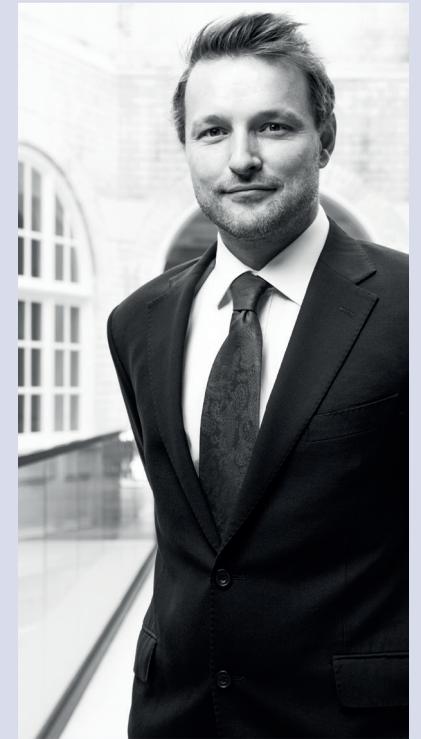
If you are an organisation, you can join the Lambeth Digital Inclusion Network: this brings together more than 20 charities, housing providers, community-led initiatives and Lambeth Council working on tackling Digital Inclusion in Lambeth. To join contact engagement@lambeth.gov.uk

I know this edition of Lambeth Talk comes at a difficult time for you and your family, friends and neighbours, as we all deal with the national lockdown due to rising cases of Covid-19 and a more perilous situation for the NHS than we have seen thus far.

My message to you is the same as it was last March during the first lockdown: please stay at home to protect yourself and each other – and be sure that the council and your local community are here for you at this really tough time. I also want to thank the hundreds of volunteers, public servants, faith groups, businesses and community organisations who have pulled together. The effort I see every day in Lambeth inspires me and makes a real difference, so thank you.

In this edition you will find information on testing set up by the council to help local residents; guidance on the lockdown; support and advice if you are struggling in any way; and information on getting help if you are at risk of domestic abuse.

Most importantly, there is information on the vaccine which unlike the first lockdown, provides us with the hope that this crisis will end. The vaccine rollout is the safest way to save lives, protect each other and to ensure that we can meet our friends and family again. I hope that day will come very soon and we are lobbying government to get the resources and vaccine supply we need to protect our population as quickly as possible so we can get back to some sort of normality – but in the meantime, stay safe.



Councillor Jack Hopkins, Leader of the Council

Are you scared of your partner, ex or family?

We can help.

The Gaia Centre provides free and confidential support for Lambeth residents affected by abuse.

- Safety
- Housing
- Legal options
- Money
- Children



020 7733 8724

lambethvawg@refuge.org.uk
www.refuge.org.uk/gaia

the Gaia centre
Run by Refuge
Working in Lambeth to end gender-based violence

LAMBETH YOUTH OPPORTUNITIES FUND

One in three children in Lambeth are born into poverty
One in three Black Caribbean pupils are eligible for free school meals
One in three 19 year olds do not have level 3 (A Level) qualifications
Can you help?



Covid-19 testing in Lambeth



If you live or work in Lambeth and you are over 18 you can get a covid test in one of the testing centres.

Do you have symptoms?

If you have symptoms – a high temperature, a new, continuous cough, or a loss or change to your taste or smell – you must start self-isolating immediately, while you book your test.

How to book a test

Tests must be booked in advance through the GOV.UK website, NHS app, or by dialling 119.

Testing without symptoms

Around 1 in 3 people with Covid-19 don't have any symptoms, but they can still pass it on. If you have to get out to work, you can get a quick free test at a local site in Lambeth to check if you have Covid-19, with results usually returned to you within an hour.

<https://beta.lambeth.gov.uk/coronavirus-covid-19/booking-coronavirus-test>



When do you need to self-isolate?

If any of the following applies

- ▶ have symptoms of Covid-19 and are waiting for a test
- ▶ have tested positive for Covid-19
- ▶ are part of the household of a suspected or confirmed Covid-19 case
- ▶ have been told or alerted through NHS Test and Trace service or App that you are a close contact of a Covid-19 case
- ▶ have been told to self-isolate because you're in close contact with a Covid-19 case
- ▶ have returned from a country that is on the quarantine list.

You must self-isolate

You must not leave home for any reason.

Do not go to work, school, shops or visit anyone or go anywhere.

If you need help to be able to stay at home, contact mycommunity@ageuklambeth.org or or call 0333 360 3700

Information on how to self-isolate can be found <https://beta.lambeth.gov.uk/covid-19-self-isolation-posters>



Talking Covid vaccines with Lambeth GP

Dr Di Aitken



The Covid-19 vaccination programme is well underway in Lambeth. As the NHS in Lambeth works hard to deliver these vaccinations to those most at risk, we caught up with Lambeth GP, Dr Di Aitken, who had her vaccine just before Christmas.

Why did you have the Covid-19 vaccine?

As a busy GP, who also falls into an at risk group, I want to be able to continue to work and to keep my patients and colleagues safe while I deliver patient care. We've moved most of our appointments to telephone and are making good use of smartphones when patients have them. However, sometimes patients still need to be seen face-to-face so we need to take all precautions, including having a vaccine ourselves, to keep them safe.

What effect has Covid-19 had on your patients and community?

I've lived and worked in Lambeth as a GP for 30 years. It has really distressed me to see the devastating effect Covid-19 has had on my patients and my community – with loss of life

and the issues that bereavement brings, and of course the impact that it has had on people's experience of work, of education and of social contact. The impact on people's mental health and wellbeing has been marked. For instance, my mum, who is 86, hasn't had a hug for nearly a year and is finding it really hard mentally and emotionally.

I'm hugely concerned about the impact on our health and care services in Lambeth, especially on all the frontline staff who have been fighting this virus for nearly a year. We know how hard they have to work to treat the high numbers of seriously unwell patients in our hospitals and in the community. We're going to have to live with the virus for months into the future – but now that we have the vaccines I am so much more optimistic. Vaccination will help protect our families and our

communities, and it will help us get back to something more like a normal life. To me, it's like a ray of light at the end of a very long tunnel.

A lot of people feel like you, that they want the vaccine as soon as possible – what advice do you have for them?

The first thing I would say is please, please wait to be contacted by the NHS. Don't contact services asking for your vaccine as it adds more pressure to a very busy service. We haven't forgotten you - the NHS will contact you when it is your turn to be vaccinated.

The second thing I'd say is when you get an appointment, please make sure you go! Don't arrive more than five minutes before your slot, to avoid waiting a long time and jeopardising social distancing because you're having



to queue. Everyone who has an appointment will get the vaccine. You might not receive the vaccine at your own GP practice but as more stocks are made available, more sites will be added.

Finally, I would say, please don't just turn up at a vaccination centre if you don't have an appointment. Remember – the NHS will get in touch when it is your turn to be vaccinated.

Are you confident the vaccine is safe?

Yes, I am. Covid-19 vaccines have been rigorously tested and

confirmed as safe and highly effective by experts. The UK has some of the highest safety standards in the world, and as with any medicine, vaccines are highly regulated products. They have proved to be vital tools against major diseases such as polio, smallpox and measles.

I am of Jamaican heritage and recognise that some black, Asian and minority ethnic community members may be hesitant to have the vaccine, but I wouldn't have it if I wasn't fully confident in its safety.

How is the vaccination programme going in Lambeth so far?

In Lambeth we are providing vaccinations through 4 GP-led vaccination sites and at two hospital sites as we speak. More locations will be added in the weeks to come, allowing us to extend the offer over time to more people, for example people over 70 and those who are clinically extremely vulnerable.



For more information on the Covid-19 vaccination programme, please visit www.selondonccg.nhs.uk/covid19vaccine

You can also follow the local NHS for social media updates and messages to share with your friends and family:

 @nhslambethccg, @NHSSLondonCCG

 @nhsselondonccg

Help and support on offer



Get help for you or someone you know

Lambeth Council wants to ensure all residents have access to the support and information they need to help them get through these critical times.

If you need assistance a list of food, medicine, and social wellbeing support options is available to you on the Council's website:

<https://beta.lambeth.gov.uk/covid-get-support>

You can also call the MyCommunity Gateway helpline for help with social support, advice and support to connect you up with local services: **0333 360 3700** Monday to Friday, 9am – 5pm

Or email mycommunity@ageuklambeth.org

Get help if you are clinically extremely vulnerable

Supporting residents who have been informed that they are clinically extremely vulnerable to Covid-19 by the Department of

Health are encouraged to sign up for the National Shielding Service System (NSSS). This will enable them to access priority online shopping with: Sainsbury's, Tesco, Morrisons, Iceland, Waitrose and Ocado.

You can sign-up via the Government website:

<https://www.gov.uk/coronavirus-shielding-support>

If you are not able to access the website, please call the MyCommunity Gateway Helpline: **0333 360 3700**.

Volunteering

Team Lambeth Volunteer Sign up to volunteer for opportunities around the borough of Lambeth please fill out the online form: <https://beta.lambeth.gov.uk/volunteer-to-help-your-community>

OnHand Volunteer Service Volunteer support for local neighbours such as shopping, running errands, or befriending calls. Volunteers are always needed!

Please visit <https://www.beonhand.co.uk/> to sign up, or email mycommunity@ageuklambeth.org

NHS Volunteer Responders Volunteer service for prescription collections and everyday tasks.

Please visit <https://nhsvolunteerresponders.org.uk/services> or call **0808 196 3646**.



Helpful organisations

Social and wellbeing support

MyCommunity Gateway Helpline powered by AgeUK Lambeth offering social support and advice to connect you with local services that can help with whatever challenge you are facing.

Please contact on **0333 360 3700**, Monday to Friday between 9am to 5pm, or mycommunity@ageuklambeth.org

If you are struggling with your mental health, domestic violence or need emotional support, you are not alone. There are a number of services available which can provide confidential advice and support to you.

Please visit <https://beta.lambeth.gov.uk/covid-mental-health-domestic-violence-and-emotional-support>

Financial support

Opportunity Lambeth Service which provides urgently advertised employment opportunities.

Please contact <https://opportunity.lambeth.gov.uk/> or **020 7926 0500**.

Covid-19 Financial Support

For more information on financial help from the Council or Emergency Support Scheme please visit: <https://www.lambeth.gov.uk/COVIDSUPPORTPAYMENT>

Advice and guidance

Citizens Advice Bureau

Advice and guidance for a range of problems people face. Please call the Lambeth Adviceline: **0344 488 9625** Monday to Friday, 10am to 4pm.

Centre70 Support adults who are facing social, mental, financial or other personal difficulties through a holistic programme of free and affordable services including: Advice, counselling, training and advocacy. It is best to email enquiries@centre70.org.uk or counselling@centre70.org.uk.

Brixton Advice Centre

Advice line: **0207 733 7554** between 10am and 3pm, Monday to Thursday or send your question online: brixtonadvice.org.uk/advice-form/

Food support

Lambeth Larder An online directory of local community organisations that offer food parcels, hot meals, and food deliveries.

Please visit <http://www.lambethlarder.org/> or find a local organisation here <https://lambethlarder.communitymaps.org.uk/welcome>

Local Food Banks If you would like access to your local food bank please call the MyCommunity Gateway Helpline **0333 360 3700** for support.

For more information on accessing food support please visit <https://beta.lambeth.gov.uk/covid-get-support>

Medicine support

Connect Lambeth Emergency medication pick-up service for Lambeth residents.

Please contact **020 7346 6800** (option 6) or mycommunity@ageuklambeth.org.

NHS Volunteer Responders

Volunteer prescription pick-up and delivery from the pharmacy.

Please contact **0808 196 3646** operates 8am to 8pm every day.

Healthwatch is Lambeth's independent champion for people who use health and social care services, visit www.healthwatchlambeth.org.uk

ODKRYTO NOWY SZCZEP COVID-19 KTÓRY ROZPRZESTRZENIA SIĘ JESZCZE SZYBCIEJ

- ◆ Około 1 na 3 osoby nie ma żadnych objawów, więc będzie zarażać wirusem nawet o tym nie wiedząc
- ◆ Nie wolno wychodzić z domu, chyba że w konkretnym celu: zakupu żywności, z powodu medycznego lub do pracy
- ◆ Należy unikać podróży, które nie są konieczne
- ◆ Należy pracować z domu, jeżeli jest to możliwe
- ◆ W celach rekreacyjnych korzystać wyłącznie z otwartych przestrzeni publicznych i parków

Więcej informacji można uzyskać na stronie gov.uk/coronavirus

HÁ UMA NOVA ESTIRPE DE COVID-19 QUE SE PROPAGA AINDA MAIS RAPIDAMENTE

- ◆ Cerca de 1 em cada 3 pessoas não tem sintomas, pelo que essas pessoas espalharão o vírus sem se aperceberem
- ◆ Não saia de casa exceto para fins específicos: alimentação, motivos de saúde ou trabalho
- ◆ Não viaje, a menos que seja necessário
- ◆ Se puder, trabalhe a partir de casa
- ◆ Use os espaços públicos ao ar livre e os parques para fazer exercício

Para mais informações, visite gov.uk/coronavirus

For translated information in other languages contact communications@lambeth.gov.uk

WAXAA JIRA MADAX CUSUB OO KHASBAD AH-19 OO XATAA U FIDA SI BADAN

- ◆ Qiyaastii 3dii qofba 1 ayaa qaba astaamo la'aan, sidaas darteed waxay u fidin doonaan iyaga oo aan ogeen
- ◆ Waa inaanad guriga ka bixin ujeedooyin gaar ah mooyee: cunto, sababo caafimaad ama shaqo
- ◆ Ha safrin haddii aan loo baahnayn
- ◆ Ka shaqee guriga haddii aad awoodid
- ◆ u isticmaal meelaha furan iyo jardiinooyinka jimicsiga oo keliya
Faahfaahin dheeri ah, ka eeg gov.uk/coronavirus

SE HA PRODUCIDO UNA NUEVA VARIANTE DEL COVID-19 QUE SE TRANSMITE INCLUSO MÁS FÁCILMENTE

- ◆ Una de cada tres personas es asintomática, de manera que lo transmitirán sin ser conscientes de ello
- ◆ No deberá salir de casa excepto por motivos específicos: para adquirir alimentos, por razones médicas o para ir a trabajar
- ◆ No viaje a no ser que sea absolutamente necesario
- ◆ Trabaje desde casa si puede
- ◆ Utilice solamente los espacios públicos al aire libre y los parques para hacer ejercicio.

Para más información, consulte gov.uk/coronavirus

For translated information in other languages contact communications@lambeth.gov.uk



HM Government



ENGLAND LOCKDOWN

STAY AT HOME

**THE NEW STRAIN OF CORONAVIRUS IS SPREADING FAST.
WE ALL NEED TO PLAY OUR PART TO STOP THE SPREAD.**



▶ LEAVING HOME

You must not leave, or be outside of your home or garden, except for a very limited set of exemptions e.g. to shop for basic necessities, exercise, go to work if you cannot do so from home, or to escape risk of harm.

▶ MEETING OTHERS

You cannot leave your home to meet socially with anyone, except with your household or support bubble (if eligible to form one). Stay 2 metres apart from anyone not in your household or support bubble.

▶ EXERCISE

You may exercise on your own, with your household or support bubble, or with one person from another household (when on your own). Stay 2 metres apart from anyone not in your household or support bubble.

▶ BARS, PUBS AND RESTAURANTS

Hospitality closed aside from sales by takeaway (until 11pm), click-and-collect, drive-through or delivery. Alcohol cannot be purchased through takeaway or click-and-collect from hospitality venues.

▶ RETAIL

Essential shops can open. Non-essential retail must close and can only run click-and-collect and delivery.

▶ WORK AND BUSINESS

Everyone must work from home unless they are unable to do so.

▶ EDUCATION

Early years settings open. Primary and secondary schools and colleges move to remote provision except for vulnerable children and children of critical workers. Most university students to move to remote learning.

▶ LEISURE AND SPORTING FACILITIES

Closed, with limited exceptions.

▶ ACCOMMODATION

Closed, with limited exceptions.

▶ PERSONAL CARE

Closed.

▶ ENTERTAINMENT

Closed.

▶ OVERNIGHT STAYS

You must not stay overnight away from home. Limited exceptions apply e.g. to stay with your support bubble.

▶ WEDDINGS AND FUNERALS

Funerals of up to 30 people permitted. Weddings up to 6 people permitted in exceptional circumstances. Wakes and other linked ceremonial events of up to 6 permitted.

▶ PLACES OF WORSHIP

Places of worship can remain open and communal worship is permitted, but you must not mix with those outside your household or support bubble.

▶ TRAVELLING

You must stay at home. If you do leave home for a very limited set of exemptions, you should stay local in the village, town, or part of the city where you live where possible. Do not travel abroad unless an exemption applies.

▶ CLINICALLY EXTREMELY VULNERABLE

Shielding reintroduced across England. You should not travel to work, school, college or university and should limit the time you spend outside the home. You should only go out for medical appointments, exercise or if it is essential.

▶ CARE HOME VISITS

Visits can take place with arrangements such as substantial screens, visiting pods, or behind windows. Close-contact indoor visits are not allowed. No visits will be permitted in the event of an outbreak but end of life visits are permitted in all circumstances.



STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES

For more information go to:
gov.uk/coronavirus