

# Southwark Life

COVID special : Jan/Feb 2021

## Lockdown

What you need to know about current restrictions

## Vaccine rollout hope

All the information on the new vaccines happening now

## Supporting our communities

If you are struggling we'll help you get the right support

## Plus:

Events, education and activities available online

Your magazine from Southwark Council

*Southwark*  
Council  
southwark.gov.uk



**Blood and Transplant**

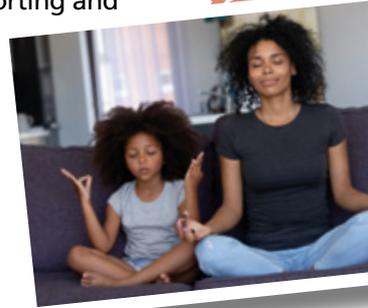
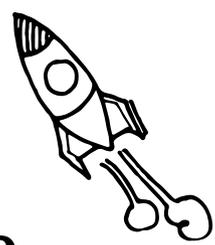


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## welcome...

We are currently in our third national lockdown to tackle the rising COVID-19 infection rates. I know for many people this news was difficult but it was necessary. Infection rates across the country were rising quickly, especially in London, and our hospitals were at risk of being overwhelmed. The good news is although they are still high, rates are coming down and with the vaccine rollout now underway there is a light at the end of the tunnel. You can read more about the vaccines; who will get them and when, and how safe they are, in this special edition.

In the meantime the council is here to support our residents and businesses as much as we can and you can read more about some of the work being done across the borough with the Community Support Alliance and the organisations they are supporting and funding, plus we have our regular business page with advice for our local businesses and news about our work to make sure all children in the borough have the IT they need to learn from home.

We've also got all the details on what you can and can't do during the current lockdown, as well as some ways you can keep yourself and your family entertained online and how to keep your mind and body healthy during lockdown.

This last year has been extraordinary and I am continually amazed by the dedication and determination of our residents who have stepped up to help out in their communities. The council itself is continuing to contact thousands of our most vulnerable residents to check on their wellbeing and offer support. Thank you everyone for continuing to follow the restrictions and help support the NHS and save lives.

Cllr Kieron Williams  
Leader of Southwark Council



### Contact us

Do you have something to say about Southwark Life? email [southwark.life@southwark.gov.uk](mailto:southwark.life@southwark.gov.uk)

### Stay up to date

Southwark Council sends out a regular e-newsletter to round up all the news and information about what is going on in the borough. To sign up you just need a MySouthwark account, which you can register for on our website at [www.southwark.gov.uk/mysouthwark](http://www.southwark.gov.uk/mysouthwark) You can also read all our latest news stories on the website at [www.southwark.gov.uk/news](http://www.southwark.gov.uk/news)

Our front cover is Ros Whyte, Principle Nurse Specialist Advisor, receiving the COVID-19 vaccination from an Occupational Health nurse © King's College Hospital NHS Foundation Trust

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### Keep in touch

Southwark Life comes out three times a year and the next issue is due out in spring 2021. You can contact the magazine at [southwark.life@southwark.gov.uk](mailto:southwark.life@southwark.gov.uk) but for more regular updates on council news and events, follow us on social media at

- [facebook.com/southwarkcouncil](https://facebook.com/southwarkcouncil)
- [@lb\\_southwark](https://twitter.com/lb_southwark)
- [Instagram.com/southwarkcouncil](https://instagram.com/southwarkcouncil)

# Need to know..

The COVID-19 pandemic is having an impact on every part of day-to-day life, from employment opportunities to how we are planning to go about voting in this year's elections. Here are a few ways the council is tackling some of these issues.

For news and events follow us on social media or find out more at [southwark.gov.uk/news](https://southwark.gov.uk/news)

 Follow us on Facebook [facebook.com/southwarkcouncil](https://facebook.com/southwarkcouncil)

 Follow us on Twitter [@lb\\_southwark](https://twitter.com/lb_southwark)

 Follow us on Instagram [Instagram.com/southwarkcouncil](https://Instagram.com/southwarkcouncil)

## Domestic abuse support

Domestic abuse isn't just about violence. It can be physical, sexual, emotional or financial abuse. It can be from someone you live with – your child, a carer, a relative, a current or ex-partner. It can include neglect, controlling behaviour, forced marriage, 'honour based' violence or female genital mutilation. Often abuse is about control. Controlling and coercive behaviour is a criminal offence, which could mean an abuser going to prison. Domestic abuse can happen to anyone. If you're 16 or older, of any gender, and need help then contact Solace for confidential help and advice on **020 7593 1290** or email [southwark@solacewomensaid.org](mailto:southwark@solacewomensaid.org)

Find out more about domestic abuse and getting help: [southwark.gov.uk/domesticabusehelp](https://southwark.gov.uk/domesticabusehelp)

## Make your plan now to vote safely in May

The London Mayoral election is due to take place in May this year. Given the continuing pandemic and social distancing rules, we are keen to make sure everyone can vote in a COVID-safe and secure way.

That is why we are encouraging all residents to sign up now to vote by post. This way, we will send you your ballot paper and you can return it to us weeks before the election even takes place. It is free, safe and secure; and you can make your choice in the comfort of your own home.

Sign up now at [www.southwark.gov.uk/council-and-democracy/voting-and-elections/applying-to-vote-by-post-or-proxy](https://www.southwark.gov.uk/council-and-democracy/voting-and-elections/applying-to-vote-by-post-or-proxy)



## Help bridge the digital divide

Southwark Council has pledged to match fund up to £250,000 as part of a new fundraising campaign aimed at supporting thousands of Southwark pupils currently without access to a laptop or internet connection as they learn remotely from home during lockdown.

The digital divide means many disadvantaged children and young people are missing vital teaching time, putting them at risk of falling behind.

With support from Southwark Council, the Teaching School Alliance is determined to get laptops to pupils who need them.

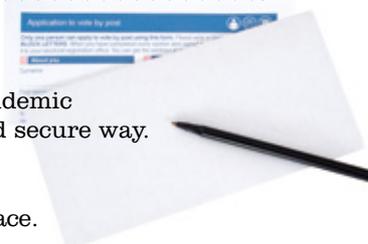
Money raised through the 'Laptop for Learning' crowdfund will equip children and young people with the digital tools they need not just for during lockdown, but for their long term schooling. Local education charity the Newcomen Collett Foundation kicked the crowdfund off with a donation of £20,000, which has provided schools with 130 laptops already.

Businesses who have laptops they no longer use or who can offer services to refurbish second-hand laptops are also being asked for their support. But Southwark Council is not stopping there as many of these same families do not have access to reliable WiFi.

The council has secured an agreement with internet providers Hyperoptic and Community Fibre to offer free broadband to eligible residents where it is needed for children to learn online

Families currently without a broadband connection should contact their children's school, who are working to identify eligible households.

For more information or to donate money to Laptops for Learning, visit [www.crowdfunder.co.uk/laptopsforlearning](https://www.crowdfunder.co.uk/laptopsforlearning)



## EU Settlement Scheme deadline approaches

All EU, EEA and Swiss citizens and their family members who wish to remain in the UK need to apply to the EU settlement scheme.

The UK has now left the European Union and the deadline for applications is 30 June, 2021. It's FREE to apply to the scheme, either for settled or pre-settled status depending on how long you've been living in the UK. We strongly encourage anyone who is still planning to apply for settled status to do so sooner rather than later.

Most applications will be completed online. To find out more and apply please visit [www.gov.uk/settled-status-eu-citizens-families](http://www.gov.uk/settled-status-eu-citizens-families). You can get help with your application by calling **0300 123 7379**.



# Looking for work because of COVID-19?

Finding a job can be hard at the best of times, but these days the challenge may be greater.

**T**he council is running a campaign linking young people in the borough with local opportunities to help them achieve a bright future. The new initiative promotes opportunities for people aged 16 to 25 years old in Southwark. It includes help with employment, training, paid internships and apprenticeships, jobs, voluntary roles, NVQs and university degrees.

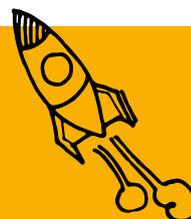
We will be working closely with local businesses and other partner organisations to help create and broaden the range of opportunities available to young people in Southwark.

Young people who are thinking about their next steps in education, training or work can join our mailing list to get news on job vacancies and career information in and around Southwark

[www.southwark.gov.uk/nextstepmailinglist](http://www.southwark.gov.uk/nextstepmailinglist)

If you are looking for work and claiming benefits because of the coronavirus pandemic, the JETS (Job Entry Targeted Support Scheme) can help. Advisers offer support with CVs, job search and interview skills. Ask your Jobcentre Plus work coach about JETS for a referral.

You can also get support from southwark Works, a council-funded employment service open to all Southwark residents of any age, experience or background. You don't need to be claiming benefits to register. Go to [www.southwarkworks.com](http://www.southwarkworks.com) to find out more.



# STAY HOME, SAVE LIVES

Once again we must stay at home and help protect the NHS and save lives.

**O**n Wednesday 6 January, England went into a third national lockdown to help control the recent spike in COVID-19 cases and reduce hospital admissions.

We know this will have been difficult to hear for many people, after several long months of lockdowns and restrictions on our usual way of life. However, with the infection rate soaring due to the new variant of COVID-19, and numbers being particularly high in London, it was vital. The good news is vaccines are now being rolled out which will save many lives and reduce pressure on the NHS, and we can finally look forward with hope. For more information on the vaccine roll out in Southwark please see pages 8 and 9.

**If you are worried about the impact of self isolation, or struggling with lockdown for any reason, you can contact our Southwark Community Alliance for support. See page 12 and 13 for contact details.**

## STAY HOME

The lockdown restrictions mean we must stay at home. The single most important action we can all take is to stay at home to protect the NHS and save lives.

### Lockdown restrictions include:

- By law you must not leave, or be outside of your home unless you are doing one of the following:
  - ▶ **shopping for basic necessities**, for you or a vulnerable person
  - ▶ **going to work, or providing voluntary or charitable services**, if you cannot reasonably do so from home
  - ▶ **exercising with your household** (or support bubble) or one other person (in which case you should stay 2m apart). Exercise should be limited to once per day, and you should not travel outside your local area.
  - ▶ **meeting your support bubble or childcare bubble where necessary**, but only if you are legally permitted to form one
  - ▶ **getting medical help or avoiding injury, illness or risk of harm** (including domestic abuse)
  - ▶ **going to school or a childcare setting**, for those eligible

**If you leave home for a permitted reason, you should always stay local**, unless it is necessary to go further, for example to go to work. Staying local means stay in the village, town, or part of the city where you live.

If you are clinically extremely vulnerable you should only go out for medical appointments, exercise or if it is essential. We recommend that you do not go to work.

- We should all work from home where reasonably practicable
- Non-essential shops are closed
- Colleges, primary and secondary schools will remain open only for vulnerable children and the children of critical workers. All other children will learn remotely until further notice. Early years settings are open.

You can read about all the restrictions at [www.gov.uk/guidance/national-lockdown-stay-at-home](https://www.gov.uk/guidance/national-lockdown-stay-at-home).

# RAPID COVID TESTS IF YOU CAN'T WORK FROM HOME

We are now offering FREE, rapid COVID-19 tests to people who don't have COVID symptoms. Results are usually available within an hour.

Book a test at [www.southwark.gov.uk/covidtest](http://www.southwark.gov.uk/covidtest)

## WHO CAN GET TESTED?

We are encouraging anyone who can't work from home to get a free test (called a lateral flow test). This includes key workers such as shop staff, construction workers, security guards, cleaners, school staff, refuse collectors and many other roles.

To ensure greater reliability, you can book repeat tests provided these are three to four days apart.

## WHY YOU SHOULD GET TESTED

- 1 in 3 people with COVID-19 have no symptoms. Regular testing helps you avoid spreading it to customers, colleagues, clients or those you live with.
- COVID numbers are very high. Rapid tests help find more cases and help control the virus.
- Rapid tests are painless and results are available in less than an hour.

The testing centre is at the Damilola Taylor Centre, 1e Surrey Grove, Peckham SE15 6DR and is open from 18 January.

## WHEN NOT TO BOOK A LATERAL FLOW TEST

- DO NOT book a rapid, lateral flow test if you have COVID-19 symptoms. Instead, self-isolate and book a free NHS test on the government website [nhs/coronavirus](https://nhs.uk/coronavirus) or call 119.
- DO NOT book a rapid, lateral flow test if you have been in close contact with someone who has tested positive for COVID-19. Instead, stay at home and self-isolate.

If you have COVID-19 symptoms you can still get a test at one of three symptomatic testing sites in Southwark including Burgess Park and Peckham Pulse.

Cllr Evelyn Akoto outside the rapid test centre at the Damilola Taylor Centre, Peckham



## COUNCIL AND POLICE SEIZE ILLEGAL RAVE EQUIPMENT IN DULWICH

The council's enforcement teams continue to work with police to crack down on unlicensed gatherings – particularly illegal music events – throughout the lockdown.

Equipment that looked like it had been stored after a rave, was discovered in a disused railway tunnel in Dulwich Wood, on 6 January. Southwark Council worked with officers from the Metropolitan Police and Lewisham Council, to locate and seize the kit after being alerted by local residents.

The equipment was seized and taken to Walworth Police Station. Southwark Council has secured the tunnel and is working with contractors to prevent it happening again.

Cllr Evelyn Akoto, Cabinet Member for Public Health and Community Safety, said: "I'm horrified that anyone would have such little regard for themselves or others, that they'd attend an illegal rave at the height of a pandemic. We continue to support the police in finding and shutting down locations where illegal raves might be held."



# Vaccination rollout underway

With the largest vaccination programme in NHS history now underway, here is more information about the COVID-19 vaccinations and why it is so important to get one when you can.

**T**he COVID-19 vaccine rollout began on 8 December, 2020 and is being delivered in phases across the country. In south east London, we've made a good start with vaccinations taking place in GP practices and hospitals, with over 80,000 done so far.

## Who can get the COVID-19 vaccine?

The NHS is currently offering the COVID-19 vaccines to people most at risk from coronavirus. Initially, it's being given to:

- Residents in care homes for older adults and staff
- All those 80 years of age and over and health and care workers
- All those 75 years of age and over
- All those 70 years of age and over

The vaccine will be offered more widely, and at other locations, as soon as possible. The order in which people will be offered the vaccine is based on advice from the Joint Committee on Vaccination and Immunisation (JCVI).

## Your questions answered:

### How do I get an appointment for a vaccine?

We are encouraging people in Southwark to wait to be contacted by the NHS. When it is the right time people will receive an invitation to come forward. For most people this will be a text, a phone call or a letter, either from their GP, local hospital or NHS England. This communication will provide all the information a person will need to book appointments, including their NHS number.

We have heard from across the borough that there are still those in the groups above who have not been contacted yet. We understand the frustration involved in waiting but would like to reassure people that you have not been forgotten and, when it is your turn, the NHS will be in touch.

## Where will the vaccination take place?

When contacted, Southwark residents will be invited to attend one of two GP practices (one in the north and one in the south of the borough), a clinic at Guy's and St Thomas' or King's College Hospital, a community pharmacy or a mass vaccination centre like the Excel Centre. The GP sites are being coordinated by Primary Care Networks and GP Federations in the borough who are working tirelessly to vaccinate as many people as possible, either on site or in care homes.

The number of locations delivering the vaccination in our borough may increase as the numbers of vaccinations available also increases.

## How many people have had the vaccine so far in Southwark?

We have made a great start in south east London with over 80,000 people from our priority groups vaccinated by 17 January 2021 with more appointments and more vaccines becoming available since then. Here are a few from our borough who have had the vaccination in Southwark.



*Nurse Brenda Donnelly (centre) and colleagues with a delivery of vaccine*

Brenda Donnelly, Nurse and Clinical Director of South Southwark Primary Care Network said "I had my vaccination when offered the opportunity as a member of frontline NHS staff. I'd encourage everyone to take up the offer when contacted by the NHS to help protect them from this horrible disease."

## Priority list

1. Residents in care homes for older adults and staff
2. All those 80 years of age and over and health and care workers
3. All those 75 years of age and over
4. All those 70 years of age and over and those extremely clinically vulnerable
5. All those 65 years of age and over
6. Adults aged 16 to 65 years old in the at risk groups
7. All those 60 years of age and over
8. All those 55 years of age and over
9. All those 50 years of age and over
10. Rest of the population



## Musharraf Chaudhury, Chairperson of the Southwark Multi-Faith Forum

“It is so important that we all protect ourselves and our families, our friends and our neighbours from the devastating effects of the contagious COVID-19 virus. We have lost family members and friends over the last year which has been a very difficult period for us all.

“Thanks to our dedicated medical and scientific community, we have the vaccines that are safe and effective. It is very important that we take the vaccine when offered. Our NHS have worked so hard in getting the vaccines rolled out and has useful information and answers to any questions about the vaccines.”



Abbie Kehinde - Senior nursing home lead - receiving her vaccination

The public is vital in helping the NHS deliver the vaccine programme effectively to those who need it most. Our requests are:

- Please don't contact the NHS to get your vaccine, we will contact you when it's the right time to come forward, it adds pressure to an already pressurised system if you do.
- Please act on the invite when it arrives and make sure to attend your appointments when they are made.

To find out more, please visit [www.selondonccg.nhs.uk/covid19vaccine](http://www.selondonccg.nhs.uk/covid19vaccine).

“We have both had our vaccines as frontline clinicians supporting our communities in Southwark. These are safe and effective vaccines. We urge you to take up the offer when contacted by the NHS. We have seen first hand the devastating impact this deadly pandemic has had on Southwark people and want to help keep as many people safe as possible. Thousands of people have had it in Southwark so far and we encourage you to join us when you receive your invitation. If you have questions about the vaccine you can find out more or get in touch to ask a question through the CCG website.”

Southwark GPs, Dr Olufemi Osonuga, GP, Chair and Director of Quay Health Solutions and Dr Nancy Küchemann, GP, Clinical Lead, NHS South East London CCG.



## Find out more

To find out more about vaccinations across south east London, including Southwark, please visit [www.selondonccg.nhs.uk/covid19vaccine](http://www.selondonccg.nhs.uk/covid19vaccine). There are answers to commonly asked questions and concerns as well as further information on the safety of the vaccine.



## COVID-19 VACCINE FACT CHECK



The COVID-19 vaccine will always be available free of charge.



The NHS will never ask you to share bank details to confirm your identity.

# Keeping body a

Exercise, entertainment and educational support for all ages are still available online to help keep away the boredom during lockdown.

## Stay at Home Library

The council's Stay at Home Library has been running since the first lockdown in March 2020 and provides a variety of links to fun, and mostly free, online and outdoor activities for all the family. You can also take a look at what else is on offer day to day on our events website.

Here are a few of the current highlights:

### SOUTHWARK PRESENTS

[www.southwark.gov.uk/southwarkpresents](http://www.southwark.gov.uk/southwarkpresents)

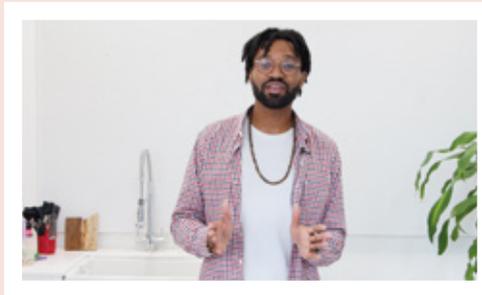
- **Tech Yard:** after school sessions for south London children aged 11 to 14 starting 14 January (FREE)
- **HeadStart Action Online Programme** Employability and confidence building workshops for young people aged 16 to 18 living, working or studying in Southwark. Starting 20 January (FREE)
- **Ancient Story Adventure** with Southwark Libraries: Interactive performances with storyteller Sally-Pomme Clayton on Zoom. She will be using some captivating artefacts from the Cuming Collection to bring these stories to life.  
**The Phoenix of Persia** - Saturday 6 February, 2pm  
**Zarina and the Firebird** - Wednesday 17 February, 2pm



### STAY AT HOME LIBRARY

[www.southwark.gov.uk/stayathomelibrary](http://www.southwark.gov.uk/stayathomelibrary)

- **Imagine and Play:** A series of videos for children and families created by artist Amari Harris for South London Gallery, in collaboration with Theatre Peckham.  
[www.youtube.com/user/SouthLondonGallery](https://www.youtube.com/user/SouthLondonGallery)



- **Free Audio guide** to the bridges of the Illuminated River project
- **Local history books now online for free.** All Southwark Local History Library & Archive's in-house publications in one place.
- **The Mountview LIVE** series of interviews continues with amazing actors including Olivia Colman, Judi Dench and Lin-Manuel Miranda.

Plus lots more locally sourced family learning resources that are available through the Stay at Home Library page.

If you need some support with your mental health the Southwark Wellbeing Hub provides information and support for anyone in Southwark experiencing problems with their mental wellbeing. The Hub's services are free and open to anyone who lives in Southwark or is registered with a Southwark GP. Find out more at [www.together-uk.org/southwark-wellbeing-hub/about-the-hub](http://www.together-uk.org/southwark-wellbeing-hub/about-the-hub)

For younger residents the council runs The Nest - an online and phone-line support service - in partnership with Groundwork London. For more information or to access support visit [thenestsouthwark.org.uk](http://thenestsouthwark.org.uk)

# and mind active

## Staying healthy and happy

One of the things people have found difficult during the last year is staying healthy – both mentally, and physically.

### TAKE CARE OF YOUR MIND

Looking after your mental wellbeing and that of your family is really important. Visit [www.southwark.gov.uk/takingcareofyourmind](http://www.southwark.gov.uk/takingcareofyourmind) for advice and support around what you can do today to take care of your mind.

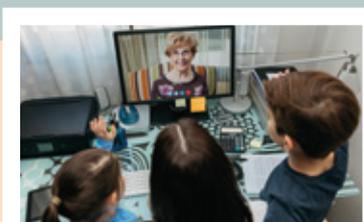
If you are feeling overwhelmed, support is available. Your GP is still here to support you and can provide advice on how to deal with your symptoms and talk about available treatment.

Talking Therapies Southwark supports adults with anxiety and depression. You can contact them directly on **020 3228 2194** or at [slm-tr.SPTS@nhs.net](mailto:slm-tr.SPTS@nhs.net), but you must be registered with a GP in Southwark to access the service. You can also visit their website <https://slam-iapt.nhs.uk/southwark/welcome-to-southwark-psychological-therapies-service/about-us/>



### STAY CONNECTED

It's still really important to connect with friends and family, even if we can't meet in person, as loneliness can have a big impact on our mental health. Try making plans to video chat with people or groups you'd normally see in person, arrange phone calls or send instant messages or texts. If you feel you don't have anyone to talk to and need a friendly chat, you can also call the Samaritans on **116 123**.



### STOP SMOKING

Smoking makes it harder for your body to fight COVID-19, which may make your symptoms more severe if you catch the virus. Your health will improve the moment that you stop smoking. Protect your health and get help to quit now at [www.southwark.gov.uk/smoking](http://www.southwark.gov.uk/smoking) or call the Healthy Lifestyles Hub on **0333 005 0159**.



### SAFE SEX AND CONTRACEPTION

Some of our NHS Sexual Health Services are available online. You can now access STI testing, emergency contraception and ongoing contraception prescriptions without leaving your home. Visit [www.southwark.gov.uk/safesex](http://www.southwark.gov.uk/safesex) for more information.

### STAY ACTIVE

Being physically active can improve your physical and mental health. If you have had COVID-19, it is also an important part of your recovery. Parks and open spaces in Southwark are still open - just remember to follow social distancing rules. Check out [www.southwark.gov.uk/movemore](http://www.southwark.gov.uk/movemore) for tips on staying active during lockdown and into the future. Need support to move more? Call the Healthy Lifestyles Hub on **0333 005 0159**.

### EATING WELL AND MAINTAINING A HEALTHY WEIGHT

Good food is important for all of us to keep our minds and bodies healthy. Switching to healthier options will help you feel better and make it easier to maintain a healthy weight. If you are overweight, you are more likely to be hospitalised if



you get COVID-19. Find advice and support at [www.southwark.gov.uk/healthyeating](http://www.southwark.gov.uk/healthyeating) and [www.southwark.gov.uk/healthyweight](http://www.southwark.gov.uk/healthyweight) or call the Healthy Lifestyles Hub on **0333 005 0159**.



# BACKING OUR COMMUNITIES

Southwark Council is just one of many organisations working to support people in the borough through this pandemic

**T**he last year has been difficult for everyone, but for many the lockdowns and restrictions have been made worse by loneliness, mental health issues, financial issues and more.

Southwark Council is proud to be working with a wide range of organisations across the borough as part of the Community Support Alliance. The Alliance was set up to provide vital support to residents during lockdown and beyond. From preparing and delivering food boxes to those self isolating or shielding, to making phone calls to check on our more vulnerable residents, these groups and volunteers have been at the frontline to keep our borough going.

The Alliance is available now to signpost residents to whatever help and support they might need.

## GET SUPPORT - THERE ARE THREE WAYS TO CONTACT THE ALLIANCE

**1**

Complete an online referral form at [www.southwark.gov.uk/coronavirus-gethelp](http://www.southwark.gov.uk/coronavirus-gethelp)

**2**

Email [covidsupport@southwark.gov.uk](mailto:covidsupport@southwark.gov.uk)

**3**

Phone 020 7525 4865 or 020 7525 5000 (Option 3)



# ST SAVIOUR'S COMMUNITY RESPONSE FUNDING



In March 2020, during the first lockdown, United St Saviour's Charity (UStSC) and Peter Minet Trust joined up with the London Funders team, and several other national/ regional funders to respond to the

crisis. Over three waves of funding during the spring and summer of 2020, the fund helped over 39,000 Southwark residents to get support to mitigate the impact of the lockdown.

This included 7,700 families and 9,030 individuals in need who received weekly food and essentials, distributed by an army of volunteers and 750 refugees/asylum seekers and around 4,400 new immigrants who received regular food parcels, essentials and support.

They also worked with the council before Christmas to set up a winter fund to reach out to more vulnerable and isolated people over the festive and winter period. The council supported this effort by contributing £20,000 (to the funds already committed by United St Saviour's and St George the Martyr Charity) and by supporting a crowdfunding campaign which resulted in contributions of over £20,000 from individuals and businesses.

The second pot of funding supported a wide range of activities, particularly for older people over the festive period. Here are two of the activities that are ongoing in 2021.



## SILVERFIT

Silverfit runs weekly, low-cost group activity sessions for people over 45 to promote healthier, happier ageing. During lockdown the charity was unable to run its normal face-to-face activities, but used 2020 as an opportunity to find new ways to keep hundreds of older people across London active and connected to a community.

Since March, Silverfit has produced over 150 instructed workout videos, from pilates to Zumba, for people on their YouTube Channel Silverfit@home, all of which are available at any time. Comments from some people who have tried the classes include "Loved this! I've always wanted to try Zumba, and now I can do it with no-one watching!" and "Thank you Zoe (instructor) loved it nice to be able to connect with everyone. Can't wait for next workout"

The organisation is now trying to raise further funding and appealing for donations via their Just Giving page <https://www.justgiving.com/campaign/KeepSilverfitHealthy>



## DRAGON CAFE

The Dragon Café understands that at this time, more than any other, it is vital for people to have a way to come together and join in creative activities in a safe and welcoming space. Due to current restrictions, it has not been possible to do this in the physical world. As a result, they have moved their creative arts activities online and have built a successful weekly creative arts programme,

which is both free and accessible to everyone. Their programme draws from the huge experience of our activity leads and from the members of the group to produce sessions which are as fun to join, as they are creative and welcoming.

Every Monday the Virtual Dragon Café invites you to gather and participate in live arts-based sessions. These sessions include our much-loved singing group, dancing sessions, a new mindfulness programme, a tailored story telling programme, a mindful drawing programme, a series of drama and devising workshops, and a whole lot more. Don't worry if you have never been to the Dragon Café before, we can guarantee you a warm welcome and a creative way to start you week.

You can find a weekly updated list of our activities and how to register by visiting. <https://dragoncafe.co.uk/this-week/>



# ‘JUST THE FLU?’



## Who can have the flu vaccine?

The flu vaccine is given to people who:

- are 65 and over (including those who'll be 65 by 31 March 2021)
- have certain health conditions
- are pregnant
- are in a long-stay residential care
- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick
- live with someone who's at high risk from coronavirus (on the NHS shielded patient list)
- frontline health or social care workers

## JUST GET YOUR FREE FLU JAB

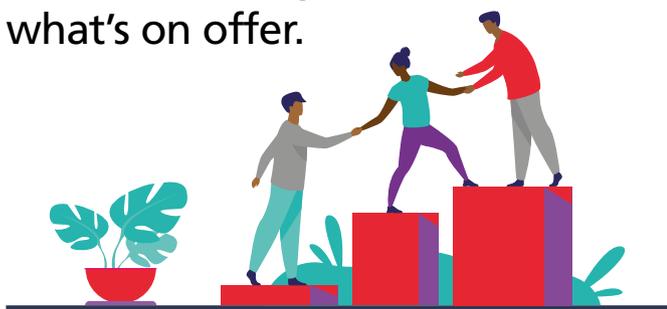
Ask your pharmacist or GP if you're eligible.

Flu  
vaccine

help us  
help you

# SUPPORTING SOUTHWARK'S BUSINESSES

We are here to help all Southwark businesses affected by COVID-19. Since the first lockdown in March, the council has supported over 4,500 local businesses with advice, information and financial support totalling around £158.2m in business rate relief and other measures. Here are 5 ways businesses can get the most from what's on offer.



## GET HELP TO TRADE SAFELY

Most businesses in Southwark are following regulations as they come into force and taking the necessary steps to help reduce transmission. Our website contains advice on making a business COVID-19 compliant, minimising transmission, supporting NHS Test and Trace, managing outbreaks and supporting staff.

Our COVID Compliant Business Accreditation Scheme is a way of recognising businesses that have taken all the necessary steps. Accredited businesses get stickers and a logo to display on premises and on sites such as Trip Advisor, food delivery platforms, your website and social media. To find out more about the scheme and how you can apply go to [www.southwark.gov.uk/covid-cbascheme](http://www.southwark.gov.uk/covid-cbascheme)

Unfortunately, a small minority are not taking their responsibilities as seriously as they should. Council enforcement teams are working with police to help keep our residents safe and we will continue to take steps that include issuing fines and, where necessary, closing businesses. To date we have taken over 900 enforcement actions, so ensuring your business is and remains compliant is essential. If you have any concerns about a business, you can email [TradingStandards.Regen@southwark.gov.uk](mailto:TradingStandards.Regen@southwark.gov.uk)

## GO ONLINE TO STAY UP TO DATE

Our website is full of information for local businesses, covering how to trade safely and all the resources on offer to support your business.

Go to [www.southwark.gov.uk/coronavirus](http://www.southwark.gov.uk/coronavirus) and follow the links to the business pages to find out more. You can also email us at [SouthwarkBusinessDesk@southwark.gov.uk](mailto:SouthwarkBusinessDesk@southwark.gov.uk) and ask to join our mailing list for regular updates.



## ACCESS FINANCIAL SUPPORT

Most businesses that have been required to close or been significantly affected by COVID-19 can apply for a grant from the council to help cover lost income. There are a range of grants on offer and all the details are available at [www.southwark.gov.uk/coronavirus-businessgrants](http://www.southwark.gov.uk/coronavirus-businessgrants).



For help with salary costs, the furlough scheme for employees and income support for the self-employed have both been extended until April 2021. These schemes are available from HMRC at [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

## FIND BUSINESS SUPPORT AND ADVICE

For those looking for specialist advice, the London Business Hub ([www.businesshub.london](http://www.businesshub.london)) provides free support for businesses affected by COVID-19, covering everything from moving a business online to negotiating with landlords. The Federation of Small Businesses website ([www.fsb.org.uk](http://www.fsb.org.uk)) is an up-to-date source of news and advice about managing a small business during the pandemic.

## SUPPORT YOUNG PEOPLE TO TAKE THEIR NEXT STEPS

We all hope that better times are not far away. When thinking about creating new jobs, apprenticeships or internships, businesses can work with our Next Step initiative to promote opportunities to local young people looking to get started on their career path. Businesses can even receive a grant towards wage costs by joining the Kickstart scheme. Visit [www.southwark.gov.uk/nextstep](http://www.southwark.gov.uk/nextstep) or email us at [SouthwarkBusinessDesk@southwark.gov.uk](mailto:SouthwarkBusinessDesk@southwark.gov.uk) to find out more.



# ENGLAND LOCKDOWN STAY 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](https://www.gov.uk/coronavirus)**