

13 May 2021



As we look ahead to the next step in the Government's roadmap on Monday (17 May), I want to reiterate my thanks for the vital role you've all played in helping to keep Camden safe. The combination of following the rules, along with the vaccine roll-out and regular testing, has undoubtedly saved lives.

With more businesses and venues opening from next week, such as museums and cinemas, and the rules easing to allow customers to sit inside hospitality venues, many will be looking forward to enjoying more of what our borough has to offer. Camden's businesses have been working hard to welcome you back safely, but it's vital you continue to follow the latest guidance, which includes the rules around hands, face, space and fresh air, and I urge you to take up the offer of free, regular, rapid lateral flow tests (for people without symptoms).

Mental Health Awareness Week (10 to 16 May) reminds us that this continues to be a difficult time for many. So check in with your loved ones, and if you need any support, visit camden.gov.uk/mental-health-and-wellbeing

Finally, Eid Mubarak to those who are celebrating. We've included some tips below to help you mark the occasion safely – thank you for all you're doing to keep Camden safe.

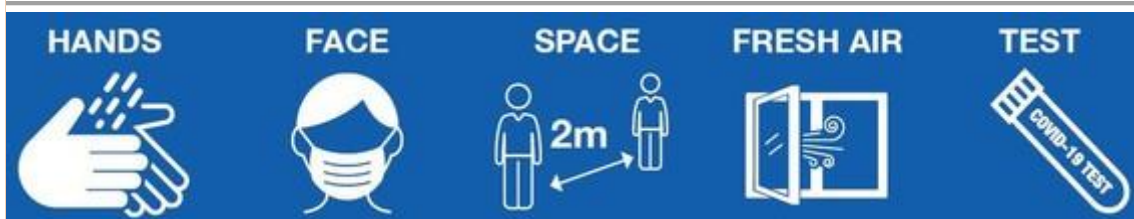
Councillor Georgia Gould, Leader of Camden Council

Eid Mubarak to everyone celebrating in Camden!

If you're celebrating Eid al-Fitr, please do it safely. Here's some useful tips to help prevent catching or passing on coronavirus during the celebration:

- If visiting your local mosque, follow on-site signage and guidance.
- If celebrating at home, pray with loved ones virtually over Zoom or live-stream prayers.
- Please enjoy the Eid meal and catching up with loved ones safely by following public health guidance. In addition, avoid sharing platters of food and, if celebrating inside with your household or bubble, open windows to keep the space well-ventilated.

For more information, visit mcb.org.uk/resources/coronavirus



Please follow current restrictions and public health advice

Although restrictions will be eased slightly again on Monday (17 May), please stick to the current guidelines until then:

- Only socialise indoors with your household or bubble, and outdoors in groups of 6 people or 2 households.
- Whether you're meeting up with others, going for an outdoor meal or popping to the shops, please continue following public health guidance to keep yourself and those around you safe.

For more information on easing of restrictions, visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

Chag Sameach: celebrating Shavuot safely

If you're a member of Camden's Jewish community and plan to celebrate Shavuot, here is some advice on how to celebrate safely:

1. If you visit your local synagogue, follow the on-site signage and guidance including staying 2 metres from those outside of your household or bubble, regularly washing your hands (or using hand sanitiser) and wearing a face covering, unless you're exempt
2. Alternatively, you could celebrate virtually over Zoom or live-stream prayers from your local synagogue. There is a wealth of information on New North London Synagogue's website, which is in Barnet at - mynnls.org.uk
3. Enjoy the Shavuot meal safely by avoiding sharing platters of food and, if you're celebrating inside, open the windows to keep the space well-ventilated

Thank you for all you're doing to keep Camden safe!

Are you eligible for the COVID-19 vaccine? Find out and book now

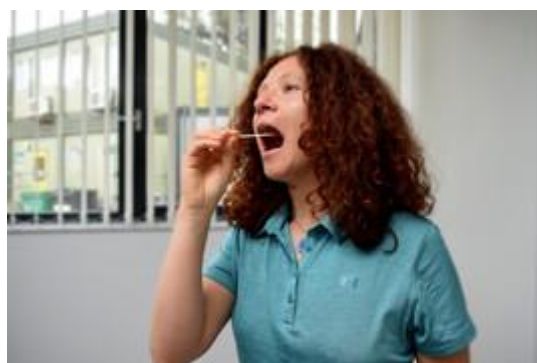
If you fall into one of the below categories, you're eligible to have the COVID-19 vaccine now:

- Everyone aged 38 or over
- People at risk or high risk from coronavirus (clinically vulnerable or clinically extremely vulnerable)
- Health and social care workers, including care home workers
- People who have a learning disability
- The main carer for someone at high risk from coronavirus

Book your appointment now by calling **119** for free or visiting nhs.uk/coronavirusvaccine

Adine-Laura's rapid testing experience

Adine-Laura Muresa recently took a rapid test at our test site on Jamestown Road. When asked why she thinks it's important for people without COVID-19 symptoms to get tested she said:



“Getting a rapid test provides me with some security. I know I am safe to be around other people. It takes very little time to do and I can get on with my day.”

Regular rapid testing helps Public Health to keep track of the virus and helps stop the spread. Everyone without COVID-19 symptoms is eligible for two free tests a week and you will get results in 30-45 minutes. Please log your test result with the NHS, even if it's negative.

To find your closest test site, home test pick-up or delivery options, visit camden.gov.uk/rapidtest

Please note that the rapid test site at the London Irish Centre closes on Monday (17 May).

If you test positive or develop COVID-19 symptoms, you need to self-isolate and book a PCR test at nhs.uk/coronavirus or call **119**. Rapid tests are not suitable if you have symptoms.



How our Frontline Presence Teams are helping to keep Camden safe

As more hospitality venues, including pubs, restaurants and cafes reopen from Monday (17 May), our Frontline Presence Team is out and about across the borough offering support and advice to residents and businesses on how to keep each other safe.

Our high streets and town centres are at the heart of our community. Local high streets, markets and shops are following government guidance to welcome you back safely. Shop local, enjoy what's new and rediscover old favourites.

To find out more, visit [camden.gov.uk/highstreets](https://www.camden.gov.uk/highstreets)

Spotlight on: Mental health

This week is Mental Health Awareness Week (10-16 May). The isolation and uncertainty of lockdown has taken its toll on our mental health and has highlighted the importance of looking after our mind as well as our physical health. Stress and anxiety can not only affect our mood, but also our sleep pattern, physical wellbeing, appetite, and much more, which is why it's key that we seek support when needed. We have gathered some useful tips, resources and places to find mental health support:

- You can find resources in different languages and formats as well as local mental health support on our website at [camden.gov.uk/mental-health-and-wellbeing](https://www.camden.gov.uk/mental-health-and-wellbeing)
- This year's Mental Health Awareness Week theme is nature. Did you know that spending time outdoors and in green spaces is proven to help your mental health? In Camden we have over 70 green spaces – find your nearest at [find.camden.gov.uk](https://www.find.camden.gov.uk)
- Are you struggling with stress, worry, depression or insomnia? Please know you're not alone – help is available. iCope provides free mental health support, just call **020 3317 6670** or check it out online at [icope.nhs.uk](https://www.icope.nhs.uk)
- It's ok not to feel ok during these challenging times. Check out Thrive London's [6 ways to improve your wellbeing](#) for tips on how to manage money worries, sleep better and to find other organisations that you can contact for support.
- Kooth offers free, safe and anonymous online wellbeing and mental health support for 11 to 18 year olds. Visit [kooth.com](https://www.kooth.com) for confidential support through a text-based conversation with a qualified counsellor.
- The NHS [Every Mind Matters website](#) is also a great place to find advice on how to improve your mental health during the pandemic.



Get support if you are concerned about money

We recognise that people are experiencing new financial challenges due to COVID-19. If your circumstances have changed, there is help available through the Camden Advice Network and the Council.

If you owe the Council money, talk to us so that we can help. We can agree affordable repayment plans, ensure you're getting any financial help you're entitled to and help you access employment, debt or mental health advice. We can also help with one-off crisis or self-isolation payments.

- For general financial support call **020 7974 4444 (option 9)** or visit [camden.gov.uk/financialsupport](https://www.camden.gov.uk/financialsupport)
- For council tax debt call **020 7974 6414**
- For council tenant debts call **020 7974 4444 (option 3 then 5)**
- For leaseholder debt call **020 7974 3559**



Fully-funded university places for 2021 with Camden Scholarships

We are working with Hult International Business School and Birkbeck, University of London, to help Camden residents of all ages to access life-changing scholarship opportunities – with fully-funded courses starting in autumn 2021.

Birkbeck is offering **two scholarship places to Camden residents** for any of their undergraduate courses starting in October 2021. **The deadline to apply is 25 June.**

Meanwhile, Hult International Business School is offering Camden residents a **fully-funded one-year intensive postgraduate Master of International Business degree** – including practical experience with a social enterprise or small / medium-sized enterprise. The course starts in September 2021 and the **deadline to apply is 21 May.**

To find out more and apply, visit **camden.gov.uk/scholarships**

How to contact us

To stay updated and to find out more information on services and support, you can:

- **Visit our dedicated webpage** to read the latest information and support across a variety of topics including employment support, accessing mental health services, business support and more.
- **Check out our news page**
- Read our public information pull-out in this week's **Camden New Journal**
- Follow us on **Twitter** and **Facebook**
- Talk to us directly on **020 7974 4444 (option 9)**

camden.gov.uk/coronavirus
020 7974 4444 (option 9)

