



City & Hackney newsletter

May 2023

Hello everyone,

Welcome to the May newsletter, I'm glad to be seeing some of your lovely faces at the May meeting!

The Older People's Reference Group is a space to voice your experiences of living in City & Hackney, to share your insight and meet others that want to do the same.

You will hear from key speakers from your community about the work they are doing and how your feedback can positively contribute to decision making in key areas.

We can support you by offering information about services in the area and signpost you in the right direction.

We understand that issues around cost of living, energy, transport, healthcare and digitalisation (and more) cause worry and frustration, so come with your insight and experiences to help us tackle these issues. In the background, We're working with partner organisations in the community and the council to support City & Hackney residents.

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Latest Vaccine Update: City and Hackney Public Health

The NHS is encouraging anyone who hasn't had a first or second dose of the Covid-19 vaccine to come forward for them before 30 June 2023.

The first and second dose will no longer be available for many people after this date.

Covid-19 spring booster

The Joint Committee on Vaccination and Immunisation (JCVI) has confirmed that there will be a booster dose of the Covid-19 vaccine offered this spring to the following groups:

- adults aged 75 years and over

- residents in a care home for older adults
- individuals aged 5 years and over who are immunosuppressed

Vaccines in use this Spring

You will be given a booster dose of a vaccine made by Pfizer, Moderna or Sanofi and approved in the UK. These vaccines have been updated since the original vaccines and target different COVID-19 variants. For a very small number of people another vaccine product may be advised by your doctor.

These updated vaccines boost protection well, and give slightly higher levels of antibody against the more recent strains of COVID-19 (Omicron) than the vaccines you would have received previously.

As we cannot predict which variants of COVID-19 will be circulating this spring and summer, the Joint Committee on Vaccination and Immunisation (JCVI) has concluded that all of these vaccines can be used and that no one should delay vaccination to receive a different vaccine.

The Sanofi vaccine contains an adjuvant (a chemical used to improve the immune response to the virus). This vaccine will only be offered to older people, who may respond less well to vaccines. The adjuvant in the COVID-19 vaccine is similar to the one used in the flu vaccine which is routinely given to over 65 year olds. The NHS website has more information about vaccine ingredients.

Please accept the vaccination that is offered to you as soon as you are able to – you will be offered the right vaccine for you at the right time.

You will be invited for your booster, your GP may offer you the vaccine or you can book using the NHS app for Apple or Android. You can also find your nearest walk-in vaccination site from the NHS website.

Get involved: Together Better (Volunteer Centre Hackney)

Would you like to get involved and volunteer at the surgery? Start a new community project? Or join in and meet new people?

We are supporting patients and local residents to volunteer through several GP practices across the borough. These volunteers will provide a new resource to practices, helping them to be more resilient, sustainable and inclusive.

Funded by the City and Hackney Clinical Commissioning Group, the project aims to lighten the load on GP surgeries and encourage patients into activities that will benefit their health and well-being.

Activities such as:

- Weekly coffee morning delivered at the GP surgery, for patients to just talk, and form friendships.
- Volunteer befrienders to visit isolated patients, and help them attend surgery appointments.
- Volunteer “health champions” to spread health messages.

For more information contact: 020 7241 4443

Get involved: The New Age Games programme



"Our doctor is pleased that we are exercising and has seen great change in our test results"

New Age Games is a sport and physical activity programme for Hackney residents aged 50 and over.

It can help you increase the amount of exercise you do and sustain it, contributing to a healthy lifestyle.

The New Age Games summer 2023 programme runs from Tuesday 2 May to Monday 24 July.

For more information call 020 8356 4897 or email darren.english@hackney.gov.uk

Support for City & Hackney Residents

If you're available to go online, please visit: <https://hackney.gov.uk/hackney-money-help>

Heating bills

The London Energy Saving Squad (LESS) gives advice, information and support on their home energy use and bill switching.

LESS can also identify grants that could help you.

You can contact LESS on 0800 915 3575.

Water bills

Visit [Thames Water financial support](#) or call 0800 009 3652.

Emergency Funds

If you need support completing the form a member of staff can help you at:

- any Hackney Library
- Hackney Service Centre, 1 Hillman St, London E8 1DY.

You can also call us on 0208 356 3111.

Free emergency food

Hackney Foodbank provides emergency food parcels to anyone going through a temporary crisis or those trapped in poverty. They offer practical, immediate relief and can connect you with local organisations who can help with any wider issues you are facing.

You can contact them on 0207 254 2464 (Monday to Friday 10am to 2pm) to talk through your situation.

Support at Libraries

- [Clapton Library](#)

Mondays, Tuesdays and Thursdays 10am-8pm, Wednesdays 1pm-6pm, Fridays 10am-6pm and Saturdays 10am-5pm – call 020 8356 7480 or email libraries@hackney.gov.uk

Northwold Road, London, E5 8RA.

- [Dalston C.L.R James](#)

Monday to Thursday 9am-8pm, Fridays 9am-6pm, Saturdays 9am-5pm and Sundays 1-5pm – call 020 8356 8935 or email libraries@hackney.gov.uk.

Dalston Square, London, E8 3BQ.

- [Hackney Central](#)

Monday to Thursday 9am to 8pm, Fridays 9am to 6pm, Saturdays 9am to 5pm – call 020 8356 2513 or email libraries@hackney.gov.uk.

Hackney Technology and Learning Centre, 1 Reading Lane, London, E8 1GQ.

- [Homerton](#)

Mondays, Tuesdays and Thursdays 10am-8pm, Wednesdays 1pm-6pm, Fridays 10am-6pm, Saturdays 10am-5pm – call 020 8356 1066 or email libraries@hackney.gov.uk.

Homerton High St, London, E9 6AS.

- [Shoreditch](#)

Monday to Thursday 10am to 8pm, Fridays 10am to 6pm, Saturdays 10am to 5pm – call 020 8356 4351 or email libraries@hackney.gov.uk.

80 Hoxton St, London, N1 6LP.

- [Stamford Hill](#)

Monday to Thursday 9am-8pm, Fridays 9am-6pm, Saturdays 9am-5pm, Sundays 1-5pm – call 020 8356 1708 or email libraries@hackney.gov.uk.

Portland Avenue, London, N16 6SB.

- [Stoke Newington](#)

Monday to Thursday 10am to 8pm, Fridays 10am to 6pm, Saturdays 10am to 5pm, Sundays 1pm to 5pm – call 020 8356 5235 or email libraries@hackney.gov.uk.

Church St, London, N16 0JS.

- [Woodberry Down](#)

Wednesday 2pm to 6pm, Thursday 10am to 12pm and 1pm to 5pm, Friday 10am to 1pm and 2pm to 6pm. Closed on Mondays and Tuesdays.

Redmond Community Centre, Kayani Avenue, London, N4 2HF.

Age UK East London Information & Advice



During the cost of living crisis our Information & Advice service is focusing on welfare benefits/income maximisation. Unfortunately, we cannot provide form filling for blue badges, dial-a-ride, taxi card etc. We are looking into other options for this. The service has up to 6 weeks wait for non-urgent referrals.

If you need urgent support, please get in touch.

We do have advisers at the Dalston Lane office, to book an appointment please call 020 7249 7149.

Or email: info@ageukeastlondon.org.uk

5 Steps to Mental Wellbeing

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

1. Connect with other people

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

2. Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- [raising your self-esteem](#)

- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

3. Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and [raising self-esteem](#)
- helping you to build a sense of purpose
- helping you to connect with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

4. Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

Some examples of the things you could try include:

- saying thank you to someone for something they have done for you
- asking friends, family or colleagues how they are and really listening to their answer
- spending time with friends or relatives who need support or company
- offering to help someone you know with DIY or a work project
- volunteering in your community, such as helping at a school, hospital or care home

5. Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

Read more about [mindfulness](#), including steps you can take to be more mindful in your everyday life.