

## Updates...

The wellbeing team would like to wish all of the amazing women in Somers Town and beyond a belated happy National Women's Day. This year's **International Women's Day** campaign has chosen the theme **#ChooseToChallenge** with the idea that a challenged world is an alert world and individually, we're all responsible for our own thoughts and actions.

In light of the growing struggles that many in our community are facing, the below are just some of the organisations that you can visit to find out more information for you or someone you know who is experiencing a mental health problem:

**Mind in Camden** Coronavirus and your wellbeing <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>  
**Camden iCope** COVID-19 useful advice and suggestions <https://www.icope.nhs.uk/resources/covid-19-useful-advice-and-suggestions/>  
**Age UK Camden** Feeling anxious <https://www.ageuk.org.uk/information-advice/coronavirus/staying-safe-and-well-at-home/coronavirus-anxious/>  
**Young Minds** What do if you're anxious about coronavirus <https://youngminds.org.uk/blog/>  
**Mental Health Camden** Coronavirus and your wellbeing <https://mentalhealthcamden.co.uk/news/21/02/coronavirus-and-your-wellbeing>  
**Mental Health Foundation** Looking after your mental health <https://www.mentalhealth.org.uk/coronavirus/mental-health-tips>  
**Mental Health Foundation** Getting help <https://www.mentalhealth.org.uk/your-mental-health/getting-help>  
**Camden Rise** Help and advice for young people <https://www.camdenrise.co.uk/>  
**Mental Health Camden** Bangladeshi mental health forum <https://www.mentalhealthcamden.co.uk/services/bangladeshi-mental-health-forum>

## Vaccinations – myth busting

### COVID-19 VACCINES

In the UK, two vaccines are expected to be used first, following regulatory approval. These are the BNT162b2 vaccine, developed by Pfizer and BioNTech and the ChAdOx1 nCoV-19 (AZD1222), developed by the University of Oxford and AstraZeneca

#### Oxford-AstraZeneca

#### Pfizer BioNTech



Common side effects:  
Arm pain, headache, muscle aches, chills, fatigue

## Test and Trace

Around 1 in 3 people with COVID-19 don't have any symptoms (are asymptomatic). Community testing of asymptomatic people has now been expanded in London. This will help to identify and isolate individuals who have COVID-19 but do not have symptoms and may be unknowingly spreading the virus. To book a test see link <https://www.gov.uk/get-coronavirus-test>

## Good news...

As of the end of Tuesday, 9th March, the number of people in the UK to have been given a first dose of a COVID-19 vaccine is **22,592,528**; whilst **1,181,431** second doses have been administered.

The team at the Living Centre are extremely proud to say that over **1000** people have now received their vaccination at the centre.

## A helping hand

The Hub is now supporting 45 families a week and working with them to ensure they have full access to all of our services and our partners. We are excited to mention the start of our Green Space project at STCA in partnership with Global Generation; which will see us work with local people and volunteers to grow fresh vegetables for the Hub.

**Our special thanks to all of those that have supported us on the journey to date**

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