



Thursday 4 August 2022

Public Health fortnightly information briefing for Voluntary and Community Sector in Westminster and Kensington and Chelsea

1. Cost of living – what are we doing to help?

Public Health in Westminster and Kensington and Chelsea are working closely with council departments to find ways to support residents' health and mental wellbeing which may be impacted by the current cost of living crisis.

Cost of Living support hubs in each borough are available to bring residents helpful information and support. Please direct residents to these hubs for financial advice, foodbanks, and energy advice in:

- [Westminster](#)
- [Kensington and Chelsea](#)

Further information:

- The Government has set up a [Money Advice Service](#).
- Information from the [Department of Work and Pensions](#) may be useful for staff, it is all about understanding Universal Credit.

2. Monkeypox

Monkeypox is a viral infection. It is passed on by very close contact with someone with monkeypox and most people recover within a few weeks. Anyone can catch it. The majority of monkeypox cases so far have been in men who have sex with men. However, anyone who has had close contact with someone with symptoms is also at risk of getting monkeypox.

A smallpox vaccination is being offered to people who are most at risk of infection right now to help protect them against monkeypox. If you're at risk of exposure, the NHS will contact you and offer you a vaccine.

Look out for the signs and symptoms of monkeypox and find out more on:

- [Westminster website](#)
- [NHS website](#)

3. COVID-19

Keeping up to date on COVID-19 vaccinations

COVID-19 has not gone away. The vaccination remains our best form of defence against the virus, and it is never too late to get vaccinated.

COVID-19 vaccinations are still available at centres across Westminster and Kensington and Chelsea, including on our vaccination bus which is now offering vaccinations to anyone aged five and over.

- [Westminster vaccine bus](#)

- [Kensington and Chelsea vaccine bus](#)

The advice for staying safe is unchanged. Please remember to follow those simple steps to help protect yourselves, family, and friends. Please visit [GOV.UK for the most up-to date guidance](#).

COVID-19 autumn update

Everyone aged 50 and over will be among those offered a COVID-19 booster and a flu jab this autumn under plans to increase protection against respiratory viruses ahead of winter. More details will become available in next few weeks.

4. Churchill Gardens community sports day

Want to have fun and enjoy trying new sports? If you are in or around Churchill Gardens on Saturday 13 or Saturday 20 August, head along to the London Sport community sports day between 1 and 5pm. Everyone is welcome and the event is free.

[Register your interest in attending on the London Sport website.](#)

5. Making Every Contact Count free training opportunity

Free half day training is available for anyone who comes into contact with the public in their job and has the opportunity to have a conversation with them on issues that affect wellbeing. The training covers how to give support in the best way possible through listening and respectful and effective signposting.

The next available sessions are taking place on:

- **Thursday 30 August, 10 am-12pm** - [Sign up on Eventbrite](#)
- **Thursday 29 September, 10am-12pm** - [Sign up on Eventbrite](#)

Further information

Please contact Kate Gielgud at kgielgud@westminster.gov.uk or Muskaan Khurana at mkhurana@westminster.gov.uk if you have any questions or would like further information on any of the above.