

# Somers Town Community Newsletter



The Team at STCA and the St Pancras and Somers Town Living Centre would like to take this opportunity to wish you and your families well in this festive season

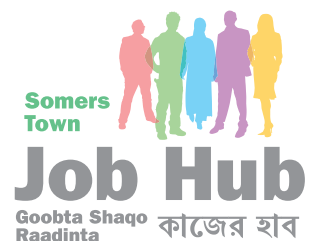
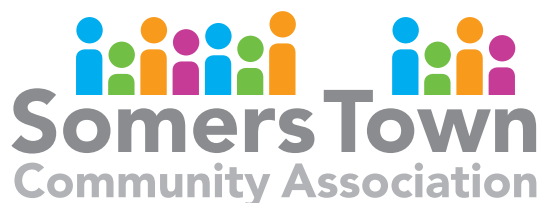
## RAINBOWS

There is a rainbow in all our hearts  
A rainbow in yours too!  
It's our wish to help you find it  
That is the work we do  
For often life can be stormy  
Stuff just gets you down  
But there is always hope light love  
through our doors in Somers Town...

MC Bolton



The St Pancras  
& Somers Town  
Living Centre



## Overcoming barriers

If you are struggling to overcome a particular challenge relating to employment or training, please get in touch and talk to us about it. We can often point you in the direction of an organisation or fund that can help you. This might mean:

- Suitable clothing for a job interview
- Childcare costs while you attend an interview
- A license or accreditation that you need to get work
- Access to technology
- Advice on how to set up your own business
- Help with course fees so you can gain a qualification that will help you find employment
- Something else that isn't on this list!

If you are experiencing a barrier to finding work or training, get in touch. There is often more support available than you may realise, and we can help you to find and apply for it as needed.

We can also refer you to other local Camden organisations that can help you with other areas of your life such as managing your finances, staying mentally and physically healthy, understanding benefits, getting legal advice, and more.

The current COVID-19 pandemic does present challenges and opportunities for all of us, but we are here beside you to inspire, advise and support you as best we can, inclusive of help to create or update your CV, access free training find and apply for jobs, practise for interviews (inclusive of Zoom) and guidance/advice on applying for welfare and benefits.

Please call **07949 144 230** or email [jobhub@somerstown.org.uk](mailto:jobhub@somerstown.org.uk) to make an appointment to speak with us. We are working remotely, but can also organise a COVID-secure appointment if there is a reason you need to see somebody in person.

## GLOBAL GENERATION

### We are running a crowd funder for the Story Garden

During these extremely challenging time we know that it is really important to give local people safe opportunities to connect to nature and so we are fundraising to set up covered outdoor spaces including an outdoor kitchen in order to keep the garden open throughout lockdowns and keep on providing safe and inclusive activities for local people.

<https://www.crowdfunder.co.uk/the-story-garden-a-safe-space-during-covid-19>

Any help you can give is much appreciated and please do spread the word, many thanks

### Community Centre of the Future

Thank you so much to everyone that participated in the Community Centre of the Future workshops, your time and insights are hugely important to us and the development of services/activities at STCA and the Living Centre as we move into 2021 and we shall come back to you with the findings early in 2021.



A place for the community to come together to share, inform and gain new experiences. Email [joned@thelivingcentre.org](mailto:joned@thelivingcentre.org) for more details.

## Somers Town Community Hub NOW OPEN...



**Somers Town Community Association and Camden Mobile Food Bank are proud to be able to promote our new joint venture; The Somers Town Community Hub, located at Somers Town Community Association 150 Ossulston Street London NW1 1EE**

The Hub is supported by The St Pancras and Somers Town Living Centre, Phoenix Court, The Francis Crick Institute, Global Generation, Little Village, Origin Housing and Blind Aid and aims to ensure dignity and respect for those accessing the service.

It offers its users the opportunity to pick their own food, whilst also being able to access all of the support mechanisms that are available through the partners and our wider networks, the food provided is all free of charge.

The Hub is now **OPEN** should you have any questions about how you can get involved or access the Hub, please email [info@thelivingcentre.org](mailto:info@thelivingcentre.org) or to self-refer go to <https://www.urbancommunityprojects.org.uk/referral-form>

### Somers Town Community Association secures funding to help support local people through the COVID-19 pandemic



The grant has been awarded through the COVID-19 Community-Led Organisations Recovery Scheme (CCLORS). The scheme is led by independent trust Power to Change in partnership with Locality, The Ubele Initiative and Social Investment Business, and was part of The National Lottery Community Fund's Coronavirus Community Support Fund, that launched in May this year.

The grant will enable us to maintain our current service provision, purchase much needed PPE equipment for our staff, establish new roles to look at the disproportionate effect the pandemic has had on the BAME community and support the new Somers Town Community Hub.

This grant is a huge boost to our work and a testament to the hard the work of the whole team and wider community support.

In total, 302 community-led organisations have received a total of £9.5million through CCLORS to help recover from the impacts of the COVID-19 pandemic. The total includes 205 community organisations led by, or that support, Black, Asian and Minority Ethnic (BAME) communities.

Vidhya Alakeson, CEO of Power to Change, said: "Whilst COVID-19 has had a devastating impact on people right across the country, it has disproportionately affected Black, Asian and minority ethnic communities. By bringing together this strategic partnership, we've ensured this much-needed financial support is reaching those communities that need it most."

If you would like to know more, get involved or support our work email [sarah@somerstown.org.uk](mailto:sarah@somerstown.org.uk)

**A HUGE THANK YOU to CCLORS**

# LOCAL NEWS AND INFORMATION



**TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED**

## CONNECT

- Chat with friends online
- Chat with family you live with



**DO WHAT YOU CAN,  
ENJOY WHAT YOU  
DO, MOVE YOUR  
MOOD**

## BE ACTIVE

- Go for a walk outside
- Do an online exercise video
- Follow exercise challenges
- Follow a routine, eg get up at the same time to shower



**REMEMBER THE  
SIMPLE THINGS THAT  
GIVE YOU JOY**

## TAKE NOTICE

- Go for a walk
- Keep in touch with family and friends
- What can you do at home you enjoy?
- Look after pets



**EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF**

## KEEP LEARNING

- Follow online learning
- Learn something new, eg learn to bake/cook/sew/knit/draw
- Read



**YOUR TIME, YOUR  
WORDS, YOUR  
PRESENCE**

## GIVE

- Stay in touch with family and friends (daily or weekly)
- Stay updated with news and how the community is coming together
- Be you!



**KEEP  
CAMDEN  
SAFE**



**Camden**

**NHS**  
Test and Trace

**COVID  
SYMPTOMS?  
GET TESTED NOW**

**nhs.uk/coronavirus  
OR CALL 119**

**Protect your  
friends and family**

## FREE Flu Vaccines **NHS**

The flu virus kills 11,000 in an average year in the UK, and this isn't any year. Flu vaccines are the best protection for you and those around you.

We are pleased to announce that we have partnered with local GP Practices and the St Pancras and Somers Town Living Centre to provide FREE NHS Flu Vaccines at The Living Centre on Mondays, Fridays and Saturdays for eligible patients. To book, please contact your local GP Practice. To find out more about the flu vaccine, including eligibility criteria, please visit: <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

### Help us help you this winter

GP practices involved include (only patients from the surgeries below can access this service):

- Somers Town Medical Centre
- Kings Cross Surgery
- Camden Health Improvement Practice
- Bloomsbury Surgery
- Gower Street Practice
- Ridgmount Practice
- Amptill Practice
- Regents Park Practice
- Swiss Cottage Surgery

## HOW TO FIND US

The St Pancras and Somers Town Living Centre  
2 Ossulston Street, London NW1 1DF

Tel 020 7380 0453

email [hello@thelivingcentre.org](mailto:hello@thelivingcentre.org)

[www.thelivingcentre.org](http://www.thelivingcentre.org)

The Living Centre is supported by the Francis Crick Institute



The St Pancras  
& Somers Town  
Living Centre

