



Camden People First

October 2023 Newsletter



Welcome

Welcome to our Camden People First October 2023 newsletter.



Weather

There was a storm called Storm Babet which caused heavy rain and strong winds to parts of the UK.



A lot of places were flooded and some trains were cancelled because of the bad weather.



We hope everyone who were affected are safe.



More heavy rain and strong winds are coming this week from **Sunday 29th October** until **Thursday 2nd November** as Storm Ciarán comes to the UK.

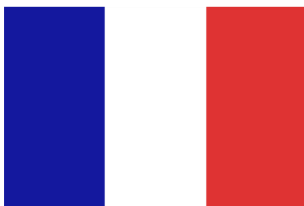


Covid

There is a new strain of Covid called Pirola going around.



Make sure to get your covid jabs, keep a safe distance from others if you are not well and continue to wear your face masks.



Visiting France

There are new warnings for people going to visit France.



There was a bedbug outbreak in France and some of the bedbugs came to London by people travelling on public transport.



Be careful on public transport and make sure to check your clothes when you get home.



There are also health and safety warnings because there are mosquitos in France which are biting people and giving them a fever called “dengue fever”.



QR code scam

A warning has been made about QR codes that you scan with your phone camera because people have been using them to scam people.



Be careful of random QR codes around public places and do not scan it if you do not know what it is for.



You should also double check that you know what website you are on before putting in any details after scanning a QR code.



Universal Credit

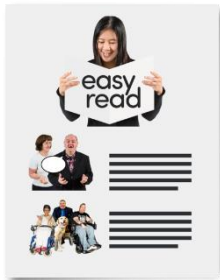
Parents of children aged between 3 to 12 years old on Universal Credit are going to have less benefits because of the new rules which came out today.



Before, parents had to be working 16 to 25 hours a week or searching for a job, but now they will have to work for 30 hours a week to make sure their benefits are not cut.



Self-employed parents will not be affected by these new rules.



Easy Read

We are still making Easy Read documents so please get in touch if you would like anything put into Easy Read.



Thank You

We hope you enjoyed reading our October 2023 newsletter.



Contact us

Please contact us if you need any help, advice or information.

If you need help, we provide independent advocacy service and welfare benefit advice.



Our drop-in **advocacy service** is on
Tuesdays from **10am - 1pm** in the Camden
office.



Our telephone **advocacy service** is on
Tuesdays from **3pm – 4:30pm**
07576 842 278



Our drop-in **advice service** is on
Wednesdays from **2pm - 4pm** in the Camden
office.



Our telephone **advice service** is on
Wednesdays from **10am - 12pm**
07576 842 278



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You can email us on
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You can call Camden People First office on
0207 388 2007

Social media



Facebook - [camdenpeoplefirst](https://www.facebook.com/camdenpeoplefirst)



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Instagram - [Camden.People.First](https://www.instagram.com/Camden.People.First)



Website - www.camdenpeoplefirst.org.uk