



Camden People First

June 2023 Newsletter

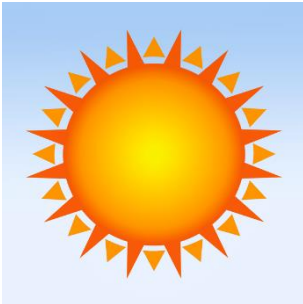


Welcome

Welcome to our Camden People First June 2023 newsletter.



We hope everyone is keeping safe as it is getting very hot.



The temperature is increasing to 27 and 28 degrees.



We hope everyone is enjoying themselves in the heat.



It is important to drink lots of water to stay hydrated and cool you down.



If you are bored at home and want to enjoy the sun, you can go to the park for a picnic and eat ice cream or ice lollies to help cool you down.



You can also go swimming or to the London Zoo in Camden. The zoo is good for adults and children for a fun day out.



If you are out in the hot sun, it is important to wear your sun cream and try and find shade so you do not get sun burnt.



Do not wear anything too heavy like a jacket if it is too hot outside. You can wear a light jumper in case the weather changes.



If you have hayfever, make sure you take your hayfever tablets to help you.



Any other news

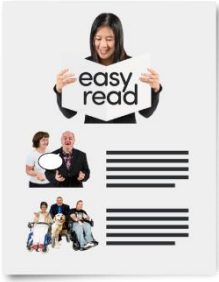
A thunderstorm and heatwave are coming to the UK. It will still be very hot, about 30 degrees, but there might be heavy rain so it is important to check the weather before you leave.



It has been a very horrible weekend in London as there have been 5 stabbings, a woman was left fighting for her life, a body of a man was pulled from a canal and multiple crashes.



McDonalds have let us know they are bringing a new McFlurry flavour to the UK – Lotus Biscoff, which will start selling on 21st June.



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 June 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 is on

Wednesdays from **2pm - 4pm** in the Camden office.



**215 Eversholt St, Amptill Square,
London NW1 1DE**



Telephone advice is also available from
10am - 12pm on Wednesdays
07576 842 278



You can email us on
info@camdenpeoplefirst.co.uk



You can call us on
0207 388 2007

Social media



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