



Camden People First

March 2022 Newsletter

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Welcome

Welcome to Camden People First March 2022 Newsletter.



What is going on around us?

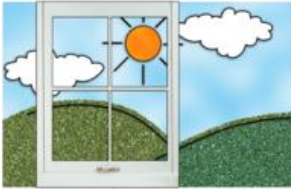
There is a war going on with Russia and Ukraine, so we hope anyone who has family there is safe.



Covid is still around, so it is important to keep safe and keep washing your hands.



You do not have to wear a face mask anymore, but it is still good to wear it to keep safe.



Any other news?

The clocks went forward on Sunday 27th March, because summer is coming soon.



That means we had one less hour of sleep.



It is starting to get hot outside, so make sure you drink lots of water and wear your sun cream if you need to.



Make sure you read the label before using a new sun cream in case you are allergic.

If you cannot read the label, ask someone to help you.



Mother's Day was also on Sunday, so we would like to say Happy Mother's Day to all the mothers and we hope you enjoyed your day.



If you need anything put into Easy Read, please contact us.



Thank You

We hope you enjoyed reading our March newsletter.



Contact us

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



If you need help, our advice and advocacy drop-in is on

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



Square, London NW1 1DE



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

07576842278



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



You can call us on
0207 388 2007

Social media



Facebook - [camdenpeoplefirst](#)



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Website - www.camdenpeoplefirst.org.uk