

April 2020

Welcome to the April newsletter from Healthwatch City of London

A lot has happened since our last newsletter in February. The world has been gripped by the Covid-19 pandemic, it has been a very worrying time for everyone, but we have also seen the best of humanity. Over 500 thousand people have put their hands up to become NHS volunteer responders, and we've had two nationwide rounds of applause for our key workers. Below you will find the latest advice on Covid-19 and a few hints and tips to stay healthy and mentally strong, during this period.

We have put on hold our Annual public meeting that was due in May, we'll reschedule as soon as possible, so please keep a watch for updates from us.

We've also recruited a new team to strengthen and grow our organisation. You can meet them below.

There is still a lot to do and whilst recruiting volunteers is important, we need to hear from you so that we can focus on what matters to people in the City of London. Helping us by sharing your insights will make it easier for us to make a difference on your behalf. So spread the word and contact us if you have something to say or tell us. We are here for you.

<https://www.healthwatchcityoflondon.org.uk/have-your-say>

Gail Beer, Chair Healthwatch City of London

Latest information on Covid-19

We've pulled together the [latest information](#) on Covid-19 using trusted sites.

NHS launches survey to understand people's experience of coronavirus.

Help the NHS understand how COVID-19 is affecting people by completing the [survey](#). The answers will help the NHS plan its response to coronavirus.

Keeping physically and mentally healthy

Government advice is to take one form of exercise a day to stay healthy. But mental health is just as important, we've pulled together a selection resources to keep young and old occupied.

Mentally fit

One way of keeping busy and motivated whilst indoors is to learn a new skill or explore a new interest. Here's a selection of online [learning courses](#)

The BBC have a vast number of additional programmes on the iPlayer for children. From 20th April [BBC bitesize](#) is launching a daily online lesson for all ages.

For something more cultural there are many West End/Broadway shows being [streamed on line](#).

The Royal Opera House have also launched a [programme](#) of their favourite ballets and operas for you to stream on line.

The NHS offers [advice](#) regarding mental wellbeing

Physically fit

There are also a number of resources available to keep physically active whilst indoors.

Joe Wicks – [The Body Coach](#) hosts a 'PE lesson' for all ages at 9am every week day morning.

The NHS have [10 minute](#) work out guides suitable for indoor exercise.

Meet the new team

We've been recruiting! Since our last newsletter we have employed a new general manager, engagement and communications co-ordinator and a communications administrator.



Paul Coles
General manager
paul@healthwatchcityoflondon.gov.uk

Paul has worked in Senior Management in the Charity sector for the last 35 years in both a paid and voluntary role.



Rachel Cleave
Engagement and
Communications Co-ordinator
rachel@healthwatchcityoflondon.org.uk

Rachel has worked in communications for the last 20 years, working in both the private and public sector.



Teri- Lorelle Anderson
Communications and
Administrative Assistant
teri@healthwatchcityoflondon.org.uk

Teri has previously worked in voluntary roles in Communications and Marketing for various different charities.

We'd appreciate your views

During the current COVID-19 pandemic we are all changing the way we behave. Please take the time to complete this [brief survey](#) to help us understand your views and how you obtain your health information currently.

Get in touch with Healthwatch City of London

Visit our website for more information, news and events, have your say about your care, and spread the word about Healthwatch City of London.

www.healthwatchcityoflondon.org.uk **email:** info@healthwatchcityoflondon.org.uk

Tel: 020 3745 9563

Portsocken Health and Community Centre, 14-16 Little Somerset Street, London E1 8AH