



City and Hackney
Safeguarding Adults Board

CHSAB SERVICE USER NEWSLETTER

London Voices Group

The London Safeguarding Adults Board wants to make sure that they are hearing from people with experience of safeguarding.

They are working with local Safeguarding Adults Boards, and are now looking for people from all walks of life with different levels of experience of safeguarding, both for themselves or as a family member or carer.

If you have this experience, this could be your opportunity to make a real difference and impact on how Safeguarding is carried out in the future.

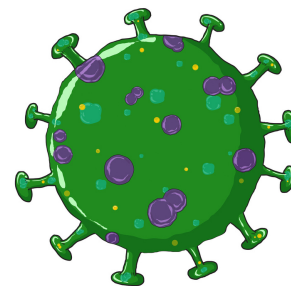
Do you

- Live or work in London and have a relative being cared for in the City or Hackney?
- Have experience of Safeguarding, either for yourself or for a family member/somebody you care for?
- Have an interest in improving Safeguarding outcomes for adults at risk of being abused
- Know how to use, and have access to IT equipment and Microsoft Word (we can support with this if needed)

There will be monthly virtual meetings, each one will last for 90 minutes. You will be supported to make sure you have the confidence to make a real contribution, and the experience is positive for you. You will be reimbursed for any travel costs, and the work commitment will last for two years. You can end your involvement at any time, with the expectation of one month's notice.

If you would like to get involved, or you have any questions, please contact chsab@hackney.gov.uk

Covid- 19 Vaccinations



The Covid-19 vaccination programme has been progressing well in the City and Hackney. Although studies show that the majority of people in London are ready and willing to get the vaccine, there are some people who are worried about it and want more information before they make their minds up about it.

Director of Public Health for City & Hackney, Dr Sandra Husbands, who has been a doctor for 33 years has written a blog to answer some of the most common questions from residents about the vaccine. Some of the main points of the blog are outlined below.

Why is it important to get your vaccination?

- The vaccine will make it less likely that you will become seriously ill from Covid-19. Getting your vaccine as soon as you can should protect you, and might help to protect your family and the people you are close to. The vaccine should help reduce the number of people seriously ill with Covid-19, and will save lives and reduce the pressure on the NHS and social care services

Why are some people worried about the vaccine?

- Some people feel that the vaccine was rushed and was not tested properly, but this is not true. The approved vaccines have gone through the same testing processes as other vaccines, and been tested on hundreds of thousands of people worldwide. The approved vaccines are safe according to European Medicines Agency and the World Health Organisation.

Are there side effects from the vaccine?

- There are some reported side effects, but these are short lived and not everybody gets them. Common side effects include soreness where the needle went in, tiredness, headaches and feeling sick. There is no concern that any of the vaccines cause anything more serious.

The full blog is available online.

<https://news.hackney.gov.uk/dr-sandra-husbands-your-questions-answered-on-the-coronavirus-vaccine-rollout/>

If you have questions about the vaccine, or you need support getting to your appointment, Age UK East London can help, you can call them on 020 8981 7124, or email vaccine.support@ageukeastlondon.org.uk.

Scams & Digital Safety



The CHSAB is looking at how to keep our residents safe online. We are working with Age UK East London, and the Metropolitan and City of London Police.

We are identifying the most common scams at the moment and the biggest risks faced by service users when using the internet. We will put together some guidance and tips for our service users and residents to help them to keep safe online, including what the common scams are, tips about how to spot fraud, and what to do if you think something is wrong.

So far we have had feedback from a focus group with Age UK East London who have shared their own experiences and concerns.

If you think that you have been scammed, it is important that you report this. Do not feel embarrassed or ashamed to do so. Action Fraud is available to help on 0300 123 2040.

SUPPORT FOR CITY & HACKNEY RESIDENTS

If you need support, there is help available to you. The following services exist to help people living in the City and Hackney

City of London

Adult Safeguarding: 020 7332 1224

Mental health and well-being support:
<https://www.cityoflondon.gov.uk/services/health-and-wellbeing/mental-health>

London Borough of Hackney

Adult Safeguarding: 020 8356 5782

Support during Covid-19:
<https://hackney.gov.uk/coronavirus-support#helpline>

Mental health and well-being support:
hackney.gov.uk/mental-health

