



News and updates from the Lambeth Network

Remaining positive during this crisis



We hope you are managing to remain positive and stay well. LPPGN sends well wishes to you, your families and friends.

We are all now having to find new and creative ways to stay active and remain motivated and engaged. Here are some local initiatives, which you may find useful. Please do share with your wider networks.

Lambeth Libraries online events - quizzes, storytimes and history talks

The literary world is in lock-down but still finding ways of getting stories and information out to people. So much has moved online and all the publishers are producing e-book and e-audio content. Click [here](#) to find out more about free e-books and e-audiobooks, online book clubs, lending libraries, lockdown diaries, quizzes and much more.

Chair Exercises to keep active

Remaining active whilst self-isolating, home schooling or keeping fit is important for both our physical and mental health. There are umpteen workout videos and ideas online. Click [here](#) to view a chair exercise session, hosted by a trainer who has been working with one Lambeth GP practice.

Thinking about your mental health

At this challenging time, it is understandable that you might be concerned about how COVID-19 might impact you. It has never been more important to look after your mental wellbeing.

Good Thinking provides digital mental wellbeing support in London. The service promotes self-care for common mental health conditions, including anxiety, low mood, sleeping difficulties and stress. They have developed a range of online resources and tools to help with mental health and wellbeing, click [here](#) to find out more. Stay well!

(Disclaimer: Our use of the video is for informational purposes only. Should you choose to follow the session you do so at your own risk!)



Call to action - volunteer to make friendship telephone calls

Many people have responded to the call to action by volunteering to support their local communities whether as an NHS volunteer responder, joining a Mutual Aid group or simply by helping out neighbours.

We are working with Age UK Lambeth, which is coordinating the borough's initiative to make friendship calls to those feeling isolated, vulnerable or people who want to have a friendly chat with someone local.

We are promoting this as a volunteer opportunity for you or your PPG to get involved. To find out more email Cheryl at info@lppgn.org.uk.

 **GPs are still there for their patients during the Covid-19 pandemic**

South East London
Clinical Commissioning Group

Doctors in Lambeth are asking patients not to put off contacting their GP surgery if they need to consult a doctor or nurse.

Fewer patients have been consulting their doctor or nurse for their usual health issues or new physical or mental health problems during this pandemic and this is concerning.

The message is not to avoid contacting your surgery if you feel you need to.

Click [here](#) for more information.

South East London Clinical Commissioning Group

On 1st April 2020 the new South East London CCG (SE London CCG) came into being and comprises the six south-east London boroughs: Bexley, Bromley, Greenwich, Lambeth, Lewisham & Southwark.

The governing body see representation from each of the six boroughs. Lambeth representatives include Andrew Eyres, Strategic Director Integrated Health and Care, Lambeth (joint appointment with the council) and Drs Adrian Mclachlan and Di Aitken as GP Clinical Leads.

The new single CCG [website](#) provides more information about the structure, governing body, primary care commissioning committee and their respective public meetings. Please note, there are currently no public meetings.

However, questions can still be raised and submitted in advance by email and a recording of the meetings will be available on the website.

Lambeth Council are looking at new designs for their website, and need your help!

To make sure that the designs work for residents, they are seeking people who can give feedback on what has been done so far.

You can get involved remotely and in addition to helping out your borough and making the website easier for everyone to use, you will have opportunities to receive shopping vouchers in exchange for your time.

If you are interested, please fill in this [short form](#) to let the project know a little bit about yourself.



Dates for your diary

To reiterate, due to the Covid-19 pandemic most meetings are not being held in public. Please refer to the relevant websites for more detail.

South East London CCG

Governing Body Meeting, 21 May 2020,
1.30pm.

Currently this meeting is not being held in public, however to submit a question by email to selccg.questions@nhs.net.

Lambeth Health & Wellbeing Board

Thursday, 30 April, 6pm.

Further details to follow shortly.