

RITA'S

WEST CENTRAL NEWSLETTER

Covering the boroughs of Hammersmith & Fulham, Kensington & Chelsea and Westminster

JANUARY 2021 EDITION

West Central residents receive coronavirus jab

West Central residents receive their first vaccine jabs as part of the central government's programme to inoculate the population against the infectious and deadly COVID-19 virus, which has drastically affected lives and livelihoods up and down the country since March 2020.

Rita helped Elizabeth Whitmore, a resident of the Royal Borough of Kensington and Chelsea, to her appointment at the St. Charles Hospital on 8th January. And, Phoebe Alexis, a resident in the London Borough of Westminster, said she attended her vaccination appointment at St. Mary's Hospital on 5th January. Both residents were thankful for being able to get their first of two jabs. The second appointments are delayed because of the government's effort to vaccinate as many vulnerable people as possible.

Following advice from the Joint Committee on Vaccination and Immunisation, NHS England has published a priority list since Phase 1 of the vaccination programme rolled out in December 2020. The priority list aims to vaccinate those at increased risk of hospitalisation and at increased risk of exposure to the coronavirus. BBC News reported that vaccines are being given to the most vulnerable first, as set out in a list of nine high-priority groups, covering around 25 million people in the UK. For example, people aged over 80 in hospital, frontline health staff and care home workers have been the first to get the Pfizer jab at designated hospitals' hubs and community sites. The second



(l-r) Elizabeth and Phoebe are over the moon after getting their jabs.

phase of vaccination will focus on the rest of the population, mainly the under-50s, who are much less likely to be ill with Covid-19.

The government has vaccination centres, pharmacies and mobile clinics on board to assist with vaccinating the population as soon as possible by autumn so that normalcy can return to pre-pandemic levels. The Sun Newspaper reported that NHS England says high-street brands like Boots and Superdrug and some community chemists, are now among those able to dish out the potentially life-saving jabs.

The UK's medicine regulator, the Medicines and Healthcare products Regulatory Agency, has approved three coronavirus vaccines -- Pfizer/BioNTech, Oxford University/AstraZeneca, and Moderna.

Stay tuned:

Election update in next month's edition

Vaccination Priority Groups

- Group 1: Residents in a care home for older adults and their carers.
- Group 2: All those 80 years of age and over and frontline health and social care workers.
- Group 3: All those 75 years of age and over.
- Group 4: All those 70 years of age and over and clinically extremely vulnerable individuals.
- Group 5: All those 65 years of age and over.
- Group 6: All individuals aged 16 years to 64 years with underlying health conditions which put them at higher risk of serious disease and mortality.
- Group 7: All those 60 years of age and over.
- Group 8: All those 55 years of age and over.
- Group 9: All those 50 years of age and over.

Source: [BBC News](#)

Rita volunteered at West Central food banks



(l-r) Rita at Smile Brigade, North Paddington and Wand UK food banks in West Central

Food banks in West Central are helping those who are just managing and vulnerable people put food on the table. The hardships and tough economic times from the impact of the coronavirus and the reality of national lockdowns are making it difficult for some families not to have hungry mouths to feed, including hungry children.

Unquestionably, Rashford should be celebrated for using his voice and fame to help a cause near and dear to his heart; that is for the government to provide food vouchers for children who are some of the most vulnerable people in the country, said the Guardian. His campaign brought the media spotlight on a problem on the margins and forced the government, local authorities and, others to provide free meals and vouchers.

Rita, not as famous as Marcus, has been doing her bit as a volunteer at several food banks in West Central to support vulnerable people, children and those shielding to have food on the table. She has volunteered at least one food bank in each borough for nearly one year. Some of these

food banks have included the Smile Brigade Hammersmith and Fulham, the Wand UK Charity in Kensington and Chelsea, and the North Paddington Food Bank in Westminster.

Besides collecting, sorting, and preparing donated food boxes, Rita delivered food hampers and boxes to clinically extremely vulnerable and older people who are shielding and cannot go to the shops for food supplies. She knows how important her deliveries are to those who are shielding and isolated and lonely to have her pay a visit, following social-distancing guidelines, when she arrives at their homes with food boxes.

If you are a resident of West Central and need help with food supplies, please contact your local council, GP, Citizen Advice Bureau, housing association, and church to get a food voucher or a referral.

These food banks are looking for volunteers, too; but, due to the current national lockdown restrictions, it is best to ring the nearest food bank to get advice about how to become a volunteer.

JANUARY 2021 WESTMINSTER PHONEBANKS

Saturday, 16th January

10.15am-12pm

Zoom Link: <https://us02web.zoom.us/j/81567927666>

Event Page: <https://events.labour.org.uk/event/324768>

Tuesday, 19th January

6:15 - 8pm

Zoom Link: <https://us02web.zoom.us/j/81382680559>

Event Page: <https://events.labour.org.uk/event/324770>

Thursday, 21st January

6:15 - 8pm

Zoom Link: <https://us02web.zoom.us/j/88972110633>

Event Page: <https://events.labour.org.uk/event/324771>

Saturday, 16th January

10.15am-12pm

Zoom Link: <https://us02web.zoom.us/j/88454531565>

Event Page: <https://events.labour.org.uk/event/324772>

Tuesday, 26th January

6:15 - 8pm

Zoom Link: <https://us02web.zoom.us/j/81357543266>

Event Page: <https://events.labour.org.uk/event/324773>

Thursday, 28th January

6:15 - 8pm

Zoom Link: <https://us02web.zoom.us/j/88561828636>

Event Page: <https://events.labour.org.uk/event/324775>

Saturday, 30th January

6:15 - 8pm

Zoom Link: <https://us02web.zoom.us/j/85035723255>

Event Page: <https://events.labour.org.uk/event/324777>

Contact Info & Follow Me On Social Media

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Register to Vote

You must be aged 16 or over and a British Citizen.

Click on your borough link below:

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