



MONDAY 4th January 2021 – Inset Day. Trinity Primary & Secondary re-opens on Tuesday 5th January 2021

Breaking news : Primary currently scheduled to return as normal on the 5th January. Secondary – **only Year 11** return on 5th January 2021 **all other year groups – remote live learning.** Key workers please read Page 4

Trinity All Through School

Primary Phase

Leahurst Road
Hither Green
SE13 5HZ
Tel : 0208 325 4551

Secondary Phase

Taunton Road
Lee
SE12 8PD
Tel: 0208 852 3191

Website

Trinitylewisham.org

Executive Headteacher

Mr. David Lucas



Dear Trinitarians

Let me start by wishing the whole Trinity Family a Merry Christmas. It has been a tough year for everyone. We have all had to make difficult decisions and we have all been affected by the changes imposed on us. As a community we have pulled together, which fills me with such great pride and joy. Our attendance at school has been amazing, showing that the community trust in what we are doing. The safety of our whole community has been at the heart of every decision we have made, and we will continue to do this. Our pupils are terrific in every way – they have shown us our distinctive characteristics throughout this term, proving they are resilient, independent, knowledgeable, open minded and have a clear insight. Our caring community have pulled us closer, constantly developing and reflecting to ensure we improve further over time. Thank you, thank you, thank you. Please do have a restful Christmas Break.

The government recently have been making lots of changes, and as a school we find out about these changes at the exact same time as the news stations announce them. Many have been last minute and as a school we are working constantly to try to interpret the information, adapt our practices and processes to accommodate them, and communicate them to everyone in a timely manner. Please excuse us for sometimes giving you information so late in the day, but we really do turn around our decisions as quickly as we can. The staff are returning for phase specific INSET on Monday 4th of January. The training has been fully risk assessed with social distancing in place at the different venues to ensure we can start quickly with pupils. Tuesday 5th of January is our first day for pupils. All of the Primary and year 11 are expected to come to school at their usual times on this day. A full learning day will be in place as we start our Lent term. For this first school week – Tuesday 5th January until Friday 8th January Year 7, 8, 9 and 10 will have their learning delivered remotely. They will need to access TEAMS from home, and they will have all their lessons, following their normal timetable, occur on this day. The teachers will all be in school delivering the lessons and we expect to see the pupils on TEAMS for all their lessons where a register will be taken. We will be running a Key Worker / Vulnerable Pupil Provision for these year groups – please see the information about this within this newsletter. All pupils will be expected to be back physically in the building on Monday 11th January, following the same arrival pattern as now.

During the first week back at school we will be setting up our secondary lateral flow testing process. The resources and training material will be sent to schools in the first school week of January. During this time we will be training our staff to carry out these lateral tests within our school. We will aim to then get permission letters out to families as quickly as possible to allow us to start the actual testing of those with permission from the week beginning Monday 11th of January. We have heard from other schools that have trialled this process in their school, with extremely positive responses from families, and will keep you updated when we have further information. The primary phase lateral testing has been reported to possibly occur a month later, but we are still awaiting guidance on this. We will continually keep you informed once we hear any further information.

This leaves me once again to thank you for your kindness and support this term. I wish you all a fantastic Christmas break, do make as many memories as you can. We will look forward to seeing you in the New Year – and let's hope 2021 brings us all lot of joy.

Stay safe

David Lucas

Executive Headteacher
Trinity Church of England School, Lewisham
An All-Through School
020 88523191
www.trinitylewisham.org

this issue

Information, Events & News

Important Information All Parents (please read) P4-6

Jack Petchey Awards **P.10**

Marvellous Maths – Puzzle of Week **P.17**

Need Help **P.19**



**Head of School
Primary**

Mr. Darren Janes

Dear Trinity families,

This will be our last newsletter entry of 2020. It is fitting then, that despite whatever else may be going on in the world, our blog is full of learning, Christmas fun, and smiling Trinitarians. All of the staff have worked so hard to make the last two weeks of term feel as special as possible and all parents and families we have spoken to have been so supportive. We are really lucky to be Trinitarians – all of us.

This week we have had our Christmas meal in our bubbles. The children loved the usual bad jokes in their Christmas crackers and enjoyed having a bit of a dance to Christmas songs as they ate together. We have also had Christmas parties in our class bubbles, which all the children loved. A really big thank you to PAFT for organising pass the parcel games. Check out the blog to see what fun was had.

Finally this week, each class held their Home Learning Exhibitions. We were blown away with the effort of so many of our Trinitarians and really proud that they have been so inspired by our curriculum.

We look forward to seeing you all in 2021, especially our self isolating Year Two children, who we have missed around the school this week. Have fun over the holiday and stay safe.

I wish you the very best of Christmas breaks, full of rest and fun, ready for learning in the new year.

**Head of School, Primary Phase
Trinity all Through School**



Christmas Lunch 2020

A big thank you to the cooks and mid day meal supervisors who helped our Christmas lunches go so smoothly this year.

<https://trinityprimarylewisham.blogspot.com/2020/12/christmas-lunch-2020.html>

Home Learning Exhibitions: Autumn Two 2020

We have been bowled over once again with all of the home learning brought in for our Home Learning Exhibitions.

<https://trinityprimarylewisham.blogspot.com/2020/12/home-learning-exhibitions-autumn-two.html>



Investigating body measurements in Year Three

In Year Three this week we have continued our learning about the human body.

<https://trinityprimarylewisham.blogspot.com/2020/12/investigating-body-measurements-in-year.html>





significantly in 2020.

For those of you that live locally I encourage you all to participate in the Christmas Trail – details/QR codes can be found on the doors at both the primary and secondary sites.



I wish you all a Merry Christmas and may the peace of Christ be with you during this special time. Have a restful and safe break.

John 3:16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

God bless
Miss Alder

SUPPORT FOR YEAR 7 to YEAR 10
5th January 2021 to 8th January 2021

PARENTS / CARERS WHO ARE KEY WORKERS

**WE NEED YOUR RESPONSE BEFORE
4TH JANUARY 2021**

PLEASE READ

**Key Worker / Vulnerable Pupils support for year 7-10 during remote learning on
Tuesday 5th January until Friday 8th of January**

If you require support as you are a Key Worker (see the definition on the government website) or feel there is a specific reason why it would be best for your son / daughter to be physically in school during this remote learning period **you need to email the school before Monday 4th January to let us know the reason on admin@trinity.lewisham.sch.uk**. On the Monday we will set up the groups and phone all families who have a place to explain the process for arrival on these days. All pupils will be back in school from Monday 11th of January, so it is only for the 4 days during the first week of term. Please email your request so that we can set up the separate bubble groups within the school ready for the Tuesday 5th of January.

Thank you for your co-operation

IMPORTANT INFORMATION – ALL PARENTS – PLEASE READ

Information for Parents regarding COVID19 Contact Tracing over the Christmas Holiday period

18th December 2020

Dear Parents and Carers,

I am writing to tell you what you need to do about reporting cases of COVID-19 and contact tracing over the Christmas holiday period.

As you know schools have played an important role in contact tracing. We have been identifying anyone who has been in close contact at school with someone who has tested positive for COVID19, up to 2 days before that person had symptoms. Those contacts then need to self-isolate for 10 days because they are at risk of having caught COVID-19 and being contagious themselves.

Contact tracing will be slightly different during the Christmas break when schools are closed and there is less chance of being a contact of someone in school.

Please follow the guidance below if your child begins to show symptoms or tests positive for COVID-19 during the Christmas break.

If your child develops symptoms of COVID-19 <u>within 48 hours</u> of their last day in school	<ul style="list-style-type: none">• Get a test for your child• Everyone in your household must isolate at home until the test result is back.• If the test result is positive for COVID19, you must inform the school -school will identify any other people in the school community who are close contacts.• If the test result is negative, you do not need to take any further action. <p>To contact the school : Email : Admin@trinity.lewisham.sch.uk</p>
If your child has no symptoms of COVID-19 but tests positive within 48 hours of being in school	<ul style="list-style-type: none">• Let the school know straight away- school will identify any other people in the school community who are close contacts. <p>To contact the school : Email : Admin@trinity.lewisham.sch.uk</p> <p>(It is important to follow the guidance around only getting a test if they are showing signs of COVID-19.)</p>
If your child develops symptoms of COVID-19 <u>more than 48 hours</u> after their last day in school- (This would be from the Monday 21st December 2020 onwards)	<ul style="list-style-type: none">• Get a test for your child• Everyone in your household must isolate at home until the test result is back.• If the test result is positive for COVID-19, you must contact NHS Test and Trace and follow the advice given by them: www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/• You do not need to tell the school

The quickest way to get a test is to book a test at your local testing centre via <https://www.gov.uk/get-coronavirus-test>. Please do not use postal tests unless absolutely necessary as these take longer.

IMPORTANT INFORMATION – ALL PARENTS – PLEASE READ

If you are contacted by the school because your child is identified as a close contact of someone who has tested positive for COVID-19, they must self-isolate for 10 days. The school will send a text message out during the Christmas break.

We ask that you stick to all COVID-19 social distancing social mixing guidance until the end of term to reduce the risk of transmission of the virus and keep us all safe and well over the holiday period. It is also important to follow guidance over the holidays.

During the holidays please contact the school by email using the following email address:

admin@trinity.lewisham.sch.uk

You **MUST** provide the following information

- Child's name
- Class / Year group
- Date last in school
- Date symptoms started / child began to feel unwell
- Date of test
- Date 'Positive' result received

Starting school on Tuesday January 5th

You should contact the school if your child will be absent on the first day of the new term by emailing admin@trinity.lewisham.sch.uk or calling the school number in the morning of the 5th of January, and let us know if they are self-isolating.

It is really important that your child gets a test and does NOT return to school in January if they have any of the three main COVID symptoms:

- Fever
- New continuous cough
- Loss or change to smell or taste

Thank you for your cooperation and ongoing support.

Yours sincerely

David Lucas

Executive Headteacher
Trinity Church of England School, Lewisham
An All-Through School
020 88523191
www.trinitylewisham.org



A feast at Primary and much fun by all



A Christmas Gift of Love

Depressed and brokenhearted, a man named Bob May stared out of his drafty apartment window in to the chilling December night. His four year-old daughter, Barbara, sat on his lap quietly sobbing.

Bob's wife, Evelyn, was dying of cancer. Little Barbara could not understand why her mother could never come home. Barbara looked up into her dad's eyes and asked, "Why isn't mummy just like everybody else's mummy?"

Bob's jaw tightened and his eyes welled with tears. Her question brought waves not only of grief, but also of anger.

It had been the story of Bob's life, which always had to be different for him.

As a child, Bob was often bullied by other boys. He was too little at the time to compete in sports. He was frequently called names he would rather not remember.

From childhood, Bob was different and never seemed to fit in. However, Bob completed college, married his loving wife and was grateful to get a job as a copy-writer at Montgomery Ward during the great depression. Then he was blessed with his little girl.

But it was all short-lived. Evelyn's battle with cancer stripped them of all their savings. Now Bob and his daughter were forced to live in a two-room apartment in the Chicago slums. Evelyn passed on just days before Christmas in 1938.

Bob struggled to give hope to his child, for whom he couldn't even afford to buy a Christmas gift. But if he could not purchase a present, he was determined to make one - a storybook.

Bob had created a character in his own mind and told the animal's story to little Barbara to give her comfort and hope. Again and again, Bob told the story, embellishing it more with each telling.

Who was the character? What was the story all about? The tale Bob created was his own autobiography in fable form. The character he created was a misfit outcast like he was. The name of the character? A little reindeer named Rudolph, with a big shiny nose.

Bob finished the book just in time to give it to his little girl on Christmas Day - but the story doesn't end there.

The general manager of Montgomery Ward caught wind of the little storybook and offered Bob a nominal fee to purchase the rights to print the book. Wards went on to print "Rudolph the Red-Nosed Reindeer" and distributed it to children visiting Santa Claus in their stores.

By 1946, Wards had printed and distributed more than six million copies of "Rudolph". That same year, a major publisher wanted to purchase the rights from Wards to print an updated version of the book.

In an unprecedented gesture of Kindness, the chief executive officer of Wards returned all the rights to Bob. The book became a best seller!

Many toy and marketing deals followed. Bob, now remarried with a growing family, became wealthy from the story he created to comfort his grieving daughter.

But the story doesn't end there either.....

Bob's brother-in-law, Johnny Marks, made a song adaptation to "Rudolph". Though the song was turned down by such popular vocalists as Bing Crosby and Dinah Shore, it was recorded by Gene Autry, the singing cowboy.

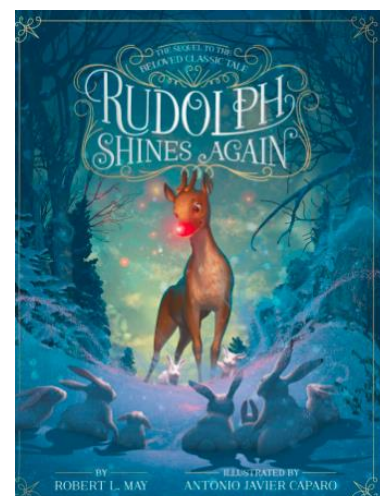
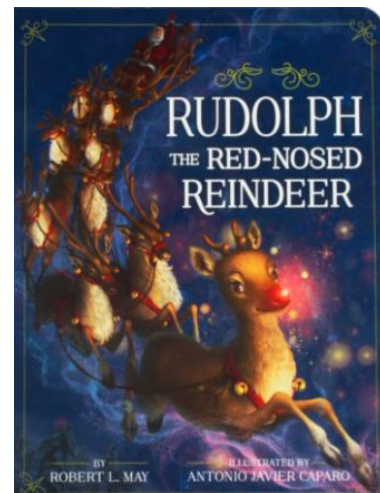
"Rudolph the Red Nosed Reindeer" was released in 1949 and became a phenomenal success, selling more records than any other Christmas song, with the exception of White Christmas.

The gift of love that Bob created for his daughter so long ago kept on returning to bless him again and again.

And Bob learned the lesson, just like his dear friend Rudolph, that being different can be a blessing.

*Do you know the story
behind the classic tale
of Rudolph the Red
Nosed Reindeer!*

**Have you read
Rudolph the Red Nose
Reindeer yet!**





PAFT @ TRINITY LEWISHAM

PARENTS & FRIENDS OF TRINITY



The annual AGM
for PAFT will
take place via
Zoom on
Tuesday 8th
January at 8pm.

Zoom details to follow shortly.



3 ways to go eco-friendly at Christmas

It's easy to go overboard at Christmas, but there are plenty of options to cut back on plastic and other single-use materials. Visit the **Natural History Museum Online** and discover three ways to go eco-friendly at Christmas.



Visit: <https://www.nhm.ac.uk/discover/eco-friendly-christmas.html>

Create your own Christmas decorations. Follow the **Natural History Museum's** step by step guide and make your own festive animal paper snowflakes,



Visit: <https://www.nhm.ac.uk/discover/how-to-make-animal-paper-snowflakes.html>

Personal Development

Congratulations to the pupils named below who are winners of the Jack Petchey Achievement Award. They were nominated for their excellent hard work and contribution to the Trinity Community.

About the Award

The Jack Petchey Foundation is a charitable foundation based in the United Kingdom. The charity was founded in 1999 by businessman Sir Jack Petchey. Since the charity's founding, Petchey invested over £110 million in youth projects across London and Essex. The Foundation exists to raise the aspirations of young people, to help them take advantage of opportunities and play a full part in society.

Jack Petchey Achievement Award winners are young people who have gone above and beyond to achieve – perhaps when others thought they might fail.

'The Achievement Awards are primarily about recognising those who put in the effort and do their best.'

Sir Jack Petchey CBE

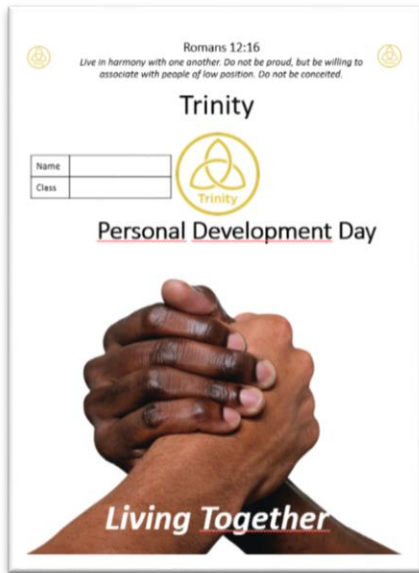
- **Winner : Itunu Matti**
Reason for award : Itunu has done brilliantly in her home learning over lockdown. She is committed to completing every piece of work to the very best standard and is being constantly rewarded through texts by her teachers. Itunu has completed extra tasks and is proactive in continuing a high level of learning throughout this difficult time.
- **Winner : Moses Barker**
Reason for award : Moses not only completed and submitted all drama assignments during the lock down, but he has completed it to a high standard. He has completed all extension tasks set including preparing and submitting a video presentation which was more than was asked for. He is truly an exceptional young man and deserves the highest praise.
- **Winner : Pavithira Partheeparupan**
Reason for award : Pavithira took part in an "Infographics of the day" activity run by her Maths teacher. This was an additional project outside her classwork. Pavithira engaged so well that she started a competition with her sister every day to see who can answer the questions first! Pavithira gave some really imaginative answers and showed excellent creativity and resilience doing these activities as part of distance learning.



Caleb Forgie in Year 9, a Jack Petchey award winner in June, was nominated in Food Tech. He spent part of his fund on a new toaster.

'Living Together' Personal Development Day

The Personal Development Day on December 9th was based on the theme of 'Living Together'. The day provided an opportunity for all pupils to embrace the diversity of the community we live in, to look at the history of BAME people in Britain and to consider the role we play in ensuring there is equal opportunity for all in the world we move forward into.



Diversity in the Workplace with Sony/ATV Music Publishing

Wednesday 9th December

A group of Trinity pupils had the opportunity to meet and speak to professionals from Sony/ATV Music Publishing. As we were unable to have people visit Trinity, we set up the activity to take place over TEAMS. Despite some trepidation in conducting such an activity virtually, the event was a great success.

Pupils had the opportunity to hear from a range of speakers who talked about their work at Sony/ATV. They then moved into breakout groups and did a carousel activity with specialists in the different sectors of the business sharing their insight into the world of work in relation to music publishing, as well as discussing the Sony/ATV drive to ensure it has a more diverse workforce. Thanks go to Tyrone for the IT support and to Mr Wynter and Mr Clairmonte for their help with the activity. A huge thank you goes to one of the Trinity Governors, Sam Carew, who works for SONY/ATV and whose idea this was. We look forward to doing some more work with Sony/ATV in the future.

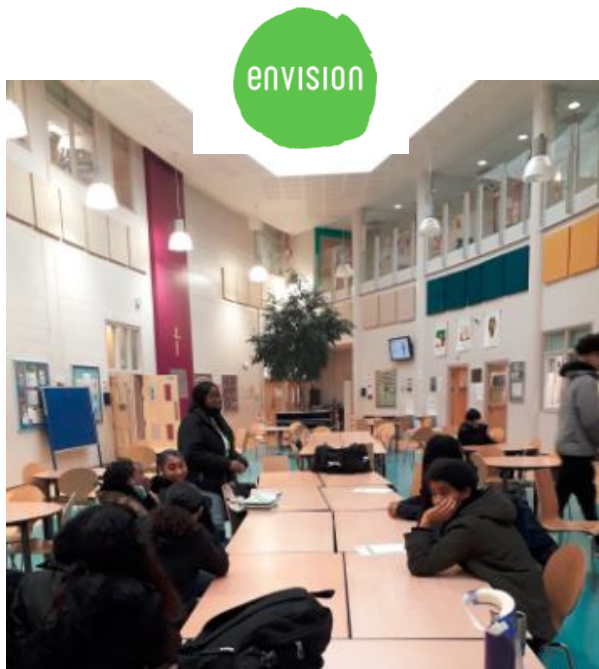


Year 10 - Am I Work Ready?



Unfortunately, due to COVID our Year 10's were unable to go out on work experience placements this year. To help compensate, all year 10's received an "**Am I Work Ready**" booklet, along with videos and tasks, to work through in their family groups. The booklet contains vital information for the workplace including employability skills, guides to CV and personal statement writing, along with tips on interview preparation, working from home and video interviews. The booklet, tasks and videos were also posted on the Year 10 Careers TEAMS page. The booklet is also available to view on our website :

<https://www.trinitylewisham.org/page/?title=Personal+Development&pid=237&action=saved>



"The past few weeks our new Year 10 Envision group have been working in school with their Envision coach - they've chosen to represent the charity Football Beyond Borders and hope to raise a lot of awareness for the charity after Christmas. They have also been working with Business Mentors in London via Zoom in order to gain essential skills for the future such as good communication, teamwork, confidence and determination. A great start to the project!"

ENVISION PROJECT 2020 - 2021



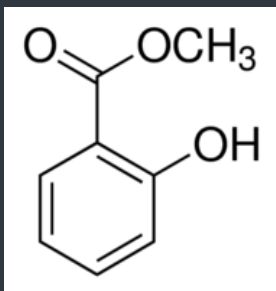
CHRISTMAS LUNCH AT SECONDARY

Christmas Lunch was a festive affair with everyone enjoying their Christmas feast. Each 'Bubble' group was catered for. A logistical feat – well done everyone

Festive Science Quiz 2020

Prizes awarded for the most accurate answers. Research is not allowed!

1. Christians believe Jesus was born on 25th December. Assuming normal human gestation, when did Mary conceive?
2. According to the traditional carol, what was the total number gifts given over the 12 days of Christmas?
3. What is the chemical symbol for gold?
4. Which classes of enzyme would be necessary to completely digest your traditional Christmas or Thanksgiving dinner?
5. Traditionally, many cultures consume alcohol to celebrate special occasions. Show the balanced chemical equation for the complete breakdown of ethanol.
6. In many religions, frankincense is used to fragrance smoke to carry prayers to heaven. Why might it not be a good idea to be the incense bearer?
7. Oil of wintergreen is used in 'woody' or 'winter' fragrances. The molecule is shown below: identify the functional groups present.



8. In the song, Rudolph has a red nose. Physiologically, what is the most likely reason for this
9. Modern wrapping for presents can change colour as it moves. What causes this colour change?
10. Many religions use light to celebrate at their major festivals. Why might some traditional European candles be a concern to some of these faiths?

Tie Breaker:

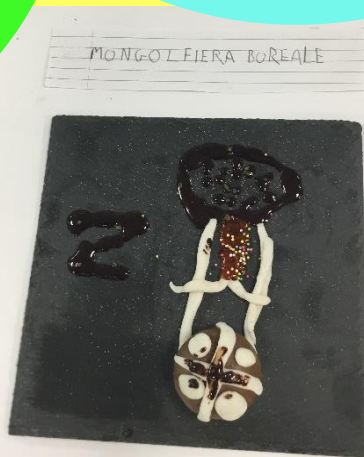
- A) How many gold rings were given by my true love over the 12 days of Christmas?
 $5 \times 8 = 40$
- B) Identify the systematic name for oil of wintergreen.
Methyl Salicylate or Methyl 2-Hydroxybenzoate
- C) What were the three gifts given at the nativity, and what do they represent?
Gold: acknowledge royalty Frankincense: celebrate religion Myrrh: anointment and death rituals

Send your answers to : m.robbsins@trinity.jewisham.sch.uk or hand them in on your return to school on Tuesday 5th January 2021.

Winners and answers will be published in the next newsletter

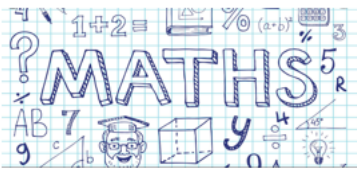


**Teacake
travels the
world!**



ALL SECONDARY PARENTS

Year 10 have been challenged with the task of using their food styling skills to revamp the classic tunnocks teacake. The staff will vote on which one they think meets the brief the best and then this student will be entered into a nationwide competition!



Your MARVELLOUS MATHS
weekly round-up!

Puzzle of the week

YOUR MARVELLOUS MATHS WEEKLY ROUND-UP

Don't forget the PUZZLE OF THE WEEK, which continues throughout the school holidays

The new puzzles are released on a Monday.

Congratulations to SHENG YU who is top of the leader board for Trinity with the most correct answers submitted.

146
Puzzle
Number

PUZZLE OF THE WEEK

Entries open: Mon 14th Dec

Entries close: Sun 20th Dec



There are six items to
put on the plates
as shown above.

Karen is arranging the plates for Christmas dinner.

Naomi wants the turkey to be
next to the stuffing.

Dave doesn't want his sprouts
and parsnips to be next to
each other.

Will hates it when two things
that start with the same letter
are next to each other.

Karen wants everybody's plates to be the
same and to make everyone happy.

Plates are arranged differently if they cannot be rotated to look same.

How many different ways could Karen arrange the plate?

Extension: What would the answer be if there was also Cranberry Sauce (as a 7th item on the plate)?

Gabriel	Michael	Raphael	Zadkiel
808	920	747	835

3.14159 26535 89793 23846 26433 83279
50288 41971 69399 37510 58209 74944
59230 78164 06286 20899 86280 34825
34211 70679 82148 08651 32823 06647
09384 46095 50582 23172 53594 08128
48111 74502 84102 70193 85211 05559
64462 29489 54930 38196...

Try to memorize 5 numbers at a time, and see how
far you get!

Ok, let me try
this: 3.14159...



This week Years 7, 8 and 9 all took
part in the **Maths House challenge**.

Students took part in a variety of
games including "24", "FourBidden",
and trying to memorise π to the most
decimals places.

How many can YOU do??

Well done to all students who took
part, and especially to Michael
House who gained the most points
overall.

SPOTLIGHT ON....

WOMEN IN MATH



This podcast is an effort
to promote visibility of
women in mathematics

Episode 10

A conversation between Alison Day & Kate Deering

A chat about scientific upbringings, being a STEM
student in current-day community college, and even
feminism.

<https://soundcloud.com/damien-adams-662584563/a-conversation-between-alison-day-kate-deering-1>



Last week the Year 7 Outstanding buddies and Year 7 Trinity Voice had a training session on what it looks like to be a good role model and a leader. Approximately 30 pupils were fully engaged in this session, contributing well to discussion and participating in role play.

Some of the responses to 'what is a role model' were excellent and very much a challenge to us all:

'Someone who inspires you to be the best you can be'

'Practice what you preach'

'Do what's best for everyone and not just yourself'

'RESPECT. Shows the right actions'

During the second part of the training session, we re-visited 'Anti-Bullying Week' and discussed how the Buddies and Trinity Voice could take this forward in their Family Groups to embed all that was learnt in anti-bullying week. The Buddies and Trinity Voice decided to create a presentation in a format of their own choice to deliver to their peers in Family group the following week. The buddies and Trinity Voice all expressed that to be a good leader and role model they should always be loving towards others as an example for others.

Get support and advice over the phone or via self-referral/website

The community response hub is now known as Community Connections Lewisham. The service can help you with access to food via supermarket slots, social support, advice and connect you with local services that can help you with whatever challenge you are facing. You can ask for help for you or for someone you know. The service is for anyone who is resident of Lewisham.

Seek support by:

Calling Community Connections Lewisham helpline on 0330 058 3464, Monday to Friday between 9.30am to 4pm.

Visiting www.communityconnectionslewisham.org/make-a-referral

Please note: Residents may also use Sainsbury's (0800 917 8557) and Morrisons (0345 611 6111) telephone shopping services.

Other Ways to Access Support

Other organisations that can help with access to support:

Advice Lewisham

If you are experiencing financial difficulty and can't afford food, you can speak to a trained and independent Advice Lewisham agent for support and advice.

The line is coordinated by Citizens Advice Lewisham who can also help with enquiries about benefits, housing, employment and a range of other advice issues.

The helpline 0800 231 5453 (freephone) operates from 9.30am – 12.30pm & 1.30pm – 4pm Monday-Friday

Local Food Banks and Food Projects

Lewisham Foodbank provided emergency food to residents in financial need as part of the Community Response Hub and will continue to do so. <https://lewisham.foodbank.org.uk/>

There are a number of other foodbanks and food projects in the borough that have remained operational throughout the pandemic providing emergency food packages. Find your nearest food project here - <https://www.lewishamlocal.com/lewisham-community-meals-and-foodbank-provision-during-covid-19/>

NHS GoodSam Volunteers

Residents seeking support from volunteers may refer themselves (or a family member) for help with from the NHS Volunteer Responders programme by calling 0808 196 3646 or visiting <https://nhsvolunteerresponders.org.uk/services>.

Lewisham Mutual-Aid Groups

Mutual Aid Groups are community-run groups organising support such as food and supply deliveries to neighbours who are self-isolating. Volunteers are organised by ward, and in some cases by smaller areas such as a street.

Join the [Facebook group](#) to find your local WhatsApp group and post requests for support such as food drop-offs if you're self-isolating.

For a list of mutual aid groups please visit <https://www.lewishamlocal.com/lewisham-mutual-aid-groups/>

Please Note: Mutual Aid Groups are volunteer-led groups so please always be very careful about sharing your personal details with people you don't know online and do not give people you don't know access to your bank cards.

Medication advice

Please only order the medicines you need at the usual time, to help keep supplies of medicines available for all patients during the Coronavirus pandemic and beyond. Please do not over-order medicines - this causes additional supply pressures in the healthcare system which in turn disadvantages other patients. There are currently no significant supply issues reported for most medicines and none that have been as a result of the pandemic.

GP practices might issue repeat prescription to your usual pharmacy by electronic prescription (known as EPS) where appropriate. To arrange collection of electronic repeat prescription, please contact your regular pharmacy. If you wish to opt out or change your nominated pharmacy, please call your GP practice.

If you're self-isolating and need help with delivery of medicines, please ask a neighbour, friend or family member to collect on your behalf in the first instance. Your pharmacy has limited ability to deliver medicines. If you still need help accessing your medicines, contact your usual pharmacy.

If after exhausting the options above and you're really struggling with accessing your medicines, please contact the Community Connections Lewisham helpline Monday-Friday, 9:30am-4pm, on 0330 058 3464

Visit www.nhs.uk/medicines for general medicines information and answers to common questions or speak to your local pharmacist

Support during the Christmas period

A number of support services including emergency food for those in need are available during the Christmas period, please check the Lewisham Local website for updates.

<https://www.lewishamlocal.com/>

You can also contact the Crisis Mental Health Line on: 0800 731 2864 to speak to the South London and Maudsley 24 hour mental health support line.

Get a one-off payment if you are struggling due to COVID-19

You may be able to get a one-off payment to help you buy essential food and fuel.

There is an emergency payment for those eligible for Universal Credit who are facing further immediate, financial hardship due to COVID-19 and have no other assistance available. If you have no income as a result of losing your job or ability to work, you may qualify for a one-off payment.

The payment is a grant so it does not need to be paid back. It does not replace any other form of support from the Government.

Get help accessing food and essentials during COVID-19

Help for the extremely vulnerable

The Government is providing direct support (e.g. deliveries of food and other essential supplies) to people who have a medical condition that makes them extremely vulnerable to COVID-19.

If you are in this category you should have received a letter or been contacted by your GP.

[Find out more about who is classed as extremely vulnerable.](#)

There is help available if you are struggling to get food and essentials.

Support available during the holiday period - December 2020

Advice and resources on financial, health and wellbeing issues over the festive period.



ALERT

Lewisham is in Tier 3: Very High alert level

[Find out about the COVID-19 restrictions and how our services are adapting.](#)

<https://lewisham.gov.uk/myservices/coronavirus-covid-19/covid19-help-and-support/get-help-accessing-food-and-essentials-during-the-covid19-outbreak>