

## Voice Memo 2:

Intro- Hello/ greetings in local language, my name is **Asad** from the **Islington Bangladesh Association** and I will talk to you about the change...

### From lockdown to easing of lockdown rules

We've all been longing for the lockdown restrictions to be eased. But it will be a big change for most of us and adjusting to the new normal may be harder than we expect.

We've all wanted to get out more, be more active, and get back into a more normal routine.

There's no 'normal' response to lockdown or to coming out of lockdown. Your feelings may be affected by lots of things that are out of your control. You may feel different on different days.

It's important to do things at your own pace. Don't allow yourself feel pressured by the new guidelines: only follow trusted sources on social media, take your time and go at a pace you are comfortable with.

Many people find that sharing their experiences can help them feel better. Sometimes just having someone listen to you and show they care can already really help.

If you are struggling with your wellbeing, you are not alone and it is ok to ask for help. A good place to start is by speaking to your GP (If there is a GP at your surgery from a similar cultural background to you, you can ask to see them).

Or you can get in touch with icope. icope is a free, confidential, NHS service which supports people struggling with depression, anxiety or stress. icope can also arrange for an interpreter to attend the appointment. You can find more information at [www.icope.nhs.uk](http://www.icope.nhs.uk).

There are a range of wellbeing resources on the Good thinking website at [www.good-thinking.uk](http://www.good-thinking.uk).

We know it is a difficult time so if you're struggling in any way, or know someone who is, please get in touch. Camden Council can provide you with support and advice on a range of issues, including mental health and wellbeing, housing, finances and employment support. Contact Camden on 020 7974 4444 (option 9) Monday to Friday, 9am to 6pm or visit [camden.gov.uk/support-for-individuals](http://camden.gov.uk/support-for-individuals). You can also write to: Contact Camden Reception, 5 Pancras Square, London N1C 4AG.

This message was created and circulated by Camden and Islington Public Health.