



NEIGHBOURS IN THE KNOW

Your May 2026 Newsletter

Hello and welcome to your May THFN newsletter. There is news to share, events to enjoy, and a wordsearch on the back to keep you company over a cuppa. Please do pass this on to a friend or neighbour.

FREE NHS SPRING COVID-19 BOOSTER

If you are **aged 75 or over**, or have a **weakened immune system**, you can now book your **free NHS Spring Covid-19 booster**.

To book by phone, call **119** (*free of charge*). *Lines: Mon–Fri 8am–8pm; weekends 8am–4pm.*

PRIORITY SEATING WEEK — 11 to 18 MAY

Transport for London's **Priority Seating Week** runs from **Monday 11 May to Sunday 18 May**.

Look up, look around — someone near you may need a seat more than they show. Not everyone who needs to sit has an obvious reason. A small kindness on the bus or Tube goes a long way.

If standing on a bus or Tube is hard for you, you can ask THFN for a free "Please offer me a seat" badge — speak to your befriender or ring the office.

DYING MATTERS WEEK — 4 to 10 MAY

Dying Matters Awareness Week runs from **Monday 4 to Sunday 10 May**. This year's theme is *"Let's talk about Death and Dying."* Honest, gentle conversations help us support one another and make sure our wishes are known.

Free local events you can drop into:

- **Tower Hamlets Cemetery Park** — Monday 4 May and Sunday 10 May
- **Bethnal Green Library** — Thursday 7 May and Saturday 9 May

All events are free. Just turn up — no booking needed.

RENTERS' RIGHTS ACT — IN FORCE 1 MAY

From **Friday 1 May**, the new **Renters' Rights Act** is in force. If you rent privately:

- No-fault evictions are **ending**.
- You can **challenge unfair rent rises** at a tribunal.
- You can **ask to keep a pet**; landlords must reply within 28 days.

If you would like help understanding what this means for you, please ask your THFN befriender — they can put you in touch with a free local advice service.

STAY SAFE FROM SCAMS

Three scams doing the rounds this spring — please be on your guard:

- 1. Fake "British Gas" calls.** Callers may know your name or address. Hang up and ring British Gas back on the number on your bill.
- 2. PayPal "1p" scam.** Fraudsters drop 1p into your account so you get a real PayPal email, then a fake number tells you to ring. Ignore any phone number in such emails.
- 3. Surprise password reset emails.** If you didn't ask for it, don't click anything. Ask a trusted family member or friend to check before you act.

Always remember: a real bank, the police or HMRC will never ask for your full PIN, password or for you to move money to a "safe account."

MAY WORDSEARCH — HAVE A GO!

Find these 13 spring words — across, down, diagonally, forwards or backwards.

Q	B	L	O	S	S	O	M	P	C	K	S	Y
B	D	A	E	U	F	Z	V	F	N	E	U	T
C	M	E	M	T	O	Q	R	I	R	T	N	A
V	T	T	X	D	V	I	F	R	M	T	S	Y
I	U	Y	U	K	E	L	B	D	A	L	H	J
N	L	F	O	N	O	I	A	X	Y	E	I	X
I	I	Q	D	W	R	Y	F	Q	D	U	N	J
U	P	Q	E	D	T	G	E	L	Y	N	E	F
R	Y	R	S	P	R	I	N	G	E	Q	A	T
K	P	A	D	L	Z	B	J	D	H	B	H	S
C	C	X	P	C	E	Y	R	R	Y	E	E	V
P	R	F	I	E	Q	A	E	S	O	R	T	N
G	R	Y	X	W	G	G	W	J	M	V	U	L

SPRING

MAY

FLOWER

GARDEN

ROSE

TULIP

BLOSSOM

BEE

TEA

FRIEND

BIRDS

KETTLE

SUNSHINE

GET IN TOUCH WITH Tower Hamlets Friends and Neighbours

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