

Good morning to you all, I hope you and your own families are all doing ok.

Updates for you this week:

### **Update on Shutdown Exit Plans**

We now have more detail of the government's plan for lifting the shutdown. The shutdown exit plan for office accommodation from the government is also out, and we are starting to see parts of the transport plan. Camden is working on its own plans for use of offices including 5PS and Crowndale. All these things factor into our shutdown exit plan, and I'll update you on how this is going in our next whole service MS Teams meeting in a weeks time. At this point, I am not anticipating any substantial change to the plan I shared with you last week. Please keep working remotely using our COVID procedures exactly as you have been, until further notice.

### **Reopening Schools for Nursery, Reception, Year 1 and Year 6**

Schools have received their government guidance on reopening for these year groups and are now working incredibly hard to make preparations for 1 June. Each school will have its own unique plan and risk assessment according to things like its physical layout (for example availability of classrooms, size of stairwells, outdoor space etc), its year group sizes (for example 1 or 2 class intake) and its staff availability (e.g. if isolating or shielding).

The government has issued an FAQs for parents about the plans to reopen school for some year groups. This may answer some of parents questions, but please do ask them to contact their child's school for updates as every school setting will be approaching this differently. The government FAQs for parents is in the Schools section of the Guidebook.

### **A Focus on Parent Emotional Health and Wellbeing**

As the shut down and home learning look set to continue for some time and with the summer holidays fast approaching, many of you have noticed parents starting to feel pretty stretched. This week I've focussed on getting as much information and links to emotional health and wellbeing services for adults as I can. All in the Guidebook under the 'Keeping Parents Emotionally Well' section, and more details below.

### **Weekly Survey**

Please take 5 minutes to complete this weeks family needs survey here (use this link as we start a new survey each week) [FSCF FAMILY PRACTICAL AND EMOTIONAL NEEDS SURVEY 18 MAY](#). This is still really helping to make sure people outside our service are aware of what families are saying they need, and it makes sure I get you the right information, support and resources that you need. Thanks for continuing to complete this each week.

### **Relationship Feedback Form**

This week, please can you ask your families if they would complete a relationship feedback form. You can send this link by text message, whatsapp, email or by letter [RELATIONSHIP FEEDBACK FORM](#). Hard copy is available too. We really would like to hear from families how our help is helping them during the shutdown.

### **Webinar – Remote Direct Work with Children and Families**

In response to a number of you asking for more support on doing remote direct work, I've set up a 2-part webinar with Professor David Shemmings on this subject. David regularly runs skills workshops on direct work with children and families, which includes a section on use of contemporary technology in direct work – key for us as working with families remotely is likely to stay a feature of our work for the immediate future. I hope you are able to come to both sessions on 8 and 10 June, each session covers a different topic. Calendar invites were sent out last Monday. Let me know if you didn't receive this and I can send again.

**New information uploaded to the COVID Guidebook this week (guidebook link here [FSCF COVID GUIDEBOOK](#)):**

<p><b>Talking COVID Worries with Young Children</b> A lovely interactive book on COVID, but just as much on managing worries, that you can screen share with a child In the COVID NHS information section</p>	<p><b>£15 A Week Meal Plan and Youtube Cooking Lessons</b> This is a link to the BiteBack 2030 website which includes Cook with Jack – youtube tutorials every day at 12pm for cooking quick and easy lunches on a weekly budget of £15 and a weekly shopping list In the Food section (Cooking at Home)</p>	<p><b>Mental Health Camden</b> A website with help to work out what adult mental health service you might want and contact details for local mental health services In the Keeping Parents Emotionally Well section</p>
<p><b>Social Prescribing for Parents</b> Social prescribing is easily accessible one-to-one support to Camden residents wanting to improve their mental health. The main aim of the service is to support people to access community services, projects and activities to aid their mental health recovery. In the Keeping Parents Emotionally Well section</p>	<p><b>Likewise Mental Health 6-8 Week Programme</b> A prevention service for anyone over 18, living in Camden and needing mental health support. It is available regardless of eligibility for adult social care services and/or previous contact with mental health services. Can self refer. In the Keeping Parents Emotionally Well section</p>	<p><b>Healthy Minds Digital Collective</b> A weekly programme of digital activities to support good mental health and wellbeing, jointly delivered by a collective of mental health services. Part of the Healthy Mind Camden programme In the Keeping Parents Emotionally Well section</p>
<p><b>Kids Network Digital Mentoring for 8-11 year olds</b> A free 4 month mentoring programme for 8-11 year olds offered online and by phone. In the Local Community Sources of Support section</p>	<p><b>Cargo Bikes for Families – Free Trial</b> Camden is offering free trials of cargo bikes for parents as a possible alternative to public transport for getting kids to and from school. Not ideal for everyone but may be an option for some. In the Local Community Sources of Support section</p>	<p><b>Additional Food Delivery (NW3 and NW6)</b> Food hub service running every Wednesday from the Jewish Community Centre London (JW3) - 341-351 Finchley Rd, London NW3 6ET, plus food parcel deliveries in Hampstead and Kilburn once a week on Sunday. Details in the Food section (Emergency Food tab)</p>
<p><b>Solace Womens Aid COVID Crisis Beds</b> 70 spaces for women &amp; children, ensuite facilities, food provided, welcome packs &amp; toys for children, with specialist support. Open to agencies and women direct. Equivalent of 3 new refuges in London. In the Violence in the Home section</p>	<p><b>Additional Hot Meals Delivery and Food Parcels (NW5, N6 and N19)</b> Hot meal delivery or emergency food parcels by Highgate Newtown Community Centre. Delivering specifically to postcodes starting N6 6, NW5 1 or N19 5. In the Food section (Option 3 Emergency Food tab)</p>	<p><b>Henna Asian Womens Group</b> Online support and group activities for Asian women In the Local Community Sources of Support section</p>

As we enter week 9 of the shutdown, our capacity and our referral rate remain stable, and as of today I will not need to implement stage 4 of our emergency management plan. I will as always be monitoring this daily.

This week is Mental Health Awareness Week and this year's theme is kindness. In that spirit, I wanted to share this tweet from my friend Professor Harry Ferguson where he said "*For too long the vital role that family support workers play in vulnerable people's lives has been invisible. This excellent article makes some of that incredibly important, skilled and compassionate work visible*".

([https://twitter.com/Harr\\_Ferguson/status/1261946786899525635?s=03](https://twitter.com/Harr_Ferguson/status/1261946786899525635?s=03)).

Harry's kind words were a response to an article I wrote for Social Work 2020 magazine about our experience of working alongside community which, if you have a few minutes, you can read here <https://sw2020covid19.group.shef.ac.uk/2020/04/24/someone-to-watch-over-me/> . You might also like this that Tim Fisher and I wrote for New Local Government Network back in February on the theme of love and public service <http://www.nlgn.org.uk/public/2020/finding-love-in-a-local-place/> . .

One of the things I am most proud of about us as a group is our kindness – to each other, to the children and families we work with, and to the communities we serve. I am 100% confident that whatever the future holds, this will remain a constant and an anchor that we hold onto. I hope you will take some time to be kind to yourself this week too.

Stay safe and well and as always, do shout if there is anything you need.

Becca

Becca Dove  
Head of Family Support and Complex Families

Telephone: 020 7974 3603