

Good morning to you all, and I hope you enjoyed the Easter weekend.

A couple of quick updates:

**Food Parcels During Ramadan**

As well as the standard emergency food parcels, AGE UK are doing parcels specifically designed to help meet family’s needs during Ramadan. You can refer here

<https://www.camden.gov.uk/emergency-food-packages-covid19/-/coronavirus->

**Weekly Survey**

The feedback you give in the weekly family practical and emotional needs survey is definitely helping make sure family voices are heard. Please take 5 minutes to complete this weeks survey here (use this link as we start a new survey each week) [COVID FAMILY PRACTICAL AND EMOTIONAL NEEDS SURVEY W/C 13 APRIL](#) . I’ve also been through all your comments from last week and done an Q and A – attached.

**New information uploaded to the COVID Guidebook this weekend:**

<p><b>Private Housing Rights during COVID</b> A guide for private tenants and their rights In the Rents and Tenancy section</p>	<p><b>The Help Hub</b> A telephone support service set up by a group of qualified therapists to help people during COVID. Book appointments online In the Keeping Parents Emotionally Well section</p>	<p><b>NW6 – New Foodbank Food Parcel Delivery Service</b> Emmanuel Church and Foodcycle have set this up for West Hampstead and Kilburn families In the Food Emergency Food Parcel Delivery section</p>
<p><b>NW 6 - Life In Kilburn Buddy Up</b> A scheme to match volunteers with someone who needs help during COVID In the Local Community Sources of Support section</p>	<p><b>NW6 &amp; 8 – SHAK Volunteers</b> South Hampstead and Kilburn Community Partnership have volunteers to do deliveries and collect prescriptions and shopping In the Local Community Sources of Support section</p>	<p><b>NW6 – Together Against Coronavirus</b> Put together by Tulip Siddiq MP for Kilburn and Hampstead residents who need help during COVID In the Local Community Sources of Support section</p>
<p><b>Helping Teenagers Get Through the COVID Lockdown</b> A useful guide to share and talk about with parents with teens from a clinical psychologist In the Keeping Children Emotionally Well section</p>	<p><b>Free School Meals Extended to Children who have No Recourse to Public Funds</b> In the Food section, Free School Meals tab</p>	<p><b>Coronavirus – a book for children</b> A story guide for children to talk about COVID, illustrated by Alex Scheffler (who does the Julia Donaldson books) In the COVID NHS Information Links for Families section</p>

**Easter Egg Deliveries**

Whilst our plan to get individual easter eggs to each of our families didn’t quite come off (and would have broken at least 5 GDPR data rules so I’m glad we didn’t do that), we did get 235 easter eggs out last Thursday to primary schools at Gospel Oak, Beckford, Kingsgate, Rhyl, Brecknock and Torriano plus Kentish Town Community Centre and Queens Crescent Community Association. Those schools had the highest number of vulnerable children and children of key workers attending over the Easter break. The eggs went out in family food parcels and free school meal parcels this weekend. The eggs were kindly delivered for us by the facilities management repairs team drivers. Here’s a lovely tweet from Rhyl with some happy children receiving our eggs

<https://twitter.com/rhylprimary/status/1248589192818458628> and one from Gospel Oak  
<https://twitter.com/GospelOakSchool/status/1248236782073847808>

Overall FSCF remains steady and as of today I will not need to implement stage 4 of my emergency management plan. As always, I will keep this under daily review and inform you if and when this changes.

As we head into week 4 of the shutdown, all of us still focussed on getting help and support to our Camden families and proud to be doing so, it's also ok to be feeling other things too. Like how hard this can feel at times. No event has ever affected both our personal lives and our working lives so acutely at the same time. It's ok to be ok one day, and not ok the next. To share with you that I've definitely had a few 'not ok days' since this began.

I hope you are getting the rest and the support you need - from us, from your friends, from your family and from your community. But if you're having a day when you're not ok, reach out to someone. We're all here for you.

I'll keep in touch this week with more updates and as always, if there is anything you need, please do shout me.

Becca

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