

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

Updates for you this week:

### **Free Sanitary Products**

I've been able to secure 800 packs of free sanitary products from the charity Tricky Period. We will collect these on Thursday, and they will be stored at the 4 childrens centres which are currently open each day 10am – 3pm on specific days. Families can collect them themselves, or we can arrange to collect and deliver them to families. They are for families with children of any age, the childrens centres kindly offered to be the distribution point as they are partially open during the week. See the Health, Hospitals and GP tab in the Guidebook for more info

### **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 EMOTIONAL AND PRACTICAL NEEDS SURVEY W/C 4 MAY](#) . I have reviewed all the comments from the last 2 weeks and have done a short Q and A attached.

### **Virtual Direct Work Kit Bag – New on the Guidebook**

Your many incredible examples of adapting your face-to-face work and making it work remotely has led to the creation of the Virtual Direct Work Kitbag! In this new Guidebook section, you'll find tools, apps and ideas for carrying out direct work with children and families remotely. Many of them have come direct from you. In the FSCF Procedures section. Please do keep sending your examples so we can use this as a skills share.

### **New COVID Community Hub at The Winch (Swiss Cottage and Belsize NW3)**

The Winch have now opened a hub for Swiss Cottage and Belsize residents, and residents in temporary accommodation. Lots of help and support on offer. More details including a link to the online referral form in the 'Local Community Sources of Support' section in the Guidebook

### **Virtual Sessions with Family Kitchen**

Family Kitchen are now offering their virtual telephone sessions for families

- sessions for families with primary aged children every **Tuesday from 10am – 11am** starting 12<sup>th</sup> May.
- sessions for families with children aged 2-4 years every **Thursday from 2:30pm – 3:30pm** starting 14<sup>th</sup> May.

Each week will cover fussy eating advice and tips along with the below topics:

Wk. 1 – Eating well at home

Wk. 2 – Breakfast ideas and hidden sugars in your cupboard

Wk. 3 – Raising healthy eaters - understanding labels and portion sizes

Wk. 4 - Staying active at home without relying on screens

Topics will run over 4 weeks before repeating. Families can join as many sessions as they would like and do not need to commit to all four. Families can book on by emailing the Health and Wellbeing Team at [healthandwellbeingteam@camden.gov.uk](mailto:healthandwellbeingteam@camden.gov.uk) or by ringing 020 7974 6736.

### Crowndale Now Closed

Most of Crowndale is now closed until further notice, except for COVID-related activity. If you need access to Crowndale please email [CrowndaleFrontDeskSecurity@Camden.gov.uk](mailto:CrowndaleFrontDeskSecurity@Camden.gov.uk) .

### More Food Parcels During Ramadan

Age UK are able to deliver food parcels appropriate for Ramadan to any household of any age. N1C are also providing similar. See the Food tab in the Guidebook for more info.

### Webinar – Talking with Children About Grief and Loss

Following a number of comments in the weekly surveys about the conversations you are starting to have with children about grief and loss, I have arranged a special webinar for 14 May at 1pm with Dr Kerry Moore and Colin Chance. Kerry and Colin lead the educational psychology work on bereavement in schools, and will take us through some of things we can do to support children to think about grief and loss. Invite to follow

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

<b>New Online Course for Separated Parents</b> A new course being offered by Tavistock Relationships See Violence in the Home section	<b>NW5 Volunteers and Support</b> A link to Elfrida Camden's current offer including help with shopping and deliveries, and befriending for parents In the Local Community Sources of Support section	<b>Audit work during COVID</b> Procedure for auditing our work during COVID In the FSCF Procedures section
<b>CAFCASS Separated Parents Online Hub</b> New online resources for parents who have separated and are looking for advice and guidance on co-parenting, with lots of online tools, programmes and services In the Keeping Families Emotionally Well section	<b>Prescriptions Collection</b> A flow chart showing how residents can get medicines and prescriptions collected or delivered during COVID In the Health, Hospitals, Prescriptions and GPs section	<b>Food Parcels to Families in Regents Park NW1</b> Third Age UK in the Regents Park area are delivering food parcels to families as well as older people. In the Food section (emergency food parcels)
<b>Feast with Us hot meal delivery service</b> Tuesdays in Hampstead, Thursdays in Camden Town. In the Food section (emergency food parcels)	<b>Making Payments Safely inc Bank Cash Home Delivery Services</b> A link to ideas for families who cannot leave their home but who need to pay for supplies with cash In the Finance section	<b>Companion Bank Cards</b> This is a new scheme from Natwest and RBS for people who can't leave the house and need someone to withdraw cash on their behalf. They can also arrange cash to be delivered to peoples homes In the Finance section
<b>Faith Based Support</b> A link to useful help and support for individual faiths during COVID In the Faith Based Support section	<b>Child Bereavement UK resources</b> A helpful set of guides for families and professionals to help conversations with children about grief, dying and loss In the Keeping Families Emotionally Well section	<b>Compassionate Friends – Support for Parents who have lost a child</b> Online support, a helpline and a range of resources to support parents who have lost a child In the Keeping Families Emotionally Well section
<b>Young Camden Foundation Offer for Young People</b>	<b>Together in Mind – More Support for Key Workers</b> A new wellbeing and mental health project that connects	<b>Payment Freezes on Payday Loans</b> The FCA have introduced a new package of measures to

<p>This is a list of all the services being provided for young people by Young Camden Foundation members including Action Youth Boxing, FYA, PACE, West Euston Partnership and many more In the Childrens Activities and Home Learning section</p>	<p>and supports the North Central and North East London key worker workforce during the Coronavirus outbreak. Includes interactive 'how are you today' tool, podcasts and resources. In the Staff Wellbeing During COVID section</p>	<p>temporarily freeze payments on payday loans, motor credit or other short-term high cost credit for up to 3 months In the Finance, Bills and Hardship section</p>
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We are now in week 7 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.

Later today I will be sending you an MS Teams invite to a short briefing on plans for the period June to December 2020. This is when we expect the shutdown to begin lifting in phases. This briefing will cover the preparedness work I have been doing to make sure we are as ready as we can be, and to help ensure you and the families we work with continue to stay safe and well.

Can I end this weeks update with a sincere thank you. You are an exceptional group of practitioners and whilst this period has not been easy by any stretch of the imagination, you have held children and families tight and continued to do helpful, purposeful and relational work with them. Children and families will remember you, and the role you played, long after the pandemic has passed.

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

Becca

Becca Dove  
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