

## COVID Update Email 1 June 2020

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

We now enter week 11 of the shutdown, and from today our worlds may begin to look and feel different as the first national phase of lifting the shutdown begins. As a service, 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.

From today many of us, and the families we help, will be making some changes to our daily routines. Some children will be returning to school, people who have been shielding may begin to go outside again, and groups of up to 6 people from different households are allowed to meet in outdoor spaces.

As well as managing how we feel about these changes, the tragic events in the USA this weekend have again shone a light on some of the deep injustices and inequities in our world. Many of you have family and friends in the States, many of you have lived and worked there, and may be deeply worried about the communities you love. What is happening affects us wherever we live, and should make us ask questions about racism, about equality and about justice in the UK, the US and the world over.

All of this may well be lifting a range of feelings and emotions to the surface. Whatever you are feeling this Monday morning, know that you are loved and that you matter. Please do reach out if you feel you need some support, we are here for you.

Updates for you this week:

### **Whole Service Briefing Tuesday at 10am**

We have time together tomorrow for me to brief you on FSCF's plans for the phased lifting of the shutdown and to answer any questions you might have. We can also talk about the events happening in the States. I hope you can make it, and please let me know if you need the calendar invite again.

### **Spaces for Listening – My Invitation to You**

Whilst the weekly survey has been a way for you to tell me what's helped and what's been difficult during the COVID crisis, I want to hear more and listen deeper. I have set up 4 "Spaces for Listening" – a 1 hour session for us to participate together in sharing our experiences of living and working through the COVID shutdown. There are 4 sessions to choose from, each for up to 6 people. I do hope you will consider joining me so I can listen to your stories direct from you. Click here to book <https://www.eventbrite.co.uk/o/camden-council-17456900864>

### **Shielding Clinically Extremely Vulnerable People – New Guidance**

The Government has issued new guidance for people who are shielding (in the clinically extremely vulnerable group) effective from last night. You can find a link to the new guidance in the Guidebook (see pink section below) and here <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

### **Additional Online Course on Grief and Loss**

For anyone wanting a follow up to the bereavement webinar with Kerry and Colin, we now have full access to an online grief and loss training course from clinical psychologist Mike Armiger. This is a pre-recorded session on Zoom where you watch rather than join an actual Zoom meeting so we have deemed it as safe. The course is in 3 parts. It covers the psychology of grief and loss, and practical tools and resources for helping parents and

children to cope. The links to the course are stored in the Keeping Families Emotionally Well section of the Guidebook and you can access it whenever you want.

### Online Trauma Training from Beacon House

L and D have very kindly funded 50 places for us on an online developmental trauma training course with Beacon House. Details will be sent to you later this week. I can highly recommend Beacon House who are renowned for their work on trauma. You can find more about Beacon House, and a range of free downloadable resources about trauma, here <https://beaconhouse.org.uk/resources/>

### 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 W/C 1 JUNE](#) . This helps make sure I get you the right information, support and resources that you need as family needs change over time during this crisis. Thanks for continuing to complete this each week.

### Webinar – Supporting Parents Emotional Health

This weeks webinar on Tuesday at 1pm is a helpful and informative session on supporting parents emotional health during COVID, run by psychologist Zahra Shariff from the Parental Mental Health team. A calendar invite has been sent, but let me know if you need this again.

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

A reminder about the 2-part webinar with Professor David Shemmings on direct work with children and families and use of contemporary technology in direct work I hope you are able to come to both sessions on 8 and 10 June, each session covers a different topic.

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

<p><b>Parental Conflict</b> More resources for supporting parents experiencing conflict, including a tool to help determine whether the family are experiencing harmful conflict or domestic abuse In the Conflict or Violence in the Home section</p>	<p><b>Kentish Town City Farm</b> Our wonderful City Farm in Kentish Town have started a weekly timetable of fun activities for families to join. In the Childrens Activities and Home Learning section</p>	<p><b>Castlehaven Foodbank</b> From today, Castlehaven will be delivering food parcels to local people directly affected by the Covid-19 pandemic. In the Food section</p>
<p><b>Yoga For Life</b> Yoga For Life have started some free online courses to support people feeling anxiety. In the Keeping Families Emotionally Well section (parents section)</p>	<p><b>Free Boxes of Toys from The Toy Project</b> The Toy Project in Archway recycle unwanted toys &amp; raise money for toys for children &amp; families that need them . They are taking referrals for free boxes of toys for Camden families during COVID. In the Childrens Activities and Home Learning section (activity packs)</p>	<p><b>Free Meal Kits in Kentish Town</b> Kentish Town Community Centre have started a free meal kits project - ingredients and recipe card to make a meal for 2 or 4. All free. In the Food section (cooking at home).</p>
<p><b>West Euston Partnership</b> WEP are promoting a wide range of support for residents in NW1 and Euston area including</p>	<p><b>NEW GUIDANCE FOR PEOPLE WHO ARE SHIELDING</b> Late Sunday night, the government issued new guidance for people who are clinically</p>	<p><b>Homeworkers E-Book</b> Camden have made available a Homeworkers E-book to help us work safely and healthily at home. You can find it on</p>

online employability  
support and wellbeing  
courses  
In the Local Community  
Sources of Support  
section

extremely vulnerable . If you or a  
member of your family has been  
shielding, or if you are working  
with a family who have a member  
of the household that its  
shielding, please read this as  
soon as you can  
In the COVID NHS Information  
section

Essentials and also in the FSCF  
Procedures section

Stay safe and well.

Becca

Becca Dove  
Head of Family Support and Complex Families

Telephone: 020 7974 3603